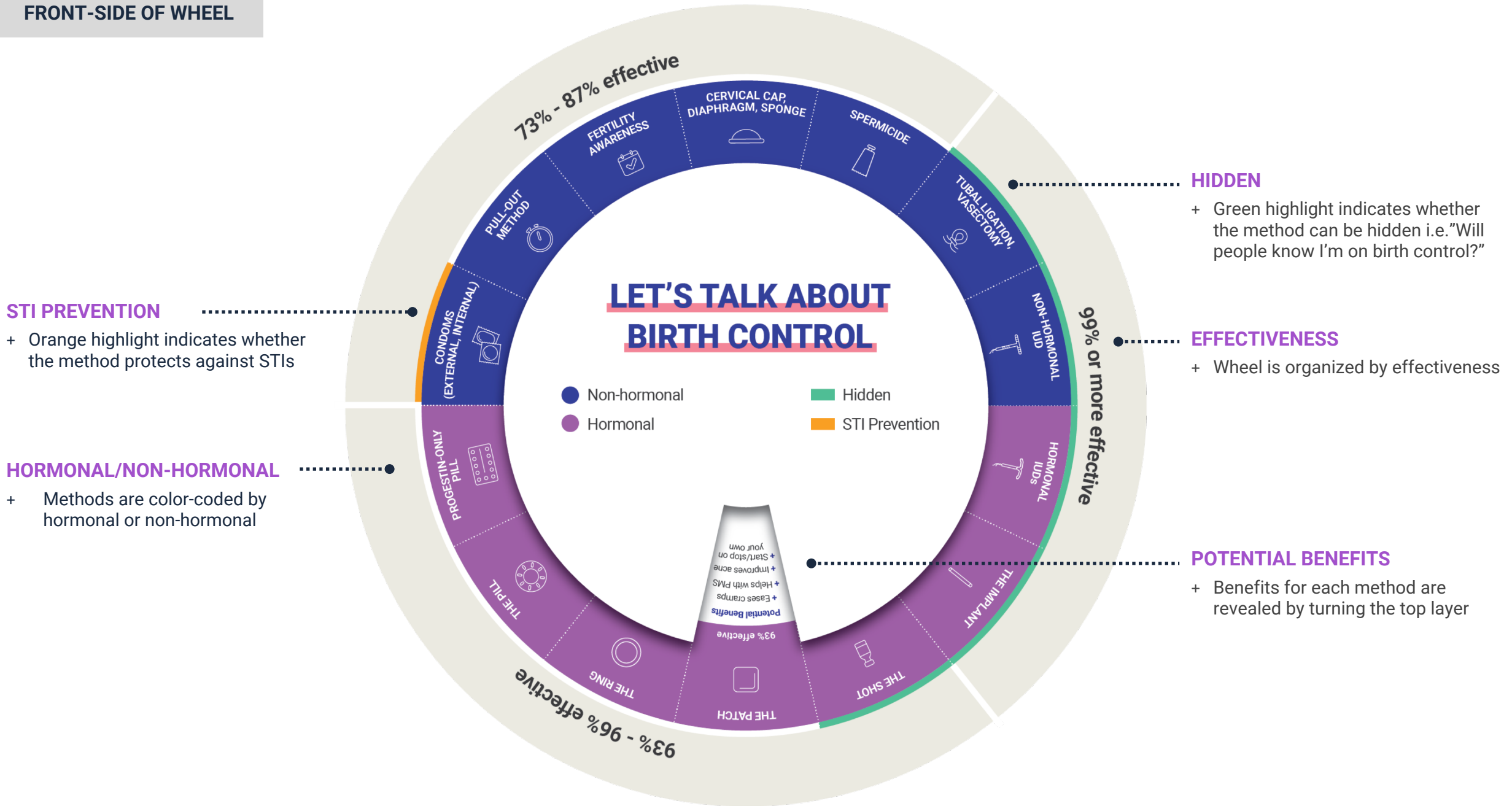


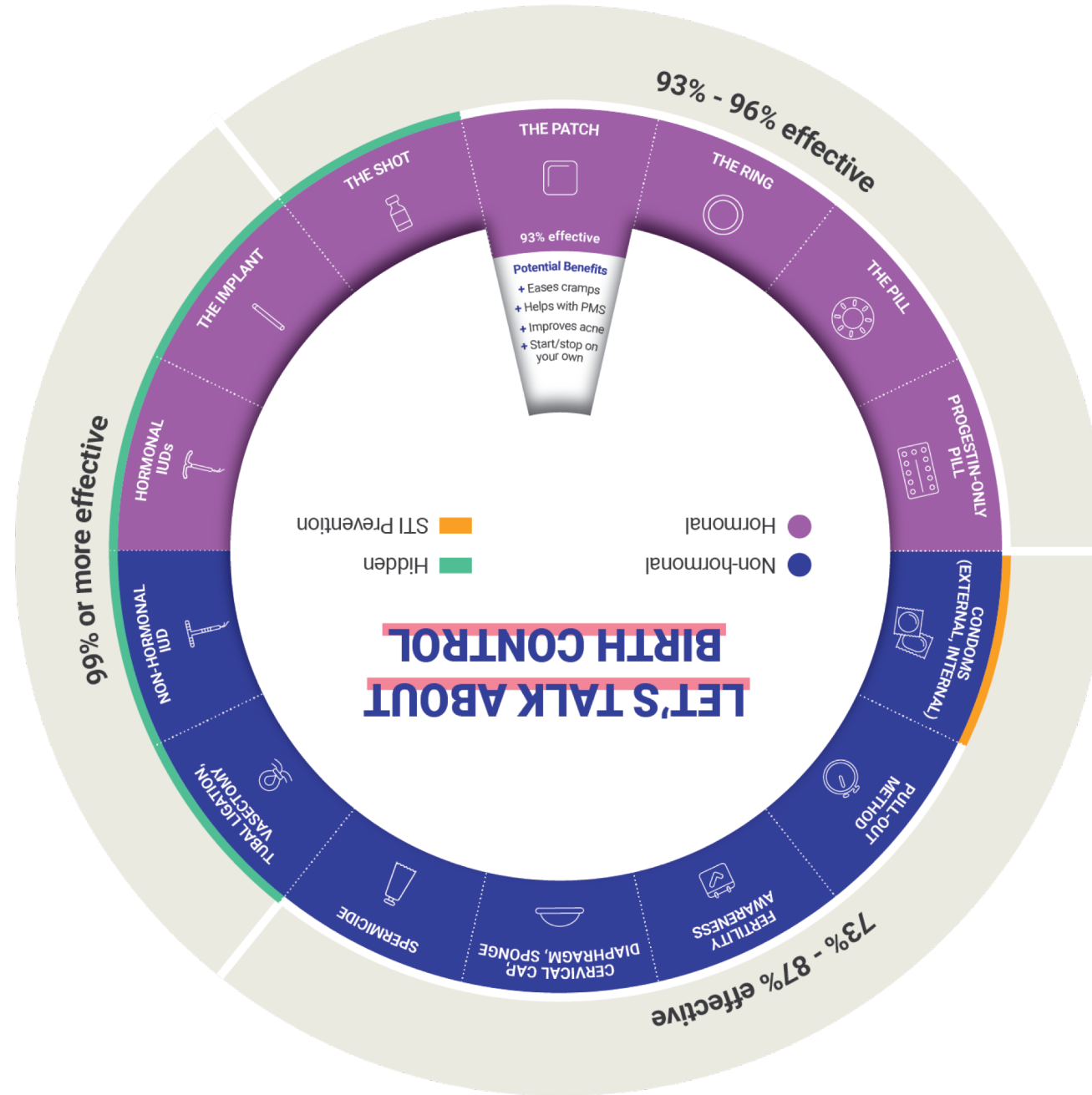
FRONT-SIDE OF WHEEL



THE PATCH

93% effective

- Eases cramps
- Helps with PMS
- Improves acne
- Start/stop on your own

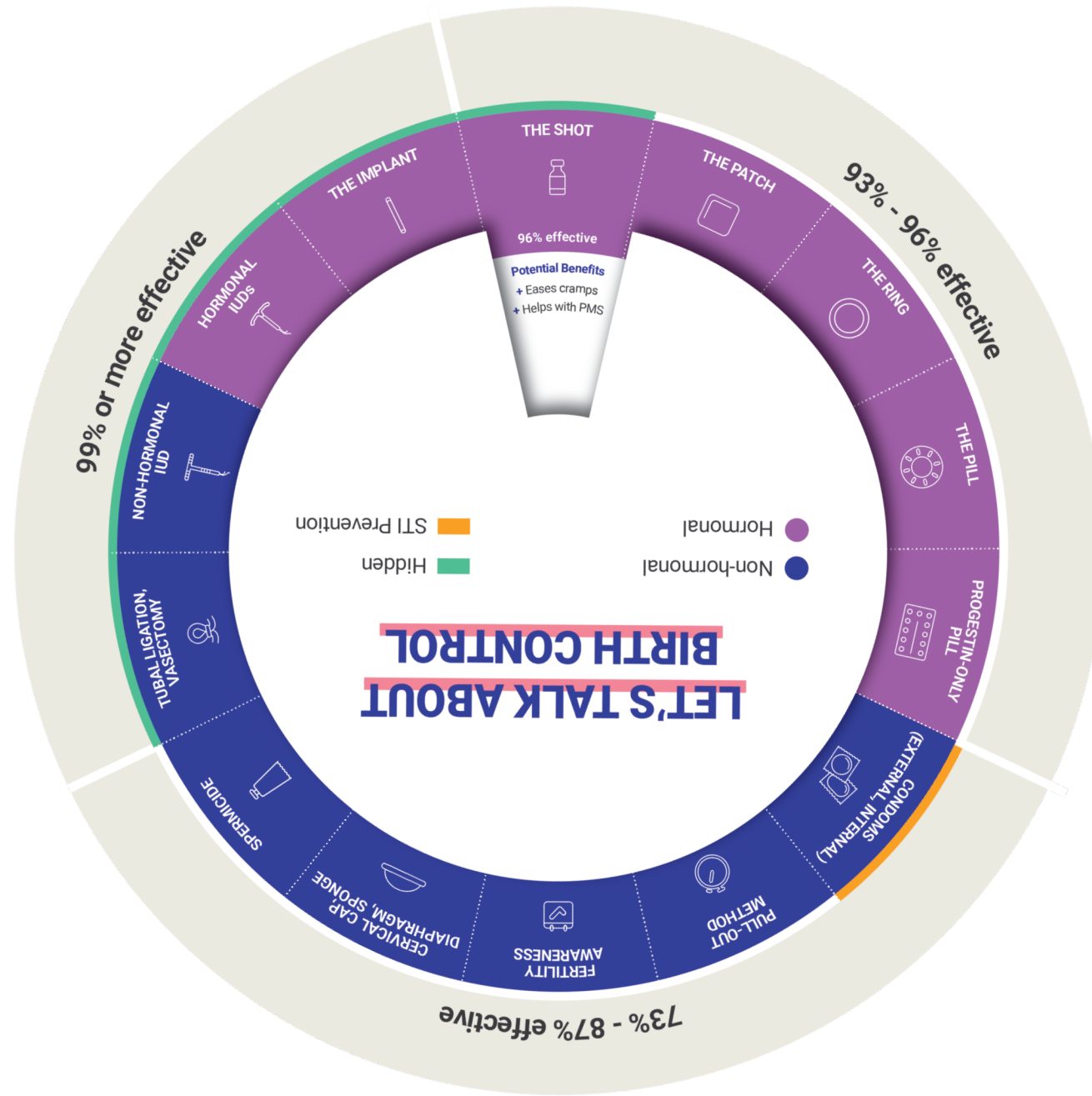


THE SHOT

