



KNOW YOUR OPTIONS, SO YOU CAN LOVE YOUR BIRTH CONTROL.

	What is it?	How do I get it?	How long does it last?	How will it make me feel?	What are the most common side effects?	How much does it cost?	How effective is it?	STD/STI protection?	Are there different types?
 IUD'S	SMALL, T-SHAPED DEVICE THAT IS PLACED IN YOUR UTERUS	HEALTHCARE PROVIDER <i>(inserted at a provider location)</i>	3-12 YEARS AFTER INSERTION, DEPENDING ON THE TYPE	COPPER IUDS & HORMONAL IUDS HAVE DIFFERENT EFFECTS: TALK TO YOUR PROVIDER	COPPER IUDS & HORMONAL IUDS HAVE DIFFERENT EFFECTS: TALK TO YOUR PROVIDER	\$0-\$900 UP FRONT, DEPENDING ON YOUR INSURANCE	99%	NO	5 TYPES. IUDS CAN BE HORMONAL & MADE OF PLASTIC OR NONHORMONAL & CONTAIN SMALL AMOUNTS OF COPPER
 CONTRACEPTIVE IMPLANT	SMALL ROD PLACED UNDER YOUR SKIN	HEALTHCARE PROVIDER <i>(inserted at a provider location)</i>	UP TO 4 YEARS AFTER INSERTION	CAN REDUCE PMS SYMPTOMS, MAKE YOUR PERIOD LIGHTER, & IMPROVE DEPRESSION & ENDOMETRIOSIS SYMPTOMS	IRREGULAR BLEEDING, ESPECIALLY 6-12 MONTHS AFTER INSERTION; ACNE	\$0-\$850 DEPENDING ON YOUR INSURANCE	99%	NO	ONLY 1 TYPE. NEXPLANON
 THE PILL	SMALL PILL YOU TAKE EVERY DAY AT THE SAME TIME	HEALTHCARE PROVIDER PRESCRIPTION	1-3 MONTHS TAKEN DAILY	CAN MAKE YOUR PERIOD LIGHTER, REDUCE ACNE, PERIOD CRAMPS, & PMS SYMPTOMS	BLEEDING BETWEEN PERIODS; SORE BREASTS	\$0-\$113 DEPENDING ON YOUR INSURANCE	91%	NO	MANY TYPES. SOME CONTAIN A COMBINATION OF ESTROGEN & PROGESTIN OR IT CAN CONTAIN ONLY PROGESTIN
 THE SHOT	HORMONE SHOT GIVEN ONCE EVERY 3 MONTHS	HEALTHCARE PROVIDER	3 MONTHS	CAN MAKE YOUR PERIOD LIGHTER OR YOU MAY HAVE NO PERIOD	IRREGULAR BLEEDING; CHANGE IN APPETITE OR WEIGHT	\$0-\$120 DEPENDING ON YOUR INSURANCE	94% IF THE SHOT IS GIVEN ON TIME	NO	ONLY 1 TYPE. DEPO-PROVERA
 CONDOMS	THIN, STRETCHY BARRIER DEVICE THAT KEEPS SPERM FROM ENTERING YOUR VAGINA	OVER THE COUNTER <i>(at pharmacies or at a clinic)</i>	ONE TIME USE MUST BE USED EVERY TIME YOU HAVE SEX	DOES NOT AFFECT YOUR HORMONES & CAN HELP WITH PREMATURE EJACULATION	MANY CONDOMS ARE MADE OUT OF LATEX WHICH CAN CAUSE AN ALLERGIC REACTION	\$0-\$7.80 PER CONDOM	82%	YES	MANY TYPES. TYPES FOR MEN AND WOMEN MADE OF LATEX OR NON-LATEX MATERIALS; SOME CONTAIN SPERMICIDE
