

# CONTRACEPTION

A.K.A. Birth Control



## What is contraception?

Contraception, aka birth control, is great for people who want to have sex or participate in sexual activities, but are at risk of unwanted pregnancy.

"I'm not at risk of pregnancy... should I still use protection?"

Yes! Barrier methods of protection (like condoms and dental dams) prevent the spread of STIs.

## TYPES OF CONTRACEPTION

Barrier Method	Semi-Permanent	Permanent	Emergency
<ul style="list-style-type: none"> <li>• Diaphragm</li> <li>• Condoms (internal/external)</li> <li>• Spermicide</li> <li>• Dental Dams</li> </ul>	<ul style="list-style-type: none"> <li>• Ring</li> <li>• Patch</li> <li>• Implant</li> <li>• Oral (the Pill)</li> <li>• Shot</li> <li>• IUD</li> </ul>	<ul style="list-style-type: none"> <li>• Sterilization</li> <li>• Vasectomy</li> </ul>	<ul style="list-style-type: none"> <li>• Copper IUD</li> <li>• Ella</li> <li>• Plan B</li> </ul>



## THE PILL

**Two types:** Combined (estrogen & progestin), Progestin only  
The hormones in the pill safely stop ovulation and thicken cervical mucus, making pregnancy highly unlikely. Taken every day at the same time; the occurrence of a period depends on the pill and your body.  
A lot of people take the pill for reasons other than to prevent pregnancy.

**91% effective**



**Two types:** Copper & Hormonal IUDs (intrauterine devices), depending on which you have, can last up to about 10 years before being replaced. Some people get their period with an IUD and some do not. Insertion & removal is done by a doctor and can be a bit painful for some people.

**99.9% effective**

## BIRTH CONTROL IMPLANT

Placed under the skin on the inside of your arm, the implant is about the size of a matchstick and works by releasing hormones into the body.

**99.9% effective**



**Spermicide 72% effective**

**Pull Out Method 78% effective**

**Diaphragm 88% effective**



## BARRIER METHODS

**Ex:** condoms (internal & external), dental dams  
Barrier methods are, well, barriers. They physically create a barrier that prevent conception.

**79-95% effective**

## The Patch

Stuck to the skin and works by releasing hormones into the body and is changed weekly.

**91-99% effective**



**The Shot 94% effective**



**The Ring 91% effective**



## TALK TO A DOCTOR TO FIND OUT WHICH OPTION IS THE BEST FOR YOU.

In New York, minors (people under 18) are allowed to get a prescription for birth control **without a parent's permission.**

## CONDOMS



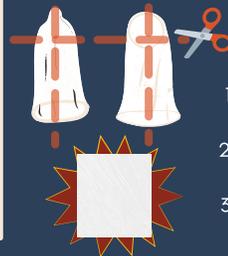
External Condom (worn on a penis)



Internal Condom (inserted in a vagina)

## DENTAL DAMS

Make a dental dam from a condom!



1. Cut the tip of the condom off
2. Cut the condom lengthwise
3. Unroll

the **GIGI** spot

## WHAT IS THE MOST EFFECTIVE?

**IUDs, the Implant, & Abstinence (not having sex at all)**