

With 15 forms of birth control from IUDs to implants and the pill, there's one to fit your life.

**FIND IT.  
LOVE IT.**

**KNOW YOUR  
MOVE BEFORE  
YOU JUMP  
IN THE SACK.**



**appcnc**  
Adolescent Pregnancy Prevention  
Campaign of North Carolina

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The Playbook is a project of the Gaston  
Youth Connected Initiative.

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**THE PLAYBOOK**  
your guide to safer, sexier choices

[teenplaybook.org](http://teenplaybook.org)

**#finditloveit**

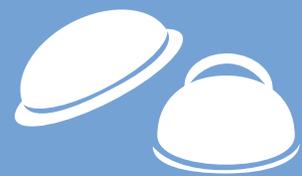
## There are so many great birth control choices out there. There's one to fit your life.

Whether you're looking to be protected tonight or for the next few years, there is a solution for you. You might have to try out a few to find the right one, but once you find your perfect match, it'll be love.

We have even more information about the birth control options on our site. Learn the pros & cons of each method along with how to use them.

[teenplaybook.org/birth-control/birth-control-methods](http://teenplaybook.org/birth-control/birth-control-methods)

#finditloveit

 <p><b>IUD</b> Almost fail-proof. Private and hassle-free. No more pill worries. Lasts up to 12 years.</p>	 <p><b>IMPLANT</b> Most effective. Totally private and lasts up to three years.</p>	 <p><b>THE SHOT</b> One little prick and you're covered for three months.</p>	 <p><b>THE PILL</b> Very effective and lots of choices. Must use it daily. A classic.</p>
 <p><b>THE RING</b> Really effective. Insert it yourself once a month. Keep extras in the fridge.</p>	 <p><b>MALE CONDOM</b> Effective when used correctly every time you have sex. Also prevents most STDs.</p>	 <p><b>SKIPPING SEX</b> 100% effective but takes serious willpower. Get a back-up method from your doc now.</p>	 <p><b>THE PATCH</b> Looks like a square Band-Aid. Stick a new one on each week.</p>
 <p><b>FEMALE CONDOM</b> A barrier method, like a male condom. Also helps to protect against STDs.</p>	 <p><b>THE SPONGE</b> Blocks the cervix and continuously releases spermicide.</p>	 <p><b>CERVICAL CAP &amp; DIAPHRAGM</b> Covers your cervix to keep sperm out. Effective, but requires effort and planning.</p>	 <p><b>SPERMICIDE</b> Boosts pregnancy protection for barrier methods like condoms – but might up the risk for STDs.</p>
 <p><b>EMERGENCY CONTRACEPTION</b> Stops pregnancy before it starts. Works up to 5 days after sex. Can be \$\$\$.</p>	 <p><b>WITHDRAWAL</b> Super risky if y'all get lost in the moment. Still, it's better than nothing.</p>	 <p><b>FERTILITY AWARENESS</b> It's taking a gamble with your natural cycle. Can lead to serious OMGs.</p>	 <p><b>PLAYBOOK PICKS</b> These are the Teen Playbook's recommendations. Find out more at <a href="http://teenplaybook.org">teenplaybook.org</a>.</p>