Compare Birth Control Methods: How effective is yours?

More Effective
Less than 1 pregnancy per 100 women in 1 year

Best!

Better

Good

Less Effective
About 30 pregnancies per 100 women in 1 year

Choose an effective method!

- Implants
- IUD
- Female sterilization
- Vasectomy

- Injectable
- LAM
- Pills
- Patch
- Vaginal ring

- Male condoms
- Diaphragm
- Female condoms
- Fertility awareness methods
- Withdrawal
- Spermicides

Adapted from WHO, Family Planning: A Global Handbook
What is risky drinking?
Do you drink more than ...

For women = More than 3 drinks on any day or 7 drinks during a week*
* Any drinking during pregnancy is risky drinking
For men = More than 4 drinks on any day or 14 drinks during a week

A “Standard Drink” is:

12 oz. (5%) beer
5 oz. (12%) wine
1½ oz. (40%) liquor

Source: NIAAA