

it's ←
your
body. *



Finding the right
contraception can
take time.

Review the options
in this pamphlet, and
talk about them with a
trusted adult, parent,
or medical provider.
Understand the way
each method works
and their potential
side effects.

**If a method doesn't
work for you, you can
choose a new one!**

**Contraception, or
birth control, is a
method to prevent
a pregnancy.**

**This helps people to
plan pregnancies at
a time that makes
sense for them.**

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let's talk
about

⌚

contraception



possible side effects



	TYPE	POSSIBLE SIDE EFFECTS
NON-HORMONAL	Abstinence	none
	Condoms	none
	Withdrawal	none
	Fertility Awareness	none
HORMONAL	Implant	irregular bleeding, headaches, mood changes, breast tenderness <i>common</i>
	Shot	irregular or no periods, weight or bone changes, headaches <i>common</i>
	Pill	nausea, breast tenderness, spotting, headaches <i>fairly common</i>
	Patch	vaginal irritation/discharge, nausea <i>fairly rare</i>
	Ring	irregular bleeding, headaches, mood changes, breast tenderness <i>common</i>
INTRAUTERINE DEVICE	Hormonal IUD	heavier periods, stronger cramps <i>fairly common in first few months</i>
	Copper IUD	heavier periods, stronger cramps <i>fairly common in first few months</i>

types of contraception

NON-HORMONAL

Abstinence **100% EFFECTIVE**

free

not having sex

Condoms **86% EFFECTIVE**

no prescription needed

latex (or other plastic) sheath placed over penis or into vagina/anus; can be used only once



Withdrawal **80% EFFECTIVE**

free

pulling the penis out of the vagina before ejaculation; better than no method at all

Fertility Awareness **VARIES**

free

monitoring fertility and menstrual cycles to avoid having sex when a pregnancy is possible

HORMONAL

Implant **99% EFFECTIVE**

prescription needed

rod-shaped object usually placed in arm that has hormones; lasts up to 3 years

Shot **96% EFFECTIVE**

prescription needed

shot of hormones given every three months by medical provider

Pill **93% EFFECTIVE**

prescription + non-prescription methods

pill of hormones taken every day



Patch **93% EFFECTIVE**

prescription needed

patch placed on skin that releases hormones; put on a new patch once a week for three weeks

Ring **93% EFFECTIVE**

prescription needed

ring placed in vagina that releases hormones; ring is placed in the vagina for 3 weeks and then taken out for 1 week

INTRAUTERINE DEVICE

IUD **99% EFFECTIVE**

prescription needed

t-shaped object placed in uterus that can have hormones or be made of copper; lasts 8–10 years, depending on the type

* KNOW YOUR OPTIONS

If you're experiencing side effects and want to change your method of contraception, talk to a medical provider and/or parent/trusted adult right away.

accessing contraception

Abstinence is free and available to everyone. Withdrawal and fertility awareness are also free, but not as effective.

IUDs, implants, the shot, the ring, the patch, and some pills are available from medical providers. The pill is also available over the counter at some stores.

Condoms are available at stores, sometimes free at clinics, and at [texaswearscondoms.com](https://www.texaswearscondoms.com)

