

FUTURE OF PEDIATRICS TALKS!

A VIRTUAL SUMMER SERIES

Contraception Resources For Youth

Compare Methods: Patient Decision Tool

➤ www.bedsider.org

BEDSIDER [birth control methods](#) [where to get it](#) [reminders](#) [features](#) [questions](#)

COMPARE METHODS /

	Side-by-side View										Build Your Own									
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effectiveness	★	★	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
side effects	●	●	●	●	●	●	★	★	★	★	★	★	★	★	★	★	★	★	★	●
do me now	★	★	★	★	★	★	●	●	●	●	●	●	●	●	●	●	●	●	●	●
STI prevention	✖	✖	✖	✖	✖	✖	✖	★	★	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖
hormone-free	●	✖	✖	✖	✖	✖	★	★	★	★	★	★	★	★	★	★	★	★	●	●
easy to hide	★	★	★	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
easy to get	●	●	●	●	●	●	●	★	★	●	★	●	★	★	●	●	●	●	●	●
mistake-proof	★	★	★	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
cost	●	●	●	●	●	●	●	●	●	●	★	●	★	★	●	★	●	★	●	●
effort	★	★	★	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
health benefits	★	★	★	★	★	★	●	●	●	●	●	●	●	●	●	●	●	●	●	●
reduces periods	●	★	★	★	★	★	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	●

Side-by-side View Build Your Own

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effectiveness

side effects

do me now

STI prevention

hormone-free

easy to hide

Implant

- ★ The implant is among the most effective methods.
- Irregular bleeding is the most common side effect of the implant.
- ★ Some women say the spontaneity allowed by the implant increases sexual pleasure.
- ✖ The implant doesn't protect against STIs.
- ✖ Yup, the implant has a type of progestin in it.
- ★ Once it's in your arm and the skin heals, the implant is invisible.

Withdrawal

- Withdrawal's somewhat effective, but depends on your guy always pulling out in time. Always.
- ★ The good news about withdrawal—no hormones, no devices, no side effects.
- Relying on the withdrawal method could create some anxiety for the guy to pull out at the right time.
- ✖ Withdrawal doesn't protect against STIs.
- ★ No hormones involved in the withdrawal method.
- Withdrawal requires the cooperation of your partner, so you certainly can't hide it from

method #3

Choose a method to compare.



Educational Websites:

- <http://www.YoungWomensHealth.org>
- www.YoungMensHealthSite.org

Social Media Sites

- Covid And Beyond: @covid_and_beyond
- Whitman Walker Health: @whitmanwalker
- LAYC Health Programs: @layc_healthprograms
- La Clinica del Pueblo: @laclinicadelpueblo
- SMYAL: @smyal_dmv
- The DC Center: @thedccenter
- Sex, Etc: @sexetc
- Teen Clinic by Facts: @teenclinic_facts
- Healthy Teen Network: @healthyteenetwork
- Scarleteen: @scarleteenorg
- DC Office of the Student Advocate: @dc.advocate
- COVID-19 Support @covid19studentsupport