



**KNOW YOUR
OPTIONS!**

**THERE ARE 8
TYPES OF
BIRTH
CONTROL
OPTIONS
AVAILABLE:**

Condoms

Birth Control Pills

Contraceptive Patch

Vaginal Ring

Birth Control Shot

Contraceptive Implant

Intrauterine Device (IUD)

Sterilization - Not recommended for teens

MYTH: Everyone is doing it!

REALITY: Don't believe everything you hear...it may seem like everyone's doing it, but in reality, less than half (48%) of all high school students have ever had sex. People lie and exaggerate and can talk a good game when it comes to sex. But in the end, it doesn't matter who's telling the truth or not. The only truth that matters is what's best for you.

MYTH: There's no method of birth control that's 100% effective.

REALITY: Not having sex is a form of birth control and it is definitely 100% effective. If you aren't having sex, you can't get pregnant or get someone else pregnant. It's just that simple.

