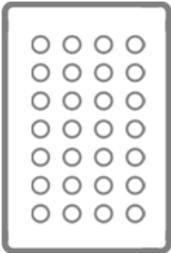
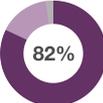
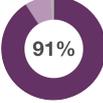
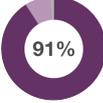
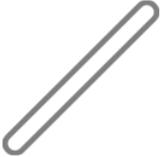
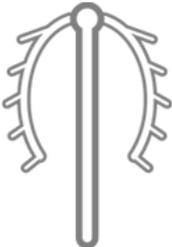


THE RIGHT METHOD FOR ME

METHOD COMPARISON

Method	What is it?	Efficacy	Duration	Protection	Pros	Cons
 <p>THE PILL</p>	The pill is a small tablet containing hormones that needs to be swallowed by the woman at the same time every day.	 <p>91%</p>	 <p>EVERY DAY</p>	 <p>NO STI protection</p>	<ul style="list-style-type: none"> Highly effective Widely available Easy to use 	<ul style="list-style-type: none"> Need to take it every day
 <p>INTRAUTERINE SYSTEM - IUS</p>	Small, hormone releasing T-shaped device put in the uterus by a healthcare provider.	 <p>99%</p>	 <p><3-5 YEARS</p>	 <p>NO STI protection</p>	<ul style="list-style-type: none"> Highly effective Long-acting reversible Easy to hide 	<ul style="list-style-type: none"> May cause changes in menstrual bleeding pattern
 <p>MALE CONDOM</p>	A rubber or latex sheath covers the penis during intercourse.	 <p>82%</p>	 <p>EVERY TIME</p>	 <p>STI protection</p>	<ul style="list-style-type: none"> STI protection Low cost Easy to use 	<ul style="list-style-type: none"> Interrupts sex
 <p>CONTRACEPTIVE PATCH</p>	A small, stick-on patch, placed by the woman that releases the hormones through the skin.	 <p>91%</p>	 <p>EVERY WEEK</p>	 <p>NO STI protection</p>	<ul style="list-style-type: none"> Highly effective Widely available Easy to use 	<ul style="list-style-type: none"> It's visible and may come loose or falls off
 <p>CONTRACEPTIVE RING</p>	A flexible plastic ring that releases hormones and is placed in the vagina by the user.	 <p>91%</p>	 <p>EVERY MONTH</p>	 <p>NO STI protection</p>	<ul style="list-style-type: none"> Highly effective Widely available Easy to use 	<ul style="list-style-type: none"> Can cause vaginal discomfort or irritation

Method	What is it?	Efficacy	Duration	Protection	Pros	Cons
 <p>CONTRACEPTIVE IMPLANT</p>	Small hormone releasing silicone rods put under the skin by a healthcare provider.	 <p>99%</p>	 <p><3-5 YEARS</p>	 <p>NO STI protection</p>	Highly effective Long-acting reversible Easy to hide	It may initially cause a change in bleeding patterns
 <p>CONTRACEPTIVE INJECTION</p>	An injection of hormones either in the muscle or under the skin by a healthcare provider.	 <p>94%</p>	 <p>1 OR 3 MONTHS</p>	 <p>NO STI protection</p>	Highly effective Widely available Easy to hide	It may initially cause a change in bleeding patterns
 <p>INTRAUTERINE DEVICE - IUD</p>	A T-shaped device containing copper that is put into the uterus by a healthcare provider.	 <p>99%</p>	 <p><5-10 YEARS</p>	 <p>NO STI protection</p>	Highly effective Long-acting reversible Easy to hide	May cause heavier bleedings or crampings
 <p>FEMALE CONDOM</p>	A rubber or latex sheath that covers the vagina during intercourse.	 <p>79%</p>	 <p>EVERY TIME</p>	 <p>STI protection</p>	STI protection Hormone free Low cost	Interrupts sex and low reliability
 <p>DIAPHRAGM</p>	A small dome that is placed over the entrance to the womb by the woman to stop sperm from entering.	 <p>88%</p>	 <p>24H MAX</p>	 <p>NO STI protection</p>	Low cost Hormone free Widely available	Interrupts sex

Method	What is it?	Efficacy	Duration	Protection	Pros	Cons
 <p>FERTILITY AWARENESS</p>	Having sex during the least fertile stages of your menstrual cycle.	 <p>76%</p>	 <p>EVERY DAY</p>	 <p>NO STI protection</p>	Low or no costs Hormone free	Low reliability
 <p>CERVICAL CAP</p>	A small cap that is placed over the entrance to the womb by the woman to stop sperm from entering.	 <p>84%</p>	 <p>48H MAX</p>	 <p>NO STI protection</p>	Low cost Hormone free Widely available	Interrupts sex
 <p>SPONGE</p>	A small disk-shaped sponge that is placed over the entrance to the womb by the woman to stop sperm from entering.	 <p>76%</p>	 <p>30H MAX</p>	 <p>NO STI protection</p>	Low cost Hormone free	Interrupts sex and low reliability
 <p>SPERMICIDES</p>	Any cream, foam, gel or other liquid that prevents sperm from moving freely.	 <p>72%</p>	 <p>EVERY TIME</p>	 <p>NO STI protection</p>	Low cost Hormone free Widely available	Interrupts sex and low reliability
 <p>PULL-OUT METHOD</p>	Where the penis is removed (withdrawn) from the vagina before ejaculation.	 <p>78%</p>	 <p>EVERY TIME</p>	 <p>NO STI protection</p>	No costs Spontaneous	Low reliability

Method	What is it?	Efficacy	Duration	Protection	Pros	Cons
<p>STERILIZATION</p>	An surgical or minimally invasive procedure that removes a woman's or a man's ability to reproduce completely.	<p>99%</p>	<p>FOR EVER</p>	<p>NO STI protection</p>	Highly effective Hormone free Permanent	Non-reversible
<p>EMERGENCY CONTRACEPTIVES</p>	A 2nd chance to prevent pregnancy if other contraception has failed.	<p>>58%</p>	<p>ON TIME</p>	<p>NO STI protection</p>	Highly effective when used as directed Emergency care Widely available	Very high dose of hormones, cannot replace regular contraception

HOW WELL DOES BIRTH CONTROL WORK?

Really, really well

Works, hassle-free...

- The Implant**: Up to 5 years
- IUDs**: Up to 7 years
- Copper IUD**: Up to 12 years
- Sterilization**: Forever

What is your chance of getting pregnant?

Less than 1 in 100

Pretty well

For it to work best, use it... Every. Single. Day.

- The Pill**: Every. Single. Day.
- The Patch**: Every week
- The Ring**: Every month
- The Shot**: Every 3 months

6-9 in 100, depending on method

Not as well

For each of these methods to work, you or your partner have to use it every single time you have sex.

- Pulling Out**
- Fertility Awareness**
- Internal Condom**
- Condom**: Use a condom with any other method for protection from STDs.

12-24 in 100, depending on method

FYI, without birth control, over 90 in 100 young people get pregnant in a year.