











Birth control choices

All people, of all ages, can access birth control and sexual health services at CHN. These choices are 100% up to you.

	Birth control	What is it?	How will it change my period?	
Works very well (over 99% effective)		IUD without hormones	Your doctor puts it in your uterus. It lasts 12 years, but your doctor can take it out any time.	Your period may be heavier or longer.
		IUD with hormones	Your doctor puts it in your uterus. They can last 3 to 7 years, but your doctor can take it out any time.	You may have spotting. You may have fewer periods or lighter periods.
		Implant	Your doctor puts it under the skin in your arm. It lasts 5 years, but your doctor can take it out any time.	You may have spotting. You may have fewer periods or lighter periods.
Works well (91-94% effective)		The shot	A shot you get from your doctor or give to yourself every 3 months.	You may have spotting. You may have fewer periods or lighter periods.
		The ring	A flexible ring that you put in your vagina. You change it once a month.	Your period will be regular. It may be lighter, shorter, and less crampy.
		The patch	A small sticker that you put on your skin. You change it once a week.	Your period will be regular. It may be lighter, shorter, and less crampy.
		The pill	A small pill. You take it at the same time every day.	Your period will be regular. It may be lighter, shorter, and less crampy.
Works OK (78-88% effective)		Outside condoms	Put on penis before sex. Use a new one every time you have sex.	It won't change your period.
		Inside condoms	Put in vagina or anus (butt) before sex. Use a new one every time you have sex.	It won't change your period.
		Pulling out (withdrawal)	Pull penis out of vagina before ejaculating (cumming).	It won't change your period.

If you have sex without a condom, the condom breaks, or you had trouble taking or using your birth control, you can get **Emergency Contraception** (like Plan B) at CHN.

Condoms are the only way to protect yourself from HIV and STIs. You can get free condoms at CHN.