





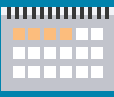





SAFER SEX & BIRTH CONTROL METHODS

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

	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% effective*	Protects against STIs <input checked="" type="checkbox"/>
	intrauterine device/system Inserted into the the uterus by a medical professional. Provides very effective birth control for 2 ^{1/2} -10 years.	99.2% - 99.9% effective*	Does not protect against STIs <input type="checkbox"/>
	surgery Surgery to prevent the sperm and egg from meeting.	99.5% - 99.8% effective*	Does not protect against STIs <input type="checkbox"/>
	hormonal birth control Using hormones to prevent pregnancy.	92% - 97% effective*	Does not protect against STIs <input type="checkbox"/>
	condoms & sex dams Using a barrier between partners.	79% - 85% effective*	Protects against STIs <input checked="" type="checkbox"/>
	barrier method Using a product or device that prevents the sperm from reaching the egg.	71% - 84% effective*	Does not protect against STIs <input type="checkbox"/>
	fertility awareness Timing vaginal intercourse to coincide with ovulation to achieve pregnancy or avoid it.	73% effective*	Does not protect against STIs <input type="checkbox"/>
	withdrawl method Withdrawing the penis before ejaculation.	75% effective*	Does not protect against STIs <input type="checkbox"/>
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 Purchased at a pharmacy and taken within 3 days of unprotected sex (less effective on days 4 and 5).	

Data provided by: www.optionsforsexualhealth.org/birth-control-pregnancy/birth-control-options/effectiveness

* in preventing pregnancy



women's health clinic