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

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.
There 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.

**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.

**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 know as a Bilateral Tubal Ligation and Essure and are permanent.