

## Contraceptive Grid

Method & Effectiveness	Description & How it works	Advantages	Side Effects/Disadvantages	Where to get it?
Abstinence  _____ %	No oral, anal, or vaginal intercourse.	<ul style="list-style-type: none"> <li>• No chance of pregnancy or STDs, FREE</li> </ul>	<ul style="list-style-type: none"> <li>• Self control</li> <li>• Peer pressure</li> </ul>	
Natural Family Planning  _____ %	Tracking ovulation and practicing periods of abstinence.	<ul style="list-style-type: none"> <li>• No added hormones, FREE</li> <li>• Easily tracked by calendar or app</li> </ul>	<ul style="list-style-type: none"> <li>• No STD protection</li> <li>• MUST practice periods of abstinence</li> </ul>	
The Pill -Oral Contraception  _____ %	Pill taken daily at the same time.	<ul style="list-style-type: none"> <li>• Less cramping during/shorter periods</li> <li>• Easy to use</li> </ul>	<ul style="list-style-type: none"> <li>• Possible weight gain</li> <li>• Mood swings</li> <li>• Breast tenderness</li> <li>• Risk of blood clots, if a smoker</li> <li>• No STD protection</li> </ul>	
The Patch -Xulane “Zoo-lane”  _____ %	Thin, plastic patch worn on lower back, hips, upper arm, or shoulder for one week’s time, and changed weekly for three consecutive weeks throughout the month.	<ul style="list-style-type: none"> <li>• Don’t have to worry about it EVERY day</li> <li>• Easy to use</li> </ul>	<ul style="list-style-type: none"> <li>• Possible weight gain</li> <li>• Mood swings</li> <li>• Breast tenderness</li> <li>• Loses effectiveness above 200 pounds</li> <li>• Possible skin irritation</li> <li>• No STD protection</li> </ul>	
Vaginal Ring -Nuvaring  _____ %	Flexible plastic ring inserted by the user into the vagina for three consecutive weeks.	<ul style="list-style-type: none"> <li>• Don’t have to worry about it EVERY day</li> <li>• Discreet so partner won’t know it’s there</li> </ul>	<ul style="list-style-type: none"> <li>• Awkward to place on own</li> <li>• Risk of blood clots, if a smoker</li> <li>• Risk of vaginal infection</li> <li>• No STD Protection</li> </ul>	

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<p>Intrauterine Device (IUD)          -ParaGard          -Mirena          -Sklya          -Liletta</p> <p>_____%</p>	<p>T-shaped plastic device, sometimes covered in copper. Inserted by a doctor into the uterus for years.</p>	<ul style="list-style-type: none"> <li>• Long term effectiveness</li> <li>• User doesn't place it on own</li> </ul>	<ul style="list-style-type: none"> <li>• Risk for PID</li> <li>• Risk for excess bleeding and cramping</li> <li>• No STD protection</li> </ul>	
<p>Injectables          -Depo-Provera</p> <p>_____%</p>	<p>Shot administered into the upper arm by a doctor every three months.</p>	<ul style="list-style-type: none"> <li>• Long term effectiveness</li> <li>• May eliminate periods</li> </ul>	<ul style="list-style-type: none"> <li>• Average weight gain of 15 pounds over 4 years</li> <li>• Nausea/Headaches</li> <li>• Quarterly doctor visits</li> <li>• Bone thinning</li> <li>• No STD protection</li> </ul>	
<p>Nexplanon</p> <p>_____%</p>	<p>Flexible plastic rod inserted into the upper arm.</p>	<ul style="list-style-type: none"> <li>• Discreet so partner won't know it's there</li> <li>• Long term effectiveness</li> <li>• Can be used after recent birth</li> </ul>	<ul style="list-style-type: none"> <li>• Nausea/Headaches</li> <li>• Breast tenderness</li> <li>• Irregular menstrual bleeding</li> <li>• No STD protection</li> </ul>	

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Male Condom  _____%	Sheath placed over an erect penis. Made from latex, polyurethane, or lambskin.	<ul style="list-style-type: none"> <li>• No doctor visit needed</li> <li>• Inexpensive</li> <li>• Easy to use</li> <li>• Some STD protection</li> </ul>	<ul style="list-style-type: none"> <li>• Possible skin irritation if allergic</li> <li>• Penis must be erect for use</li> <li>• Must be stored properly to maintain effectiveness</li> </ul>	
Female Condom  _____%	Lubricated sheath inserted into the vaginal cavity. Made from latex or polyurethane.	<ul style="list-style-type: none"> <li>• No doctor visit needed</li> <li>• Inexpensive</li> <li>• Some STD protection</li> </ul>	<ul style="list-style-type: none"> <li>• Hard to place effectively</li> <li>• Breaks easier than male condom</li> <li>• Must use lubrication</li> <li>• Noisy</li> </ul>	
Spermicides  _____%	Cream, Foam, Jelly, Tablet, or Film placed on sponge and inserted into vagina to kill sperm.	<ul style="list-style-type: none"> <li>• No doctor visit needed</li> <li>• Can be used without partner knowing</li> <li>• Good supplement to condoms and other methods</li> </ul>	<ul style="list-style-type: none"> <li>• Messy</li> <li>• May cause vaginal irritation</li> <li>• Only lasts for a short period of time</li> <li>• No STD protection</li> </ul>	
Withdrawal  _____%	Removal of the penis from the vagina during intercourse and before ejaculation.	This is a high risk behavior and not approved as an official method of contraception.	<ul style="list-style-type: none"> <li>• Not effective for preventing pregnancy due to pre-ejaculate</li> <li>• No STD protection</li> </ul>	