

# **SEXUAL HEALTH PROTECTION**

## FLASHCARDS



adolescents and  
communities together

## **PURPLE CARDS**

Ways to prevent pregnancy without hormones

## **GREEN CARDS**

Ways to prevent pregnancy with hormones

## **RED CARDS**

Sexually Transmitted Infections (STI) Barrier Methods

Some methods can prevent pregnancy

## **BLUE CARDS**

Ways to prevent pregnancy permanently

The background is a solid yellow color with a repeating pattern of various social media and communication symbols in a lighter yellow shade. These symbols include smiley faces (both happy and sad), question marks, exclamation points, hash symbols (#), and speech bubbles. The symbols are scattered across the page, creating a textured, digital feel.

# **SEXUAL HEALTH PROTECTION**

Key Messages

# **SEXUAL HEALTH PROTECTION**

## **KEY MESSAGES**

Everyone has a right to make decisions about their own body. Throughout history and sometimes in current health care settings, people of color, LGBTQ+ people, and young people do not have access to their full rights. With education and action we can create change. Learn more about reproductive justice: look up the organization “Advocates for Youth.”

There is no one “Best Method” - some methods are more effective - and each person has a right to decide what works best for them.

If a method is “99% Effective” that means that out of 100 couples who use that method for a year, 99 couples won’t get pregnant.

Protection methods may have side effects for some people - talk to a health care provider if you have questions.

All non-permanent methods on these flashcards are available at no cost at Multnomah County Student Health Centers.

# SEXUAL HEALTH PROTECTION

STI protection - Some methods can also prevent pregnancy

# ABSTINENCE



- Abstinence is avoiding any sexual activity that could cause pregnancy or spread a sexually transmitted infection.
- Abstinence is the only way to prevent pregnancy that is 100% effective.
- Abstinence protects people against sexually transmitted infections (STIs).
- Anyone can be abstinent, no matter age, gender, sexual orientation, or sexual experiences.

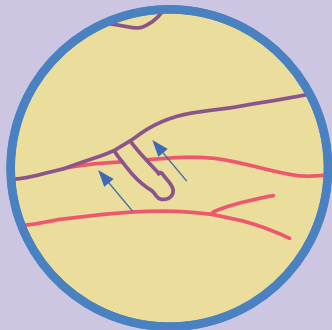
**100% effective**

# **SEXUAL HEALTH PROTECTION**

Ways to prevent pregnancy without hormones

# WITHDRAWAL METHOD

Pull penis out of partner's vagina before ejaculation



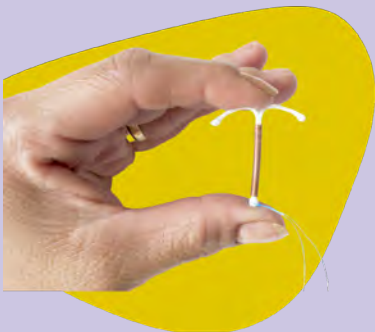
Ejaculation happens outside of partner's body

- The withdrawal method is when the penis is removed from the partner's body before ejaculation.
- While uncommon, it is possible for pre-ejaculate (pre-cum) to cause a pregnancy.
- Self-control and mutual trust between partners is required to use this method correctly.
- It can be difficult to know when ejaculation will occur.
- The withdrawal method does not protect against STIs.

**Typical use: 78% effective**



# COPPER INTRAUTERINE DEVICE (IUD)



- The metal in a copper intrauterine device (IUD) changes the way sperm swim, so they can't reach the egg. It does not have hormones.
- A healthcare provider puts the IUD in the uterus.
- Some people ask for medication in order to make the procedure more comfortable.
- It can be inserted up to 5 days after unprotected sex to prevent pregnancy and can stay in place for up to 12 years.
- It is the only emergency contraceptive that does not use hormones.
- The copper IUD does not protect against STIs.

**Typical use: over 99% effective**

# SEXUAL HEALTH PROTECTION

Ways to prevent pregnancy with hormones

# HORMONAL INTRAUTERINE DEVICE (IUD)



- This Intrauterine Device (IUD) uses hormones to thicken the cervix's mucus, which blocks sperm so they can't get to an egg. Hormones in the IUD can also stop eggs from leaving the ovaries, which means there is no egg for a sperm to fertilize.
- A healthcare provider puts the IUD in the uterus, and depending on the brand, it can stay in place for up to 8 years.
- It can help with period cramps, and sometimes even stops a period altogether.
- The hormonal IUD does not protect against STIs.

