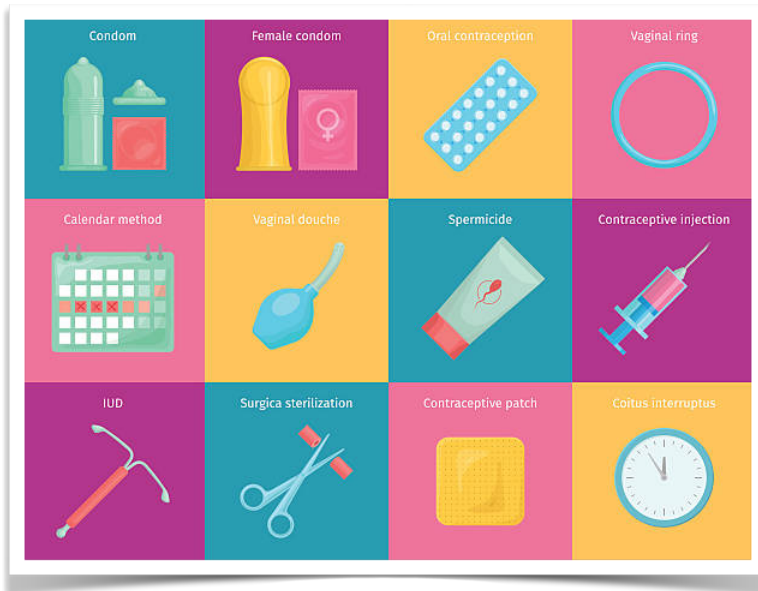


Birth Control Methods

A Quick Fact Sheet for Teenage Girls



What is Birth Control?

¹¹ Birth control is a device used to prevent unplanned pregnancy and protect against sexually transmitted diseases.

However, birth control is not a one-size-fits-all type of product. There are many different types of contraceptive methods available in order to prevent pregnancy. ¹⁰ Due to the differences in a woman's hormones, pain tolerance, responsibility of the women, and other medical reasons, there are a wide variety of options available. ⁷ Birth control works by preventing fertilization of an egg by sperm through the use of hormonal methods, barrier methods, or long-term

⁷ In 2018, 65% of U.S. women aged 15-49 were using a contraceptive method.

⁷ 85% of women use contraception to prevent pregnancy; 14% use it solely for other reasons.

² Nearly half of contraceptive users report using more than one kind of method in the past 12 months.

6 Common Birth Control

Misconceptions:

"Birth Control will make me gain weight" Some methods of birth control are known to increase appetite, but there is no evidence to show a direct link between birth control and weight gain.

"I am not responsible enough to remember to take birth control everyday" This may be the case for some women, however, there are multiple long-term and low maintenance options for women other than the pill.

"The pill will protect me from STDs" The pill is made to protect women from pregnancy, not STDs.

"There are no benefits if I am not sexually active" While the primary purpose is to protect women from unplanned pregnancy, there are multiple reasons why women decide to take birth control. These reasons may be related to heavy menstrual bleeding, uncomfortable cramping, or hormonal acne.

"People only use condoms or the pill" While these options are the most common, the use of IUDs has been on the rise, with over 24% of women using a similar method.

8 The Methods: A quick guide to deciding which birth control is best for you.

1

HORMONAL METHODS

1 Use estrogen and/or progesterin to prevent ovulation

2

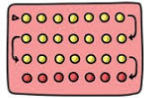
BARRIER METHODS

1 Physically block sperm cells to prevent fertilization

3

LONG-TERM METHODS

4 Permanent/non-permanent long term solutions



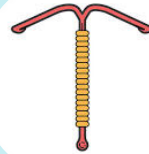
Birth Control Pill

93% Effective; Cost: \$0-\$50; Take daily, renew each month



Male Condom

87% Effective; Cost: \$0-\$2; Use every time during sex



Copper IUD (non-hormonal)

99% Effective; Cost: \$0-\$1500; Lasts up to 12 years



Birth Control Shot

96% Effective; Cost: \$0-\$150; Receive shot every 3 months



Birth Control Patch

93% Effective; Cost: \$0-\$150; Replace weekly



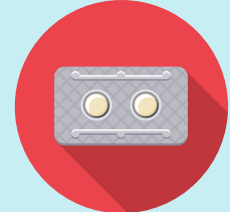
Sterilization (Tubal Ligation)

99% Effective; Cost: \$0-\$6,000; Permanent



Spermicide Gel

79% Effective; Cost: \$0-\$270; Use every time during sex



Emergency Contraceptive

75-89% Effective if taken within 3 days of sex; Cost: \$0-\$59



Birth Control Implant

99% Effective; Cost: \$0-\$2300; Lasts up to 5 years



Female Condom

79% Effective; Cost: \$0-\$3; Use every time during sex



Birth Control Vaginal Ring

93% Effective; Cost: \$0-\$200; Remove once a month



IUD (hormonal)

99% Effective; Cost: \$0-\$1500; Lasts 3-8 years

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