



# Birth Control Choices for Men

You have many choices when it comes to birth control. Only you and your partner can choose which method is best for you both. You can get birth control at CHN for **free** or at a **low-cost**.

	How well does it work?	What is it?	Why do people like this method?	Why don't people like this method?
Male Sterilization (Vasectomy) 	99% of the time. Prevents pregnancy <b>almost every time</b> .	Vasectomy is a surgery that stops sperm from leaving the body. You will still be able to get an erection (get hard), ejaculate (cum), and have the same feeling during sex.  You should only have a vasectomy if you know you do not want to have children. Your CHN doctor can give you a referral for a vasectomy.	You don't have to worry about getting a partner pregnant after a vasectomy.  Vasectomy only takes 10-15 minutes in the doctor's office.	<b>Does not protect against HIV and STIs.</b>  After you get a vasectomy, it takes 3 months until it prevents pregnancy. Use other birth control for first 3 months after surgery.
Male Condoms (picture of condom)	If you use condoms the right way each time you have sex, they work <b>almost every time</b> . <hr/> If you don't use condoms the right way each time you have sex, they work <b>8 out of 10 times</b> .	A condom is a barrier that you put on the penis before you have sex. Use a new one every time you have sex.  You can use male condoms for oral, vaginal, and anal sex.	<b>Condoms help protect against HIV and STIs.</b>  Condoms help some men last longer.  There are many types of condoms (glow in the dark, fire and ice, flavored, and more) that can make sex fun.	May take away some feeling during sex.  Condoms can ruin the mood.
Female Condoms (picture of female condom)	If you use condoms the right way each time you have sex, they work <b>almost every time</b> . <hr/> If you don't use condoms the right way each time you have sex, they work <b>8 out of 10 times</b> .	A female condom is a barrier that you put inside the vagina or anus before you have sex. Use a new one every time you have sex.  You can use female condoms for oral, vaginal, or anal sex.	<b>Condoms help protect against HIV and STIs.</b>  Female condoms are not made of latex. They are a good choice for people who are allergic to latex.  You can put the condom in your vagina or anus up to 8 hours before having sex.	May take away some feeling during sex.  It's bigger and there's more material.
Pulling out (withdrawal) 	If you use withdrawal the right way each time you have sex, it works <b>9 out of 10 times</b> . <hr/> If you don't use withdrawal the right way each time you have sex, it works <b>7 out of 10 times</b> .	A man pulls his penis out of his partner's vagina before ejaculating (cumming).	Withdrawal is better than nothing if you don't use birth control.  You can use withdrawal with other birth control. This can help other birth control work even better.	<b>Does not protect against HIV and STIs.</b>  Doesn't work if you don't pull out in time.

**If you have unprotected sex or you or your birth control fails (condom breaks), your partner can walk in and get Plan B (emergency contraception for women) at any of our CHN health centers.**