

Birth Control Fact Sheet

HORMONAL

Hormonal types of birth control release hormones to stop ovulation, thicken cervical mucus, and thin the uterine lining.

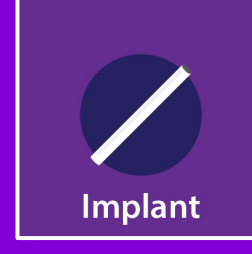
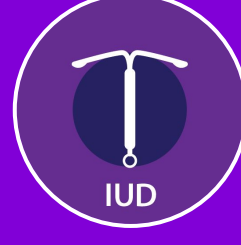


The Pill ²

The pill is a form of oral contraception, taken once daily at the same time every day. There are 2 types: combination (COC) and progestin-only ("mini pill"). The pill can also help treat acne, PMS, and heavy/irregular menstrual cycles. Learn more [here](#).

Hormonal IUD (Intrauterine Device) ³

The hormonal IUD is a small T-shaped device that a doctor inserts into the uterus. These typically last between 3 and 7 years, depending on the brand (there are 4 major hormonal IUD brands). During that time, you won't get your menstrual period. Learn more [here](#).

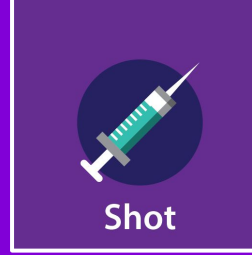


The Implant (Nexplanon®) ⁴

The implant is a small rod that a doctor inserts parallel to the skin in your upper arm. It lasts up to 5 years and can be removed at any time. You won't get your period at all, except for some possible irregular spotting during the first 6-12 months. Learn more [here](#).

The Vaginal Ring (NuvaRing®) ⁵

The vaginal ring is flexible, circular device that you insert into your vagina. One ring will last up to 5 weeks. You can choose when to get your period or skip it altogether, and you don't have to remove it during vaginal sex. Learn more [here](#).



The Shot (Depo-Provera®) ⁶

The shot is a progestin-only method of birth control. You'll get the injection every 12 weeks (3 months), either at a health center or your doctor's office. You may stop getting your period, too (about 50% of people do). Learn more [here](#).

The Patch (Xulane®) ⁷

The patch is a transdermal method of birth control. You can put it on your back, abdomen, buttocks, or upper arm. One patch lasts for 7 days, and you should change it on the same day every week. You can also use it to safely skip your period. Learn more [here](#).



NON-HORMONAL

Non-hormonal birth control methods can prevent sperm from reaching the egg by creating a barrier or using certain chemicals. A new one must be used every time you have sex, except the copper IUD.

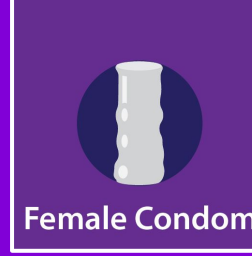
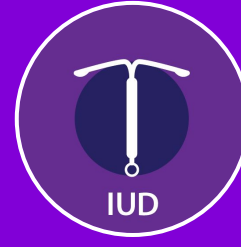


The ("Male") Condom ⁸

The condom is a thin protective barrier that covers the penis and prevents semen from entering the vagina. It is 1 of the 2 birth control methods that will protect you from STIs (except condoms made from animal membranes like lambskin). Learn more [here](#).

Copper IUD (Paragard®) ³

Paragard® is the non-hormonal IUD. It creates a toxic environment that prevents the sperm from reaching the egg and can last up to 12 years. If inserted within 5 days of unprotected sex, it can also be used as an effective method of emergency contraception. Learn more [here](#).



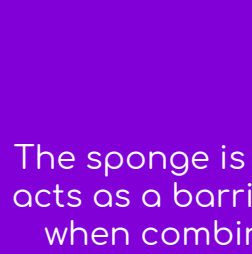
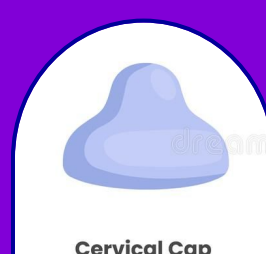
The Internal ("Female") Condom ⁹

The internal condom is a protective barrier inserted into the vagina or anus, preventing sperm from entering the body. It is the second birth control method that will protect you from STIs. It was previously referred to as the "Female" condom, but it can be used by a person of any gender. Learn more [here](#).