96% effective

- Eases cramps
- Helps with PMS

Hidden

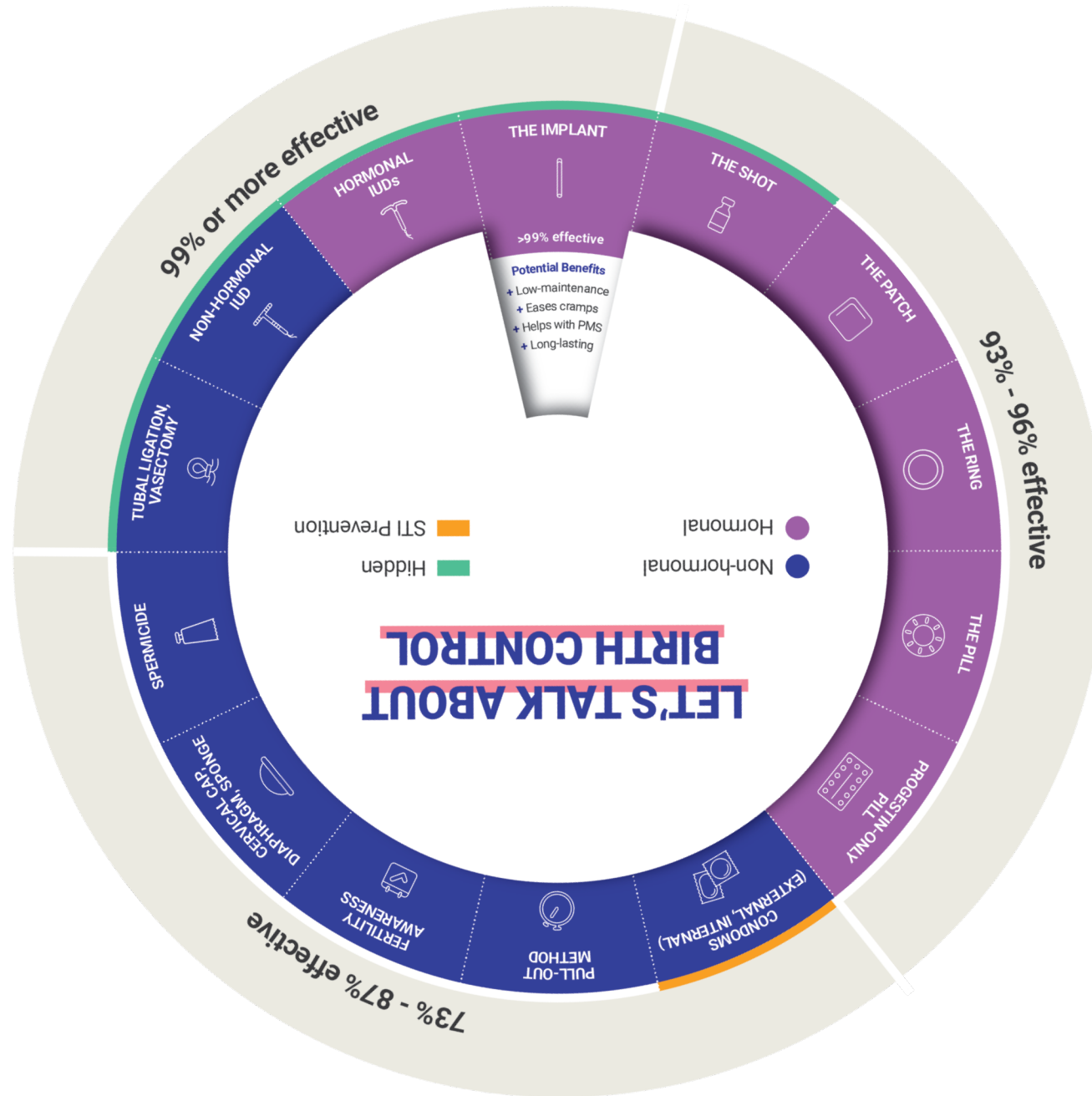


THE IMPLANT

>99% effective

- Low-maintenance
- Eases cramps
- Helps with PMS
- Long-lasting

Hidden

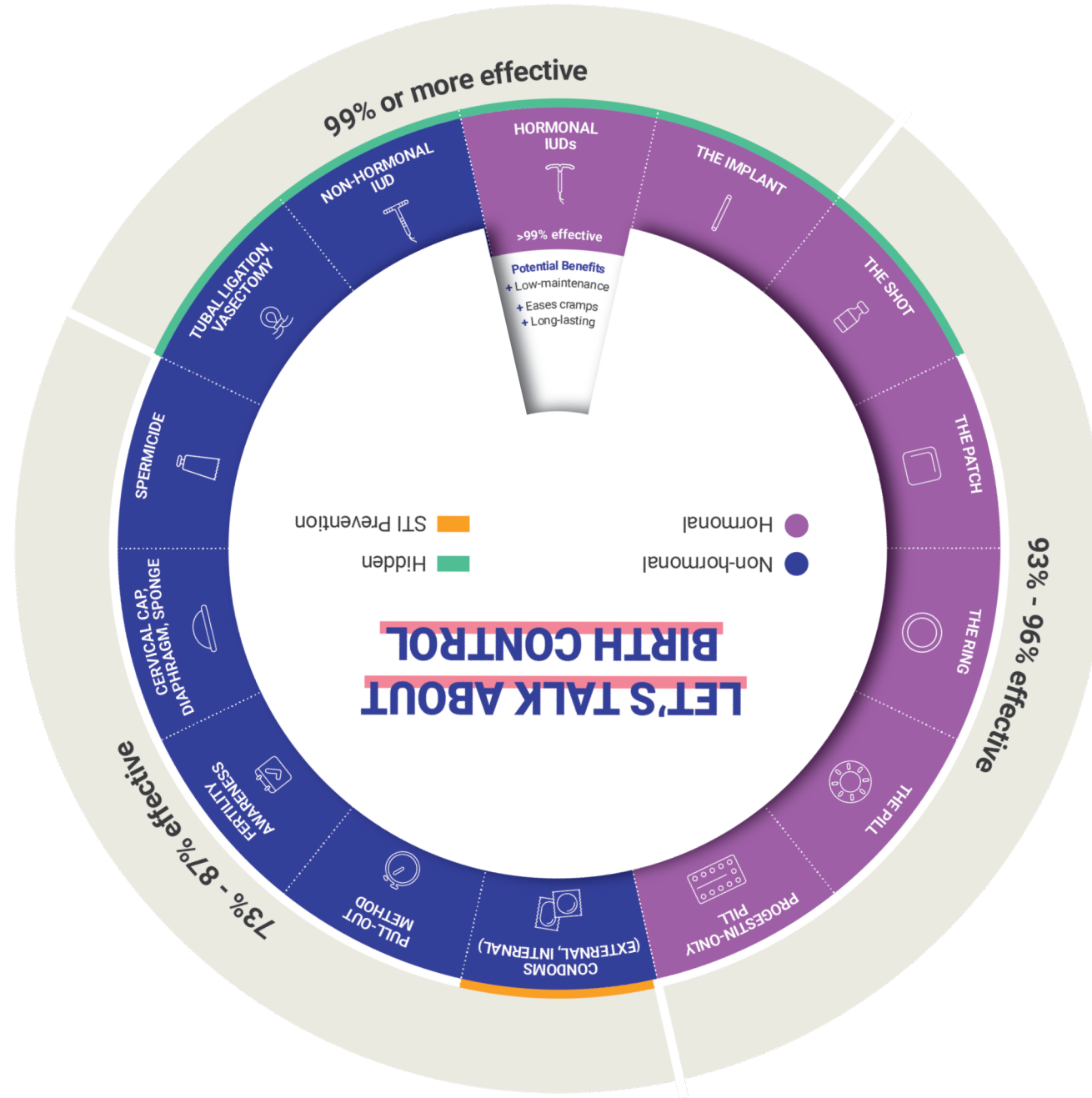


HORMONAL IUDS

