

The truth about birth control

Myth: I don't need to use condoms if I'm using birth control.

Truth: Condoms are the only way to protect yourself from HIV and STIs. Get free condoms at CHN.

Myth: Birth control will make my period heavier and make my cramps worse.

Truth: Birth control can affect your period in different ways. Some types make your period irregular or can cause spotting. Others make it shorter, lighter, and less crampy. Talk to your doctor about your period to figure out which birth control is right for you.

Myth: Birth control is not natural or healthy. It will mess with my hormones.

Truth: Birth control with hormones is very safe. Birth control has hormones that your body already makes. If you are not okay with taking hormones, there are types of birth control that do not have hormones.

Myth: Birth control will make me gain weight.

Truth: Most types of birth control do not make people gain weight. Talk to your doctor if you are worried about gaining weight while you take birth control.



To learn more about birth control, talk to your CHN doctor or health educator.

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Myth: If I forget or make a mistake with my birth control, there's nothing I can do to prevent pregnancy after unprotected sex.

Truth: If you have trouble taking or using your birth control, you can get Plan B at CHN. Plan B is a pill that prevents pregnancy up to 5 days after sex.

Myth: I'm supposed to get a period each month. Birth control messes that up.

Truth: When you take birth control, you don't need to have a period every month. Some birth control stops your uterus from making extra lining. The extra lining is what leaves your body when you have a period. Since your body isn't making extra lining, you don't need to have a period.

Myth: Birth control will make it hard for me to get pregnant later on in life.

Truth: Birth control will not affect your ability to get pregnant in the future. Once you get off birth control, your body goes back to the way it was before.

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