

## ARE YOU READY

to become a mother or  
a father for the rest of  
your life?

## ARE YOU READY

to take care of a child  
24 hours a day, 7 days  
a week?

## ARE YOU READY

to give up your social  
life to care for a baby?

## ARE YOU READY

to pay for everything a  
child would need?

*If you're not ready,  
here's what you can do.*



**87 clinics throughout  
the state offer  
family planning services.**

**For more information  
please contact your local  
County Health Department or  
[www.adph.org/familyplanning](http://www.adph.org/familyplanning)**

The Title X Family Planning Program  
is a federally funded grant program for public  
and private non-profit agencies to provide  
reproductive health and educational services.



**Alabama Department of Public Health**  
Bureau of Family Health Services

ADPH FHS 516 | 10/01/09

## ARE YOU READY?



**T**here are a lot of ways to prevent pregnancy. **Together** you can decide which method will be best for both of you. Birth control works best when the man and the woman choose the method **together**.

## HIS

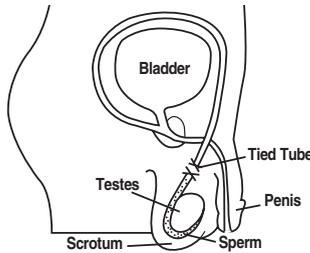
### Condom (rubber)

A thin piece of latex that fits over the erect penis to catch sperm.



### Withdrawal

Pulling the penis out and away from the vagina before ejaculation.



### Vasectomy

Surgery that cuts and closes the tube that carries sperm. This method is **permanent**.

## HIS & HERS

### Abstinence

Deciding not to have sex and sticking to that decision. This form of birth control is 100% effective against preventing pregnancy

## HERS

### HORMONAL METHODS:

#### Pill

Pills you take by mouth once a day everyday. Very effective if you take them everyday at the same time.



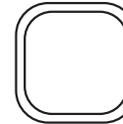
#### The Shot

A shot that you get every 12 weeks.



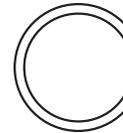
#### The Patch

A thin, stick-on square placed on the skin and changed every week.



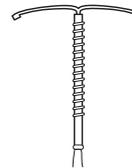
#### Vaginal Ring

A small, flexible ring inserted in the vagina for 3 weeks.



#### IUD

A small, plastic object that is placed in the uterus by a health care provider. Could provide protection for 5-10 years depending on the type of IUD.



#### Implant

A single rod that is inserted under the skin of the arm by a trained provider. Provides protection for 3 years.

#### Emergency Contraceptive Pills (ECPS)

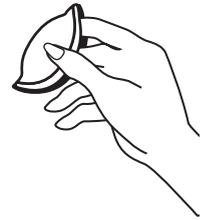
1 or 2 doses of special birth control pills that may prevent pregnancy if taken within 72-120 hours after sex. They are not as effective as a regular birth control method.

## HERS

### BARRIER METHODS:

#### Diaphragm

A thin, rubber dome that goes inside the vagina and covers the cervix.

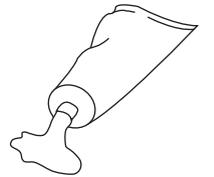


#### Cervical Cap

A thimble shaped cap that goes inside the vagina and fits over the cervix.

#### Spermicides

Chemicals (foam, film, cream, jelly or suppository) that are put inside the vagina to kill the sperm. Most effective when used along with a condom.



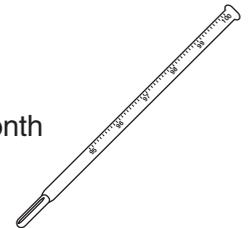
#### Female Condom

A thin sheath that fits inside the vagina to catch sperm.

### OTHER METHODS:

#### Natural Family Planning

Recognizing changes in a woman's body during the month to determine the days when she could get pregnant.



#### Sterilization

Surgical and non surgical procedures that prevent pregnancy by cutting and closing, or blocking the tubes that carry the eggs. These methods are known as a Bilateral Tubal Ligation and Essure and are **permanent**.

