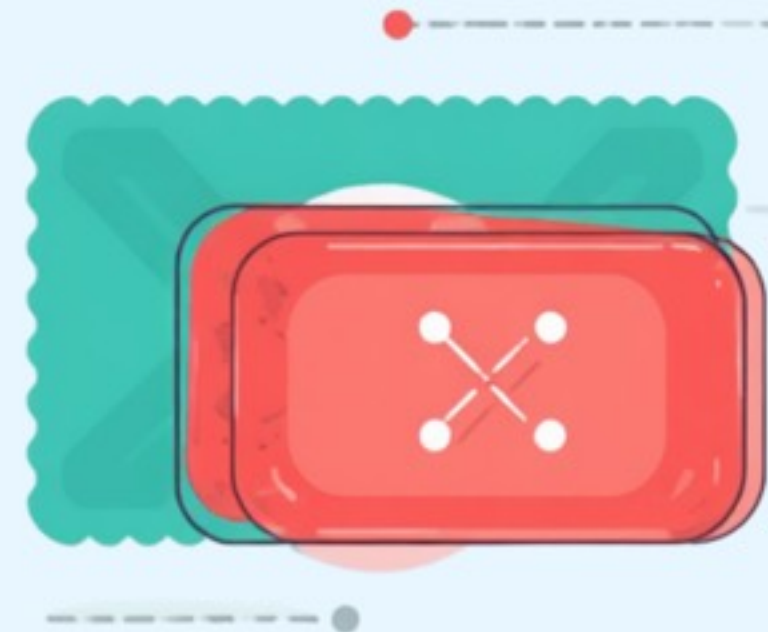
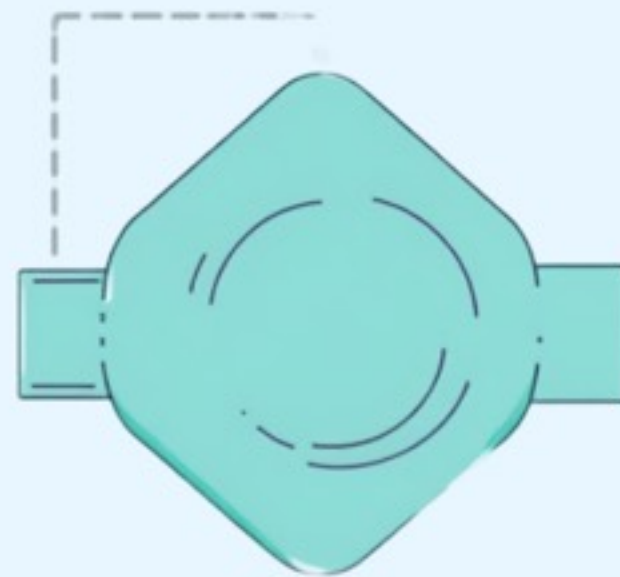
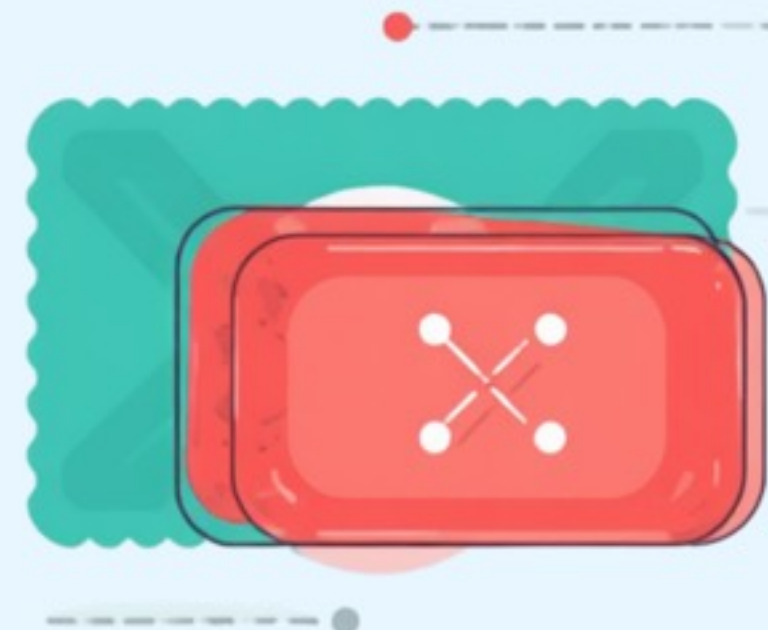
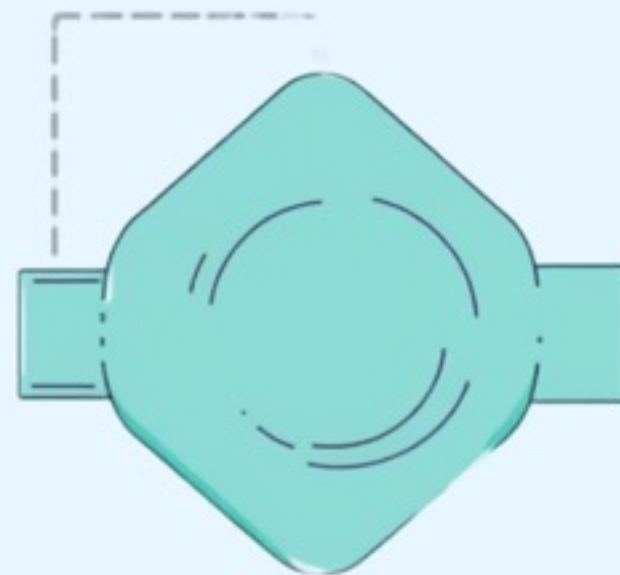


