

# What is Contraception?

Birth control, or contraception, is any method that is used to help prevent pregnancy. Different types of birth control work in different ways, and can have different side effects.

## GO OVER THESE FACTORS WITH YOUR DOCTOR!

How will the method change my period?

What side effects does the method have?

How well does the method work?

Do I have to take the method everyday at the same time, or every time I have sex?  
Otherwise, will it not work as well?

Will I need to see a doctor for a refill or to get it replaced? What if I can't make it back in time?

Condoms and dental dams are the only thing that can protect you from Sexually Transmitted Infections (STIs or STDs).

But there are a lot of other things that can protect you from pregnancy, so that you can have children when and if you choose to. Included on the back are contraceptive methods - you should discuss which method is best for you with your doctor!

# How effective is your Contraception?

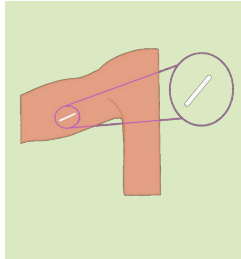
## MOST EFFECTIVE

Less than 1 pregnancy per 100 women\* in one year



## LEAST EFFECTIVE

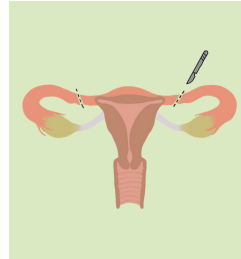
18 or more pregnancies per 100 women\* in one year



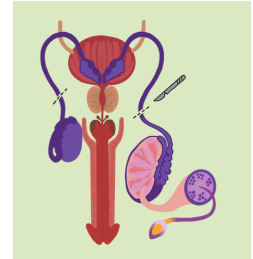
**Implant**  
Brand name "Nexplanon."  
Inserted into arm by provider.



**IUD**  
Non-hormonal and hormonal options.  
Inserted into uterus by provider.



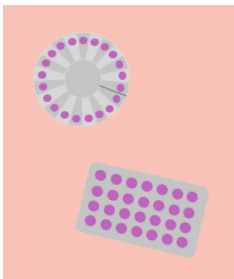
**Tubal Ligation**  
Permanent surgery.  
Blocks path of ovaries to uterus.



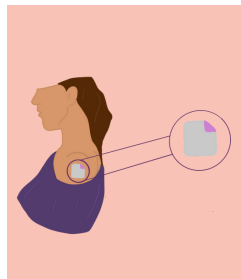
**Vasectomy**  
Permanent but reversible surgery.  
Sperm is blocked from penis.



**The Shot**  
Brand name "Depo-Provera."  
Butt or arm injection by provider, every 3 months.



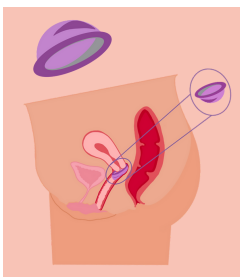
**The Pill**  
Swallow a pill every day at the same time.



**The Patch**  
Apply weekly to belly, upper outer arm, butt, or back.



**Condoms**  
Internal and External options. ONLY method that also protects from STIs!



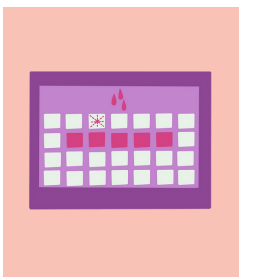
**Diaphragm**  
Insert into the vagina every time you have sex.



**Pulling Out**  
Aka "withdrawal."  
Remove the penis from the vagina before ejaculating (cumming).



**Sponge w/ Spermicide**  
Insert into the vagina (like the diaphragm) every time you have sex.



**Fertility Awareness**  
Requires consistent tracking of ovulation and fertility signs

In green = long-acting methods of contraception with little to remember to do after procedure  
In orange = short-acting methods of contraception must be used or practiced every time you have sex

\*Women or any person able to get pregnant

