



INVESTIGATIVE CONTRACEPTIVE WORKSHEET

(ADAPTED FROM ALBERTA HEALTH SERVICES)

Method	Other names for this?	Where can you get it?	Biggest advantages	Biggest disadvantages
Using nothing				
Abstinence				
Fertility awareness method				
Withdrawal				
Birth control pill				
Contraceptive patch				
Birth control injection				
Diaphragm				
Nuva ring				
Emergency contraception				
Female condom				
Male condom				
Abortion pill				
Surgical abortion				
Intrauterine device (IUD)				