 THE RING	SMALL, BENDABLE RING YOU INSERT INTO YOUR VAGINA	HEALTHCARE PROVIDER PRESCRIPTION	1 MONTH	CAN REDUCE CRAMPS, PMS SYMPTOMS, & ACNE	BLEEDING BETWEEN PERIODS; BREAST TENDERNESS	\$0-\$75 PER RING, DEPENDING ON YOUR INSURANCE	91% EFFECTIVE WHEN USED CORRECTLY	NO	ONLY 1 TYPE. NUVARING
 DIAPHRAGM	CUP THAT COVERS YOUR CERVIX	HEALTHCARE PROVIDER PRESCRIPTION	MULTI-USE INSERTED BEFORE YOU HAVE SEX, BUT YOU CAN HAVE SEX MORE THAN ONCE WHILE IT'S IN	IT DOES NOT AFFECT YOUR HORMONES & YOU SHOULD NOT BE ABLE TO FEEL IT WHILE YOU HAVE SEX	VAGINAL IRRITATION; INCREASED UTI'S	\$0-\$90 PER DIAPHRAGM, WHICH CAN LAST FOR UP TO 10 YEARS	88% EFFECTIVE IF YOU USE IT EVERY TIME YOU HAVE SEX	NO	2 TYPES. CAYA BRAND DIAPHRAGMS & MILEX BRAND DIAPHRAGMS
 THE PATCH	PIECE OF PLASTIC THAT LOOKS LIKE A BAND-AID & STICKS TO YOUR SKIN	HEALTHCARE PROVIDER PRESCRIPTION	1 MONTH	CAN MAKE YOUR PERIOD LIGHTER, REDUCE ACNE, PERIOD CRAMPS, & PMS SYMPTOMS	SPOTTING BETWEEN PERIODS; BREAST TENDERNESS	\$0-\$44 PER PATCH EACH MONTH	91% EFFECTIVE IF USED CORRECTLY	NO	ONLY 1 TYPE. XULANE
 FERTILITY AWARENESS	CLOSELY TRACKING YOUR MENSTRUAL CYCLE SO YOU KNOW WHICH DAYS YOU CAN GET PREGNANT	YOU DON'T NEED A PRESCRIPTION, BUT YOU CAN FIND SUPPLIES & CLASSES ONLINE & IN CLINICS	VARIES	THIS METHOD REQUIRES ABSTINENCE FOR AT LEAST 1 WEEK PER MENSTRUAL CYCLE	NO SIDE EFFECTS	OUTSIDE OF SOME HELPFUL SUPPLIES, SUCH AS A BASAL THERMOMETER, THIS METHOD IS FREE	76-88%	NO	MANY TYPES. DIFFERENT WAYS TO TRACK YOUR CYCLE, SUCH AS DAILY OBSERVING CERVICAL SECRETIONS AND YOUR BODY TEMPERATURE
 EMERGENCY CONTRACEPTIVE	TYPES OF CONTRACEPTION THAT STOP PREGNANCIES BEFORE THEY BEGIN	SOME REQUIRE A PRESCRIPTION, SOME ARE OVER THE COUNTER, AND SOME REQUIRE INSERTION BY A HEALTHCARE PROVIDER	UP TO 5 DAYS AFTER YOU HAD SEX	CAN STOP YOU FROM GETTING PREGNANT IF ANOTHER CONTRACEPTIVE FAILED IN THE MOMENT	UPSET STOMACH & VOMITING; BREAST TENDERNESS	\$0-\$932 DEPENDING ON THE METHOD & YOUR INSURANCE	EMERGENCY CONTRACEPTIVES CAN REDUCE THE RISK OF PREGNANCY AFTER UNPROTECTED SEX	NO	MANY TYPES. THERE ARE COPPER IUDS, THE ELLA PILL, & THE PLAN B OR NEXT CHOICE PILL



CONTRACEPTIVES ARE DIFFERENT FOR EVERYONE, INCLUDING THEIR SIDE EFFECTS, BENEFITS, RISKS, & GENERAL FEEL. MAKE SURE YOU TALK TO YOUR HEALTHCARE PROVIDER ABOUT WHICH CONTRACEPTIVE METHOD IS RIGHT FOR YOU.

