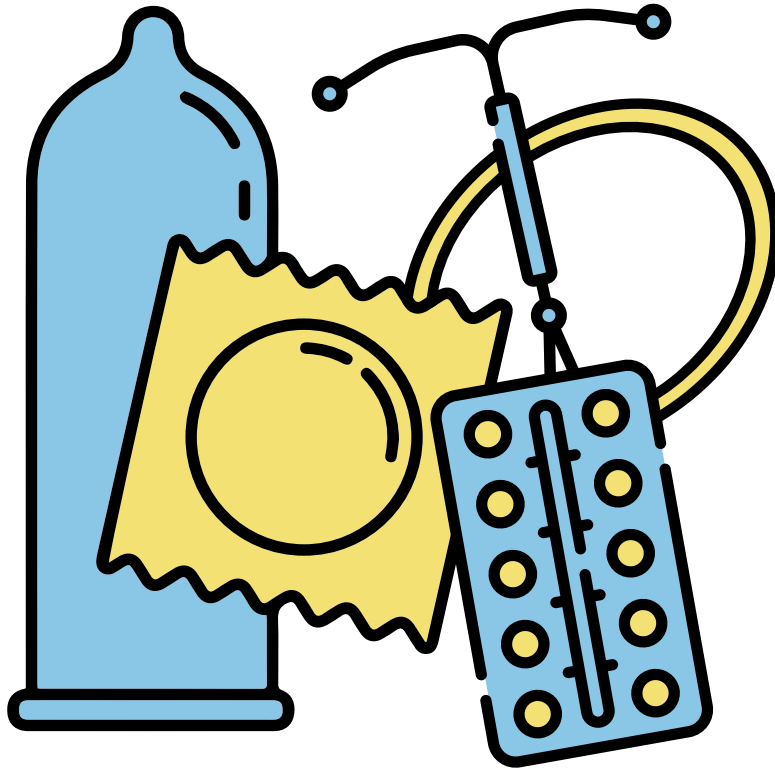


Birth Control Methods



This information sheet is about preventing pregnancy and making choices about birth control when you are sexually active.



Financial contribution from

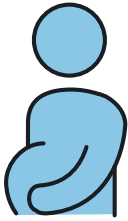


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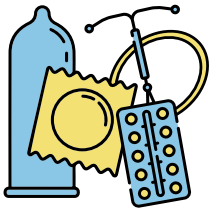
sieccan
Sex Information & Education Council of Canada
Conseil d'information & d'éducation sexuelles du Canada

What is pregnancy?



Pregnancy is when a person who has a uterus and ovaries has a baby growing inside of them. One way this can happen is when a person with a uterus and ovaries has sex with someone with a penis and testes.

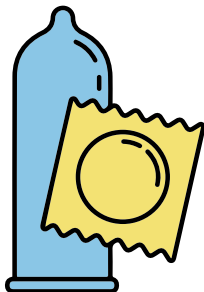
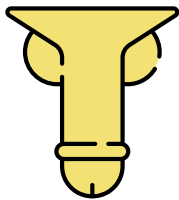
What is birth control?



If you and the person you are having sex with do not want to get pregnant, there are some things you can do to not get pregnant. We call these things “birth control” or “contraceptives.”

Birth control options

**If you
have a
penis**



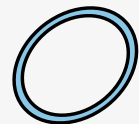
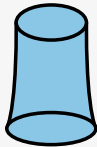
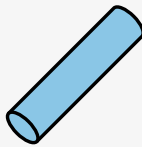
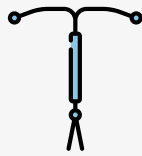
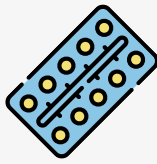
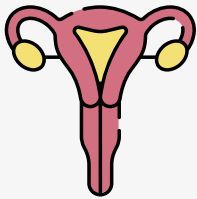
You can wear an external condom on the outside of your penis each time you have sex. Wearing a condom will also help protect you and the person you are having sex with from getting a sexually transmitted infection (STI).

Check out [Preventing Sexually Transmitted Infections \(STIs\): Information Sheet](#) for more information about using condoms.



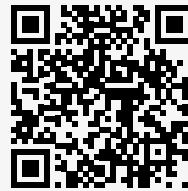
Birth control options

If you
have a
uterus and
ovaries



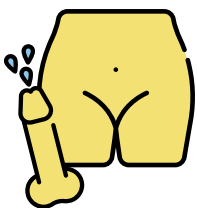
You can ask your doctor about these options:

- **The birth control pill:** A pill you take every day
- **An IUD:** A small T-shaped object that the doctor puts into your uterus from the vagina
- **The implant:** A small object that the doctor puts underneath the skin of your arm
- **The shot:** An injection you can get every 3 months
- **The internal condom:** Check out [Preventing Sexually Transmitted Infections \(STIs\): Information Sheet](#) for more information about using the internal condom



- **The patch:** A sticker that you stick on your butt, arm, stomach, or back
- **The ring:** A small ring you put into your vagina

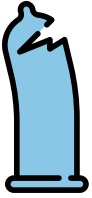
There are also other options that you can ask your doctor about.



Withdrawal or pull-out is when the person with a penis pulls their penis out of the other person's vagina before they ejaculate. Ejaculate is when a liquid comes out of the penis during sex. Withdrawal or pull-out will reduce the chances of pregnancy, but it is not an effective method of birth control compared to using condoms or other birth control methods mentioned in the table above.

The Emergency Contraception pill or “Plan B”

The Emergency Contraception pill or “Plan B” is a pill that a person with a uterus and ovaries can take to not get pregnant if one of these things happens:



The condom breaks during sex **and** it is the only form of birth control that was used.

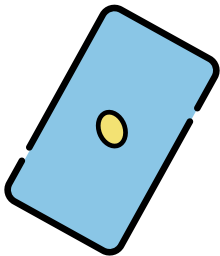


No form of birth control is used **and** the person with the penis ejaculates into the other person’s vagina.



A person with a penis sexually assaults a person with a uterus and ovaries by putting their penis into the other person’s vagina **and** a condom is not used.

Sexual assault is when someone forces another person to do a sexual activity with them, **without** the other person’s consent. You can find more information about sexual assault and what to do if you have been sexually assaulted here: <https://findahelpline.com/ca/topics/sexual-abuse>.



If any of these things happen, the person with a uterus and ovaries should take the Emergency Contraception pill as soon as possible, if they do not want to get pregnant.

The Emergency Contraception pill works best if a person takes it 1 – 3 days after having sex. A person can take it up to 5 days after having sex.

You can buy the Emergency Contraception pill at a pharmacy or get it at a clinic or doctors’ office.