

Types of Contraception

These methods can be effective when used perfectly all the time. However, there is still a risk of pregnancy associated with them.

Procedural



*IUD



Copper IUD



*The Implant

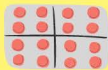


Sterilization

Each must be replaced:

- IUD: Every 3-7 yrs
- Copper IUD: Every 10-12 yrs
- Implant: Every 3-5yrs
- Sterilization: Forever (unless reversed)

Prescription



*The Pill



*The Patch



*The Ring



*The Shot

To work best, use:

- The pill: everyday
- The patch: every week
- The ring: every month (or year)
- The shot: every 3 months

Behavioral



Pulling out



Fertility Awareness



Internal or External Condom Use

Effectiveness:

Pulling out: Somewhat effective. requires that the person with a penis always pulling out.
Fertility Awareness: Not the most effective. Best when practiced perfectly.
Condoms: Somewhat effective, better when used perfectly.

* **Hormonal methods.** Birth control methods with no special character next to them are hormonal. To learn more about what hormonal vs non-hormonal birth control is visit [Besider.org](https://www.besider.org).

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