

# Your Birth Control Choices

METHOD	HOW TO USE	THINGS TO KNOW	HOW WELL DOES IT WORK*
<b>Condom External</b> 	<ul style="list-style-type: none"> <li>Use a new condom each time you have sex.</li> <li>Use a polyurethane condom if allergic to latex.</li> </ul>	<ul style="list-style-type: none"> <li>Can use for anal, vaginal, and oral sex.</li> <li>Protects against HIV and other sexually transmitted infections (STIs).</li> </ul>	85%
<b>Condom Internal</b> 	<ul style="list-style-type: none"> <li>Use a new condom each time you have sex.</li> <li>Use extra tube as needed.</li> </ul>	<ul style="list-style-type: none"> <li>Can use for anal, oral and vaginal sex.</li> <li>May increase vaginal/anal pleasure.</li> <li>Good for people with latex allergy.</li> <li>Protects against HIV and other sexually transmitted infections (STIs).</li> </ul>	78%
<b>Diaphragm</b> <i>Cup® and Dome®</i> 	<ul style="list-style-type: none"> <li>Put in vagina each time you have sex.</li> <li>Use with spermicide each time.</li> </ul>	<ul style="list-style-type: none"> <li>Can last several years.</li> <li>Spermicide may raise the risk of getting HIV.</li> <li>Raises risk of bladder infection.</li> </ul>	85%
<b>Emergency Contraception (EC) Pills</b> <i>Plan B®, One Dose®, ella®, and others</i> 	<ul style="list-style-type: none"> <li>Works best the sooner you take EC pills after unprotected sex.</li> <li>You can take EC up to 5 days after unprotected sex.</li> </ul>	<ul style="list-style-type: none"> <li>May cause spotting.</li> <li>Your next monthly bleeding may come early or late.</li> <li>Ulipristal acetate EC works better than progestin EC if your body needs faster (up to 96 hrs).</li> <li>ella EC works better than progestin EC (3-5 days after sex).</li> </ul>	95-96%
<b>Fertility Awareness</b> <i>Natural Family Planning</i> 	<ul style="list-style-type: none"> <li>Track fertile days by testing for ovulation daily, checking vaginal mucus, and/or keeping a record of your monthly bleeding.</li> </ul>	<ul style="list-style-type: none"> <li>Can help with avoiding or trying to become pregnant daily.</li> <li>Use another birth control method on fertile days.</li> <li>Doesn't work well if your monthly bleeding is irregular.</li> </ul>	85%
<b>Implant</b> <i>Replens®</i> 	<ul style="list-style-type: none"> <li>A clinician places it under the skin of the upper arm.</li> <li>It must be removed by a clinician.</li> </ul>	<ul style="list-style-type: none"> <li>Lasts up to 5 years.</li> <li>May cause irregular spotting or no monthly bleeding at all.</li> <li>Cramps often improve.</li> </ul>	~99%
<b>IUD - Copper</b> <i>Paragard®</i> 	<ul style="list-style-type: none"> <li>Must be placed in uterus by a clinician.</li> <li>Usually removed by a clinician.</li> </ul>	<ul style="list-style-type: none"> <li>Lasts up to 12 years.</li> <li>May cause cramps and heavy monthly bleeding.</li> <li>Can be used as emergency contraception up to 5 days after unprotected sex.</li> </ul>	~99%
<b>IUD - Hormonal</b> <i>Liletta®, Mirena®, Mylena®, and others</i> 	<ul style="list-style-type: none"> <li>Must be placed in uterus by a clinician.</li> <li>Usually removed by a clinician.</li> </ul>	<ul style="list-style-type: none"> <li>Lasts 3 to 8 years, depending on which IUD you get.</li> <li>May improve cramps.</li> <li>May cause lighter monthly bleeding, spotting, or no monthly bleeding at all.</li> <li>Uses levonorgestrel, a progestin.</li> <li>Some types can be used as emergency contraception up to 5 days after unprotected sex.</li> </ul>	~99%
<b>The Patch</b> <i>Ortho-Tricor®</i> 	<ul style="list-style-type: none"> <li>Apply a new patch once a week for three weeks.</li> <li>No patch in week 4.</li> </ul>	<ul style="list-style-type: none"> <li>Can irritate skin under the patch.</li> <li>Can make monthly bleeding more regular and less painful.</li> <li>May cause spotting the first few months.</li> </ul>	93%