>99% effective

- Low-maintenance
- Eases cramps
- Long-lasting

Hidden

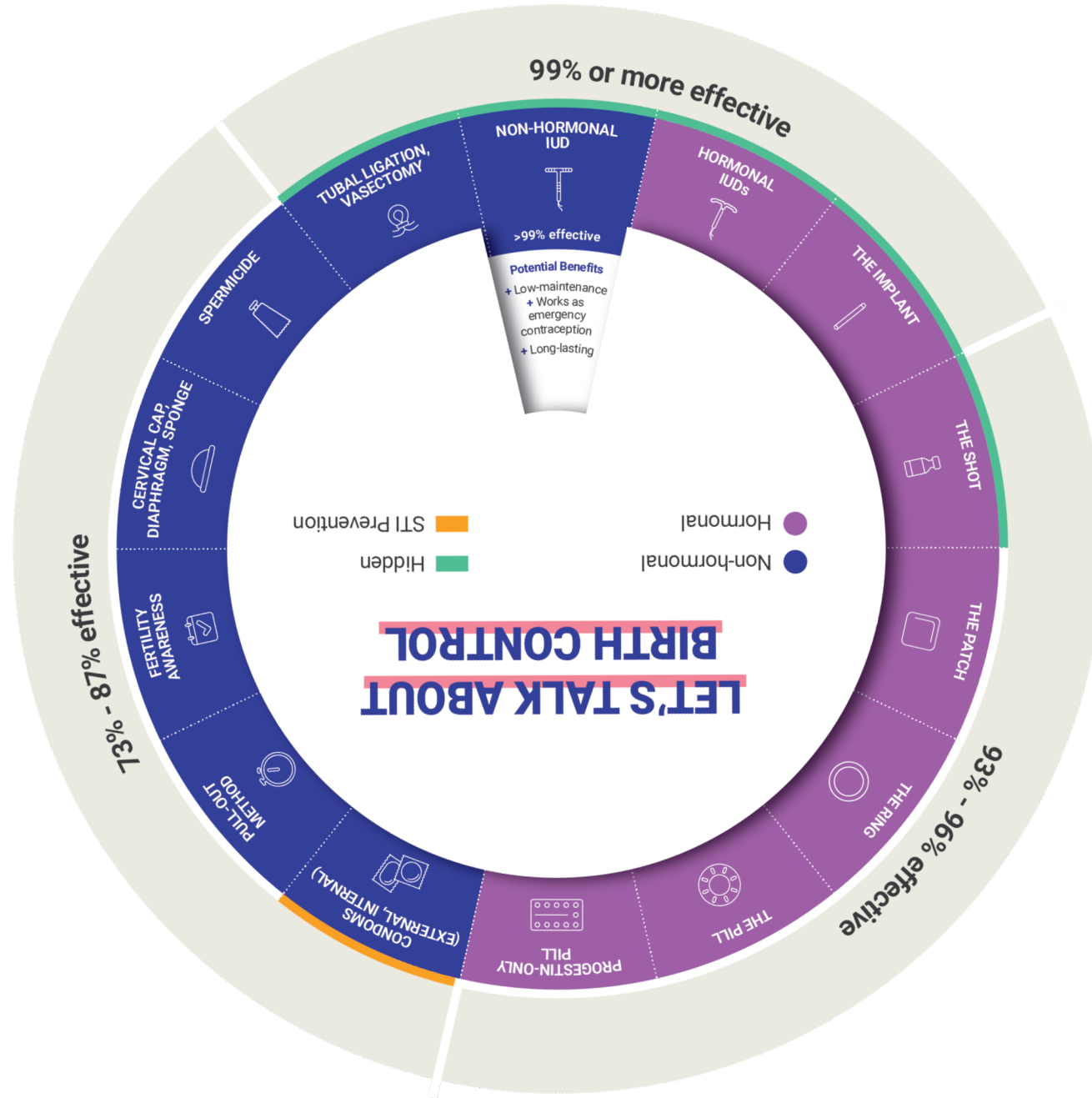


NON-HORMONAL IUDS

>99% effective

- Low-maintenance
- Works as emergency contraception
- Long-lasting

Hidden

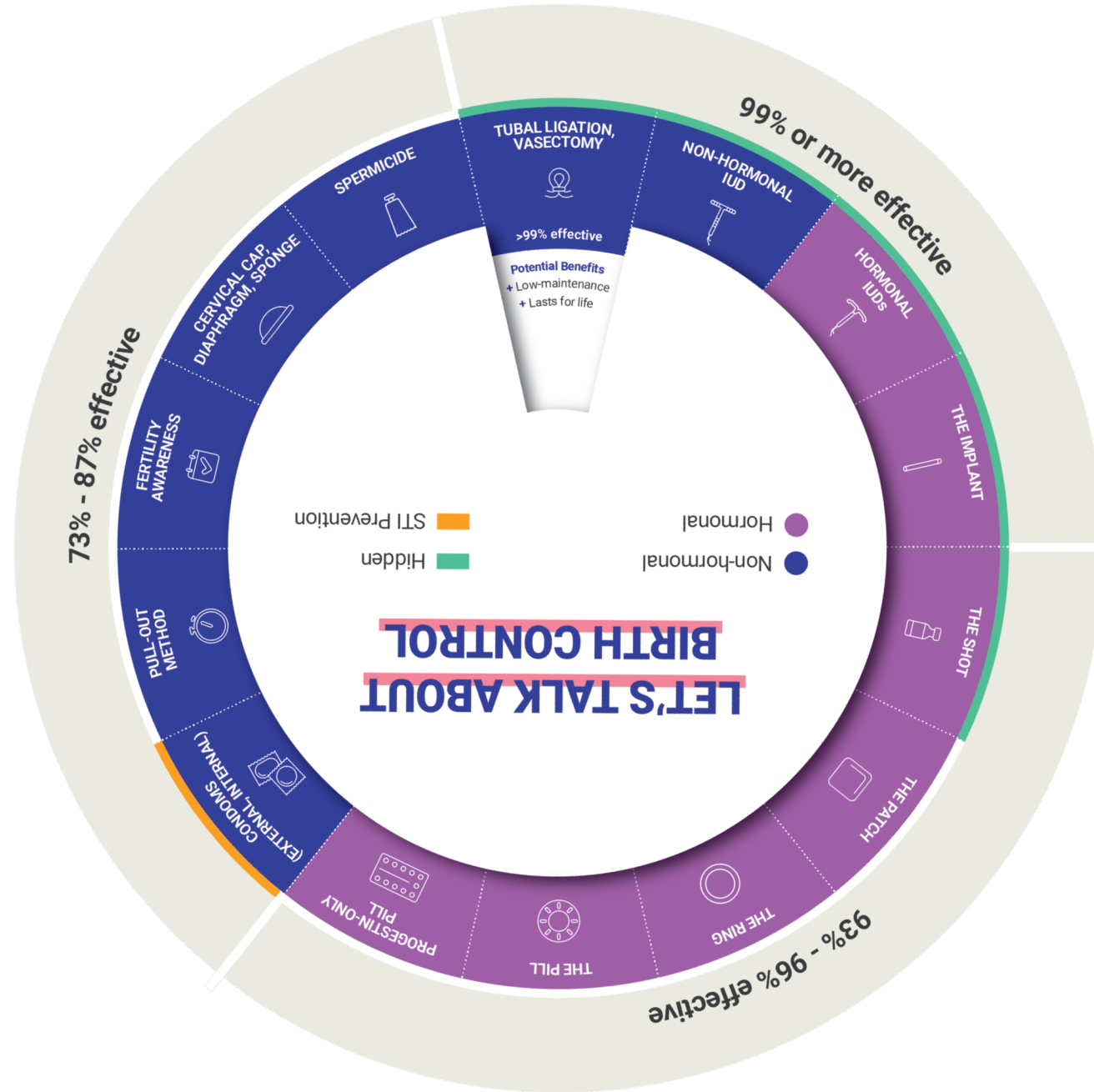