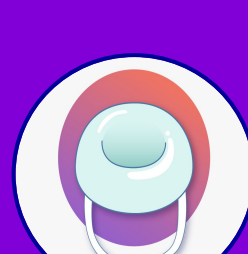
Diaphragm ¹⁰ and Cervical Cap ¹¹

The diaphragm and cervical cap are devices that are inserted into the vagina to cover the cervix. The cervical cap is slightly smaller and can be left in the vagina for up to 2 days. They're most effective when combined with spermicide. Learn more [here](#) and [here](#).



The Sponge ¹²

The sponge is a plastic round device that is inserted into the vagina. It acts as a barrier between the sperm and the cervix. It is most effective when combined with spermicide, and most sponges already contain the spermicide when you buy them. Learn more [here](#).



Spermicide ¹³

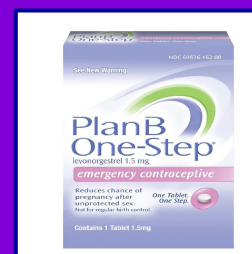
Spermicide is a chemical that inhibits sperm motility. It's most commonly combined with the diaphragm, cervical cap, and sponge, but it can also be used with condoms. However, if used multiple times a day, spermicide can increase your risk of contracting HIV and other STIs. Learn more [here](#).

EMERGENCY CONTRACEPTION

Emergency contraception can prevent pregnancy after unprotected sex. In addition to the copper IUD, there are 2 types of pills (Morning-After Pill).

ella® (prescription only) ¹⁴

ella® is a prescription-only pill and more effective than Plan B®. It's most effective up to 5 days (120 hours) after unprotected sex. However, doctors do not recommend using ella regularly, and it's less effective if you weigh over 195 lbs. Learn more [here](#).



Plan B One-Step® (non-prescription) ¹⁵

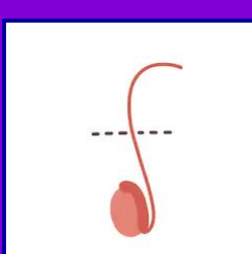
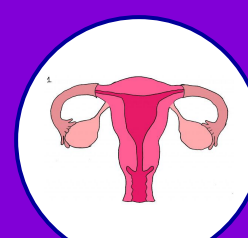
Plan B One-Step® is an over-the-counter pill. It's most effective up to 3 days (72 hours) after unprotected sex, but the sooner you take it, the better. It will not work if a fertilized egg has already attached to the uterus. Learn more [here](#).

PERMANENT

Permanent birth control methods are surgical procedures and are typically irreversible. You should not have either of these procedures done if you and your partner plan to or might want to have children in the future.

Tubal Ligation ¹⁶

Tubal ligation is a permanent surgical procedure. The fallopian tubes are cut or tied so that an ovulated egg can never reach the uterus. Sperm will also never reach the egg. You'll also still get your period after this procedure. Learn more [here](#).



Vasectomy ¹⁷

A vasectomy is a surgical procedure. The vas deferens tubes (where the sperm travels from the testicles) are cut or blocked. After 3 months, the semen will be sperm-free. A vasectomy also doesn't affect your ability to orgasm. Learn more [here](#).

WITHDRAWAL (PULLING OUT) ¹⁸

Withdrawal is the least effective of all the birth control methods. When you pull the penis out of the vagina before ejaculation, you must also make sure that no semen gets into the vagina at all. Even a little bit can result in pregnancy. Furthermore, pre-ejaculate also contains small amounts of sperm. Withdrawal is most effective combined with a condom. Learn more [here](#).

FERTILITY AWARENESS ¹⁹

Fertility awareness methods help people track when they're most fertile. Many who use these methods abstain from sex on their most fertile days. According to Planned Parenthood, these methods are only 76-88% effective. Learn more [here](#).

ABSTINENCE AND OUTERCOURSE ²⁰

Abstinence (when you don't have sex at all) and outercourse (non-vaginal sex) are the only 100% effective methods of birth control. Remember, it's important to wait until you're ready and with a consenting partner. Learn more [here](#).

TO LEARN MORE ABOUT CONSENT AND SEXUAL ASSAULT, CLICK [HERE](#).

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