



## WELLNESS WORKSHEET 39

### Facts About Contraception

To help you choose the best method of contraception for you and your partner, you must first be familiar with the different methods. Fill in the boxes below with the advantages and disadvantages of each method, along with how well each one protects against pregnancy and STDs. Use your text if necessary.

Method	Advantages	Disadvantages	Effectiveness/ STD protection
Oral contraceptives			
Contraceptive skin patch			
Vaginal contraceptive ring			
Contraceptive implants			
Injectable contraceptives			
Emergency contraception			
IUD			
Male condom			
Female condom			

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<b>Method</b>	<b>Advantages</b>	<b>Disadvantages</b>	<b>Effectiveness/ STD protection</b>
Diaphragm with spermicide			
Lea's Shield			
Cervical cap			
Contraceptive sponge			
Vaginal spermicides			
Abstinence			
FAM			
Withdrawal			
Male sterilization			
Female sterilization			