






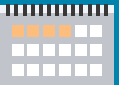


# SAFER SEX & BIRTH CONTROL METHODS

what you need to know to stay safe | Percentages based on typical use

		Effectiveness in preventing pregnancy <sup>1</sup>	Protects against STBBIs?
	<b>outercourse &amp; abstinence</b> Engaging in sexual activity that does not involve genital contact or sexual fluid exchange or choosing not to participate in any form of sexual activity.	<b>100%</b>	<b>YES</b>
	<b>surgery</b> Surgery to prevent the sperm and egg from meeting.	<b>99.5%-99.85%</b>	<b>NO</b>
	<b>intrauterine device/system</b> Inserted into the the uterus by a medical professional. Provides very effective birth control for 2 <sup>1/2</sup> -10 years.	<b>99.2%-99.8%</b>	<b>NO</b>
	<b>hormonal birth control</b> Using hormones to prevent pregnancy.	<b>93%-99%</b>	<b>NO</b>
	<b>condoms &amp; sex dams</b> Using a barrier between partners.	<b>79%-99%</b>	<b>YES</b>
	<b>other barrier methods</b> Using a product or device that prevents the sperm from reaching the egg.	<b>71%-84%</b>	<b>NO</b>
	<b>withdrawal method</b> Withdrawing the penis before ejaculation.	<b>80%</b>	<b>NO</b>
	<b>fertility awareness</b> Timing vaginal intercourse to coincide with ovulation to achieve pregnancy or avoid it.	<b>76%</b>	<b>NO</b>

## birth control that works after sex



### copper iud

Inserted into the into the uterus by a medical professional within 5 days of unprotected sex.



### emergency contraceptive pill<sup>3</sup>

Purchased at a pharmacy and taken within 3 days of unprotected sex (less effective on days 4 and 5).

1. Data provided by: [www.optionsforsexualhealth.org/birth-control-pregnancy/birth-control-options/effectiveness](http://www.optionsforsexualhealth.org/birth-control-pregnancy/birth-control-options/effectiveness)

2. Oral sex dams are not intended for insertive sex. They are not effective against pregnancy, but used correctly, can effectively prevent STI transmission.

3. Several brands of emergency contraceptive pill (ECP) are available, with varying effectivenesses. Ullipristal (Ella) is currently the most effective version of ECP available.



@whcwpjg



women's health clinic