METHOD	HOW TO USE	THINGS TO KNOW	HOW WELL DOES IT WORK*
<b>The Pill</b> 	<ul style="list-style-type: none"> <li>Take the pill daily.</li> </ul>	<ul style="list-style-type: none"> <li>Can improve acne and premenstrual syndrome (PMS) symptoms.</li> <li>May cause nausea, weight gain, headaches, change in sex drive.</li> <li>Can make monthly bleeding more regular and less painful.</li> <li>May cause spotting the first few months.</li> </ul>	93%
<b>Progestin-Only Pills</b> 	<ul style="list-style-type: none"> <li>Take the pill daily.</li> </ul>	<ul style="list-style-type: none"> <li>May cause changes in hair, skin, or sex drive.</li> <li>Can make monthly bleeding more regular and less painful.</li> <li>May cause spotting the first few months.</li> </ul>	93%
<b>The Ring</b> <i>Annovera® and NuvaRing®</i> 	<ul style="list-style-type: none"> <li>Insert a small ring into the vagina.</li> <li>Monthly Ring: Change ring each month.</li> <li>Yearly Ring: Change ring each year.</li> </ul>	<ul style="list-style-type: none"> <li>There are 2 types: a monthly ring and a yearly ring.</li> <li>Can make monthly bleeding more regular and less painful.</li> <li>May cause spotting the first few months.</li> <li>Can increase vaginal discharge.</li> </ul>	93%
<b>The Shot</b> <i>Depo-Provera®</i> 	<ul style="list-style-type: none"> <li>Get a shot every 3 months (3x a year).</li> <li>Give yourself the shot or get it in a medical office.</li> </ul>	<ul style="list-style-type: none"> <li>May cause changes in mood, weight, hair, skin, or sex drive.</li> <li>Side effects may last up to 6 months after you stop the shots.</li> <li>Often decreases monthly bleeding.</li> <li>May cause spotting or no monthly bleeding.</li> </ul>	94%
<b>Sterilization: Tubal Methods</b> <i>Radiant®</i> 	<ul style="list-style-type: none"> <li>This method closes the fallopian tubes.</li> <li>A clinician reaches the tubes through your belly.</li> </ul>	<ul style="list-style-type: none"> <li>This method is permanent.</li> <li>Reversal is difficult.</li> <li>Risks include infection, bleeding, pain, and reactions to anesthesia.</li> </ul>	~98%
<b>Sterilization: Vasectomy</b> 	<ul style="list-style-type: none"> <li>A clinician blocks or cuts the tubes that carry sperm.</li> <li>Can be done in the clinician's office.</li> </ul>	<ul style="list-style-type: none"> <li>This method is permanent.</li> <li>It is more effective, safer, and cheaper than tubal procedures.</li> <li>Reversal is difficult.</li> <li>Risks include infection, pain, and bleeding.</li> <li>It may take a few months to work.</li> </ul>	~99%
<b>Vaginal Acidifying Gel</b> <i>Preven®</i> 	<ul style="list-style-type: none"> <li>Insert gel in vagina each time you have sex.</li> </ul>	<ul style="list-style-type: none"> <li>Can be put in as part of sex play/therapy.</li> <li>Does not have any hormones.</li> <li>Requires a prescription.</li> <li>May irritate vagina, penis.</li> <li>Should not be used with urinary tract infection.</li> </ul>	84%
<b>Vaginal Spermicide</b> <i>cream, gel, sponge, foam, suppository</i> 	<ul style="list-style-type: none"> <li>Insert spermicide each time you have sex.</li> </ul>	<ul style="list-style-type: none"> <li>Comes in many forms: cream, gel, sponge, foam, suppository, film.</li> <li>May raise the risk of getting HIV.</li> <li>May irritate vagina, penis.</li> <li>Can buy at many stores without a prescription.</li> </ul>	75%
<b>Withdrawal</b> <i>Pull-out</i> 	<ul style="list-style-type: none"> <li>Pull penis out of vagina before ejaculation (cooming).</li> </ul>	<ul style="list-style-type: none"> <li>Costs nothing.</li> <li>Less pleasure for some.</li> <li>Does not work if penis is not pulled out in time.</li> <li>Most interrupt sex.</li> </ul>	86%

\*Typical Use

If you are looking for protection from STIs and HIV, both the internal and external condom are great options!

[www.reproductivechoices.org](http://www.reproductivechoices.org)



