

COMMON FORMS OF CONTRACEPTION: Birth control methods with a higher risk of detection or tampering. *Talk to your client about safety planning around billing, doctor's office reminder calls, and scheduling visits.*

WHAT IS IT?	HOW DOES IT WORK?	HOW LONG IS IT EFFECTIVE?	HELPFUL HINTS	RISKS OF TAMPERING
Male Condom/ Female Condom	Male condoms are latex or polyurethane sheaths that fit over the erect penis and prevent sperm and bodily fluids from entering the vagina and the uterus. Female condoms are thin plastic sheaths that fit inside the vagina and prevent sperm and bodily fluids from entering the vagina and the uterus.	Condoms can only be used once and are effective for a single sex act; prevents pregnancy and transmission of STIs	Condoms are most effective when used consistently and correctly. Condoms, KY jelly, or water-based lubricants can be purchased at a drug store. Do not use oil-based lubricants such as massage oils, baby oil, lotions, or petroleum jelly with latex condoms. They will weaken the condom, causing it to tear or break.	Male condoms require cooperation from a male partner. He may refuse to wear it, take it off during intercourse without telling her, or tamper with it to cause it to break. Female condoms have a ring that sits visibly outside the vagina, and partners can feel them during penetration. They can be easily pulled out by a partner.
Diaphragm or Cervical Cap	Each of these barrier methods are placed inside the vagina to cover the cervix to block sperm. The diaphragm is shaped like a shallow cup. The cervical cap is a thimble-shaped cup. Before sexual intercourse, you insert them with spermicide to block or kill sperm.	A single sex act; prevents pregnancy	Diaphragms and cervical caps come in different sizes, so a visit to the doctor for a fitting is important.	Both diaphragms and cervical caps require insertion before intercourse, which may be difficult to do without a partner's knowledge. They can be felt by a partner during penetration. They can be pulled out by a partner.
Oral Contraceptives ("The Pill")	Oral contraceptives contain a combination of hormones that prevent ovulation.	As long as it is taken daily at the same time.	Pills must be taken daily at the same time. The pill may not be recommended for patients with certain medical conditions. This method may relieve some symptoms like cramps and heavy bleeding.	Partners may tamper with the pills by hiding them, destroying them, or preventing her from filling prescriptions on time. She may attempt to hide them and forget to take them, or take the wrong pill on the wrong day.

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Vaginal Contraceptive Ring ("Nuvaring")	The woman or girl inserts a flexible ring into her vagina. It releases the same kind of hormones in birth control pills, preventing ovulation. After three weeks with the ring in, the woman or girl removes it. A new ring is inserted a week later.	As long as it is used properly	This method can be cost-prohibitive, even with health insurance. It may be helpful for women and girls using this method to mark on a calendar when the ring was removed so she remembers to insert a new ring at the proper time.	The ring may be felt by a partner during intercourse. It can be easily pulled out.
Hormonal Patch	The patch is worn on the lower abdomen, buttocks, or upper arm. It releases the same kind of hormones in birth control pills, preventing ovulation. A new patch is put on once a week for three weeks, then a week goes by without a patch.	As long as it is used properly	This method may be cost prohibitive, even with health insurance. It may be helpful for women and girls using this method to mark on a calendar when the patch was removed for the fourth week so she remembers to put on a new patch at the proper time.	The patch is visible and can be easily removed.
Fertility Awareness Method/Natural Family Planning	The woman or girl tracks her ovulation by tracking her menstrual cycles and cervical mucus. The couple abstains from sex or uses a barrier method during times when she could become pregnant.		This method requires training from a health care provider, consistent monitoring, and abstinence or consistent use of a barrier method at specific times of the month.	This method requires cooperation from both partners and can be easily sabotaged.

INVISIBLE CONTRACEPTION: Birth control methods that clients can use without their partners' knowledge. *All of these methods must be prescribed by a doctor or nurse practitioner. Talk to your client about safety planning around billing, doctor's office reminder calls, and scheduling visits.*

WHAT IS IT?	HOW DOES IT WORK?	HOW LONG IS IT EFFECTIVE?	HELPFUL HINTS	RISKS OF DETECTION
Implanon	A matchstick-sized tube of hormones (the same ones that are in birth control pills) are inserted in your inner arm.	3 years	Unlike previous implantable methods (Norplant), is generally invisible to the naked eye and scarring is rare.	Implanon might be detected if palpated. Periods may stop completely. This may be a less safe option if her partner closely monitors menstrual cycles.
Intra Uterine Device (IUD)- Mirena & ParaGuard	The small T-shaped device, which prevents pregnancy by changing the lining of your uterus so an egg cannot implant, is inserted into your uterus.	ParaGuard : 12 years Mirena: 5 years	Mirena has a small amount of hormone that is released that can lessen cramping around the time of your period and make the bleeding less heavy.	The IUD has a string that hangs out the cervical opening. If a woman is worried about her partner finding out that she is using birth control , she can ask the provider to snip the strings off at the cervix so her partner can't feel them or pull it out of her.
Depo-Provera ("the birth control shot")	Depo-Provera is a shot that provides hormones—the same ones that are in birth control pills— that prevent a woman from ovulating.	3 months	Once administered, there is no way to stop the effects of the shot.	Periods may stop completely. This may be a less safe option if her partner closely monitors menstrual cycles.
Emergency Contraception ("Morning After Pill")	Either a single dose or series of hormones are given within 72-hours of unprotected sex to prevent pregnancy.	Single dose-- must be taken after every instance of unprotected sex.	Clients can get emergency contraction to keep on hand before unprotected sex occurs. Emergency contraception is NOT abortion—just like "regular" birth control pills, it prevents ovulation.	Clients can remove the pills from the packaging so that partners will not know what they are.