TUBAL LIGATION/VASECTOMY

>99% effective

- Low-maintenance
- Lasts for life

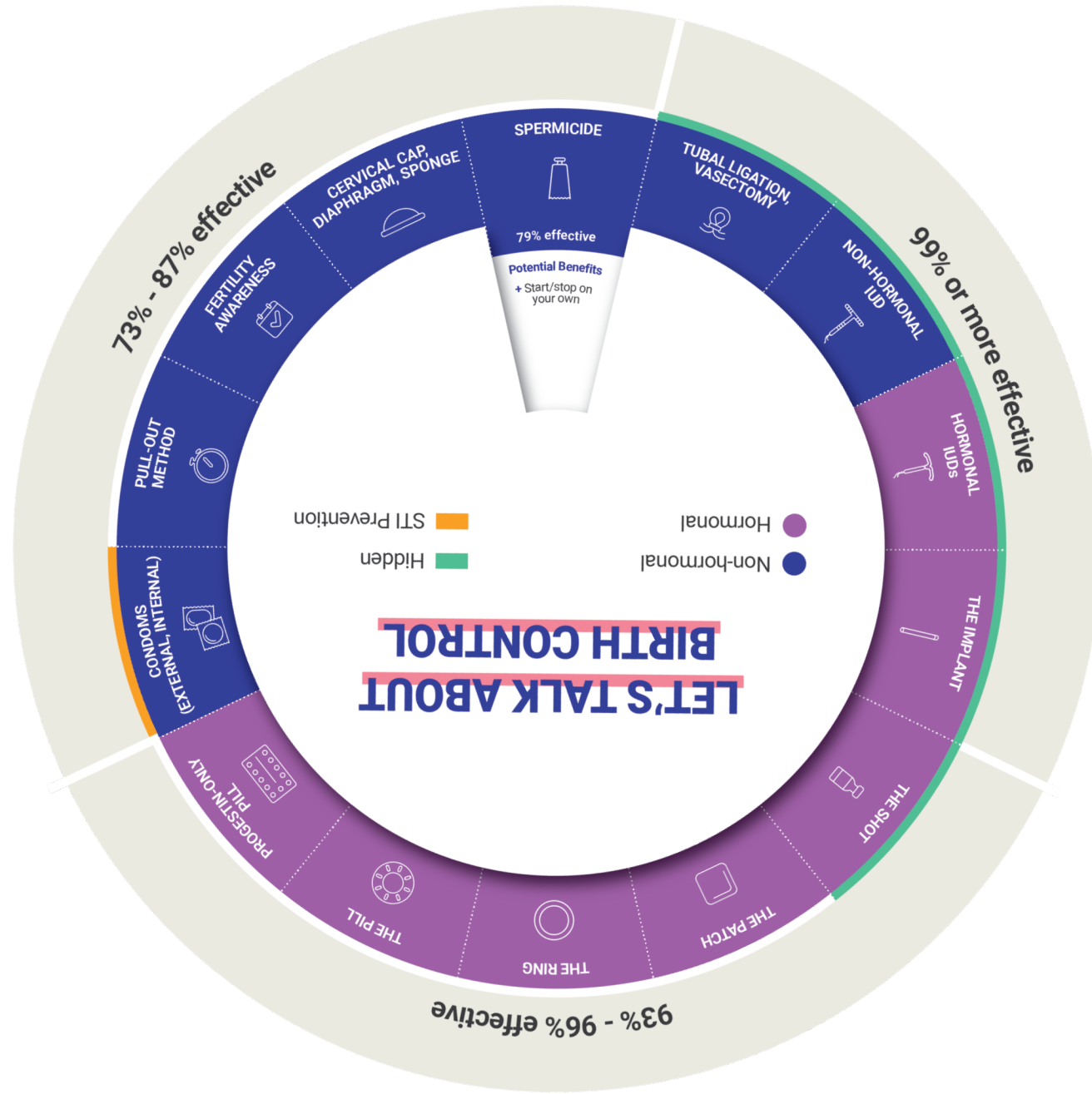
Hidden



SPERMICIDE

79% effective

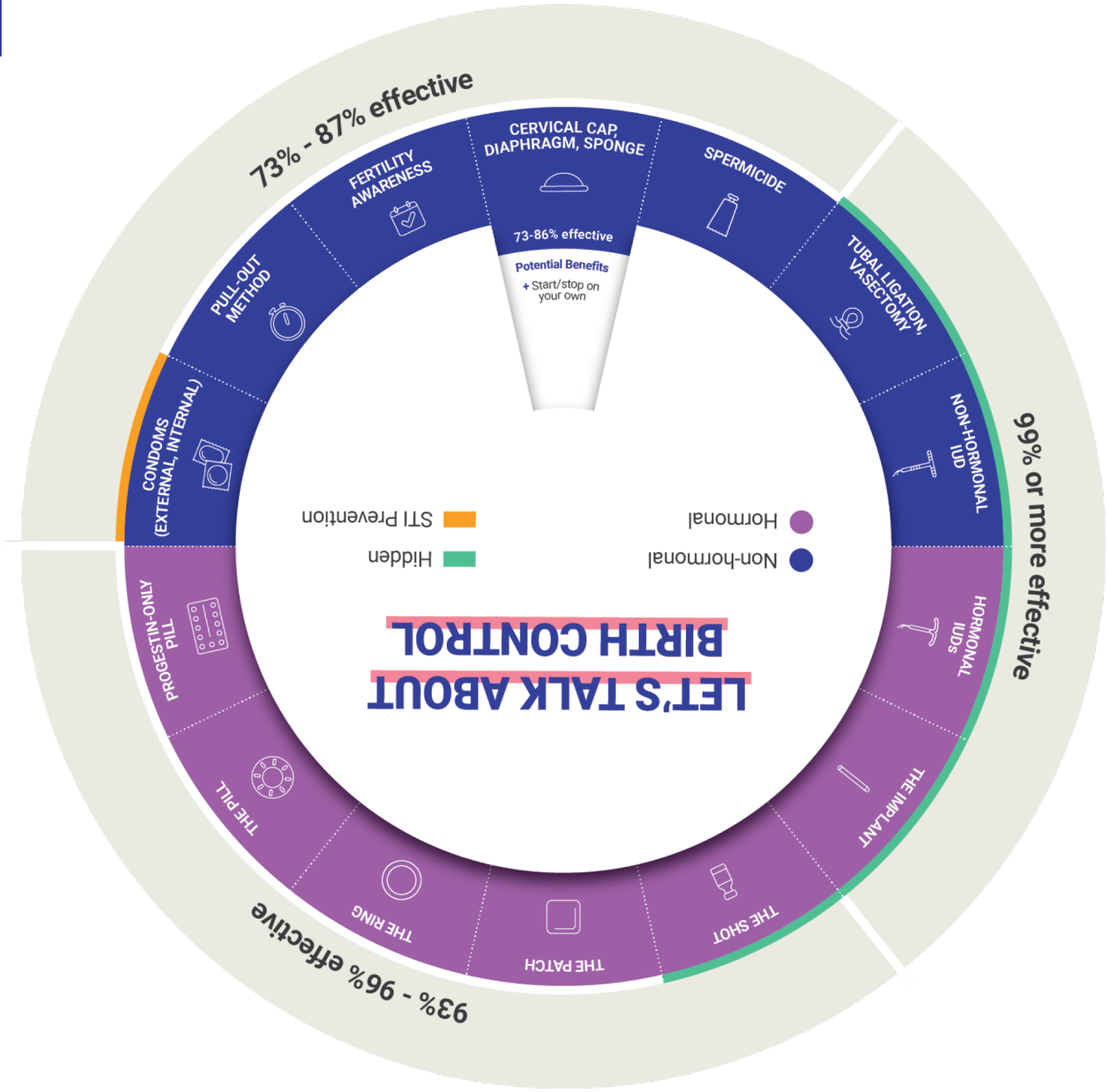
- Start/stop on your own



CERVICAL CAP, DIAPHRAGM, SPONGE

