


Who Am I? Cards

Contraceptive Method	Description
 <p data-bbox="544 499 922 577">ORAL CONTRACEPTIVES "THE PILL"</p>	<p data-bbox="987 363 1437 714">I am taken orally every day and work by suppressing ovulation and thickening the cervical mucus to prevent sperm from entering the uterus. I need a prescription and do not protect against STBBIs. When taken properly, I am very effective and may reduce cramps and bleeding.</p>
<p data-bbox="565 961 901 997">TRANSDERMAL PATCH</p>	<p data-bbox="987 751 1437 1218">Put me on during the first day of your period and I will release hormones for a week at a time to suppress ovulation and thicken cervical mucus to prevent sperm from entering the uterus. You need to use me for 3 weeks and then take a break for a withdrawal bleed. I need a prescription and do not protect against STBBIs. Once you put me, you can forget about me for the whole week.</p>
<p data-bbox="617 1407 852 1442">VAGINAL RING</p>	<p data-bbox="987 1255 1437 1606">I am a flexible piece of plastic that can be inserted into a vagina to suppress ovulation and thicken the cervical mucus. Put me in during the first day of your period and take me out 21 days later. I do not protect against STBBIs but I am discreet and can be forgotten about for 3 to 4 weeks at a time.</p>

<p>INTRAUTERINE SYSTEM IUS (HORMONAL IUD)</p>	<p>Get a health care provider to place me and you can forget I'm there for 5 years. I require a prescription and can be costly at first but I last for a long time. I prevent pregnancy but do not protect against STBBIs. I am also good at reducing heavy menstrual bleeding and cramping for those with heavy periods.</p>
<p>DEPO PROVERA SHOT</p>	<p>A health care provider must administer me once every 3 months. I need a prescription and I do not protect against STBBIs but I thicken the cervical mucus and suppress ovulation and last for 3 months at a time.</p>
<p>COPPER INTRAUTERINE DEVICE (NON-HORMONAL IUD)</p>	<p>I am made of metal and repel sperm in the uterus so they can't enter the fallopian tubes. I need to be placed by a health care provider but after that I am good for 5 to 10 years. I require a prescription but I am relatively inexpensive for the amount of time I work until I need to be removed.</p>
<p>EXTERNAL CONDOM</p>	<p>Roll me onto the penis before you start having sex and I'll catch the semen as you ejaculate. I am widely available and don't need a prescription. I'm also a good non-hormonal option.</p>

<p>INTERNAL CONDOM (VAGINAL CONDOM)</p>	<p>Place me inside the vagina and I'll catch sperm as they are ejaculated. I am not made of latex, am not made of hormones, and I am available without a prescription. Sometimes I am a little bit slippery but I am a great barrier method that prevents STBBIs and catches sperm.</p>
<p>FERTILITY AWARENESS METHOD (FAM)</p>	<p>I can encompass a wide variety of things, including monitoring mucus and temperature and tracking days on a calendar. While I am helpful at figuring out the safest times to have unprotected penis-vagina sex, it's best to use me with other methods.</p>
<p>WITHDRAWAL</p>	<p>Pull me out right before ejaculation. I require good communication and a good sense of bodily awareness. I am often used in combination with fertility awareness methods. To increase my effectiveness, use me with other methods.</p>
<p>EMERGENCY CONTRACEPTIVE PILL "THE MORNING AFTER PILL" (PROGESTIN-ONLY)</p>	<p>Pick me up over the counter at the pharmacy and use me after another method fails or after unprotected penis-vagina sex. I do not protect against STBBIs and although I can be used up to 5 days after sex, I am best at my job in the first 12 hours.</p>

<p>COPPER IUD AS EMERGENCY CONTRACEPTION</p>	<p>Get me placed by a health care provider up to 7 days after unprotected sex or when a condom breaks and I can protect you from an unplanned pregnancy. When placing me, the health care provider can test for STBBIs if you're concerned about that.</p>
<p>SPERMICIDE</p>	<p>I come in a few different forms and you must follow the instructions on the box to use me properly. My job is to kill sperm before they enter the uterus. I am the best at my job when I am combined with a physical barrier like a condom.</p>
<p>DIAPHRAGM AND CERVICAL CAP</p>	<p>I am a barrier contraceptive method. I cover the cervix so that sperm can't get through to the uterus. I am best at my job when used with spermicide. I must stay in place at least 6 hours after penis-vagina sex to be the most effective.</p>
<p>STERILIZATION</p>	<p>I am a surgical procedure involving the cutting and closing of the fallopian tubes or vas deferens. I am a permanent method of contraception.</p>
<p>ABSTINENCE</p>	<p>I am a natural contraceptive method. If followed 100%, I am 100% effective at preventing both pregnancy and STBBIs. I have no risks or side effects.</p>