


# KNOW YOUR OPTIONS

Explore all contraceptive methods available and find the one that's right for you.




*Soft & Flexible*



**IUS** – Hormonal Intrauterine System

Small, hormone releasing, T-shaped device placed in the uterus by a healthcare provider.

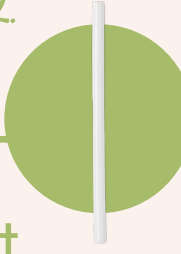
*Stop sperm in their tracks.*



**IUD** – Copper Intrauterine Device

A T-shaped device containing copper placed in the uterus by a healthcare provider.

*Same size as a matchstick.*



**The Implant**  
Hormonal Method

Small, hormone releasing, silicone rods inserted under the skin on the inside of the upper arm by a healthcare provider.

*Go back*



**Sterilization**  
Permanent Method

A surgical, or minimally invasive procedure, that removes the ability for a woman or a man to reproduce completely.

**Super Effective 99%\***


*Take one everyday.*



**The Pill**  
Hormonal Method

A tablet containing hormones that must be taken at the same time every day.

*Peel & Stick*



**The Patch**  
Hormonal Method

A small, stick-on patch, placed by the woman that releases hormones through the skin.


*Put a ring on it.*



**Vaginal Ring**  
Hormonal Method

A flexible plastic ring that releases hormones and is placed in the vagina by the women.

*It's like an anti-pregnancy shot.*



**Injection**  
Hormonal Method

An injection of hormones either in the muscle or under the skin.

**Highly Effective 93–96%\***


*Rollin' the dice.*



**Fertility Awareness**  
Timing Method

These methods such as withdrawal, temperature or the calendar method depend on your perfect timing, but even then aren't very reliable.

*Stop sperm*



**Barrier Methods**  
Barrier Method

These methods, such as the cervical cap, diaphragm or sponge, stop sperm by covering the entrance to the uterus.

*The only method that protects from STIs including HIV*



**Condoms**  
Barrier Method

A sheath that covers the penis or vagina during sex, it is the only method to protect against HIV and other STIs. Condoms can be used with any other method.

**Less Effective 76–87%\***

**YOUR-LIFE.COM**  
or ask your healthcare provider.



\*At typical use

Source: Trussell J, Aiken ARA, Mickes E, Guthrie K. Efficacy, Safety, and Personal Considerations. In: Contraceptive Technology, 21st ed, Hatcher RA, Nelson AL, Trussell J, et al (Eds), Ayer Company Publishers, Inc., New York 2018

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PP-YOU-ALL-0339-1