

**HOW DO I  
CHOOSE  
THE RIGHT  
BIRTH  
CONTROL  
FOR ME?**

**WANT TO  
LEARN MORE?**

Visit [upstream.org/birthcontrol](https://upstream.org/birthcontrol)



**upstream** USA



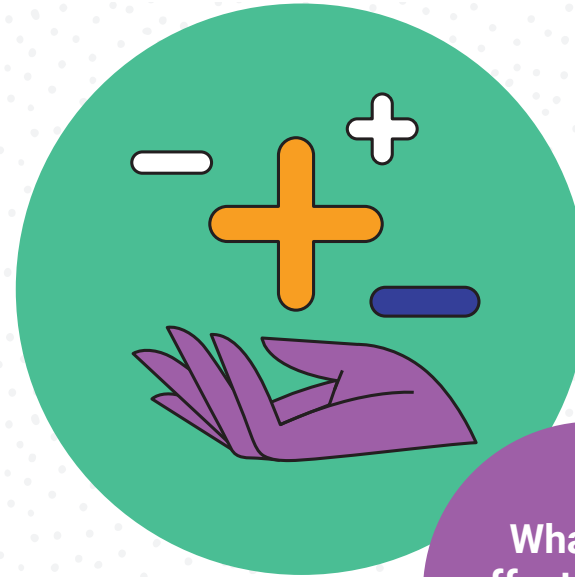


# ALL QUESTIONS ARE GOOD QUESTIONS

We made this handy booklet to help you figure out what's most important to you.

Remember, anything goes!

Do I need a  
prescription or  
procedure to  
get it (or stop  
using it)?



What side  
effects might I  
experience?

Will anyone  
know I'm on  
birth control?

How do I  
use it?



Will it  
affect my  
period?

What methods  
protect me from  
STIs or HIV?



# DEAR BIRTH CONTROL....

What matters most  
to you?



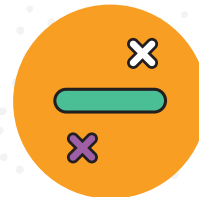
**Keep me from  
getting pregnant**

*"I'm in school right  
now, so getting  
pregnant is a big no."*



**Give me  
more benefits**

*"I want a method that  
will help me improve  
my acne."*



**Don't give me side  
effects I don't expect**

*"The method didn't make  
me feel good, so I wouldn't  
use it again."*



**Be hormone-free**

*"The method that works  
for me doesn't have  
hormones."*

# DID YOU KNOW?

- ✓ **You can stop using any birth control** method, including IUDs and the Implant, **at any time.**
- ✓ **No birth control method can cause an abortion.** Not even Emergency Contraception. They work by stopping you from getting pregnant.
- ✓ **Many kinds** of birth control methods are **safe to use while breast/chestfeeding** and soon after giving birth.
- ✓ **Birth control can do more than prevent pregnancy.** Some methods can help with your periods, reduce cancer risk, and even help with acne.

# WHAT ARE MY BIRTH CONTROL OPTIONS?



## FERTILITY AWARENESS

- Monitor every day
- 77% - 98% effective



## PATCHES

- Change every week
- 93% effective



## RINGS

- Change every month
- 93% effective



## THE IMPLANT

- Place every 3 years  
(5 years off-label)
- 99% or more effective



## COMBINED PILLS

- Take every day
- 93% effective



## SPERMICIDE AND GEL

- Use every time you  
have sex
- 79% effective



## CERVICAL CAP, DIAPHRAGM, SPONGE

- Use every time you have sex
- 71% - 86% effective



## HORMONAL IUDs

- Place every 3-8 years
- 99% or more effective



## PROGESTIN-ONLY PILLS

- Take every day at the  
same time
- 93% effective



## THE SHOT

- Get every 3 months
- 96% effective



## CONDOMS (EXTERNAL, INTERNAL)

- Use every time you have sex
- 87%, 79% effective



## NON-HORMONAL IUDs

- Place every 10 years  
(12 years off-label)
- 99% or more effective



## PULL-OUT METHOD

- Use every time you have sex
- 80% effective



## PERMANENT BIRTH CONTROL

- Get once, lasts for life
- 99% or more effective