

# YOUR BODY. YOUR BIRTH CONTROL.

Use this chart to review all available methods and understand which one best meets your priorities and preferences.

	OPTION	EFFECTIVE?	LASTS?	HOW?	POSSIBLE?
		<b>99%</b> Less than 1 out of 100 become pregnant	Up to <b>3 OR 6 YEARS</b>	Inserted by <b>Healthcare PROVIDER</b>	Irregular, lighter, or no period at all  Cramping, during and after insertion, spotting
		<b>99%</b> Less than 1 out of 100 become pregnant	Up to <b>3 YEARS</b>	Inserted by <b>Healthcare PROVIDER</b>	Infrequent, irregular, prolonged, or no period
		<b>94%</b> 4 out of 100 become pregnant	Up to <b>3 MONTHS</b>	Given by <b>Healthcare PROVIDER</b>	Irregular or no period  Weight changes
		<b>91%</b> 8 out of 100 become pregnant	<b>1 DAY</b>	Prescription from <b>Healthcare PROVIDER</b>	Shorter, lighter, more predictable periods  Nausea or breast tenderness
		<b>91%</b> 9 out of 100 become pregnant	Up to <b>1 MONTH</b>	Prescription from <b>Healthcare PROVIDER</b>	Shorter, lighter, more predictable periods  Nausea or breast tenderness
		<b>91%</b> 9 out of 100 become pregnant	Up to <b>1 WEEK</b>	Prescription from <b>Healthcare PROVIDER</b>	Shorter, lighter, more predictable periods  Nausea, breast tenderness, application site reaction
		<b>82%</b> 18 out of 100 become pregnant	<b>1 SEX ACT</b>	<b>BUY</b> over the counter	Allergic reaction, irritation

## RESOURCES

[YoungWomensHealth.org](http://YoungWomensHealth.org) • [Bedsider.org](http://Bedsider.org)

Scan QR code to get a copy of this resource on your phone!



# IS BIRTH CONTROL RIGHT FOR YOU?

## There are **MANY** reasons teens use birth control:

- Reduce cramps and other period symptoms, like mood changes
- Decrease frequency of periods
- Improve acne issues
- Reduce issues from PCOS, seizures, Sickle Cell Disease and others
- Pregnancy prevention, and more!

## Take charge of your health:

- Learn about the options from a trusted website, like [YoungWomensHealth.org](http://YoungWomensHealth.org); talk to the adults in your life; and discuss with your doctor.
- You can always change birth control if it's not working for you. Many of the common side effects go away on their own within a few months. If not, your doctor can make changes that may help.
- Most birth control options don't protect against infections. Use a male or female condom **EVERY TIME** to protect yourself and your partner from infections like chlamydia, HPV and HIV.

## WHAT IF THINGS GO WRONG?

### Having irregular bleeding or spotting?

- Make sure you are taking your medicine daily, as prescribed – **everyday!**
- If it's happening a lot or you're having other symptoms too, call your doctor's office to figure out a plan.

### Missed a pill, patch, Ring, or Depo shot?

- Take your next pill (or whatever you are on) as soon as you remember. If you are having sex, use a condom to protect from pregnancy and infections.
- Take advantage of phone reminders, apps or regular habits you have to help you remember to take your medicine.
- Consider changing to a long-acting reversible birth control (LARC) like the implant or IUD if you have trouble remembering. They are the most effective form of birth control (other than abstinence!)

### Forgot to take your medicine or didn't use birth control?

- Emergency contraception pills (like Plan B) can be taken up to 5 days after sex. These can be bought at the store without a prescription, regardless of your age.
- Follow-up with your doctor to discuss options that may be better for you and help protect against infections.

### Any other issues that worry you?

- Speak up! Everyone is different. If you are noticing things that worry you about your period – whether you are on birth control or not – your healthcare provider is there to help you!

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