CONTRACEPTION & PREGNANCY PREVENTION



MYTH: "TWO CONDOMS = EXTRA PROTECTION"

FACT: Double condoms cause friction and breakage. One, used correctly, is far more effective.



WHY THIS MATTERS

Nearly half of all pregnancies in the U.S. are unintended. Most could be prevented with accurate information and accessible contraception.

This isn't about telling you what to do. We just want to make sure you have real options.



BARRIER METHODS



External (Male) Condom

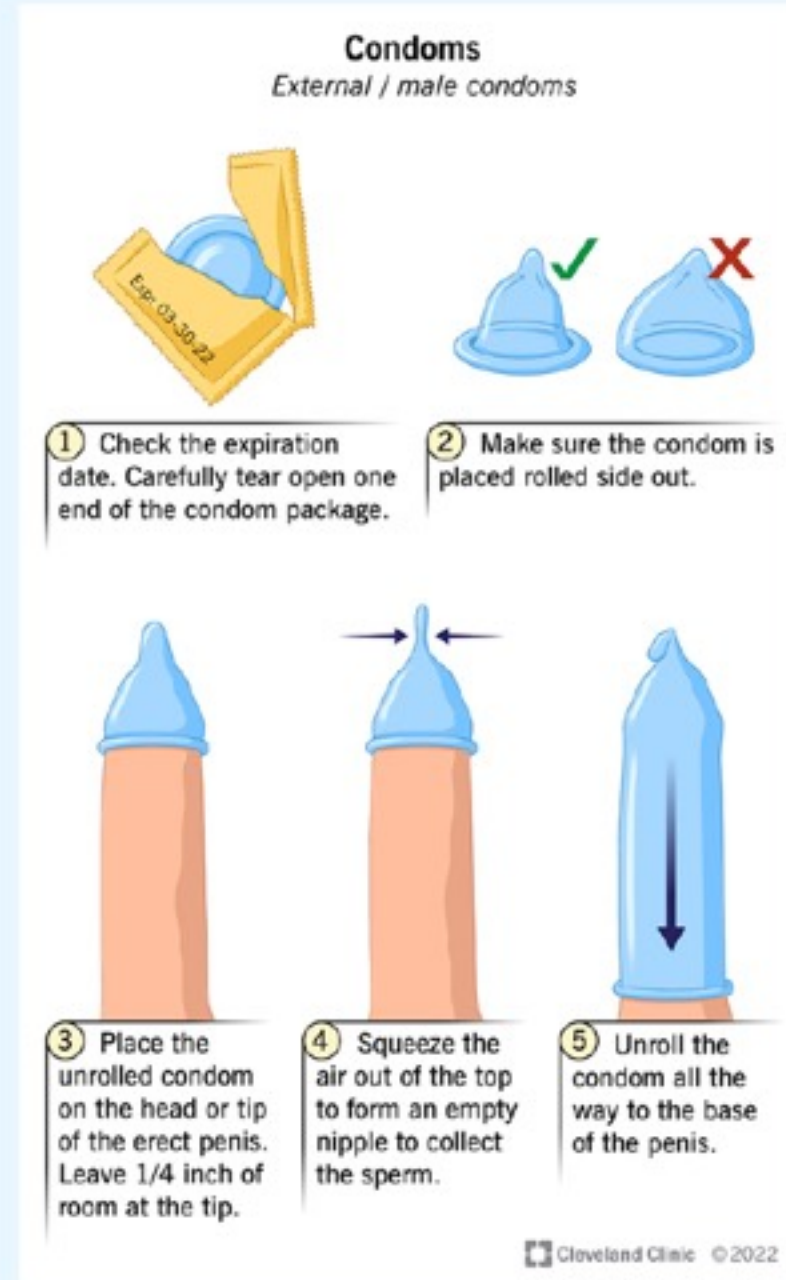
98% effective with perfect use / 87% typical use
Unroll fully, leave space at tip, use before any contact



