

NO SURPRISES

A GUIDE TO BIRTH CONTROL FOR TEENAGERS

Note- This fact sheet is inclusive of all individuals and is designed for anyone who may benefit from the birth control methods discussed.

WHAT IS BIRTH CONTROL?

Birth control refers to the various methods used to prevent pregnancy, and some methods can even prevent STDs/STIs.¹

WHY IS IT IMPORTANT?

Birth control is important because it empowers individuals to plan pregnancies², and reduce health risks and unplanned pregnancies.³

HOW DO I CHOOSE THE RIGHT METHOD FOR ME?

When choosing a birth control method, consider factors such as lifestyle, potential side effects, STD/STI protection, accessibility, and consistency.⁷

CATEGORIES OF EFFECTIVENESS

High

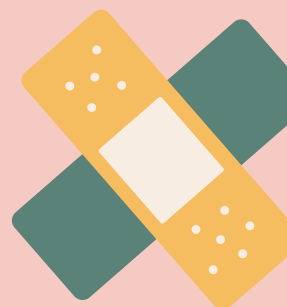
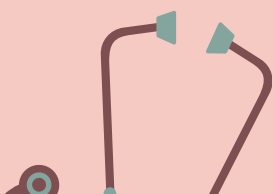
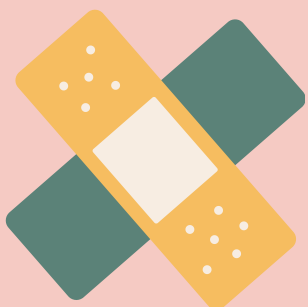
- IUD (99%+)⁶
- Implant (99%+)⁴

Moderate

- Shot (94%)⁵
- Pill (93%)⁷
- Patch (92%)⁷
- Ring (91%)⁸

Low

- Male condoms (85%)⁹
- Withdrawal (78%)⁶



CHOOSING THE RIGHT CONTRACEPTIVE

Types

- **Oral Contraceptive Pills**- take daily at the same time.
- **IUD**- inserted by doctor, lasts 3-10 years.
- **Implant**- inserted under the skin, lasts up to 3 years.
- **Male Condoms**- used every time before sexual intercourse.
- **Withdrawal**- requires pulling out prior to ejaculation.

Barrier Methods- Condoms & Withdrawal

Pros

- Condom
 - Protects against pregnancy and STD/STIs, easily accessible¹⁰
- Withdrawal
 - No cost, no hormones

Cons

- Condom
 - Can break, requires correct use
- Withdrawal
 - High failure rate, no STD/STI protection

LARCs (Long Acting Reversible Contraceptives IUD & Implant

Pros

- Can last from 3-10 years
- Highly effective
- Low maintenance
- May reduce or stop period symptoms

Cons

- Pain during insertion
- Potential irregular bleeding, mood changes
- No STD/STI protection

Most Common Method

Birth Control Pill

Pros

- Regulates periods, reduces cramping
- Can improve acne
- Lowers risk of ovarian and endometrial cancer

Cons

- Needs consistency
- Potential mood changes, nausea, headaches, weight gain
- No STD/STI protection



JUST A HEADS UP:

✓ You have the **legal right** to get birth control without needing a parent's permission.¹³

🔒 Want to keep it private? Clinics like Planned Parenthood offer **confidential** services, no questions asked.¹⁴

📞 Just a tip—check with your insurance provider to understand their privacy policies (some send info home by mail!).¹⁵

How do I get started?

Decide what you are looking for. Easy to use? Fewer side effects? Super effective?

Find a clinic or doctor! You can go to Planned Parenthood, local clinics, school health center, your provider, etc.

Talk to a nurse or doctor! They'll help you find your best fit. You may even get it the same day. Some methods may take another visit.

Begin using your birth control method! If something doesn't feel right or you'd like to switch methods, go back to your preferred provider!

PICK

Learn more:
[Bedsider.org](https://www.bedsider.org) OR
[PlannedParenthood.org](https://www.plannedparenthood.org)

FIND

Near you:
[plannedparenthood.org/health-center](https://www.plannedparenthood.org/health-center) OR
[findahealthcenter.hrsa.gov](https://www.findahealthcenter.hrsa.gov)

TALK

- Bring:
- An ID
 - Insurance card (if you have one)
 - Money

USE

Need help?
☎ Call: 1-800-230-PLAN (7526)
📱 Text: "ASKPP" to 774636

I have a few more questions...

What if I forget to take my birth control?

It depends on the type. For example, if you miss a pill, you might need to take two the next day or use a backup method. Always ask your provider or check [Bedsider.org](https://www.bedsider.org) for tips.

Is birth control only for people trying not to get pregnant?

No! Birth control can also help with cramps, acne, heavy periods, and more. Lots of people use it for health reasons, not just pregnancy prevention.

Will my parents find out if I use my insurance?

Maybe. Some insurance plans send info home (like bills or statements). Call your insurance company to ask about their privacy rules. Or go to a clinic that offers free or low-cost care without using insurance.

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