73-88% effective

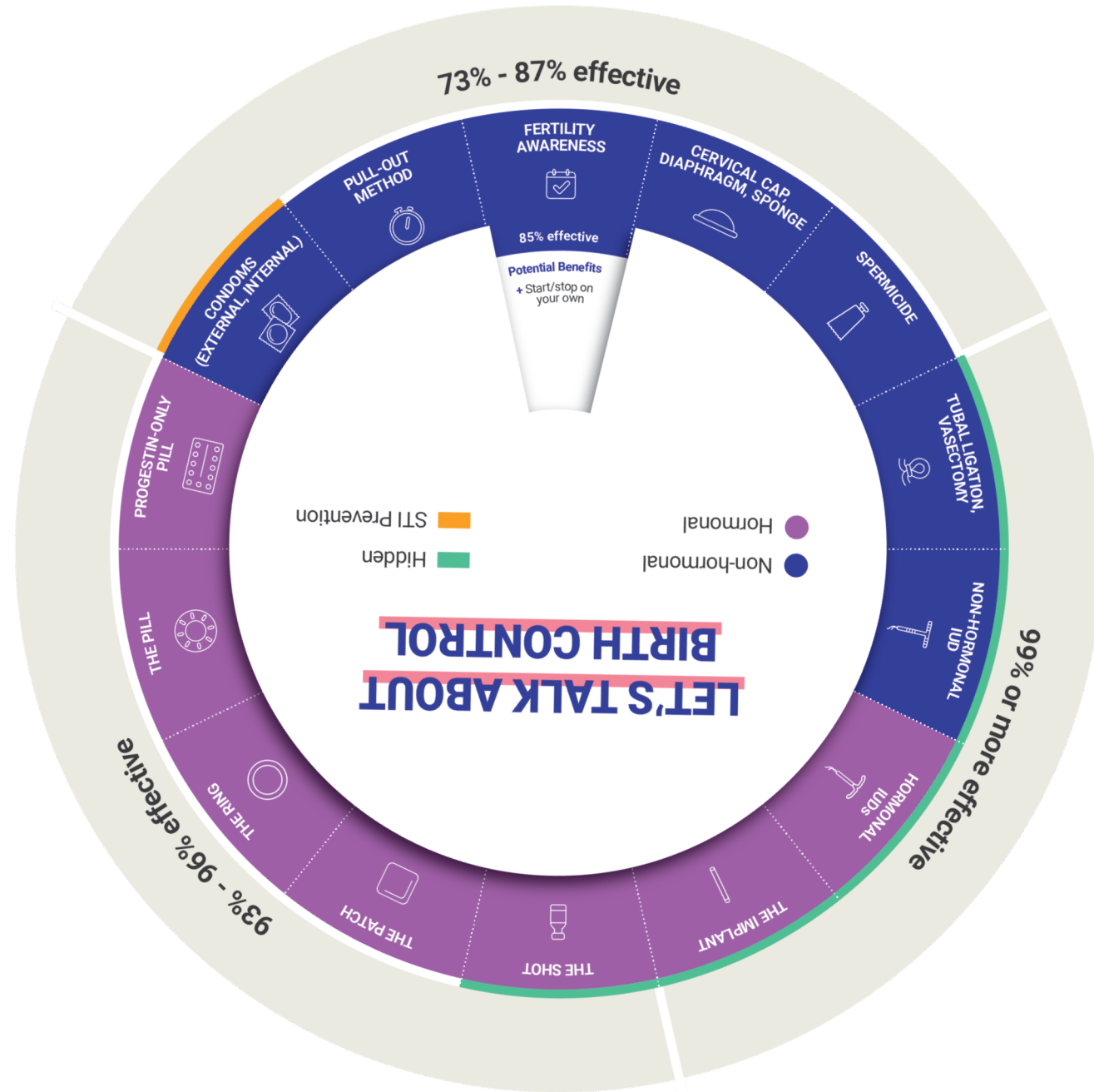
- Start/stop on your own



FERTILITY AWARENESS

85% effective

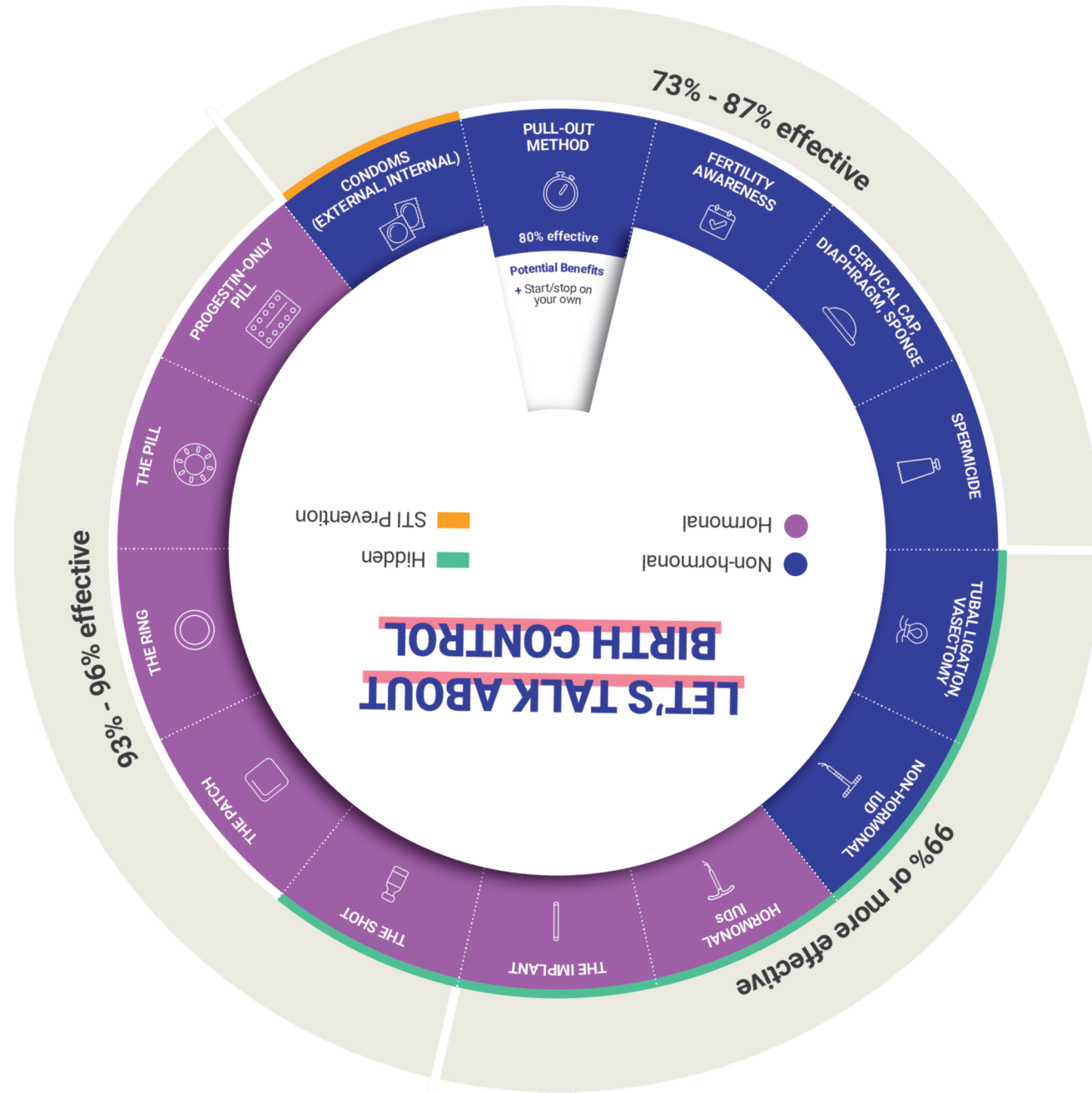
- Start/stop on your own



THE PULL-OUT METHOD

80% effective

- Start/stop on your own