Internal (Female) Condom

95% effective with perfect use / 79% typical use
✓ Only methods that also protect against STIs

PROPER USAGE GUIDE



Unroll the condom fully onto the erect penis before any genital contact. Leave a small space at the tip (about half an inch) to collect fluid. Pinch the tip while unrolling to remove air bubbles.

Use a new condom for each act of intercourse. Check the expiration date before use. After use, hold the base while withdrawing to prevent slippage. Never reuse condoms.

PROTECT YOURSELF

One condom, used right, makes all the difference.



HORMONAL METHODS



Short-Acting (Daily/Weekly/Monthly):
The Pill: 99% perfect use / 93% typical use
Patch & Ring: Similar effectiveness to the pill
Requires consistent, regular use for best results



Long-Acting (Set It & Forget It):
Shot (Depo-Provera): Injection every 3 months
Implant (Nexplanon): 99%+ effective, lasts 3 years
Hormonal IUD: 99%+ effective, lasts 3-8 years

NON-HORMONAL OPTIONS



Copper IUD (Paragard):

- 99%+ effective, lasts up to 10 years
- Hormone-free option
- Can also be used as emergency contraception



Fertility Awareness Methods:

- Track cycle, temperature, and discharge to predict fertile days
- 76–99% effective — highly dependent on consistent, correct use

EMERGENCY CONTRACEPTION

”

Plan B (levonorgestrel): up to 72 hours after unprotected sex

- More effective the sooner you take it
- Available OTC at pharmacies — no prescription needed
- Less effective for people over ~165 lbs (consider Ella or copper IUD instead)

Ella: up to 120 hours, prescription required

Copper IUD: up to 5 days, most effective option

✗ EC is NOT an abortion pill. It prevents ovulation — it does not end a pregnancy.



ACCESSING CONTRACEPTION



Where to get contraception: Planned Parenthood offers sliding-scale fees and confidential services. School-based health centers provide convenient access. Title X clinics offer free or low-cost care. Your primary care provider can prescribe methods. Online options like Nurx, Wisp, and PRJKT RUBY offer mail delivery at low cost.



Confidentiality note: If you're on a parent's insurance, claims may be visible to them. Title X clinics are required by law to keep your visits confidential regardless of age or insurance status.



KEY TAKEAWAYS

Condoms are the only method that protects against STIs; combine with another method for best protection.

Long-acting methods (IUD, implant) are the most effective and require no daily action.

Emergency contraception is not abortion. It prevents ovulation. You can access contraception confidentially and often for free. No method is 100%! Using two methods together is the safest approach.

