



BIRTH CONTROL

Using nothing

OTHER NAMES: unprotected sex, unsafe sex, bareback
WHERE CAN YOU GET IT: no purchases or products needed
ADVANTAGES: no purchases or products needed
DISADVANTAGES: does not protect against STBBIs, does not protect against pregnancy



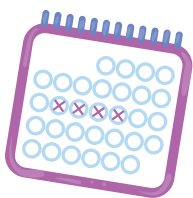
Abstinence

OTHER NAMES: virginity, celibacy, chastity
WHERE CAN YOU GET IT: no purchases or products needed
ADVANTAGES: also protects against STBBIs, no purchases or products needed, effective, reversible, safe, no cost
DISADVANTAGES: does interfere with sex life – can be challenging, requires both partners to be fully committed



Fertility Awareness Method

OTHER NAMES: tracking
WHERE CAN YOU GET IT: no purchases or products needed
ADVANTAGES: no purchases or products needed, safe, no side effects, considered natural, no hormones, allows you to learn about your own body
DISADVANTAGES: difficult if periods are irregular and when starting to track, does not protect against STBBIs, can be ineffective, requires a lot of practice to learn, can be difficult to avoid sex at certain times, requires both partners to be fully committed



Withdrawal

OTHER NAMES: pull and pray
WHERE CAN YOU GET IT: no purchase or produce necessary
ADVANTAGES: considered a natural method, safe and convenient, no cost, no hormones, immediate for partners who have entered into a sexual act without having an alternative method, no consultation or prescription required
DISADVANTAGES: not easy, it takes self-control, risky practice – even if the penis is pulled out in time, pregnancy can still happen, does not protect against STBBIs



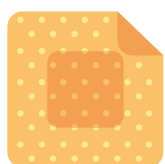
Birth control pill

OTHER NAMES: the pill
WHERE CAN YOU GET IT: by prescription from a doctor or nurse practitioner
ADVANTAGES: highly effective, reversible, does not interfere with sex, decreases PMS, regulates periods
DISADVANTAGES: may interact with other medications, may cause spotting or irregular bleeding, may cause breast tenderness, nausea or headaches, must be taken at the same time every day, increases risk of blood clots, does not protect against STBBIs



Contraceptive patch

OTHER NAMES: the patch
WHERE CAN YOU GET IT: by prescription by a doctor or nurse practitioner
ADVANTAGES: highly effective, reversible, does not interfere with sex, may reduce menstrual flow and cramps, decreases PMS, regulates periods, reduces risk of some cancers, may reduce risk of cysts, easy to use
DISADVANTAGES: does not protect against STBBIs, may cause irregular bleeding, may cause breast tenderness, nausea and headaches, may cause skin irritation, may be less effective in those who weigh more than 198 pounds



Birth control injection

OTHER NAMES: birth control shot
WHERE CAN YOU GET IT: from a healthcare provider every 3 months
ADVANTAGES: effective and long lasting, reversible, safe, convenient, discreet, effectiveness not affected by most medicines, may be used while breastfeeding, may be suitable for those over 35 who smoke, reduces or eliminates periods, reduces PMS symptoms, may reduce risk of some cancers
DISADVANTAGES: does not protect against STBBIs, initial irregular bleeding, continued light or heavy bleeding, decreases bone density, change in appetite, hormone effects such as acne, headaches, etc, can take longer to reverse



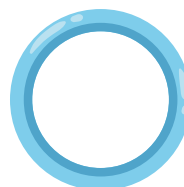
Diaphragm

OTHER NAMES: barrier
WHERE CAN YOU GET IT: healthcare centres or pharmacies
ADVANTAGES: no hormones, can be used while breastfeeding, one size and fits most, available at pharmacies without a prescription
DISADVANTAGES: higher failure rate compared to other types of contraception, increased risk of recurrent urinary tract infections, increased risk of toxic shock syndrome, some users may have trouble inserting it correctly, water-based gel must be reapplied after each act of intercourse, latex or silicone allergy will prevent some users from using the diaphragm, does not protect against STIs



Nuva Ring

OTHER NAMES: vaginal ring
WHERE CAN YOU GET IT: by prescription from a healthcare provider
ADVANTAGES: highly effective, reversible, does not interfere with sex, may reduce menstrual flow and cramps, decreases PMS, regulates periods, reduces risk of some cancers, may reduce risk of cysts, does not have to be remembered each day
DISADVANTAGES: does not protect against STBBIs, may cause irregular bleeding, may cause breast tenderness, nausea and headaches, may cause vaginal irritation, required remembering to change ring once per month



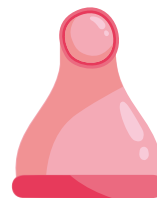
Emergency Contraception

OTHER NAMES: the morning after pill, plan b
WHERE CAN YOU GET IT: a healthcare centre or pharmacy
ADVANTAGES: can be effective, can be safe while breastfeeding, can increase chance of pregnancy after taking it
DISADVANTAGES: does not protect against STBBIs, can interact with other medications, can cause nausea, headache, sore breasts, effectiveness can vary, limited window of effectiveness



Female Condom

OTHER NAMES: femidom, internal condom
WHERE CAN YOU GET IT: healthcare clinics, pharmacies, online and retail stores
ADVANTAGES: Protects against both pregnancy and STBBIs, the person at risk of pregnancy has control and autonomy in placing the condom, can be used by people with latex allergies, can be used with oil-based lubricants, may feel more comfortable and less constricting than male condoms, the internal and external rings of the female condom may increase sexual stimulation, available at pharmacies without a prescription
DISADVANTAGES: Some users may have trouble inserting it correctly, more expensive than male condoms, potential challenges include slippage and breakage, the rings on the female condom may cause discomfort during sex, female condoms maybe noisier than male condoms during sex



Male Condom

OTHER NAMES: rubber, love glove
WHERE CAN YOU GET IT: healthcare clinics, pharmacies, retail and online stores
ADVANTAGES: widely available without a prescription, inexpensive, safe and effective, protects against most STBBIs, non-latex options available for those with latex allergies or sensitivities. both partners participate in their use – shared responsibility, hormone-free, may decrease the risk of cervical cancer, may help the wearer avoid premature ejaculation, may be used with other contraception methods to increase their contraceptive effectiveness
DISADVANTAGES: Must be available at time of sexual activity, must be stored and handled properly – be sure to check the expiration date, may slip or break during intercourse, may reduce sensitivity for either partner, latex allergies, requires participation of both partners



Abortion Pill

OTHER NAMES: medical abortion
WHERE CAN YOU GET IT: by prescription from a healthcare provider
ADVANTAGES: can be effective, can be accessible
DISADVANTAGES: does not protect against STBBIs, limited window of effectiveness, effectiveness may vary; often by prescription only, may cause nausea



Surgical Abortion

OTHER NAMES: aspiration abortion, termination
WHERE CAN YOU GET IT: a clinic or hospital
ADVANTAGES: safe, legal, effective, decision is up to the pregnant person
DISADVANTAGES: does not protect against STBBIs, stigma, can be some risk, access can be limited, can be limited period of pregnancy where it is available



Intrauterine Device (IUD)

OTHER NAMES: IUD
WHERE CAN YOU GET IT: must be inserted by a healthcare provider
ADVANTAGES: effective, reversible and safe, long term, forgettable and invisible, cost-effective, reduces risk of some cancer, can be used with breastfeeding
DISADVANTAGES: initially irregular bleeding or spotting may occur, some pain or discomfort during insertion, some risks when inserted, does not protect against STBBIs, must be inserted by doctor

