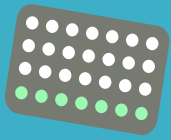


# BIRTH CONTROL METHODS

## The Pill



- Taken daily
- 91-94%\* effective
- Easy to use
- May cause side effects
- By prescription only
- \$\$\$\*\*

## Condoms



- External or internal, used during sex
- Non-latex options available
- 79-82%\* effective
- \$\$\$\*\*



## IUD (Hormonal)



- Inserted by doctor in quick procedure, lasts up to 5 years
- 99%\* effective
- May make periods lighter
- May cause side effects in early months
- \$\$\$

## IUD (Non-hormonal)



- Inserted by doctor in quick procedure, lasts up to 12 years
- 99%\* effective
- Easy to use
- May cause heavier/irregular periods and cramping
- \$\$\$

## Patch



- Placed on skin and worn 1 week at a time
- 91%\* effective
- Easy to use
- May cause irritation
- By prescription only
- \$\$\$\*\*

## Withdrawal



- Withdrawing penis before ejaculation
- 78%\* effective
- Requires practice and trust; sperm may be present before ejaculation
- \$\$\$

## Ring



- Flexible ring inserted into vagina once a month
- 91-94%\* effective
- Easy to use
- By prescription only
- \$\$\$\*\*

## Sterilization



- Surgical procedure to close reproductive tubes
- 99%\* effective
- No supplies or medical visits required after surgery
- Difficult to reverse
- Difficult for youth to access
- \$\$\$ (Covered by BC Medical)

## Injection



- Hormone injection in clinic every 3 months
- 91-94%\* effective
- Easy to use, but requires regular medical appointments
- May cause side effects
- By prescription only
- \$\$\$\*\*

## Fertility Awareness



- Daily tracking of menstrual cycle and the body's fertility signals
- 76%\* effective
- Non-invasive, no side effects
- Difficult to use
- \$\$\$

## Emergency Contraception Pill



- Taken as soon as possible after unprotected sex
- 50-95%\* effective
- Available in pharmacies without a prescription
- Does not work if ovulation has already occurred
- \$\$\$

## Abstinence



- Keeping the penis out of the vagina
- 100%\* effective
- May be hard to rely on in the heat of the moment
- \$\$\$



Non-hormonal ■  
Hormonal ■

Protects against STIs



\*All statistics are representative of average use, not perfect contraception use

\*\*This method can be subsidized or free through your local youth clinic