

Heading back to campus and wondering about your birth control options?

**NAVIGATE YOUR WAY TO A SAFE AND EFFECTIVE CONTRACEPTION CHOICE.**



Many young women first consider their birth control options when they move from their family home to their college dorm.

**BIRTH CONTROL IS YOUR CHOICE.  
MAKE IT SAFE.**

The best method of birth control for you is one that is safe, one that you are comfortable using, and one that you are able to use consistently and correctly.

**Birth control or contraception options generally fall into these categories:**

**Barrier Methods**

Condoms, diaphragms, cervical caps, contraceptive sponges

**Short-acting hormonal methods**

Birth control pills, patches, shots, vaginal rings, and emergency contraceptive pills used daily, weekly, or monthly

**Long-acting reversible contraception**

IUDs or devices implanted into the uterus and, depending on the device, kept in place for three to 10 years or until a decision is made to remove them

**Sterilization**

Tubal ligation for women or vasectomy for men, permanently prevents someone from getting pregnant or from being able to get someone else pregnant

**Fertility awareness methods**

Monitoring of fertility, or the days during the month when a woman can get pregnant, often based on basal body temperature and cervical mucus

Talk to your healthcare provider about your options.  
Weigh all benefits and risks.  
Learn more about contraception decision-making.

[CLICK HERE](#)