



Ways to Overcome Challenges						
Challenges						
Benefits						
Methods of Avoiding Pregnancy	Contraceptive (continued)					



# How Effective Are They?

Methods of Avoiding Pregnancy	How Many Couples Using This Method Will Get Pregnant in a Year?		How Well Does This Method Work in Preventing Pregnancy?	Does This Method Also Reduce the Risk for STIs?	Type of Method	How to Get This Method	Recommended for Teens?	Who Uses This Method?
	Typical Use	Perfect Use						
<b>Abstinence</b>	Data not available	None	Completely effective	Yes	Lifestyle	Personal Decision	Yes	Both
<b>Contraceptives</b>								
Birth Control Patch "The Patch"	8 out of 100	Fewer than 1 out of 100	Effective	No	Hormonal	Prescription	Yes	Females
Birth Control Pill "The Pill"	8 out of 100	Fewer than 1 out of 100	Effective	No	Hormonal	Prescription	Yes	Females
Birth Control Ring "The Ring"	8 out of 100	Fewer than 1 out of 100	Effective	No	Hormonal	Prescription	Yes	Females
Birth Control Shot	3 out of 100	Fewer than 1 out of 100	Effective	No	Hormonal	Prescription	Yes	Females
Cervical Cap— a. Before Childbirth	16 out of 100	9 out of 100	Moderately effective	No	Barrier	Prescription	Yes	Females
b. After Childbirth	32 out of 100	26 out of 100	Less effective	No	Barrier	Prescription	No	Females
Condom— a. Female Polyurethane	21 out of 100	5 out of 100	Less effective	Yes	Barrier	Over the Counter	Yes	Females
b. Male Latex or Polyurethane	15 out of 100	2 out of 100	Moderately effective	Yes	Barrier	Over the Counter	Yes	Males
Diaphragm	16 out of 100	6 out of 100	Moderately effective	No	Barrier	Prescription	Yes	Females
Intrauterine Device (IUD)	Fewer than 1 out of 100	Fewer than 1 out of 100	Very effective	No	Other	Prescription	Yes	Females