# Birth Control Choices Easy Reading Information Series

**Shannon Whalen, Dominick  
Splendorio, Sal Chiariello**



## **Birth Control Choices Easy Reading Information Series:**

**Quick Bibliography Series** ,1976      **Family Planning Digest** ,1974      **Tools for Teaching Health** Shannon Whalen,Dominick Splendorio,Sal Chiariello,2007-03-23 Tools for Teaching Health presents classroom tested ready to use activities and lessons developed and written by highly acclaimed health educators This much needed resource provides any health educator who works with various populations with the strategies that will enhance the health education experience and make learning fun Designed to be practical all the book s proven activities are reproducible hands on student centered and interactive      **Birth Control** Beth Sundstrom,Cara Delay,2020 Birth control offers women the opportunity to prevent pregnancy plan and space their births or have no births at all And yet in the United States half of all pregnancies remain unintended and access to birth control is beset by inequities in education access and coverage Research indicates that women are familiar with the range of contraceptive methods available today But the persistently high rates of unintended pregnancy combined with common dissatisfaction and discontinuation suggest that women s contraceptive needs continue to be unmet Birth Control What Everyone Needs to Know will offer more than a user s guide to available means of contraception it will examine how supported family planning infrastructure impacts society as a whole Through reviews of policy scientific literature and supplemental interviews with women it will uncover women s concerns and apprehensions about contraception as well as the ways birth control empowers women and increases access to educational and professional opportunities It will provide an overview the history of birth control the risks and benefits of contraception the role of menstruation and the future of birth control The goal of this book is to provide accurate unbiased scientific information about contraception in the context of women s lived experiences and the realities of how individuals make decisions about birth control      *Sex Education for Adolescents* American Library Association,1980      **Responsible Reproductive Choice in the 21st Century** Malcolm de Roubaix,2023-01-05 This book systematically traces the development significance and implications of female reproductive choice Paramount is the right to safe termination of pregnancy TOP In the USA these rights are under threat after the reversal of Roe v Wade 1973 confirming the eternally contested nature of the pro life pro choice standoff The approach is unique and from all angles historical social emotional and legal South African experience is evaluated against a global backdrop Arguing from an ethics of responsibility the book presents a justified balanced rational and moderate position on the moral acceptability of TOP It proposes that the morality TOP be evaluated by balancing inherent foetal moral significance against contingent potentiality context and circumstance that may determine foetal development TOP is a choice a woman faces with each pregnancy It always has moral implications exclusive to the life of the woman So too do continued pregnancy and parenthood but these are of greater magnitude and duration      **Japanese Women and the Transnational Feminist Movement Before World War II** Taeko Shibahara,2014-04-04 This book traces the development of feminist consciousness in Japan from 1871 to 1941 Taeko Shibahara uncovers some fascinating histories

as she examines how middle class women navigated between domestic and international influences to form ideologies and strategies for reform They negotiated a humanitarian space as Japan expanded its nationalist militarist imperialist and patriarchal power Focusing on these women s political awakening and activism Shibahara shows how Japanese feminists channeled and adapted ideas selected from international movements and from interactions with mainly American social activists Japanese Women and the Transnational Feminist Movement before World War II also connects the development of international contacts with the particular contributions of Ichikawa Fusae to the suffrage movement Ishimoto Shidzue to the birth control movement and Gauntlett Tsune to the peace movement by touching on issues of poverty prostitution and temperance The result provides a window through which to view the Japanese women s rights movement with a broader perspective *Congressional Record* United States. Congress,1993 **Birth Control Choices** Gloria M.

Bertacchi,1988-06-01 **The Nursing Clio Reader** The Nursing Clio Editorial Collective,2025-09-09 On June 24 2022 the Supreme Court s Dobbs v Jackson Women s Health Organization decision overturned Roe v Wade stripping federal protection for abortion rights and placing control in the hands of individual states This monumental shift in policy underscores the need for deeper historical perspectives on reproductive rights The Nursing Clio Reader answers that call bringing together essays that examine reproductive health through historical research and personal experience Featuring both new and classic pieces from the Nursing Clio blog leading historians of reproductive health provide insights that connect past struggles with today s ongoing battles over bodies reproductive rights and health care This collection offers intimate urgent scholarship that speaks to the present moment A powerful resource for classrooms and individual readers alike The Nursing Clio Reader invites reflection on how the past informs current debates urging us to engage deeply with the history of reproductive justice in a time of unprecedented change underscoring that indeed the personal is historical *Challenging Choices* Erika

Dyck, Maureen Lux,2020-11-18 Between the decriminalization of contraception in 1969 and the introduction of the Charter of Rights and Freedoms in 1982 a landmark decade in the struggle for women s rights public discourse about birth control and family planning was transformed At the same time a transnational conversation about the population bomb that threatened global famine caused by overpopulation embraced birth control technologies for a different set of reasons revisiting controversial ideas about eugenics heredity and degeneration In *Challenging Choices* Erika Dyck and Maureen Lux argue that reproductive politics in 1970s Canada were shaped by competing ideologies on global population control poverty personal autonomy race and gender For some Canadians the 1970s did not bring about an era of reproductive liberty but instead reinforced traditional power dynamics and paternalistic structures of authority Dyck and Lux present case studies of four groups of Canadians who were routinely excluded from progressive reformist discourse Indigenous women and their communities those with intellectual and physical disabilities teenage girls and men In different ways each faced new levels of government regulation scrutiny or state intervention as they negotiated their reproductive health rights and responsibilities

in the so called era of sexual liberation While acknowledging the reproductive rights gains that were made in the 1970s the authors argue that the legal changes affected Canadians differently depending on age social position gender health status and cultural background Illustrating the many ways to plan a modern family these case studies reveal how the relative merits of life and choice were pitted against each other to create a new moral landscape for evaluating classic questions about population control

