LETS TALK ABOUT BIRTH CONTROL

**HIDDEN**
- Green highlight indicates whether the method can be hidden i.e. "Will people know I'm on birth control?"

**EFFECTIVENESS**
- Wheel is organized by effectiveness

**POTENTIAL BENEFITS**
- Benefits for each method are revealed by turning the top layer

**STI PREVENTION**
- Orange highlight indicates whether the method protects against STIs

**HORMONAL/NON-HORMONAL**
- Methods are color-coded by hormonal or non-hormonal

Front-side of wheel
- 73% - 87% effective
- 93% - 96% effective

Methods:
- CERVICAL CAP
- DIAPHRAGM
- SPERMICIDE
- TOTAL BIRTH CONTROL
- The Pill
- The Shot
- The Ring
- The Coil
- The Patch
- The Contraceptive Foam
THE PATCH

93% effective

- Eases cramps
- Helps with PMS
- Improves acne
- Start/stop on your own
THE SHOT

96% effective

- Eases cramps
- Helps with PMS

Hidden
THE IMPLANT

>99% effective

- Low-maintenance
- Eases cramps
- Helps with PMS
- Long-lasting

Hidden
HORMONAL IUDS

- >99% effective
- Low-maintenance
- Eases cramps
- Long-lasting

Let’s talk about birth control...
NON-HORMONAL IUDS

>99% effective

- Low-maintenance
- Works as emergency contraception
- Long-lasting
TUBAL LIGATION/VASECTOMY

• >99% effective
• Low-maintenance
• Lasts for life
SPERMICIDE

79% effective

- Start/stop on your own
73-88% effective

- Start/stop on your own
85% effective

- Start/stop on your own
80% effective

- Start/stop on your own
CONDOMS

87, 79% effective
- Start/stop on your own

STI prevention
93% effective

- Start/stop on your own
93% effective

- Eases cramps
- Helps with PMS
- Improves acne
- Start/stop on your own
THE RING

93% effective

- Eases cramps
- Helps with PMS
- Improves acne
- Start/stop on your own
POTENTIAL SIDE-EFFECTS
+ Teal, bright pink, and black highlight the potential side-effects associated with each method.

POTENTIAL BLEEDING CHANGES
+ Changes to bleeding pattern indicated by color.

EFFECTIVENESS
+ % effectiveness

Potential menstrual changes:
- Heavier periods
- Lighter, infrequent, or no periods
- Lighter, regular periods
- No bleeding changes

Potential side effects:
- Unpredictable periods, weight changes, headaches, and breast tenderness
- Weight changes, headaches, and breast tenderness
- Increases cramps