

Teens, Sex and Birth Control



If you are having sex, you have many choices to make about birth control. By making an informed choice and using birth control every time you have sex, you are less likely to have an unplanned pregnancy.

It can happen to you.

- ✓ A girl can get pregnant the first time she has sex.
- ✓ She can get pregnant even if the guy pulls out (withdrawal). It only takes one tiny drop of semen to make a baby.
- ✓ People who have sex without using birth control have about a 85 percent chance of getting pregnant within a year.

No sex is the best birth control!

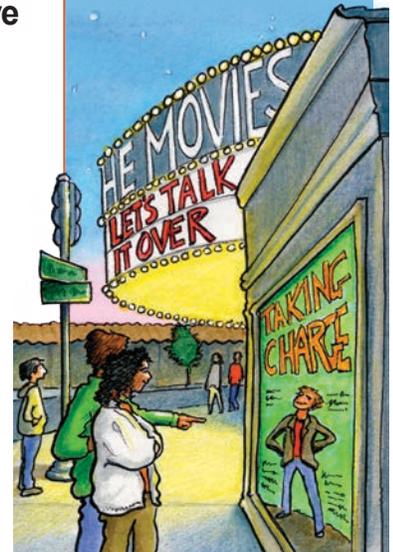
- ✓ Abstinence (not having sex) is the only birth control that is 100 percent effective.
- ✓ Not having vaginal, anal or oral sex is also the most reliable protection against sexually transmitted infections and diseases (STIs, also called STDs), including HIV, the virus that causes AIDS.
- ✓ Many teens consider the risks and choose not to have sex. Even teens who have had sex before can choose not to have it now.

Get more information.

- ✓ You need accurate information about sex and birth control.
- ✓ Talk to your parents or another trusted adult. They may be able to answer your questions.
- ✓ Or, talk with your doctor or another health care provider.

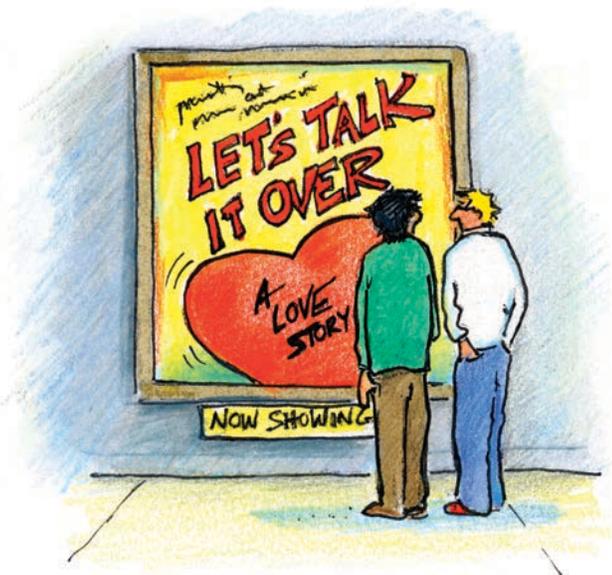
Find out where you can get birth control.

- ✓ You can buy male or female condoms at drug stores, convenience stores, supermarkets and through vending machines in some public restrooms.
- ✓ If you want to use other methods such as birth control pills, an implant or IUD, you will need to visit a doctor or health clinic.
- ✓ Find out where to go by searching online for "family planning near me."



Choose the best method for you.

- ✓ When you visit your doctor or local family planning clinic, ask about the different kinds of birth control.
- ✓ Talk about which method will work best for you and your lifestyle.
- ✓ Once you decide on a method, use it every time you have sex. Protect yourself from STIs.
- ✓ Latex condoms help prevent pregnancy and give protection from STIs.
- ✓ If you or your partner is allergic to latex, female or male condoms made from polyurethane are a good alternative.



Remember the basics.

- ✓ If you have sex you can get pregnant – even if you only do it once.
- ✓ There are many different kinds of birth control. Some of them are latex condoms; female condoms; birth control pills, implants, patches or shots; diaphragms; and IUDs.
- ✓ All birth control methods help prevent pregnancy if they are used correctly and every time you have sex.
- ✓ No birth control is 100 percent effective. You still have a chance of getting pregnant.
- ✓ Latex condoms help prevent an unplanned pregnancy and protect you from HIV and other STIs.

If you are having sex or thinking about having sex, you will need to think about birth control. What method will you use? Where can you get it? Who can you talk to about this important decision? For more information, talk to your health care provider, visit a family planning clinic or look online at powertodecide.org



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