**Typical use: over 99% effective**

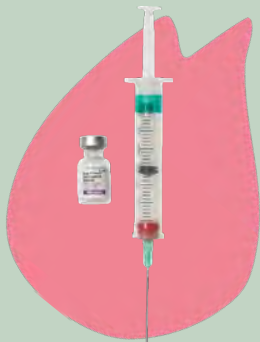
# BIRTH CONTROL PILL



- The birth control pill is taken by mouth at the same time every day to prevent pregnancy.
- The hormones in the pill (estrogen and/or progestin) stop the release of eggs and thicken the cervix's mucus to stop an egg and sperm from meeting.
- There are more than 50 brands of "the pill."
- It can help with cramps, acne, breast and ovarian cysts, and iron deficiency.
- The birth control pill does not protect against STIs.

**Typical use: 91% effective**

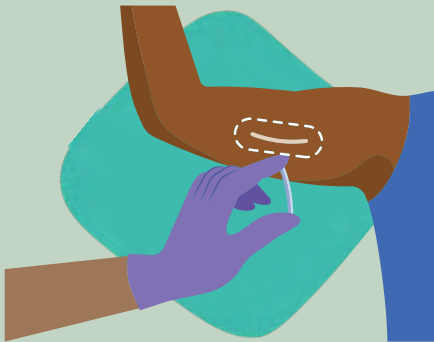
# BIRTH CONTROL SHOT



- The birth control shot uses the hormone progestin to prevent pregnancy by thickening the cervix's mucus and stopping the ovary from releasing an egg.
- The birth control shot must be injected into the arm or buttocks every 3 months to prevent pregnancy.
- It protects against cancer of the uterus and can stop periods altogether.
- The birth control shot does not protect against STIs.

**Typical use: 94% effective**

# BIRTH CONTROL IMPLANT



- The birth control implant is a small flexible plastic rod that's placed under the skin in the upper arm by a doctor or nurse. It releases the hormone progestin into the bloodstream to prevent pregnancy.
- The birth control implant prevents pregnancy by thickening the cervix's mucus and stopping the ovary from releasing an egg.
- It can stay in place for up to 5 years.
- The implant can help with period cramps, and sometimes stops a period altogether.
- The birth control implant does not protect against STIs.

**Typical use: over 99% effective**

# BIRTH CONTROL PATCH



- The birth control patch sends the hormones estrogen and progesterin into the body through the skin (of the arm, back, butt or hip).
- It prevents pregnancy by thickening the cervix's mucus and stopping the egg from being released from the ovary so the egg and sperm don't meet.
- A prescription is required for the patch, and it needs to be changed weekly by the user.
- The patch can help with cramps, acne, breast and ovarian cysts, iron deficiency, and more.
- The birth control patch does not protect against STIs.

**Typical use: 91% effective**

# EMERGENCY CONTRACEPTION



- Emergency contraception (EC) refers to methods that can be used to prevent pregnancy after penis/vagina sex.
- A copper IUD can be inserted up to 5 days after unprotected sex. This is the most effective type of EC.
- There are 2 kinds of EC pill. Both pills work by preventing or delaying ovulation (release of an egg).
- Hormonal EC may be less effective for people who weigh more than 165 lbs.
- EC does not protect against STIs.

**More effective the sooner you take it**



# VAGINAL RING



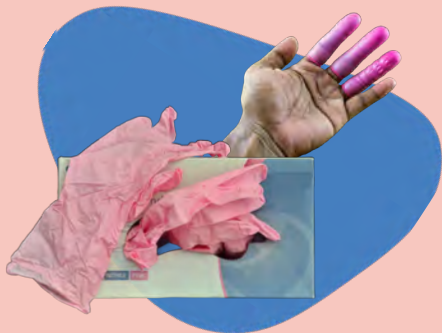
- The vaginal ring is a small, soft plastic ring that is placed by the user inside the vagina. It releases the hormones estrogen and progestin which are absorbed by the vagina's lining into the bloodstream.
- It prevents pregnancy by thickening the cervix's mucus and stopping the egg from being released from the ovary.
- A prescription is required for the ring, and it needs to be changed monthly by the user.
- The ring can help with cramps, acne, breasts & ovaries cysts, iron deficiency, & more.
- The vaginal ring does not protect against STIs.

