

# What's Your Ideal BIRTH CONTROL METHOD?



**Start Here!**



## MYTH BUSTING



**Myth**  
"You can take a pregnancy test the day after having sex"

**Truth**  
It is best to wait until after a missed period to take a test

**Myth**  
"I can't get pregnant on my period"

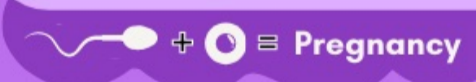
**Truth**  
Although less likely, pregnancy can happen on your period. This is even more true for those who don't track their cycle

**Myth**  
"Menstrual cycles are always 28 days long and all menstruators ovulate on day 14"

**Truth**  
Menstrual cycles vary in length, and can change with age and activity level. Stress may also effect the cycle

## HOW DOES PREGNANCY HAPPEN?

Pregnancy occurs when a **sperm** (from the testicle) and **egg** (from the ovary) unite in the uterus. This is called fertilization.



# HORMONAL CONTRACEPTIVES

Hormonal methods can...

**stop ovulation** (the release of an egg),  
**thicken cervical mucus** (making it harder for sperm to reach an egg),  
or **thin the uterine lining** (making it less likely for a fertilized egg to attach).

They are effective when used correctly and are available in various forms, providing individuals with options for preventing pregnancy.

## The Pill

The pill is taken once a day, at the same time. This method can be used 3 weeks of the months or continuously

92% effective

## Injection

The birth control injection is a shot administered by a health professional. The shot lasts 12-13 weeks, and is repeated 4 times a year.

97% effective

## Implant

The Implant is a 4cm long plastic rod placed under the skin in the upper arm by a health professional. It releases hormones for 3-5 years, and is then removed.

99% effective

## Patch

The patch is a small 'sticker' put on the skin once a week. It releases hormones to stop pregnancy, and is changed every week for three weeks of the month.

92% effective

## Ring

The ring is a flexible loop inserted into the vagina once a month. It stays in place for three weeks, then is taken out for a week.

92% effective

## Hormonal IUD

The **hormonal** IUD is a small, T-shaped device placed in the uterus by a doctor or clinician. It releases hormones for 3-5 years, and is then removed.

99% effective

# SURGICAL METHODS

## Tubal Ligation

A permanent procedure where the fallopian tubes are closed or cut, preventing eggs from reaching the uterus.

## Vasectomy

Cutting or blocking of the tubes that carry sperm, preventing sperm from mixing with semen during ejaculation

## Inside

# BARRIER METHODS

Barrier methods of birth control act as physical blocks to prevent sperm from reaching the egg. These methods don't involve hormones and are effective when used consistently and correctly. Barriers also provide protection against **sexually transmitted infections** (STIs).

## External Condom

A stretchy latex, polyurethane, or polyisoprene sheath that covers the penis during sex. One-time use.

85% effective

## Internal Condom

A stretchy latex, polyurethane, or polyisoprene 'tube' with stiff rings on each end. It is inserted into the vagina during sex. One-time use.

79% effective

# EMERGENCY CONTRACEPTION

Emergency contraception prevents pregnancy after unprotected sex or contraceptive failure by delaying ovulation, blocking fertilization, or stopping a fertilized egg from implanting.

## Plan B/Ella

A pill taken when less than 72 hours have passed since unprotected sex. (Plan B for weights <165lbs, Ella for weight >165lbs-195lbs, )

## Copper IUD

Similar to a hormonal IUD, can be used up to 5 days after unprotected sex. The copper messes with sperm movement.

85% effective (when already in place)

## COMBINATION

Combine a hormonal method with a barrier (STI protection), alternative method, or both!

# ALTERNATIVES

## Diaphragm/Cervical Cap

Reusable, dome-shaped barriers placed to prevent sperm entering the cervix. This method is used with spermicide

40-84% effective

## Spermicide

A cream, jelly, or tablet inserted into the vagina up to 1 hour before sex. It will 'kill' the sperm, before they reach the uterus.

71% effective

## Pull-Out Method

One partner 'pulls out' their penis before ejaculation (sperm release).

85% effective

## Fertility Awareness

Tracking and avoiding sex during the ovulation window. This window is when one is most likely to get pregnant.

85% effective

Resource created by Charleigh Rogers,  
Illustrated by Hanna (2023)

## What's Your Ideal

# BIRTH CONTROL METHOD?



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