Birth control site content:

**Female Condom**

Efficacy (when used correctly): 95%

How Does It Work:

Side Effects:

**Oral Contraception**

Efficacy (when used correctly): 99.9%

How Does It Work: For optimal efficacy, the pill should be taken at the same time every day, and you can’t miss or skip any pills without endangering the efficacy of your medication.

Side Effects:

**Condom**

Efficacy (when used correctly): 98%

How Does It Work: The condom works by creating a physical barrier between two partner’s genitals and bodily fluids. In terms of preventing pregnancy, the sperm are prevented from entering the vagina and instead collect inside the condom. In terms of preventing Sexually Transmitted Infection, it keeps any potentially infected body parts or fluid from coming into contact with your partner(s). Condoms, when used perfectly, are effective at preventing pregnancy 98% of the time—but humans are not perfect. Condoms may break, be rolled on incorrectly, or be the wrong size, all of which can contribute to escape of sperm from their plastic prison. To minimize your risk while using condoms, make sure you roll it on correctly, leave a bubble at the tip for sperm to collect in, buy the correct size, and consider combining condoms with pulling out of your

Side Effects: Potential latex allergy (in this case, use an alternative material, such as polyeurothane). Potential discomfort—you can try to ease any pain with the use of lube.

**Vaginal Ring**

Efficacy (when used correctly):

How Does It Work:

Side Effects:

**Non-Hormonal IUD**

Efficacy (when used correctly):

How Does It Work:

Side Effects:

**Injection**

Efficacy (when used correctly):

How Does It Work:

Side Effects:

**Implant**

Efficacy (when used correctly):

How Does It Work:

Side Effects:

**Diaphragm**

Efficacy (when used correctly):

How Does It Work:

Side Effects:

**Pull-out method**

Efficacy (when used correctly):

How Does It Work:

Side Effects:

**Fertility Tracking**

Efficacy (when used correctly):

How Does It Work:

Side Effects:

**Vaginal Douche**

Efficacy (when used correctly):

How Does It Work:

Side Effects:

**Patch**

**Spermicide**

Efficacy (when used correctly):

How Does It Work:

Side Effects:

**Emergency Pills**

Efficacy (when used correctly):

How Does It Work:

Side Effects:

**Hormonal IUD**

Efficacy (when used correctly):

How Does It Work:

Side Effects:

**Surgical Sterilization**

Efficacy (when used correctly): 100%

How Does It Work:

Side Effects: