

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

**WANT TO
LEARN MORE?**

Visit upstream.org/birthcontrol



upstream USA



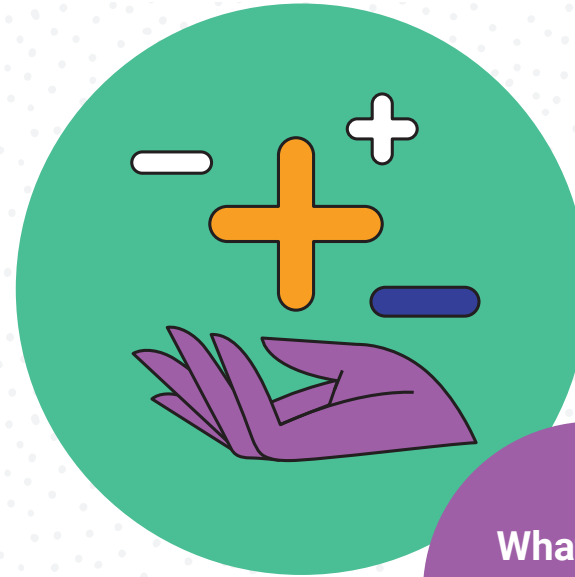


ALL QUESTIONS ARE GOOD QUESTIONS

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 other
benefits can
I get?

Will anyone
know I'm on
birth control?

How often
do I need to
use it?



Will it
affect my
period?

What methods
protect me from
STIs/STDs
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."*



**Don't have
hormones**

*"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 breastfeeding** and soon after giving birth.
- ✔ **Some methods can be hidden**, so no one knows that you are using it.
- ✔ **Birth control can have a lot of benefits.** 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
- 85% effective



THE PATCH

- Change every week
- 93% effective



THE RING

- Change every month
- 93% effective



THE IMPLANT

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



THE PILL

- Use everyday at the
same time
- 93% effective



SPERMICIDE

- Use every time you
have sex
- 79% effective



CERVICAL CAP, DIAPHRAGM, SPONGE

- Use every time you have sex
- 73%-86% effective



HORMONAL IUDs

- Place every 3-6 years
(Some types, 7 years off-label)
- 99% or more effective



PROGESTIN-ONLY PILL

- Use everyday 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 IUD

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



PULL-OUT METHOD

- Use every time you have sex
- 80% effective



TUBAL LIGATION, VASECTOMY

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