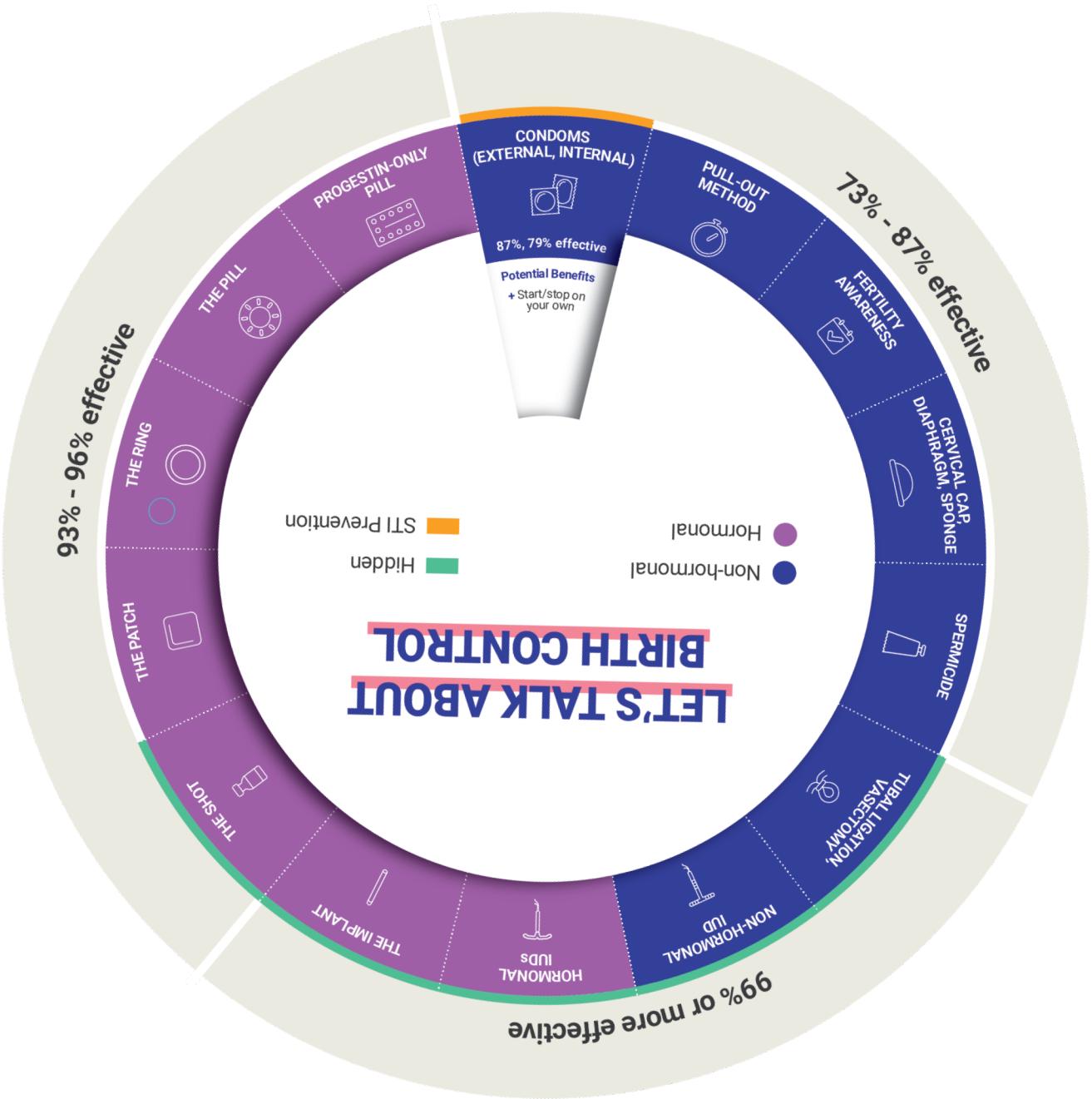


CONDOMS

87, 79% effective

- Start/stop on your own

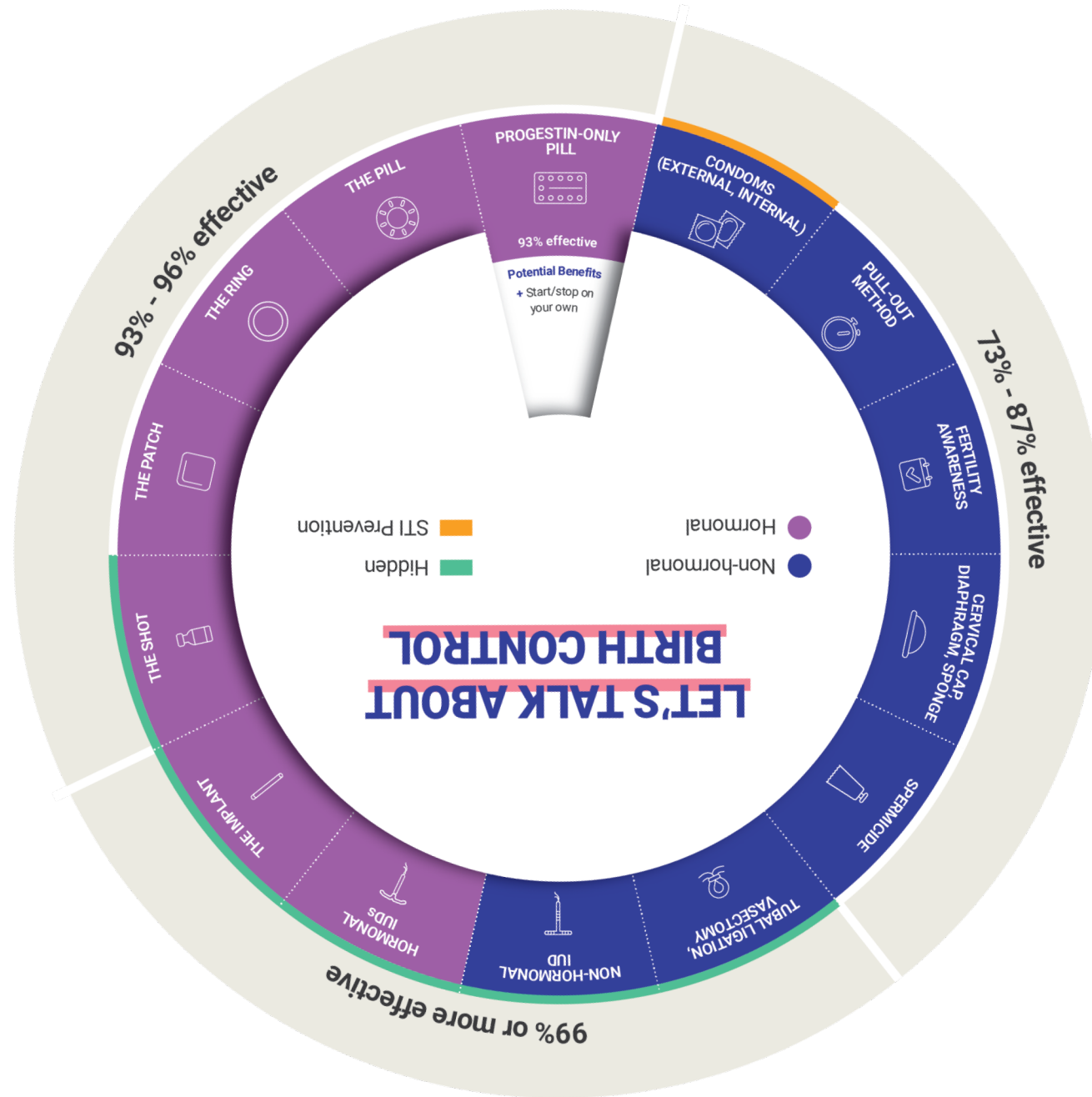
STI prevention



PROGESTIN-ONLY PILLS

93% effective

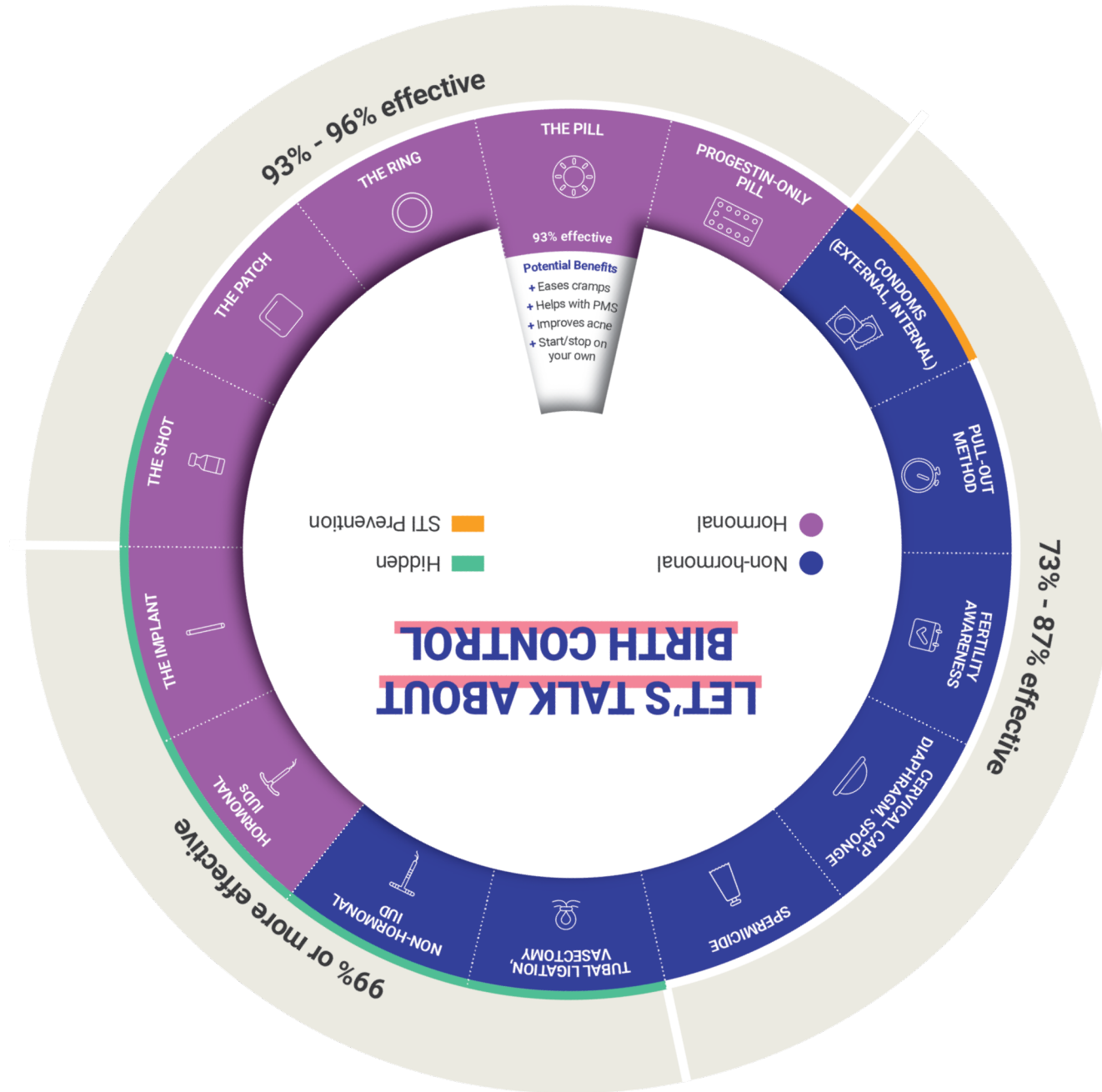
- Start/stop on your own



THE PILL

93% effective