**Typical use: 91% effective**

# SEXUAL HEALTH PROTECTION

STI protection - Some methods can also prevent pregnancy

# LATEX AND NITRILE HAND COVERINGS



- Latex and nitrile hand coverings (like the ones healthcare providers use) offer protection against sexually transmitted infections (STIs) during sexual activity that involves fingers and hands.
- Some people are sensitive to latex – use nitrile gloves or finger cots instead.
- Water-based and silicone-based lubricants can be used with these hand coverings during sexual contact.
- Check to make sure the product is not past its expiration date.
- Like condoms and dental dams, hand coverings are for one time use, and should not be reused.

## DENTAL DAM



- A dental dam is a thin sheet of latex or polyurethane and can prevent the spread of sexually transmitted infections (STIs) during oral sex.
- It is held in place as a barrier between one person's mouth and another person's vulva or anus.
- Dental dams should not be re-used and not flipped sides.
- Non-microwavable plastic wrap and a cut open condom can also be used like a dental dam.

# INTERNAL CONDOM



- An internal condom, sometimes called a “female” condom, is a barrier designed to be inserted into a vagina or anus before sex. They are made of nitrile with an inner ring made of polyurethane.
- Internal condoms can be used for anal and vaginal sex. For vaginal sex only, the condom can be inserted up to 8 hours before sex. For anal sex, the inner ring should be removed. Condoms should not be reused.
- They are available free online with insurance, or from a clinic.
- Internal condoms protect against pregnancy and STIs.

**Typical use: 89% effective**

# EXTERNAL CONDOM



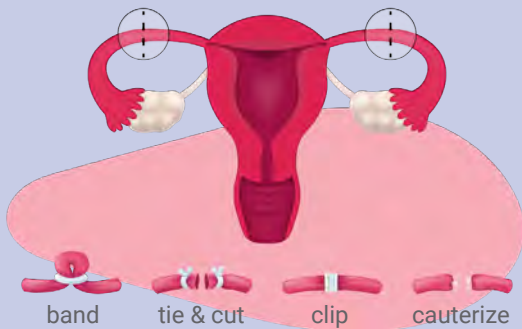
- An external condom, sometimes called a “male” condom, is a thin covering designed to fit over an erect penis or sex toy.
- Can be used for oral, vaginal or anal sex.
- Can be made of latex, plastic or lambskin.
- Condoms should not be reused.
- Practice can make using condoms easier.
- Water-based or silicon lubricant can make condom use safer and more pleasurable.
- Store away from heat and light (not in a wallet).
- Latex and plastic condoms protect against pregnancy and STIs.
- Lambskin condoms do not protect against STIs.

**Typical use: 82% effective**

# SEXUAL HEALTH PROTECTION

Ways to prevent pregnancy permanently

# TUBAL LIGATION

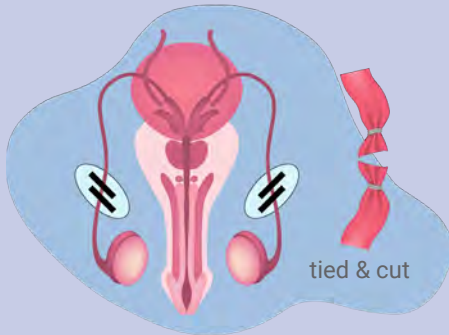


- Tubal ligation is a permanent surgery done by a doctor, to close the fallopian tubes so sperm can't get to an egg. It is also referred to as "getting the tubes tied."
- Once the surgery is done, it can take up to 3 months to start preventing pregnancy.
- Tubal ligations don't change the way orgasms feel or ejaculating (cumming) feels.
- Tubal ligations do not protect against STIs.

**Typical use: over 99% effective**



# VASECTOMY



- A vasectomy is a permanent surgery to cut and close the vas deferens (tubes that carry sperm) so no sperm are added to the semen.
- Local anesthetic is used, so the person is awake but doesn't feel pain. The procedure takes about 15 minutes.
- People with vasectomies still have orgasms and ejaculate, just with no sperm.
- It takes about 3 months for the semen to become sperm-free after the surgery.
- Vasectomies do not protect against STIs.

**Typical use: over 99% effective**