

GET THE FACTS ABOUT

BIRTH CONTROL

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BIRTH CONTROL BASICS

Birth control means the same thing as contraception.

Birth control is something that all sexes use if they want to have sex and don't want a pregnancy.

There are a few different types of birth control. However, some work better than others.

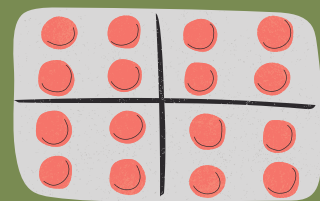
The only birth control that is 100% effective against pregnancy is not having sex .

IMPORTANT

There are some kinds of birth control that teens can get without seeing a healthcare provider first.



BUT... there are other kinds that teens must see a healthcare provider to get.



A healthcare provider can be a doctor, nurse, physician assistant, or health aide.

TAKIN' CONTROL

IF YOU ARE HAVING SEX OR THINKING ABOUT HAVING SEX, YOU SHOULD DECIDE WHAT TO USE TO NOT GET PREGNANT

1 Learn about birth control

Take a look at all birth control choices. Look at the cost, how easy it is to get it, and how well it works.

2 Talk with your partner

Talking with your partner will help you work out things like who will pay for it and if they know how to use it correctly. From talking with your partner about sex, you might find out things you didn't know before. For example, do they support your decision to wait to have sex or use contraception every time? If not, you might want to think twice about this person.

TAKIN' CONTROL

CONTINUED

3

See your healthcare provider

See your health care provider for a physical exam and to discuss your choice of birth control. Take a list of questions to ask, and make sure you understand **EXACTLY** how birth control should be used. Then, if you have questions after the office visit, don't hesitate to call your health care provider.

4

Use your birth control correctly every time

Make sure that you always use your birth control correctly **EVERY TIME** you have sex. Use condoms as a backup method if you miss a pill, are a few days behind on your Depo, or have any other issue that might affect your birth control, like using antibiotics.

THE TRUTH ABOUT PREGNANCY:

COMMON QUESTIONS ANSWERED



Q: IS IT TRUE A GIRL CAN GET PREGNANT THE FIRST TIME SHE HAS SEX?

A: Yes. A girl can get pregnant even if it's her first time having sex.

Q: IS IT A GUY'S RESPONSIBILITY TO MAKE SURE HE HAS A CONDOM?

A: No. Birth control is everyone's responsibility. If you are sexually active, make sure that you and your partner are prepared to protect yourselves.

Q: IS IT TRUE THAT HAVING SEX WHILE STANDING UP WON'T GET YOU PREGNANT?

A: No. You can get pregnant or get someone pregnant if you have sex, no matter what position you're in. You could also get an STD or give an STD to someone.

Q: IS IT TRUE THAT "PULLING OUT" WON'T GET A GIRL PREGNANT?

A: No. Pre-cum is a fluid that carries sperm and can leak out of the penis before ejaculation. Sperm could enter the vagina before a guy "pulls out" and can get their partner pregnant.

Q: CAN DOUCHING OR SHOWERING AFTER SEX KEEP ME FROM GETTING PREGNANT?

A: No. Precum or semen cannot be washed out of the vagina. Douching can actually increase the risk of infection.

RESOURCES

www.iknowmine.org

www.wernative.org

www.healthychildren.org

