



## KNOX COLLEGE D2C PEER EDUCATOR SEX ED SCIENCE FAIR

Tuesday - October 26, 2021, 6:00 pm - 8:00 pm

Ferris Lounge, Seymour Union

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### Birth Control Methods CHEAT SHEET

Methods with less than 96% effectiveness rate in red

#### PILLS:

- “The Pill”
  - Taken once a day, exactly on time, every day
  - Can be effective in stopping menstrual bleeding
  - Estrogen-based
- The mini-pill (*not actually any smaller than “the pill”*)
  - Taken once a day, exactly on time, every day
  - Can be effective in stopping menstrual bleeding
  - NON-estrogen based
- Emergency contraceptive **ONLY 80-95% EFFECTIVE**
  - Taken within 72 hours of unprotected vaginal sex
  - NON-estrogen based

#### THE PATCH:

- Subtle adhesive patch replaced weekly
- Non-invasive
- Estrogen-based

#### THE RING:

- Small silicone ring that sits inside the vagina
- Replaced monthly
- Can be effective in stopping menstrual bleeding
- Non-invasive
- Estrogen-based

#### THE SHOT:

- One injection every 3 months
- Fairly effective in stopping menstrual bleeding
- Estrogen-based

## IUDs (intrauterine devices):

- Small T-shaped object inserted into uterus (non-surgical)
- Mirena
  - Hormonal (NON-estrogen based)
  - Lasts for 5 years
- Kyleena
  - Hormonal (NON-estrogen based)
  - Lasts for 5 years
  - Smaller
- Copper IUD
  - Non-hormonal
  - Lasts for 10 years

## THE IMPLANT:

- Inserted in the arm, under skin (non-surgical)
- Lasts for 3 years
- NON-estrogen based
- Very effective in stopping menstrual bleeding altogether

## BARRIER METHODS:

- Condoms
  - Internal (goes inside a person's vagina/anus, held in place)
    - **ONLY 95% EFFECTIVE**
  - External (traditional condom, rolls onto shaft of penis/toy)
- Diaphragm **ONLY 94% EFFECTIVE**
  - Round latex barrier inserted into vagina to cover the cervix

## SPERMICIDE: **ONLY 75% EFFECTIVE**

- Chemical-laced cream inserted into vagina
- Kills sperm cells
- Can cause yeast infections

