**Most Popular Contraception Methods**

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|  | **The Shot** | **Implant** |
| **Effectiveness** | The shot is super effective- as long as you get each shot on time   * 99% effective with perfect use (Fewer than 1 in 100) * 94% if not (Fewer 6 in 100) | Among the most effective method   * 99% effective once placed in arm |
| **How it works** | Releases a hormone that prevents ovaries from releasing eggs | Releases a hormone that prevents ovaries from releasing eggs |
| **Proper Use** | Only way to make mistakes is to not get the shot every 3 months | Small tube placed under upper part of arm   * Can last 3 or more years |
| **Prevention** | * Prevent Pregnancy * Does **NOT** protect against STDs | * Prevent Pregnancy (3 or more years) * Does **NOT** protect against STDs |
| **Health Benefits** | * Improve PMS | * Improve PMS * May reduce menstrual cramping |
| **Side Effects** | * Irregular bleeding * Increased appetite (may lead to weight gain) * Acne * Hair Loss * Depression * Types of Cancers | * Irregular bleeding * Depression |
| **Where to Get** | You have to go to your doctor or clinic every 3 months to get the shot | Doctor or provider |
| **Other** | * May have lighter periods or stop completely * Easy to hide | * May have lighter periods or stop completely * Easy to hide |

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|  | **Condoms** | **The Pill** | **Abstinence** |
| **Effectiveness** | Somewhat effective.  Perfect use = 98% effective  Typical use 85% effective | Extremely Effective!  Perfect use = 99.9% effective | 100% effective |
| **How it Works** | * Placed over the penis during sex * Catches all fluid released during sexual intercourse | * Taken orally daily * Releases a hormone that prevents ovaries from releasing eggs | Waiting to have sex until marriage  *Abstinence can mean different things to different people.* |
| **Proper Use** | Every single time you engage in sexual intercourse and outercourse | Must be taken at the same time every single day | Both partners have to choose to be abstinent from all sexual activity to be effective |
| **Health Benefits** | Protects from most STIs & there are different types to choose from | Some protect against types of cancers, PID, and anemia. Can reduce PMS symptoms | No chance of getting STDs, can reduce stress levels |
| **Prevention** | * Prevents many STIs, but not all * Prevents pregnancy if used properly | * Does NOT prevent against STDs * Prevents pregnancy if used properly | * Prevents all STIs * Prevents pregnancy |
| **Side Effects** | Latex irritations / allergy | May experience:  Nausea, spotting, sore breasts, headaches, and/or moodiness | No side effects |
| **Where to Get** | Doctors office, grocery stores, convenience stores | Need a prescription from a doctor | Personal beliefs and values |
| **Other** | * Cheap option * Easily available * **Improper use is common** | Must have a good memory/ organized to remember to take each day | 60% of teens are NOT having sex |