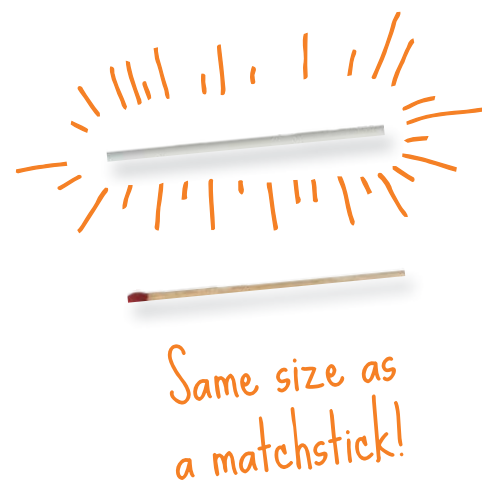


KNOW YOUR BIRTH CONTROL OPTIONS

These are some of the most popular methods. Not every method of birth control is a good fit for everyone, so you may choose to try more than one. Whether or not you use birth control is up to you, and it's totally okay to do it privately. Talk with your health care provider about the best option for you.

IMPLANT MOST EFFECTIVE

- » This teeny tiny flexible rod is placed under the numbed skin in the upper arm by a health care professional.
- » It gives off progestin hormones that keep ovaries from releasing eggs. Also has a sperm-blocking effect.
- » The implant prevents pregnancy for up to 5 years, but it's totally okay to remove it anytime.
- » It's so small that most people can't see it once it's in—which means it can be private.
- » It can make your periods lighter or even make them stop altogether, but some people can have unpredictable bleeding that's bothersome.
- » It's possible to get pregnant pretty fast after removing the implant.



PATCH

- » This thin, beige piece of plastic sticks onto your skin—kind of like a Band-Aid.
- » It gives off estrogen and progestin hormones that keep ovaries from releasing eggs and also has a sperm-blocking effect.
- » Each box has 3 patches. You wear one for a week, then change it out for the next one and repeat. During the 4th week, you don't wear a patch and menstrual bleeding occurs.
- » The patch's ability to work can be affected by an individual's weight. Talk to your provider about how this could impact you.
- » Get started with a prescription from a health care provider.
- » It's possible to get pregnant pretty fast after stopping the patch.



CONDOM

- » This barrier method can be slipped over the penis or inserted into the vagina to prevent pregnancy and lower the risk of sexually transmitted infections.
- » It comes in lots of varieties: latex or non-latex. With spermicide or without. With lube or no lube. There are hundreds of shapes, sizes, and types to choose from.
- » They're cheap (sometimes even free!) and easy to get by people of all ages.
- » Condoms only work to prevent pregnancy when used every single time you have sex.



iUD MOST EFFECTIVE

- » This t-shaped piece of plastic—available with or without hormones—is placed in the uterus by a health care professional.
- » It prevents pregnancy by keeping sperm from doing their thing, as in not fertilizing an egg.
- » Once it's in, an IUD keeps working for up to 3-12 years, depending on the type, but it's totally okay to have a health care professional take it out at anytime.
- » The hormonal IUDs all contain progestin that can make your periods lighter or even make them stop altogether.
- » The non-hormonal, copper IUD can make periods heavier for some people.
- » It's possible to get pregnant pretty fast after removing an IUD.



SHOT

- » This shot prevents pregnancy for 3 months at a time. You can get the shot from a health care provider or get a prescription and give it at home.
- » It contains progestin, which keeps ovaries from producing eggs. Also has a sperm-blocking effect.
- » After getting the shot, no one can tell you're using it, so it's one of the most private methods.
- » It can make your periods lighter or even make them stop altogether, but some people have unpredictable bleeding or light spotting.
- » It's possible to get pregnant 13-15 weeks after your last shot, but for some, it can take up to 9 months.



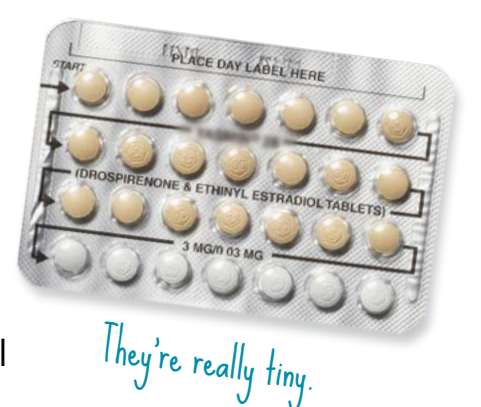
RiNG

- » This small, bendable ring is inserted into the vagina. Put the ring in. Wait 3 weeks. Take it out. Wait 1 week. Repeat. (Or keep it in that last week and skip your period altogether.)
- » It gives off estrogen and progestin hormones that prevent ovaries from releasing eggs. Also has a sperm-blocking effect.
- » Get started with a prescription from a health care provider.
- » It's possible to get pregnant pretty fast after stopping the ring.



BiRTH CONTROL PiLL

- » There are two types of pills, combination estrogen & progestin ones and progestin-only.
- » It keeps the ovaries from releasing eggs. Also has a sperm-blocking effect.
- » Depending on the brand and the type of pill, the color and number of pills in the pack might be different. Take one pill a day and it'll keep you from getting pregnant.
- » Periods are usually lighter, and some pills are even made to skip your period altogether for up to 3 months.
- » Get started with a prescription from a health care provider.
- » It's possible to get pregnant pretty fast after stopping the pill.
- » A progestin-only pill, named Opill, should be available for sale over the counter without a prescription in 2024.



EMERGENCY CONTRACEPTION

Emergency contraception (EC) is birth control that you use after having sex to prevent pregnancy. There are 2 types of pills and 2 types of IUDs that work as EC, and you can use them up to 5 days after sex. Talk with your health care provider for more information.

