

## Natural Birth Control Methods

Type	How it works	Facts	Pros	Cons
<b>Abstinence</b> Effectiveness: 100%	Not engaging in vaginal sexual inter-course, many people also refrain from oral sex		100% effective	Many people think that it is unrealistic to expect teens to not engage in sexual activity.
<b>Withdrawal</b> Effectiveness: Not very	The male pulls his penis out of the vagina before ejaculation	Not recommended		High failure rate
<b>Rhythm</b> Effectiveness: 70%	Involves estimating the days in your monthly cycle when you are ovulating and avoiding sex (or using protection) at that time.	<b>Not recommended for adolescents because of a higher risk of failure</b>	➤ No side effects. ➤ Useful for committed couples who oppose other types of birth control for religious or health reasons.	✓ No protection against STD's. ✓ Only a 20- 30 % chance of not becoming pregnant ✓ Requires a lot of planning. ✓ Not very effective for teens because Many do not yet have regular menstrual periods. ✓ Sexual desire does not always coincide with days it is safe to have sex.

## Barrier and Chemical Birth Control Methods

Type	How it works	Facts	Pros	Cons
<p><b>Male Condom</b>  <b>Effectiveness:</b> 85%                      With spermicide</p>	<p>A condom is a thin covering that goes over the erect penis before it enters the vagina. The semen collects in a reservoir at the end and does not enter the vagina. Must be applied to an erect penis and the penis must be removed from the vagina before the erection is lost (or else the condom may slip off).</p>	<ul style="list-style-type: none"> <li>➤ Condoms can be made of animal skin or latex.</li> <li>➤ <del>A latex condom is nonporous (does not have holes) and is the strongest and preferred choice for condoms.</del></li> <li>➤ <del>Animal skin condoms are porous and can develop holes and/or tear</del></li> <li>➤ Allows men to get involved in Birth control.</li> <li>➤ Should always be used with a spermicide.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Does not require a prescription.</li> <li>➤ Offers the most protection against STD's and AIDS (other than abstinence).</li> <li>➤ Condoms are inexpensive and sold in most stores (they are even given out in some schools).</li> <li>➤ A condom is a good choice for people who are having sex for the first time or do not have sex that often .</li> </ul>	<ul style="list-style-type: none"> <li>➤ Need to use a new condom every time that you have intercourse.</li> <li>➤ The condom can tear or break or slip off.</li> </ul>
<p><b>Female Condom</b></p>	<p>Is inserted inside the Vagina and cover the vagina and cervix, an outer ring fits around the vulva.</p>	<ul style="list-style-type: none"> <li>➤ It is not commonly used but is a good choice for females whose male partners refuse to wear a condom</li> <li>➤ It should be used with a Spermicide.</li> </ul>	<ul style="list-style-type: none"> <li>➤ It can be inserted up to 8 hours before sex.</li> <li>➤ It can act as a barrier against sexually transmitted diseases.</li> </ul>	<ul style="list-style-type: none"> <li>➤ It requires practice to insert properly.</li> </ul>
<p><b>Diaphragm</b>  <b>Effectiveness:</b> 85%</p>	<p>A cup shaped flexible piece of rubber that is inserted into the vagina to cover the cervix thereby preventing sperm from entering the uterus</p>	<p>Requires a prescription                      It must be fitted so that a proper fit is ensured                      Must be inserted up to 1 hour prior to intercourse and may remain in place up to 24 hours                      Must be left in place a minimum of 6-8 hours to prevent sperm from entering the uterus                      hould still use a condom/spermicide if you are not in a long term monogamous relationship(5 years) because the pill does not protect against STD's and AIDS</p>	<p>Offers some protection STD's, Pelvic inflammatory disease (PID)                      Can be inserted prior to sexual activity                      Most people state they do not feel the diaphragm during sex                      Does not affect your hormones</p>	<p>Allergic reaction to the Spermicide and/or rubber may occur                      Cannot use if you have a history of Toxic shock syndrome (TSS)                      Cannot be used during your period                      If there is abnormal vaginal anatomy you may not be able to get a proper fit                      Must reapply Spermicide every time you have intercourse                      Must learn correct insertion techniques by a trained person                      The use of a diaphragm can cause recurrent Urinary Tract Infections (UTI's)  <b>Does not protect against STD's/AIDS</b></p>