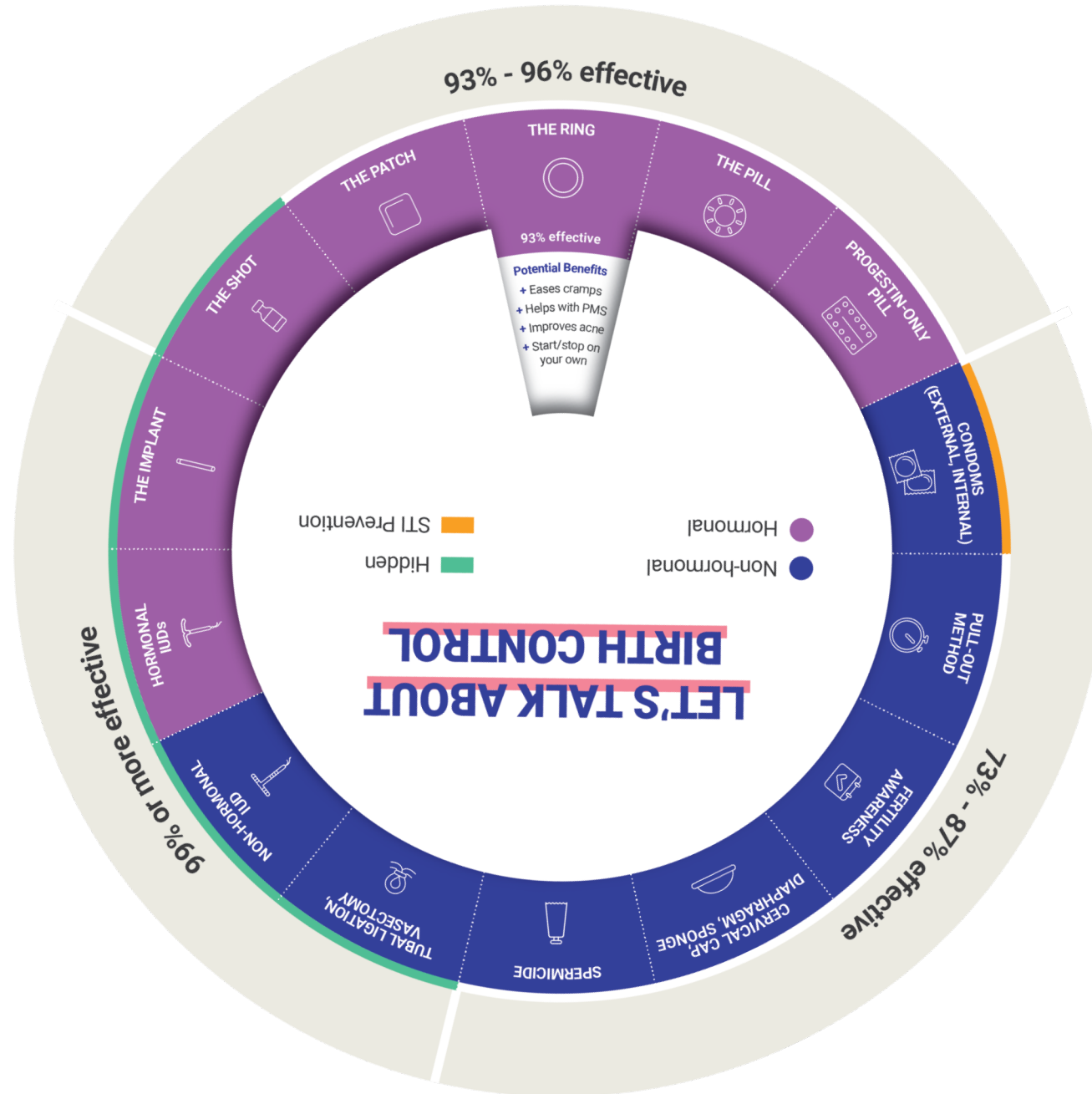
- Eases cramps
- Helps with PMS
- Improves acne
- Start/stop on your own



THE RING

93% effective

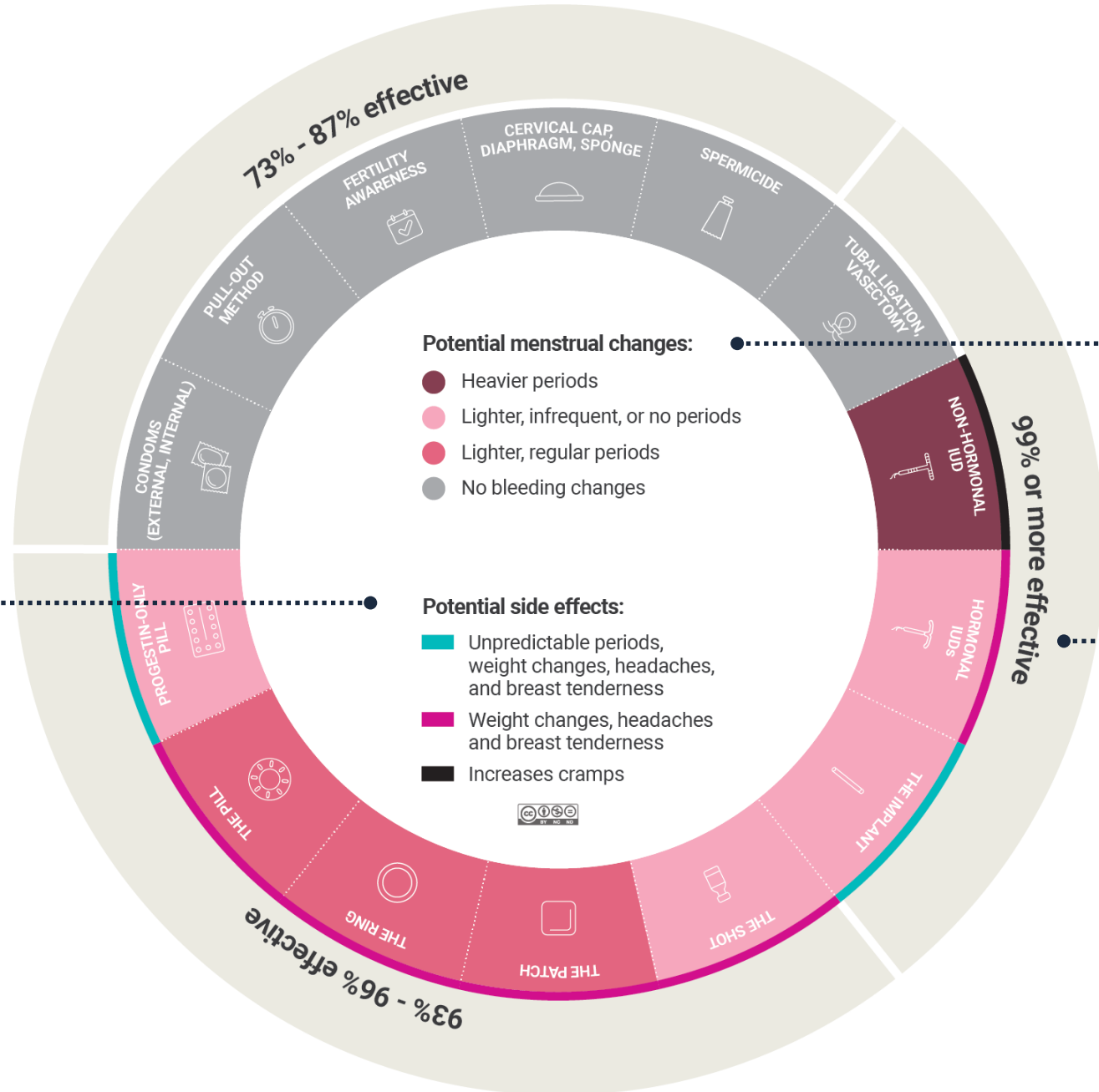
- Eases cramps
- Helps with PMS
- Improves acne
- Start/stop on your own



REVERSE-SIDE OF WHEEL

POTENTIAL SIDE-EFFECTS

- + Teal, bright pink, and black highlight the potential side-effects associated with each method



POTENTIAL BLEEDING CHANGES

- + Changes to bleeding pattern indicated by color

EFFECTIVENESS

- + % effectiveness