SAFER SEX & BIRTH CONTROL METHODS

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

			Effectiveness in preventing pregnancy[1]	Protects against STBBIs?
	outercourse & abstinence 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.		100%	YES
	surgery Surgery to prevent the sperm and egg from meeting.	Also known as: vasectomy, tubal ligation	99.5%-99.85%	NO
	intrauterine device/system Inserted into the the uterus by a medical professional. Provides very effective birth control for 2$^{1/2}$-10 years.	Also known as: Mirena IUS, Copper IUD	99.2%-99.8%	NO
	hormonal birth control Using hormones to prevent pregnancy.	Also known as: The Pill; The Patch; Implant; Vaginal Ring; Depo Provera	93%-99%	NO
	condoms & sex dams Using a barrier between partners.	Also known as: internal condoms, external condoms, oral sex dams[2]	79%-99%	YES
	other barrier methods Using a product or device that prevents the sperm from reaching the egg.	Also known as: Vaginal film & foam, the sponge, diaphragm	71%-84%	NO
	withdrawal method Withdrawing the penis before ejaculation.	Also known as: pulling out	80%	NO
	fertility awareness Timing vaginal intercourse to coincide with ovulation to achieve pregnancy or avoid it.	Also known as: timing method	76%	NO

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[3]
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

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.

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