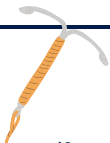

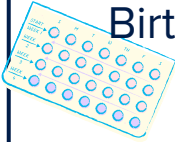





TYPES OF BIRTH CONTROL

Birth control (also known as contraception) is a way to stop pregnancy.

There are many options you can choose from. These can include methods, medicines, and devices. Talk to your doctor to find out what options you have and which one is best for you.

Type	Effectiveness	Information
 IUD (Intrauterine Device)	99%	<ul style="list-style-type: none">• Inserted by doctor• Lasts 3-12 years
 Birth Control Implant	99%	<ul style="list-style-type: none">• Placed inside arm by doctor• Lasts 5 years
 Birth Control Pill	93%	<ul style="list-style-type: none">• Take by mouth at home• Take every day at same time
 Condom	87%	<ul style="list-style-type: none">• Single use• Place on penis before sex

- Those with cognitive disabilities may want to consider methods that don't require daily use such as an IUD or implant to eliminate the chance of forgetting.
- Those with physical disabilities may want to opt for an option that does not contain estrogen due to higher risk of blood clots, such as an IUD.

For more resources on pregnancy and/or parenting, visit our website: bit.ly/ppdisability

