

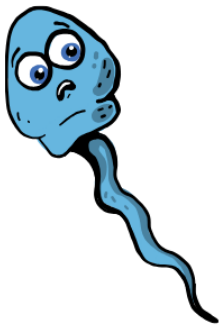


# ***BIRTH CONTROL***

**IN THIS ISSUE:**

- Types of Birth Control 1, 2, 3





# TYPES OF BIRTH CONTROL 1

..that teens can get **WITHOUT** seeing a healthcare provider

## ABSTINENCE

## LATEX CONDOMS

## EMERGENCY CONTRACEPTION

### How it works

By choosing not to have oral, anal, or vaginal sex

A latex (rubber) or polyurethane sheath that covers the penis or is inserted in the vagina

Begin taking as soon as possible after unprotected sex (within 5 days) and follow the instructions on the packaging.

### What it does

Protects against pregnancy and STDs

- Provides a barrier that keeps sperm from entering the vagina
- Provides protection against STDs

- It is a concentrated dose of hormones that prevent the egg from becoming fertilized when taken AFTER unprotected sex
- It does not cause an abortion
- Does NOT lower the chances of giving or getting STDs

### Effectiveness

100% protection against pregnancy and STDs

- 85% effective at avoiding pregnancy

- 75% effective at avoiding pregnancy with typical use

### Other stuff

Abstinence is the only 100% sure way to not get pregnant or get an STD

- Before using, check the expiration date on the package
- Read the instructions on the box
- Some condoms are lubricated with spermicides
- Internal or vaginal condoms are inserted into the vagina up to 6 hours before sex

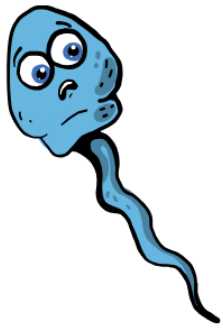
- ECs are for emergencies only like when a condom or birth control pill wasn't used
- The sooner EC is used after sex, the better it works to reduce the risk of pregnancy



# TYPES OF BIRTH CONTROL 2

..that teens **MUST** see a healthcare provider first to get

	BIRTH CONTROL PILLS	CONTRACEPTIVE RING	CONTRACEPTIVE SHOT
How it works	A pill is taken once a day, every day, around the same time of day	A small plastic ring is inserted into the vagina for 3 weeks then taken out the 4th week when the biological female has their period	A shot is given by a healthcare provider once every 3 months in the arm or glutes
What it does	<ul style="list-style-type: none"><li>• Stops eggs from being released so it won't be fertilized</li><li>• Does NOT lower the chance of getting or giving STDs</li></ul>	<ul style="list-style-type: none"><li>• Stops the egg from being released so it won't be fertilized</li><li>• Does NOT lower the chances of getting or giving STDs</li></ul>	<ul style="list-style-type: none"><li>• Stops the egg from being released so it won't be fertilized</li><li>• Does NOT lower the chances of getting or giving STDs</li></ul>
Effectiveness	92% effective at avoiding pregnancy with typical use	92% effective at avoiding pregnancy with typical use	99% effective at avoiding pregnancy with typical use
Other stuff	Birth control pills only work if they are taken every day		A new shot <b>MUST</b> be given in a timely fashion every 3 months



# TYPES OF BIRTH CONTROL 3

..that teens **MUST** see a healthcare provider first to get  
continued

## CONTRACEPTIVE IMPLANT

A thin, flexible rod is inserted just under the arm and provides protection for up to 3 years

- Stops the egg from being released so it won't be fertilized
- Does NOT lower the chances of getting or giving STDs

99% effective at avoiding pregnancy

## CONTRACEPTIVE PATCH

A patch that looks like a band-aid is worn and changed once a week for 3 weeks in a row-no patch is worn during menstruation

- Stops the egg from being released so it won't be fertilized
- Does NOT lower the chances of getting or giving STDs

• 92% effective at avoiding pregnancy with typical use

## INTRAUTERINE DEVICE (IUD)

A small T-shaped device is inserted by a healthcare provider into the uterus

- Changes how the sperm moves and the lining of the uterus so the egg won't be fertilized
- Mirena can also stop the egg from being released so it won't be fertilized
- Does NOT lower chances of getting or giving STDs
- 99% effective at avoiding pregnancy with typical use
- Works better when used with a condom to prevent pregnancy

**How it works**

**What it does**

**Effectiveness**

**Other stuff**