*Choices, A Program for Women about Choosing Healthy Behaviors, Facilitator Guide, August 2011*,2012 FDA's approval of the Today contraceptive sponge United States. Congress. House. Committee on Government

Operations. Intergovernmental Relations and Human Resources Subcommittee,1984 *How to Improve Written Communication for Birth Control* Donald J. Bogue,Veronica Stolte Heiskanen,1963 **Birth Control** Paul Quinn,2019-03-07

This book will serve as a scientifically accurate yet easy to read introduction to birth control for teens and young adults The information guidance and resources it offers will help readers to make better decisions regarding their sexual health From barrier methods such as condoms and diaphragms to oral contraceptive pills and from hormone based implants and injectables to permanent sterilization techniques there are a number of ways to prevent unwanted pregnancy today But which are the most effective and how do you choose the method that s right for you What about side effects and long term implications for health such as increased risk for cancer Does birth control affect your chances of getting pregnant in the future Birth Control Your Questions Answered a part of Greenwood s Q A Health Guides series provides clear concise answers to these and other questions young readers may have about this sometimes embarrassing yet very important topic Each book in this series follows a reader friendly question and answer format that anticipates readers needs and concerns Prevalent myths and misconceptions are identified and dispelled and a collection of case studies illustrates key concepts and issues through relatable stories and insightful recommendations The book also includes a section on health literacy equipping teens and young adults with practical tools and strategies for finding evaluating and using credible sources of health information both on and off the internet important skills that contribute to a lifetime of healthy decision making

**Weekly World News** ,1989-07-11 Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world s only reliable news source since 1979 The online hub [www.weeklyworldnews.com](http://www.weeklyworldnews.com) is a leading entertainment news site

**The Selective Guide to Publications for Mental Health and Family Life Education** Mental Health Materials Center (U.S.),1979 Approximately 600 books and other monographic titles intended for the use of professional personnel in planning educational programs Topical arrangement Each entry gives description audience order information summary and evaluation Subject title indexes

**Patient Education in Health and Illness** Sally H. Rankin,Karen Duffy Stallings,Fran London,2005 This practical text reference provides theory based approaches to teaching patients of all ages and their families in a variety of healthcare settings Thorough revision includes a stronger clinical application focus and strong practice examples The text highlights the patient education process and stresses

collaboration among health care team members This edition s Strategies for Critical Analysis and Application boxes provide student activities for increased interaction Research boxes throughout enhance the evidence based practice connection Each chapter includes updated URLs and key words to use in search engines

**Improving Family Planning Services for Teenagers** Urban and Rural Systems Associates,1978 **Kinn's The Medical Assistant - E-Book** Brigitte Niedzwiecki,Julie Pepper,P. Ann Weaver,2019-09-24 More than any other product on the market the most successful Medical Assistants begin their careers with Kinn Trusted for more than 60 years Kinn s The Medical Assistant An Applied Learning Approach 14th Edition teaches you real world administrative and clinical skills essential for a career in the modern medical office always with a focus on application through unfolding case scenarios critical thinking questions and interactive exercises The reorganized 14th edition includes expanded content on medical office accounts collections banking and practice management as well as a new chapter reviewing medical terminology anatomy and physiology and pathology With an easy to read format and a full continuum of separately sold adaptive learning solutions real world simulations EHR documentation experience and HESI remediation and assessment you ll learn the leading skills to prepare for certification and a successful career in the dynamic and growing Medical Assisting profession Comprehensive coverage of all administrative and clinical procedures prepares you for a wide array of Medical Assisting jobs Nearly 185 step by step illustrated procedures with rationales break down how to perform critical skills for practice Applied approach to learning helps you use what you ve learned in a real world setting including case scenarios and critical thinking exercises Thorough EHR coverage with access to hands on activities incorporates use of SimChart for the Medical Office software designed to ensure that you are practice ready sold separately Key vocabulary terms and definitions are presented at the beginning of each chapter and highlighted in text discussions Summary of Learning Objectives serves as a checkpoint and study tool Patient education and legal and ethical features help relate content to practical use NEW Chapter reviews medical terminology anatomy and physiology and pathology to help you build a solid foundation NEW Reorganized and expanded content on medical office accounts includes collections banking and practice management NEW Artwork focused on the workings of a modern medical office includes updated illustrations and photographs of procedures and medical records NEW Expanded and updated sample certification exams help you practice and prepare for certification NEW Streamlined presentation refines organization and writing for easy comprehension NEW Coverage of patient centered care featured throughout textbook

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