

## Birth Control Methods

	<b>Abstinence</b>	<b>Condoms</b>	<b>Oral Contraceptives (Pill)</b>	<b>Depo-Provera (The Shot)</b>	<b>Intrauterine Device (IUD)</b>
<b>Description</b>	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.
<b>Effectiveness</b>	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
<b>Advantages</b>	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.
<b>Disadvantages</b>	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.
	<b>Contraceptive</b>				
	<b>Implant (Nexplanon)</b>	<b>Vaginal Ring</b>	<b>Patch</b>	<b>Withdrawal</b>	<b>Spermicides</b>

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