## Barrier and Chemical Birth Control Methods - continued

Type	How it works	Facts	Pros	Cons
<p style="text-align: center;"><b>Cervical Cap</b></p> <p><b>Effectiveness:</b> 84% to 64 % , It is less effective for women who have given birth</p>	<p>It is made of silicone and inserted into the vagina and covers the cervix</p>	<p>It requires a prescription. It must be used with a spermicide.</p>	<ul style="list-style-type: none"> <li>➤ It is convenient.</li> <li>➤ Can be inserted up to 6 hours before intercourse and left in place for 48 hours.</li> <li>➤ Does not impact a women's hormones.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Not recommend for adolescents due to difficult insertion and removal.</li> <li>➤ <b>Does not protect against STD's and AIDS.</b> Use with a condom if not in a long-term, monogamous relationship.</li> <li>➤ Requires a visit to the MD and must get a pap smear before use and after 3 months</li> <li>➤ There are only 3 sizes and it may be difficult to get a proper fit,.</li> <li>➤ Must learn proper insertion techniques.</li> <li>➤ Some women find it uncomfortable</li> <li>➤ Cannot be used during menstruation.</li> <li>➤ Must reinsert spermicides every 6 hours for subsequent intercourse.</li> </ul>
<p style="text-align: center;"><b>Spermicidal</b></p> <p><b>Effectiveness:</b> 78% alone 97% with condom</p>	<p>A chemical foam, cream or jelly-like substance that immobilizes and kills the sperm as it enters the vagina. A tampon like applicator containing the spermicide is inserted into the vagina.</p>	<p>Must be inserted 15 minutes before intercourse. Foam spermicides are the most effective. Should not be used alone but in conjunction with a condom or diaphragm. Does not protect against STD's and AIDS</p>	<ul style="list-style-type: none"> <li>➤ Does not require a prescription.</li> <li>➤ Sold in most drug stores.</li> <li>➤ Medically safe.</li> <li>➤ Only needs to be used when you have sex.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Can have an allergic reaction to the Spermicide.</li> <li>➤ Can be difficult to properly insert.</li> <li>➤ Vaginal abnormalities can prevent proper placement of the Spermicide.</li> <li>➤ Some people find the foam/cream /jelly messy.</li> <li>➤ <b>Does not protect against STD's/AIDS.</b></li> </ul>
<p style="text-align: center;"><b>Sponge</b></p> <p><b>Effectiveness: 85%</b></p>	<p>A soft, disposable round foam "sponge" that is moistened with water and inserted in the vagina. It contains a spermicide and acts as a barrier against the sperm.</p>	<p>Use a combination barrier/ chemical methods. Effective immediately upon insertion into the vagina. Use with a condom/ spermicide. Does not protect against STD's and AIDS</p>	<ul style="list-style-type: none"> <li>➤ You can buy the sponge over the counter in drug stores.</li> <li>➤ The cost is about \$3.00 per sponge.</li> <li>➤ It will protect against pregnancy for 24 hours after insertion and you do not have to reinsert a new one every time you have intercourse during that period.</li> <li>➤ Can be inserted prior to sexual activity.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Allergic reaction to the spermicide and/or polyurethane may occur.</li> <li>➤ Cannot use if you have a history of Toxic Shock Syndrome (TSS).</li> <li>➤ An abnormal vaginal anatomy may not be able to get a proper fit.</li> <li>➤ Must learn correct insertion technique.</li> <li>➤ <b>Does not protect against STD's/AIDS</b></li> </ul>

