

contraceptive roadmap



Is STI prevention important to you?

Yes

Not really

Condoms! Plus another method!

Do you have easy access to a doctor?

Yes

Not really

Sponge
Spermicide
Condoms
Mail-order birth control pill

Are you ok using something frequently?

I want to get it and forget it

I'll use something every day or every time I have sex

How invasive?

The doctor can get up in there, it's fine

Privacy please!!!

IUD
Implant
Permanent tubal ligation

Patch
Ring
Shot

Are you comfortable inserting things into your vagina?

Totally good with touching my vagina!

That would freak me out a little

Diaphragm
Cervical cap
Sponge
Phexxi

Birth control pill

what's most important to me?

I want to **get** it and
forget it!
(infrequent use)

the IUD
the implant
the shot
the ring
the patch
permanent tubal ligation

I **don't** have **frequent**
access to a doctor

condoms
spermicide
the sponge
mail-order birth control pill

I **don't** want any
hormonal methods

diaphragm with spermicide
cervical cap with spermicide
the sponge
spermicide
phexxi
copper IUD

That stuff better
WORK!!!
(high efficacy)

the implant
the IUD
the shot
permanent tubal ligation

**don't forget: use a birth control
method PLUS a condom! condoms are
the only way to prevent STIs/STDs**

violetproject.org/contraception