

# **BIRTH CONTROL CHOICES FOR TEENS:**

## **Levels of Effectiveness in Preventing Pregnancy and HIV/STDs**

<b>METHOD</b>	<b>EFFECTIVENESS IN PREVENTING PREGNANCY</b>	<b>EFFECTIVENESS IN PREVENTING THE SPREAD OF HIV/STDs MOST EFFECTIVE</b>
<b>Sexual Abstinence</b>	<b>100 %</b>	
Insertive Anal & Oral Intercourse	EFFECTIVE	NOT EFFECTIVE
Non-Insertive Sexual Contact	EFFECTIVE	NOT EFFECTIVE
Outercourse	Nearly 100%	MAY REDUCE RISK OF HIV/STDs
Intra-Uterine Device	99%+	NOT EFFECTIVE
Implanon	99%+	NOT EFFECTIVE
NuvaRing	92-99%	NOT EFFECTIVE
Depo-Provera	97-99%	NOT EFFECTIVE
Ortho Evra Patch	92-99%	NOT EFFECTIVE
Birth Control Pills	92-99%	NOT EFFECTIVE
<b>Latex Condom</b>	<b>85-98 %</b>	<b>VERY GOOD PROTECTION AGAINST HIV; REDUCES THE RISK OF OTHER STDs</b>
Emergency Contraceptive	89-95%	NOT EFFECTIVE
Diaphragm	84-94%	NOT EFFECTIVE
Cervical Cap	71-86%	NOT EFFECTIVE
Female Condom	79-95%	REDUCES THE RISK
Spermicide (non-oxynol 9)	71-85%	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\*

\*The percentages indicate the number out of every 100 women who experienced an unintended pregnancy within the first year of typical use of each contraceptive method.

MOST EFFECTIVE		REVERSIBLE		PERMANENT STERILIZATION		REVERSIBLE		LEAST EFFECTIVE	
Less than 1 pregnancy per 100 women in a year		6-12 pregnancies per 100 women in a year		After procedure, little or nothing to do or remember. Use another method for first 3 months (Hysteroscopic, Vasectomy).		18 or more pregnancies per 100 women in a year		18 or more pregnancies per 100 women in a year	
Once in place, little or nothing to do or remember.		Get repeat injections on time.		Use correctly every time you have sex.	Use another method for first 3 months (Hysteroscopic, Vasectomy).		Condoms should always be used to reduce the risk of sexually transmitted infections.		
Implant		Injectable			Female Sterilization (Abdominal, Laparoscopic, and Hysteroscopic)		Male Condom		
Intrauterine Device (IUD)		Pill		Male (Vasectomy)		Female Condom		Fertility Awareness-Based Methods	
0.05%		6%		0.5%		21%		Abstinence or use condoms on fertile days.	
0.2% LNG 0.8% Copper T		9%		0.15%		22%		24%	
Take a pill each day.		Patch		Ring		Withdrawal		Spermicide	
Keep in place, change on time.		9%		9%		Use correctly every time you have sex.		28%	
Use correctly every time you have sex.		Diaphragm		12%		Sponge		24%	
						12% Nulliparous Women 24% Parous Women			

Other Methods of Contraception: (1) Lactational Amenorrhea Method (LAM) is a highly effective, temporary method of contraception; and (2) Emergency Contraception: emergency contraceptive pills or a copper IUD after unprotected intercourse substantially reduces risk of pregnancy. Adapted from World Health Organization (WHO) Department of Reproductive Health and Research, Johns Hopkins Bloomberg School of Public Health/Center for Communication Programs (CCP). Knowledge for health project. Family planning: a global handbook for providers (2011 update). Baltimore, MD: Geneva, Switzerland: CCP and WHO; 2011; and Trussell J. Contraceptive failure in the United States. Contraception 2011;83:397-404.

