

How **SAFE** IS THAT

safer sex

Take
Control

Which BC is better?

A LOOK AT BIRTH CONTROL EFFECTIVENESS

* For sexually active people, condoms are the only type of birth control that can also reduce the risk of sexually transmitted diseases, including HIV.

ALWAYS

ABSTINENCE

The only 100% effective birth control



CONDOM
*



DEPO-PROVERA



B.C. PILL

Using a condom and one type of hormonal birth control provides better protection against pregnancy.



IUD



B.C. RING



B.C. PATCH



MALE CONDOM



FEMALE CONDOM



IMPLANT



DIAPHRAGM



SPONGE



CERVICAL CAP



SPERMICIDE



FERTILITY AWARENESS-
BASED METHODS



WITHDRAWAL

NOT VERY

THERE ARE MANY TYPES OF BIRTH CONTROL.
FIND WHAT WORKS BEST FOR YOU.



Take Control

Take control of your health
For more information about effective types of birth control
visit facebook.com/takecontrol