

Your Guide to Birth Control



new jersey family
planning league

Long Acting

IUD

- Intrauterine device
- >99% effective
- 3-5 years
- Hormonal method



Copper IUD

- Intrauterine device
- >99% effective
- Up to 10 years
- Spermicidal method



The Implant

- Implanted in the arm
- >99% effective
- Up to 3 years
- Hormonal method



Vasectomy/Tubal Ligation

- Surgery to cut male tubes or the female tubes
- Almost 100% effective
- Permanent



Regular Routine

The Pill

- Taken daily
- 91% effective
- Hormonal method



The Patch

- Placed on the skin
- 91% effective
- Change every 4 weeks
- Hormonal method



Vaginal Ring

- 91% effective
- Change after 3 weeks
- Hormonal method



Injection

- Shot every 12 weeks
- >94% effective
- Not recommended for 2+ years
- Hormonal method



Single Use

Condom

- 80% - 98% effective
- 8% protection
- Barrier method



Internal Condom

- 79% effective
- 51% protection
- Barrier method



Spermicide

- Kills sperm
- 72% effective
- Use up to 1 hour before sex
- Spermicidal method



Emergency Contraceptive

- 80% effective (if taken within 24 hours)
- Must be taken within 3 days
- Hormonal method



Need help choosing? Find a health center near you.

Coping With Birth Control

G Thomas



Coping With Birth Control:

Delve into the emotional tapestry woven by in **Coping With Birth Control** . This ebook, available for download in a PDF format (Download in PDF: *), is more than just words on a page; itis a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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Table of Contents Coping With Birth Control

1. Understanding the eBook Coping With Birth Control
 - The Rise of Digital Reading Coping With Birth Control
 - Advantages of eBooks Over Traditional Books
2. Identifying Coping With Birth Control
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Coping With Birth Control
 - User-Friendly Interface
4. Exploring eBook Recommendations from Coping With Birth Control
 - Personalized Recommendations
 - Coping With Birth Control User Reviews and Ratings
 - Coping With Birth Control and Bestseller Lists
5. Accessing Coping With Birth Control Free and Paid eBooks
 - Coping With Birth Control Public Domain eBooks
 - Coping With Birth Control eBook Subscription Services
 - Coping With Birth Control Budget-Friendly Options

6. Navigating Coping With Birth Control eBook Formats
 - ePub, PDF, MOBI, and More
 - Coping With Birth Control Compatibility with Devices
 - Coping With Birth Control Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Coping With Birth Control
 - Highlighting and Note-Taking Coping With Birth Control
 - Interactive Elements Coping With Birth Control
8. Staying Engaged with Coping With Birth Control
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Coping With Birth Control
9. Balancing eBooks and Physical Books Coping With Birth Control
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Coping With Birth Control
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Coping With Birth Control
 - Setting Reading Goals Coping With Birth Control
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Coping With Birth Control
 - Fact-Checking eBook Content of Coping With Birth Control
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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