



ACTIVATE

THE CENTER TO BRING ADOLESCENT
SEXUAL & REPRODUCTIVE HEALTH RESEARCH
TO YOUTH-SUPPORTING PROFESSIONALS

*Helping Young People Choose the
Birth Control Method Right for Them*

Resource Tutorial
Birth Control Methods and
Birth Control Method Choice



Examples of Short-Term Barrier Birth Control Methods



Diaphragm



Cervical Cap



Sponge



Spermicide/
contraceptive gel



Internal (female)
condom



External (male)
condom

Short-Term Behavioral Birth Control Methods

User alters behavior to prevent pregnancy

Zero cost

Largest gaps in failure rates between perfect and typical use

Do not require a visit to a healthcare provider or pharmacy

Examples of Short-Term Behavioral Birth Control Methods



Fertility-based awareness



Withdrawal

Permanent Birth Control Methods

Require a surgical procedure

Highly effective at preventing pregnancy

Non-reversible

Examples of Permanent Birth Control Methods



Tubal ligation
or “tying tubes”



Vasectomy

Five Categories of Birth Control Methods

Category	Description
Long-term reversible	<ul style="list-style-type: none">• Most effective reversible birth control method• Last for several years• Removable at any time
Short-term hormonal	<ul style="list-style-type: none">• Use hormones to prevent pregnancy• Effective but not as effective as long-term reversible methods
Short-term barrier	<ul style="list-style-type: none">• Prevent pregnancy by blocking sperm from passing through the cervix• Less effective than long-term reversible or hormonal methods
Short-term behavioral	<ul style="list-style-type: none">• Require users to engage in specific behaviors to prevent pregnancy• Less effective than long-term reversible or hormonal methods
Permanent	<ul style="list-style-type: none">• Permanently prevent pregnancy• Highly effective

Key Takeaways

- Birth control choices can be influenced by method attributes, peers and social influences, and contextual factors.
- There's limited research on birth control choice among young people who are not cisgender women.
- There are major categories of birth control methods, ranging from short-term to permanent.

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For more information, contact Activate at

activatecenter@childtrends.org

The tutorial was developed by the following Activate team members:

Amanda Griffin, Colleen Schlecht, Erin Carreon,
Asari Offiong, & Amy Dworsky

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