



# KNOW YOUR OPTIONS

Take a look and see if you can find the right one for you.

**YOUR-LIFE.COM**

or ask your healthcare provider.

## SUPER EFFECTIVE

99%\*



The Implant  
3-5 YEARS



IUS  
Hormonal Intrauterine System  
3-5 YEARS



IUD  
Copper Intrauterine Device  
5-10 YEARS

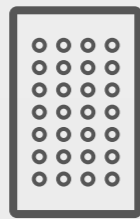


Sterilization  
FOREVER

LESS THAN 1 PREGNANCY PER 100 WOMEN IN 1 YEAR

## HIGHLY EFFECTIVE

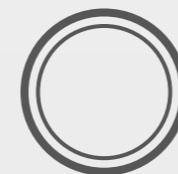
91-94%\*



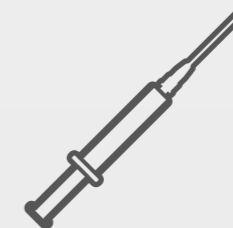
The Pill  
EVERY DAY



The Patch  
EVERY WEEK



Vaginal Ring  
EVERY MONTH



Injection  
1-3 MONTHS

6-9 PREGNANCIES PER 100 WOMEN IN 1 YEAR

## LESS EFFECTIVE

72-82%\*



Withdrawal  
EVERY TIME



Cervical Cap,  
Diaphragm & Sponge  
EVERY TIME



Fertility Awareness  
EVERY DAY



Spermicides  
EVERY TIME



Female & Male Condom  
SINGLE USE

18 OR MORE PREGNANCIES PER 100 WOMEN IN 1 YEAR

\*AT TYPICAL USE

SOURCE: TRUSSELL J. CONTRACEPTIVE EFFICACY. EFFICACY AT TYPICAL USE FIGURES. IN: HATCHER RA, TRUSSELL J, NELSON AL, CATES W, KOWAL D, POLICAR M. CONTRACEPTIVE TECHNOLOGY: TWENTIETH REVISED EDITION. NEW YORK NY: ARDENT MEDIA, 2011. WORLD CONTRACEPTION DAY/YOUR LIFE CONTENT DOES NOT NECESSARILY REFLECT THE VIEWPOINTS OF THE MEMBERS OF WCD PARTNER COALITION.

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