## Hormonal Types of Birth Control

Type	How it works	Facts	Pros	Cons
<p><b>The Pill</b> Effectiveness: 99%</p>	<p>A pill containing the hormones progesterone and estrogen.</p> <p>if unable to take estrogen, progesterone in pill form is a viable alternative.</p> <p>Comes in different combinations and strengths of the hormones.</p>	<ul style="list-style-type: none"> <li>➤ Most commonly prescribed pills are in 21 or 28 day packets.</li> <li>➤ With a 21 day packet you take a pill every day for 3 weeks and start a new packet after your period.</li> <li>➤ With a 28 day packet you take a pill every day but 7 of the pills are sugar pill and are taken during your period.</li> <li>➤ There is also a pill that allows a girl to only have her period 4x/year and one that suppress menstruation completely.</li> <li>➤ Should still use a condom/spermicide if you are not in a long-term, monogamous relationship because the pill does not protect against STD's and AIDS.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Very effective form of birth control.</li> <li>➤ A good choice for healthy young women (under 30) who have regular periods, have no medical conditions and do not smoke.</li> <li>➤ Is convenient to take.</li> <li>➤ It does not affect sexual intercourse.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Must take the pill every day at the same time (because of the low estrogen levels in today's pill you can trigger ovulation by skipping a day and become pregnant).</li> <li>➤ If sexually active pregnancy must be ruled out.</li> <li>➤ Should not be used by teens who have not have 6 regular periods (unless sexually active high risk).</li> <li>➤ Must be educated about the proper use of the pill and the possible side effects</li> <li>➤ Progesterone-only pill has a higher rate of failure especially if you forget and skip a day.</li> <li>➤ Women should be instructed what to do if they miss a pill.</li> <li>➤ <b>Does not protect against STD's or AIDS.</b></li> </ul>
<p><b>Emergency Contraception</b> Effectiveness: 99%</p>	<p>The only type of Birth control that is taken <u>after</u> sex. It has higher amounts of progesterone than a regular pill. The pill interferes with ovulation.</p>	<ul style="list-style-type: none"> <li>➤ It can be taken up to 5 days after you have had sex but should be taken within 72 hours to assure optimal effectiveness.</li> <li>➤ Should still use a condom/ spermicide as Emergency Contraception Pill does <b>not protect against STDs and AIDS.</b></li> </ul>	<ul style="list-style-type: none"> <li>➤ Do not need a prescription if you are over 17. Can buy at a drug store. However, it is recommended that all sexually active adolescents have a prescription in case of an emergency.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Headaches</li> <li>➤ Nausea and vomiting</li> <li>➤ Breast tenderness</li> <li>➤ Dizziness</li> <li>➤ Abdominal pain</li> <li>➤ Fatigue</li> <li>➤ <b>Does not protect against STD's or AIDS.</b></li> </ul>
<p><b>Evera Contraceptive Patch</b></p>	<p>A thin patch that adheres to your skin and releases the hormones estrogen and progesterone.</p>	<ul style="list-style-type: none"> <li>➤ It can be placed on trunk, buttocks or arm.</li> <li>➤ It is applied once a week for 3 weeks and then left off for 1 week.</li> <li>➤ Should still use a condom/ spermicide as the Patch does not protect against STD's and AIDS.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Does not interrupt sex,</li> <li>➤ A good choice for women who cannot remember to take a pill every day.</li> <li>➤ The benefits of both estrogen and progesterone.</li> </ul>	<ul style="list-style-type: none"> <li>➤ The patch does not work as well for overweight women.</li> <li>➤ The same side effects associated with both estrogen and progesterone.</li> <li>➤ Does not protect against STD's or AIDS.</li> </ul>

