

Delaying Sex/

Abstinence

The Shot

The Pill

Type of Method

date.

Protection Methods Chart

Method Description

To not have sex or to delay having sex until a later

The shot is an injection that contains the hormone

Progestin, which prevents the release of an egg and

thickens cervical mucus. The shot must be injected

The pill contains hormones (Progestin and often

Estrogen) that prevent the release of an egg and

thicken cervical mucus. The pill must be taken at the

every 3 months.

same time each day.

How Well

Does it Work?*

100% if used

consistently

Where can you get

the method?

Don't have to go

anywhere to get

this method.

A health care

provider must

prescribe and

A health care

prescribe.

provider must

inject.

Benefits (Pros)

Does not require prescription.

Free. Protects against HIV and

Private. No daily, monthly, or

Some pills may make periods

more regular and less painful.

weekly medicine to remember.

STIs.

	~			tills method.	3113.	
External Condom		Covers the penis with a thin layer of latex or polyurethane that acts as a barrier between partners. Cannot be reused. Can be used with all other methods.	82-98%*	Drugstores, health centers, school nurses and supermarkets.	Can buy at many stores. Free at many health centers. Can help prevent early ejaculation. Protects against HIV and many STIs.	Can break or slip off. May irritate someone with a latex allergy.
Internal Condom		Made of Nitrile (latex-free material). Inserted into the vagina or anus. Acts as a barrier between partners. Cannot be reused. Can be used with all other methods.	79-95%*	Prescribed by health care provider, covered by most insurances.	Good for people with latex allergy. Protects against HIV and other STIs.	May slip out of place during vaginal or anal intercourse. May be difficult to insert.
Copper IUD (intrauterine device)	7	The Copper IUD is a small plastic and copper device that is inserted into the uterus. The IUD changes the environment of the uterus so that sperm and egg cannot meet. The IUD may be left in place for 12 years. Can also be used as emergency contraception.	99.2-99.8%*	A health care provider must prescribe, insert, and remove.	No medicine to remember. Lasts a long time.	May increase cramping and cause heavier and longer periods. Does NOT protect against HIV or STIs.
Progestin IUD (intrauterine device)	77	The hormonal IUD is a small plastic device that is inserted into the uterus. It contains Progestin. The IUD changes the environment of the uterus so that sperm and egg cannot meet. The IUD is effective for up to 4-6 years depending on the brand.†	99.2-99.8%*	A health care provider must prescribe, insert, and remove.	No medicine to remember. May improve period cramps and bleeding. Lasts a long time.	May cause breakthrough bleeding. Does NOT protect against HIV or STIs. May cause irregular bleeding.
The Implant		The implant is a matchstick-sized plastic rod that is put under the skin of the arm. It contains Progestin, which prevents ovulation and thickens cervical mucus which prevents sperm from reaching an egg. The implant is effective for up to 4 years.	99.9%*	A health care provider must prescribe, insert, and remove.	No medicine to remember. Lasts a long time.	After 1 year of use, many have no period. Does NOT protect against HIV or STIs.

91-99.9%*

91-99.7%*

May cause spotting, no period,

or weight gain. Side effects may

shots. Does NOT protect against

May cause spotting for the first

1-2 months. Does NOT protect

against HIV or STIs.

HIV or STIs.

last up to 6 months after stopping

Possible Side Effects (Cons)

(not all are listed)

None.



The Pate

Emergency

Spermicide

Continued

Planned Parentho Care. No matter wh Planned Parenthood League of	eat.	Protection Methods Chart Co				
Planned Palenthood League of	Type of Method	Method Description	How Well Does it Work?*	Where can you go		

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ch		The patch sticks to the skin, a Progestin and Estrogen that a through the skin. These preve an egg and thicken cervical mis applied once a week for the

and contains are absorbed ent the release of mucus. A new patch three weeks, followed by a patch-free fourth week. The ring is a small vinyl acetate ring that is

91-99.7%*

A health care provider must prescribe.

you get

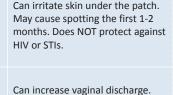
Can make periods more regular and less painful. No pill to take daily.

Can make periods more

regular and less painful.

No pill to take daily.

Benefits (Pros)



May cause spotting the first 1-2

against HIV or STIs.

months of use. Does NOT protect

Possible Side Effects (Cons)

(not all are listed)





inserted into the vagina. The ring contains Progestin and Estrogen, which prevent the release of an egg and thicken cervical mucus. The ring is inserted for three weeks, and then removed for one ring-free fourth week. Emergency contraception pills are designed to

prevent pregnancy after unprotected vaginal

intercourse. EC can prevent the release of an

The copper IUD is 99% effective as EC if placed

egg and thicken cervical mucus.

within 5 days of unprotected sex.

Plan B®, generic brands: 75-89% if taken within 3 days after unprotected sex†

ella®: 85% up to 5 days

after unprotected sex†

91-99.7%*

Plan B®, generic brands: All ages, no prescription required. ella®: Requires

prescription

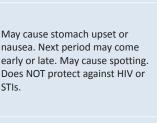
from health care provider.

A health care

provider must

prescribe.

Available at pharmacies, health centers, or health care providers. STIs.





The diaphragm and cervical cap are barrier methods that cover the cervix to prevent the sperm from reaching an egg. These must be used with a spermicide. Diaphragm and cervical cap must be inserted with each intercourse. Spermicides are inserted into the vagina before

Diaphragm: 81-94%* Cervical cap: 79.5-90.5%* 71-85%* May raise the risk of A health care provider must prescribe and size the diaphragm and cervical cap. Drugstores, doctor's offices. health centers and

Can last several years. Costs very little to use. Can buy at many stores. Comes in many forms.

Can be put in as part of

foreplay.

Can be difficult to use. May cause irritation if allergic to latex, silicone, or spermicide. Does NOT reduce the risk of HIV. May reduce the risk of some infections. May irritate the skin of the vagina, penis, or anus. Can be messy. May



intercourse. Spermicides kill sperm. Spermicide must be inserted before each intercourse. The dental dam is a thin layer of latex, plastic, or polyurethane that acts as a barrier between partners when placed over the vulva (outside of vagina) or anus during oral sex. Can also use a condom cut in half. A new dental dam must be used each time.

getting HIV. This device is used for oral sex only. Protects against HIV and other STIs.

supermarkets. Drugstores, doctor's offices, health centers and condom shops.

May irritate someone with a latex allergy. Dental dam may slip out of place if not held around the area receiving oral sex.

raise the risk of HIV/STIs.



Permanent birth control is a procedure performed by a doctor that is intended to prevent the sperm from joining the egg by blocking either the fallopian tubes (carry an egg) or the vas deferens (carry the sperm).

Two of the most common types are Laparoscopic Tubal Ligation & Vasectomy: 99.5-99.9%* Talk to a health care provider about other options.

A health care provider must prescribe and perform these procedures.

Private. No medicine to remember.

Protects against HIV

and other STIs.

reaction to anesthetic, reversibility cannot be guaranteed. Does NOT protect against HIV or STIs.

Updated 07/2018

Mild bleeding or infection may

occur right after the operation,