

**CONTRACEPTION
MAKES A LOT MORE
SENSE WHEN YOU'VE
GOT ALL THE FACTS.**

**WHICH
CONTRACEPTION
IS RIGHT FOR
YOU?**

**KNOW
YOUR
OPTIONS**



Look inside and find the contraceptive method which suits you best.



Condoms are the only contraceptives that protect you and your partner against STIs including HIV.



For maximum protection use them in combination with any other highly reliable method to keep you fully protected against sexually transmitted infections and unintended pregnancy.



YOUR-LIFE.COM
or ask your healthcare provider.



WORLD CONTRACEPTION DAY SEP 26 SUPPORTED BY:



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World Contraception Day/Your Life content does not necessarily reflect the viewpoints of the members of WCD partner coalition.





KNOW YOUR OPTIONS

Compare all contraceptive methods and see which suits you best.



YOUR-LIFE.COM

or ask your healthcare provider.

Long Acting

Methods need to be placed every 3 to 10 years, except Sterilization which is permanent.

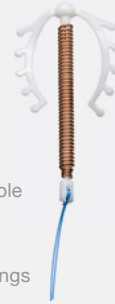
IUS – Hormonal Intrauterine System

- ★ **Super effective**
- Long-acting reversible
- Easy to hide
- May cause changes in menstrual bleeding pattern
- Up to 3–5 years



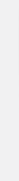
IUD – Copper Intrauterine Device

- ★ **Super effective**
- Long-acting reversible
- Easy to hide
- May cause heavier bleedings or crampings
- Up to 5–10 years



The Implant Hormonal Method

- ★ **Super effective**
- Long-acting reversible
- Easy to hide
- It may initially cause a change in bleeding patterns
- Up to 3–5 years



Sterilization Permanent Method

- ★ **Super effective**
- Hormone free
- Non-reversible
- Permanent



Regular Routine

Methods need to be remembered between once a day and once every 3 months.

The Pill Hormonal Method

- ★ **Highly effective**
- Widely available
- Easy to use
- Need to think about it daily
- Every day



The Patch Hormonal Method

- ★ **Highly effective**
- Widely available
- Easy to use
- It's visible and may come loose or fall off
- Every week



Vaginal Ring Hormonal Method

- ★ **Highly effective**
- Widely available
- Easy to use
- Can cause vaginal discomfort or irritation
- Every month



Injection Hormonal Method

- ★ **Highly effective**
- Widely available
- Easy to hide
- It may initially cause a change in bleeding patterns
- 1–3 months



Single Use

Methods need to be used every single time you have sex.

Fertility Awareness Timing Method

- ★ **Less effective**
- Low or no costs
- Hormone free
- Very low reliability
- Every day



Barrier Methods Barrier Method

- ★ **Less effective**
- Low costs
- Hormone free
- Interrupts sex
- Every time



Condoms Barrier Method

- ★ **Less effective**
- STI protection
- Hormone free
- Interrupts sex
- Single use



The only method that protects from STIs including HIV