

Birth Control Methods

	Abstinence		Condoms		Oral Contraceptives (Pill)	Depo-Provera (The Shot)	Intrauterine Device (IUD)
Description	Means waiting or refraining from all forms of sexual activity		Only form of temporary birth control for men. This method is a thin latex sheath that is placed over the penis and prevents sperm from entering the vagina.		Most used form of birth control for women. Prevents ovulations.	Injected into a women's body every 12 weeks. Prevents ovulation, thickens the cervical mucus, or prevents fertilized egg from implanting in the uterus.	Small "t-shaped" device made of flexible plastic. A health care provider inserts and IUD into a women's uterus to prevent pregnancy.
Effectiveness	100% effective for both pregnancy and protections for STIs		86-97% effective		When correctly taken 99% effective against pregnancy. Must be taken at the same time every day.	99% effective against pregnancy.	Most effective form of birth control. 99% effective
Advantages	100% effective No side effects No cost		Available without a prescription Easy to obtain Protects against most STIs		Can also reduce menstrual cramps Reduces risk of ovarian cancer	Does not need to be taken daily	Least expensive and long-lasting form of birth control. IUDs can reduce cramps, make your period lighter, and for some women their period will stop.
Disadvantages	One partner might not want to remain abstinent		Can Break		Can cause weight change Must have a prescription Does not protect against STIs	Requires prescription Does not protect against STIs Can cause weight gain or spotting	Mild to moderate pain when the IUD is inserted & cramping or backache for a few days. Spotting between periods/irregular period. No STI protection.
		Contraceptive Implant (Nexplanon)		Vaginal Ring		Patch	
						Withdrawal	Spermicides

Description	<p>Flexible plastic tube inserted into the inner upper arm& releases hormones for us to 5 years.</p> <p>Prevents ovulation and thickens cervical mucus.</p> <p>If removed before 3 years protections stops.</p>	<p>Small, flexible ring a woman inserts into her vagina once a month.</p> <p>Left in place for 3 weeks and taken out for the last week & prevents ovulation and thickens the cervical mucus.</p>	<p>Birth control patch that sticks to the skin& left in place for 3 weeks and taken off for the remaining week.</p> <p>Prevents ovulation and thickens the cervical mucus.</p>	<p>Removal of the penis from the vagina before ejaculation occurs</p> <p>Not a form of birth control as the penis secretes pre-ejaculatory fluid that can contain sperm and pregnancy could occur</p>	<p>Foams, creams, jellies, films, suppositories,</p> <p>Contain a chemical that kills sperm, prevents sperm from entering the uterus.</p> <p>All must be inserted into the vagina before intercourse</p>
Effectiveness	99% effective	When taken correctly- 99% effective against pregnancy.	When taken correctly- 99% effective against pregnancy.	50 - 80% effective	When used correctly, 74-95% effective
Advantages	<p>Once implanted prevents pregnancy until it expires or is removed.</p> <p>Reduced period cramps & periods</p>	<p>Lighter and more regular period</p> <p>Very safe, easy, and convenient</p>	<p>Lighter and more regular period</p> <p>Very safe, easy, and convenient</p>	No hormones or devices to use	<p>No dangerous side effects</p> <p>No prescription needed</p>
Disadvantages	<p>Minor surgical procedure (numbing) required for insertion.</p> <p>May cause irregular menstrual cycles/spotting & weight gain.</p> <p>Does not protect against STIs</p>	<p>May cause bleeding between periods, breast tenderness, nausea& possible vaginal irritation</p> <p>Does not protect against STIs</p>	<p>Can cause skin irritation, bleeding, or spotting between periods</p> <p>Does not protect against STIs</p>	<p>Not very effective in preventing pregnancy</p> <p>Does not protect against STIs</p> <p>Requires self-control</p>	<p>May cause vaginal irritation</p> <p>Does not protect against STIs</p>