**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% effectiveTypical 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 |