## Birth Control Options

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

<table>
<thead>
<tr>
<th>OPTION</th>
<th>EFFECTIVE?</th>
<th>LASTS?</th>
<th>HOW?</th>
<th>POSSIBLE?</th>
</tr>
</thead>
<tbody>
<tr>
<td>IUDs</td>
<td>99%</td>
<td>Up to 3 or 6 YEARS</td>
<td>Inserted by Healthcare Provider</td>
<td>Irregular, lighter, or no period at all Cramping, during and after insertion, spotting</td>
</tr>
<tr>
<td>The Implant</td>
<td>99%</td>
<td>Up to 3 YEARS</td>
<td>Inserted by Healthcare Provider</td>
<td>Infrequent, irregular, prolonged, or no period</td>
</tr>
<tr>
<td>The Shot</td>
<td>94%</td>
<td>Up to 3 MONTHS</td>
<td>Given by Healthcare Provider</td>
<td>Irregular or no period Weight changes</td>
</tr>
<tr>
<td>The Pill</td>
<td>91%</td>
<td>/ DAY</td>
<td>Prescription from Healthcare Provider</td>
<td>Shorter, lighter, more predictable periods Nausea or breast tenderness</td>
</tr>
<tr>
<td>The Ring</td>
<td>91%</td>
<td>Up to / MONTH</td>
<td>Prescription from Healthcare Provider</td>
<td>Shorter, lighter, more predictable periods Nausea or breast tenderness</td>
</tr>
<tr>
<td>The Patch</td>
<td>91%</td>
<td>Up to / WEEK</td>
<td>Prescription from Healthcare Provider</td>
<td>Shorter, lighter, more predictable periods Nausea, breast tenderness, application site reaction</td>
</tr>
<tr>
<td>Condom</td>
<td>82%</td>
<td>/ SEX ACT</td>
<td>buy over the counter</td>
<td>Allergic reaction, irritation</td>
</tr>
</tbody>
</table>

**Resources:**

YoungWomensHealth.org • Bedsider.org

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