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Type	How it Works	Facts	Pros	Cons
<p style="text-align: center;"><b>Depo- Provera</b></p> <p><b>Effectiveness: 99%</b></p>	<p>Injectable hormone contraception</p>	<p>Works like the pill and interferes with ovulations, implantation and cervical mucus.</p> <p>You receive an injection every 3 months.</p> <p>should still use a condom/ spermicide because Depro does not protect against STD's and AIDS.</p>	<ul style="list-style-type: none"> <li>➤ Very convenient - a shot is given every three months.</li> <li>➤ Good choice for people who cannot remember to take a pill every day.</li> <li>➤ Very private - There are no pills to take.</li> <li>➤ Can be taken long term.</li> <li>➤ People who cannot take estrogen can take this method of birth control.</li> <li>➤ Can be taken by people with seizure disorders.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Requires an injection every 3 months.</li> <li>➤ Unlike the pill, if you experience hormonal side effects they can last for 3 months.</li> <li>➤ Same side effects of progesterone.</li> <li>➤ Possible changes to sex drive.</li> <li>➤ Menstrual irregularities.</li> <li>➤ <b>Does not protect against STD's or AIDS.</b></li> </ul>
<p style="text-align: center;"><b>Implanon</b></p> <p><b>Effectiveness: 99%</b></p>	<p>A small piece of plastic that is surgically inserted under the skin on the upper arm</p> <p>It releases the hormone progesterone.</p>	<p>It lasts up to 3 years</p> <p>it requires an MD visit</p> <p>Should still use a condom/spermicide because Implanon does not protect against STD's and AIDS.</p>	<ul style="list-style-type: none"> <li>➤ Long acting contraception.</li> <li>➤ Very private and low profile.</li> <li>➤ No interruptions during sex.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Minor surgery is required for insertion and removal.</li> <li>➤ Costs \$400-800.</li> <li>➤ Unlike the pill, if you experience hormonal side effects you must have the implant removed in the doctor's office .</li> <li>➤ May cause irregular bleeding for 4-6 months after implantation.</li> <li>➤ Same side effects as progesterone.</li> <li>➤ <b>Does not protect against STD's or AIDS.</b></li> </ul>
<p style="text-align: center;"><b>Nuva Ring</b></p> <p><b>Effectiveness: 99%</b></p>	<p>A small 2 inch plastic ring with a hole in the middle that is inserted into the vagina once a month</p> <p>It contains both estrogen and progesterone.</p>	<p>It remains inside the vagina for 3 weeks. It is removed for menstruation and then a new ring is inserted. Should still use a condom/s permicide because the Nuva Ring does not protect against STD's and AIDS.</p>	<ul style="list-style-type: none"> <li>➤ It only has to be inside the vagina to be effective.</li> <li>➤ It does not affect sex.</li> <li>➤ The benefits of both estrogen and progesterone.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Must be comfortable inserting and removing the ring.</li> <li>➤ The side effects of both estrogen and progesterone.</li> <li>➤ <b>Does not protect against STD's or AIDS.</b></li> </ul>

## Hormonal Types of Birth Control

Type	How it Works	Facts	Pros	Cons
<b>Intrauterine Device (IUD)</b> <b>Effectiveness: 99%</b>	A small, flexible, plastic T-shaped device that is inserted in the uterus by a doctor. The devices regularly releases small amounts of progesterone. Some IUD's also contain copper.	<ul style="list-style-type: none"> <li>➤ <b>Not recommended for adolescents because of a higher risk of infection.</b></li> <li>➤ Should still use a condom/ spermicide because the IUD does not protect against STD's and AIDS.</li> </ul>	<ul style="list-style-type: none"> <li>➤ It does not affect sex</li> <li>➤ The benefits of both estrogen and progesterone</li> <li>➤ Can last up to 12 years.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Requires insertion and removal in a doctor's office</li> <li>➤ may experience cramping or backache for several days after insertion.</li> <li>➤ The side effects of both estrogen and progesterone.</li> <li>➤ May experience spotting for the first 6 months</li> <li>➤ Does not protect against STD's or AIDS.</li> </ul>

## Surgical Methods of Birth Control

Type	How it works	Facts	Pros	Cons
<p><b>Tubal ligation</b> Effectiveness: 100%</p>	<p>Also known as "Having your tubes tied" Involves cutting the Fallopian tubes so that the egg cannot travel from the ovaries to the uterus.</p>	<p>More complicated than the men's procedure Requires surgery but can be done as an outpatient under anesthesia Should still use a condom/ spermicide because Tubal Ligation does not protect against STD's and .AIDS.</p>	<p>Permanent. No hormones in your body. No effect on menstruation or hormone production. Do Not have to worry about birth control again.</p>	<p>Permanent . Side effects post op. Infection. Bleeding. Effects from anesthesia (headache, fatigue , dizziness) Does not protect against STD's or AIDS.</p>
<p><b>Vasectomy</b> Effectiveness: 100%</p>	<p>Involves cutting the Vans Deferens(tubes that carry the sperm from the testicles to the urethra) so that no sperm will exit from the penis during ejaculation.</p>	<p>Requires surgery but can be done as an outpatient under anesthesia Two small cuts are made in the scrotum Should still use a condom/spermicide if you are not in along monogamous relationship(5 years) because the pill does not protect against STD's and AIDS</p>	<ul style="list-style-type: none"> <li>➤ Will not affect a man's ability to function sexually.</li> <li>➤ Does not affect a man's ability to have an erection or the quantity of the semen.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Harder to reverse than a Tubal Ligation</li> <li>➤ Side effects post op</li> <li>➤ Infection</li> <li>➤ Bleeding</li> <li>➤ Bruising</li> <li>➤ <b>Does not protect against STD's or AIDS.</b></li> </ul>