**Contraceptive Methods**

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| Method | Function | Disadvantages | Effectiveness |
| **Abstinence** | No sexual intercourse | None | 100% |
| **Oral Contraceptive**: Hormone pill taken every day |  | It can break. Can only be used once. Damaged by hot or cold petroleum products |  |
| **Male Condom:** Latex that fits over penis. | Traps semen. Reduces risk of sexually transmitted diseases. |  | 86-90% |
| **Female Condom:** Pouch that is inserted into vagina. |  |  | 79-95% |
| **Diaphragm**: Dome-shaped latex cup stretched over a flexible ring; inserted into vagaina |  | Must be fitted by a healthy professional. Must remain in place for at least 6 hours. Increases risk of bladder/urinary infections | 84% |
| **Cervical Cap:** Small latex or plastic thimble; inserted over cervix | Provides a barrier by fitting snugly over the cervix and blocking the entrance to the uterus. Used with spermicide |  | 82% |
| **Spermicidal:** Foams, creams, gels, and vaginal inserts. |  | Not very effective when used alone. May cause allergic reaction | 74% |
| **IUD (**intrauterine device): small plastic or metal device inserted into uterus. |  | Doctor must insert. May cause irregular bleeding, missed menstrual periods, weight gain, headaches, mood changes. |  |
| **Hormone Implant**: Capsules inserted beneath skin in arm | Prevents monthly release of ovum for up to 5 years |  | 99% |
| **Hormone Injection**: needle given once every 3 months | Prevents monthly release of ovum for 3 months |  | 99% |
| **Sterilization**: Surgical procedures (tubal ligation for female, vasectomy for male) | Clamps or seals fallopian tubes; cutes or ties tubes carrying sperm to the penis |  |  |
| **Natural family planning:** System determines when ovum is likely to be released | Prevents pregnancy by avoiding intercourse during fertile period |  | 80-90% |

Question for Reflection:

1. Based on the contraceptive methods listed above, which one(s) would you be most likely to use in order to avoid pregnancy? Why did you choose that/those method(s)?