## - American Red Cross -

# BIRTH CONTROL CHOICES FOR TEENS:

# Levels of Effectiveness in Preventing Pregnancy and HIV/STDs

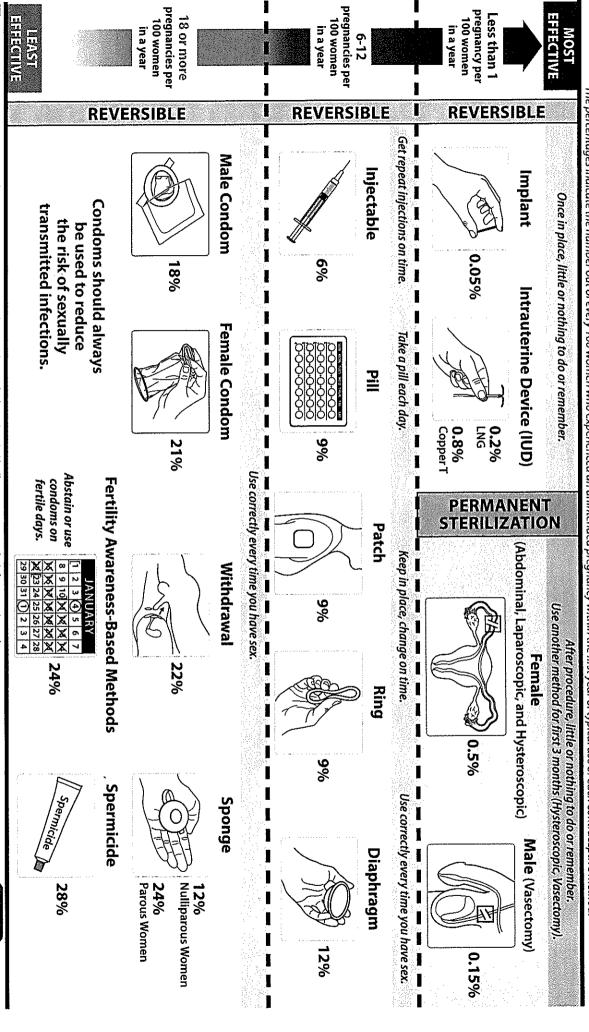
	METHOD  Sexual Abstinence Insertive Anal &	EFFECTIVENESS IN PREVENTING PREGNANCY 100%	EFFECTIVENESS IN PREVENTING THE SPREAD OF HIV/STDs MOST EFFECTIVE
	Oral Intercourse Non-Insertive Sexual	EFFECTIVE	NOT EFFECTIVE
ł	Contact	EFFECTIVE	NOT EFFECTIVE
	Outercourse	Nearly 100%	MAY REDUCE RISK OF HIV/STDs
l	Intra-Uterine Device	99%+	NOT EFFECTIVE
ı	Implanon	99%+	NOT EFFECTIVE
l	NuvaRing	92-99%	NOT EFFECTIVE
	Depo-Provera	97-99%	NOT EFFECTIVE
ı	Ortho Evra Patch	92-99%	NOT EFFECTIVE
	Birth Control Pills	92-99%	NOT EFFECTIVE
	Latex Condom	85-98%	VERY GOOD PROTECTION AGAINST HIV; REDUCES THE RISK OF OTHER STDs
	Diaphragm Cervical Cap Female Condom	89-95% 84-94% 71-86% 79-95% 71-85%	NOT EFFECTIVE NOT EFFECTIVE NOT EFFECTIVE REDUCES THE RISK NOT EFFECTIVE

### **Methods of Birth Control** usually **NOT RECOMMENDED** for Teens

- Sterilization
- Withdrawal ("pulling out")
  Fertility Awareness ("rhythm method")

Adapted from Birth Control (Planned Parenthood Federation of America). Available on the web at http://www.plannedparenthood.org/health-topics/birth-control-4211.htm

# **EFFECTIVENESS OF FAMILY PLANNING METHODS\***



re Programs (CCP). Knowledge for health project Center for Communication Programs (CCP). Knowledge for health project failure in the United States. Contraception 2011;83:397–404.

