



“THE CONDOM
BROKE.”

“WE DIDN’T USE
ANYTHING.”

“IT JUST
HAPPENED.”

“I ONLY DID
IT ONCE.”



I AM
IN CONTROL

The Teen Guide
to Smart Birth Control

DON'T TAKE CHANCES. GET THE FACTS.

If you're not ready to have a baby, don't take any chances. The only way to prevent pregnancy is to not have sex. If you are sexually active, the best way to reduce the risk of a pregnancy and sexually transmitted infections (STIs) is to use birth control plus a condom—every time. There are many birth control choices available. This guide gives you the facts you need to decide which birth control method is right for you.



WILL EVERYONE KNOW
IF I'M ON BIRTH
CONTROL?

With methods like the implant and the IUD, you are the only one who has to know they are there.

DOESN'T BIRTH
CONTROL HAVE BAD
SIDE EFFECTS?

Many forms of birth control have no side effects. Just because a friend had side effects doesn't mean that you will. Also, keep in mind, any side effects you may have will not make you as sick as pregnancy can!

LOW MAINTENANCE METHODS Methods like the implants and IUDs do not require you to remember to do anything to use them correctly. They are safe, more effective than other methods, last for years and the effects are completely reversible once removed.

IMPLANT



The implant is a tiny, flexible plastic rod about the size of a matchstick. The implant is placed under the skin of your upper arm by a health care professional. The health care professional uses a numbing medication on your arm and then inserts the implant. It's quick and simple. The implant is so small, you'll barely even know it's there. The hormone used in the implant keeps your ovaries from releasing eggs and also helps block sperm from reaching your eggs. Best of all, you don't have to remember to take it every day. Some women may stop having periods completely.

WHAT DO YOU NEED TO KNOW?

- More than 99% effective
- Lasts up to three years
- Can be removed whenever you choose
- Effects are completely reversible when it's removed

DOES IT HURT TO GET A BIRTH CONTROL IMPLANT?

Getting an implant inserted doesn't hurt any more than getting a shot and it is a lot less painful than childbirth!

IUD



The IUD is a small, T-shaped plastic device placed into your uterus by a health care professional. There are different kinds of IUDs—IUDs with hormones and an IUD without hormones. IUDs work by keeping sperm from reaching your eggs. Periods can be lighter and less painful with the hormonal IUD. Like the implant, you don't have to worry about taking it or forgetting to take it every day, and no one but you needs to know it's there.

WHAT DO YOU NEED TO KNOW?

- More than 99% effective
- Hormonal IUDs last up to 3 or 5 years depending on the type
- Non-hormonal IUD lasts up to 10 years
- IUDs can be removed whenever you choose
- Completely reversible when it's removed

ARE IUDS DANGEROUS?

IUDs are actually safer than using birth control pills and recommended for teens—even teens who have never had a baby.

TRUST YOUR MEMORY METHODS You're in control, so you need to BE in control. These birth control methods work great when you remember to take them correctly.

BIRTH CONTROL SHOT



Just like it sounds, the birth control shot is a shot given to you in your upper arm by a health care professional every three months. The shot keeps your ovaries from releasing eggs and also helps block sperm from reaching your eggs. Periods can be lighter and less painful. The shot works when you get it on time. If you miss a shot, you can get pregnant.

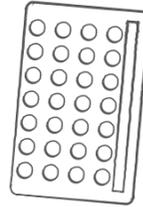
WHAT DO YOU NEED TO KNOW?

- More than 94% effective
- Each shot lasts for 3 months
- Must get a shot from a health care professional every 3 months

WILL THE SHOT MAKE ME GAIN WEIGHT?

Most teens do not gain weight when using the birth control shot. Eating right and exercising are the keys to a healthy body.

BIRTH CONTROL PILLS



Birth control pills are prescription pills that you must take at the same time every day—on vacation, weekends, every day—no excuses! The pill keeps your ovaries from releasing eggs and also helps block sperm from reaching your eggs. Periods can be lighter and less painful and the pill can improve acne. There are lots of different kinds of pills out there, so work with a health care professional to find the one that's best for you.

WHAT DO YOU NEED TO KNOW?

- More than 91% effective
- You must take your pill at the same time every day
- Available by prescription only

IS THE PILL THE SAFEST FORM OF BIRTH CONTROL?

Many forms of birth control are safer than the pill. Talk to a health care professional to find the right birth control for you.

PATCH



The patch is a thin, bendable piece of plastic that looks a bandage. The patch keeps your ovaries from releasing eggs and also helps block sperm from reaching your eggs. You place the patch on your skin—either on the upper arm, shoulder, upper back, abdomen, hip or buttock. Each patch lasts for one week. After one week you take off the old one and put a new patch on a different spot on your body. You do this one time each week for three weeks. On the fourth week you do not wear a patch and you get your period. Periods can be lighter and less painful and the patch can improve acne. You can wear the patch while showering, bathing, swimming and exercising.

WHAT DO YOU NEED TO KNOW?

- More than 91% effective
- Must be replaced every week for three weeks
- Available by prescription only

WON'T PEOPLE THINK I'M EASY IF I'M ON BIRTH CONTROL?

No, being on birth control means you're smart and planning for your future. There are lots of reasons to go on birth control, like irregular periods. Your reason is your business.

VAGINAL RING



The vaginal ring is a small, flexible ring you put into your vagina. The ring keeps your ovaries from releasing eggs and also helps block sperm from reaching your eggs. It's simple to use. You put the ring into your vagina, similar to inserting a tampon. You leave the ring in for three weeks and take it out the fourth week to get your period. After a week with no ring, you insert a new ring to start the cycle again. Periods can be lighter and less painful and the ring can improve acne.

WHAT DO YOU NEED TO KNOW?

- More than 91% effective
- Must be removed every three weeks
- Available by prescription only

IF I USE BIRTH CONTROL NOW, WILL I HAVE TROUBLE HAVING A BABY ONE DAY?

Birth control only works while you are using it. So, all the birth control methods listed here are reversible!

CONDOMS: protect yourself from STIs



Even when you use birth control, you always need to use a condom. Condoms must be used every time you have anal, oral and vaginal sex. Condoms are the only way to protect yourself from STIs and HIV, the virus that causes AIDS. There are male and female condoms available at drug stores and online. Condoms must be put on and taken off properly for them to work correctly. You need to use a new condom each time you have sexual contact.

WHAT DO YOU NEED TO KNOW?

- Condoms alone are 82% effective at preventing pregnancy
- Available over the counter at most drug stores and free at some health departments and clinics
- Condoms should ALWAYS be worn during ALL sexual contact

Yes! Only condoms protect you from STIs. You always need to use a condom for oral, anal and vaginal sex. THE WHOLE TIME. EVERY TIME.

DO I STILL NEED TO USE CONDOMS IF I'M ON BIRTH CONTROL?

EMERGENCY BIRTH CONTROL



If you forget to use birth control or had a birth control failure like a broken condom, emergency birth control can keep you from getting pregnant. Emergency birth control comes in the form of pills (available with prescription or without prescription at the pharmacy) or a non-hormonal IUD (inserted by your health care professional). Emergency birth control can be used up to five days after unprotected sex. Emergency birth control stops you from getting pregnant in the first place and should not be confused with the "abortion pill"—they are not the same thing.

WHAT DO YOU NEED TO KNOW?

- Works up to five days after unprotected sex
- Should not be used as a regular form of birth control
- You can choose pills or a non-hormonal IUD