

HOW WELL DOES BIRTH CONTROL WORK?

What is your chance of getting pregnant?



Really, really well



No hormones

The Implant (Nexplanon) IUD (Skyla) IUD (Mirena) IUD (ParaGard) Sterilization, for men and women

Works, hassle-free, for up to... 3 years 3 years 5 years 12 years Forever

Less than 1 in 100 women



O.K.



The Pill The Patch The Ring The Shot (Depo-Provera)

For it to work best, use it... Every. Single. Day. Every week Every month Every 3 months

6-9 in 100 women, depending on method



Not as well



Pulling Out Fertility Awareness Diaphragm Condoms, for men or women

Needed for STD protection!

Use with any other method

For each of these methods to work, you or your partner have to use it every single time you have sex.

12-24 in 100 women, depending on method

FYI, without birth control, over 90 in 100 young women get pregnant in a year.

OOPS! EMERGENCY CONTRACEPTION: BIRTH CONTROL THAT WORKS *AFTER* SEX

Types of emergency contraception

How well does it work?

How soon do I have to use it?

How do I use it?

Where can I get it?



ParaGard IUD


Almost **100%** effective 

Within  days

It's placed in the uterus by a doctor or nurse

 Keeps working as super effective birth control.

From a doctor, nurse, or at a clinic


 Say it's for EC so you are scheduled quickly.



Ella


 Less effective if over 195 pounds. Try an IUD.


ASAP

 Works better the sooner you take it, up to 5 days.

Take the pill as soon as you get it

 Remember to use it every time you have unprotected sex.

From a doctor, nurse, or at a clinic


 Get an extra pack for future emergencies.



Plan B One-Step or a generic


 Less effective if over 165 pounds. Try ella or an IUD.


ASAP

 Works better the sooner you take it, up to 3 days.

Take the pill as soon as you get it

 Remember to use it every time you have unprotected sex.

At a pharmacy, no prescription needed

 Get an extra pack for future emergencies.