

Birth Control: Options & Facts

Abstinence:

- 1.
- 2.

Types of Birth Control:

- 1.
- 2.
- 3.
- 4.
- 5.

Hormonal Methods:

- 1.
- 2.
- 3.
- 4.
- 5.

Spermicide / Chemical Methods:

- 1.
- 2.
- 3.
- 4.
- 5.

Barrier Methods:

- 1.
- 2.
- 3.
- 4.

IUD: _____

Sterilization:

- 1.
- 2.

THE PILL

1.

2. How hormonal methods work:

BENEFITS:

- | | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

RISKS:

- | | |
|----|----|
| 1. | 5. |
| 2. | 6. |
| 3. | 7. |
| 4. | 8. |

SIDE EFFECTS:

- | | |
|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. | 6. |

DEPO PROVERA

Benefits:

- 1.
- 2.
- 3.
- 4.
- 5.

Risks / Side Effects

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

TRANSDERMAL PATCH

- 1.
- 2.
- 3.
- 4.
- 5.

BENEFITS:

- 1.
- 2.

RISKS / SIDE EFFECTS:

- | | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

CONDOMS

- 1.
- 2.
- 3.

BENEFITS:

- 1.
- 2.
- 3.
- 4.

RISKS:

- 1.
- 2.
- 3.
- 4.

SPERMICIDES

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.

RISKS:

- 1.
- 2.

VAGINAL RING

- 1.
- 2.
- 3.

BENEFITS:

- 1.
- 2.
- 3.

RISKS:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

DIAPHRAGM

1.

2.

3.

4.

5.

BENEFITS

1.

2.

3.

RISKS

1.

2.

3.

4.

IUD: _____

1.

2.

3.

BENEFITS:

- 1.
- 2.
- 3.
- 4.
- 5.

RISKS:

- 1.
- 2.
- 3.
- 4.
- 5.

VASECTOMY

- 1.
- 2.
- 3.

BENEFITS:

- 1.
- 2.

RISKS:

- 1.
- 2.
- 3.
- 4.

TUBAL LIGATION

- 1.
- 2.
- 3.
- 4.

BENEFITS:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

RISKS:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.