

THE PILL



EFFECTIVENESS

99% (perfect use)

92% (typical use)

HOW IT WORKS

- Most pills contain the hormones *estrogen* and *progestin* which prevent pregnancy by a) preventing ovulation, b) thickening the cervical mucus to make it difficult for sperm to reach the egg, and c) thinning the lining of the uterus to prevent implantation. (There is a progestin only pill available for people who cannot take estrogen)

ADVANTAGES

- May decrease PMS symptoms.
- Regulates menstrual cycle.
- Does not interfere with intercourse.

IMPORTANT POINTS

- Does not protect against STIs.
- Must be taken at the same time every day, ideally within 2-3 hours. If pill is taken late, or if either partner is concerned, call ISHS or refer to the Missed Pill Guidelines available on our website.
- Check in with your partner to see if the pill has been taken. It's important for partners to be a back-up reminder to reduce risk of unintended pregnancy.

THE PATCH



99% (perfect use)

92% (typical use)

- Sticks to the body and releases hormones (same ones as in the pill) through the skin. It prevents pregnancy in the same manner as the pill. Patch can be worn on the arm, back, buttocks or stomach.
- Must change patch once a week on the same day for 3 weeks. User goes patch-free for one week and repeats the 3 week on and 1 week off cycle .

- No daily routine required—just apply a patch once a week.
- Regulates menstrual cycle.
- Does not interfere with intercourse.

- Does not protect against STIs.
- Patch may detach from skin—if it does, a new one must be put on as soon as possible. To remain effective, a new patch must be put on within 24 hours.
- Like with the pill, it is important to remind your partner to change the patch weekly.

THE RING



99% (perfect use)

92% (typical use)

- Ring sits in top of vagina for 21 days and is removed for one week.
- It contains the same hormones and prevents pregnancy in the same manner as the pill and the patch.

- No daily routine required—just insert and remove ring once a month.
- Regulates menstrual cycle.
- Does not interfere with intercourse.

- Does not protect against STIs.
- Ring will *not* catch on or hurt a penis, finger or hand. The ring is soft and flexible.
- Many partners report that they cannot feel it, or if they can, that it feels like extra texture.

DEPO-PROVERA SHOT



99% (perfect use)

97% (typical use)

- Contains only progestin, but prevents pregnancy in the same manner as the pill, the patch and the ring.
- Shot is administered by a doctor or nurse every 12 weeks (4 times per year).

- No daily routine required—an injection is given once every 12 weeks.
- Many users stop having monthly bleeds—this is safe.
- Does not interfere with intercourse.

- Does not protect against STIs.
- May cause weight gain (5-10 lbs).
- Causes decreased bone density which may return to normal once user stops using Depo-provera. Check in with your partner to see if they are getting enough Vitamin D and calcium. Help pay for supplements if needed.
- If your partner is nervous about injections, go with her to the clinic and be an emotional support.

IUDs (Copper/Mirena/Jaydess)



98+% (Copper)

99.8% (Mirena)

99.6% (Jaydess)

- IUDs are inserted in to the uterus by a doctor.
- Both IUDs have soft strings that hang down a few centimeters through the cervix, which is at the end of the vaginal canal.
- Mirena and Jaydess release a small amount of levonorgestrel (hormone like progestin). It changes the lining of the uterus and thickens the cervical mucus to prevent implantation.
- Copper IUD release small amount of copper ions that fight off sperm and cause them to lose mobility.

- No daily routine required—user is required to check strings (i.e. feel cervix) each month to make sure IUD is still in place.
- Long acting—Copper and Mirena can be used for up to 5 years and Jaydess up to 3 years.
- If your partner and you have decided that the IUD is not the right birth control option or you wish to have a pregnancy, it can be removed at any time.

- Does not protect against STIs.
- IUDs will *not* interfere or hurt the penis during sex.
- Insertion may be temporarily uncomfortable for the user.
- If your partner is nervous about the insertion, go along to the clinic for emotional support.

Inside CONDOM

Effectiveness:

95% (perfect use)
79% (typical use)



Important steps:

1. Rub outside of condom together to ensure lube is evenly spread inside. Add more lube if needed.
 2. Squeeze inner ring at closed end, and insert into vagina as far as it will go.
 3. Make sure the outer ring is outside the vagina and that the condom is not twisted.
 4. After sex, twist outer ring to keep semen inside and pull out gently. Throw away.
- Latex free!
 - Reduces risk of STIs!
 - User is in charge of placement and use. Partner can help

Outside CONDOM

Effectiveness:

98% (perfect use)
85% (typical use)



Important steps:

1. Make sure there is air in the condom package. If not, could mean it was punctured.
 2. Check expiry date.
 3. Don't use teeth to open the package. Use fingers to gently tear open the jagged edge.
 4. Make sure condom is facing the right way. The rim should roll out like a sombrero, not under. If you put on a condom the wrong way, throw it away and use a new condom, as there may be pre-cum on the tip of the penis.
 5. Pinch the tip as you roll condom down over penis/toy/object to the base. That leaves space for the condom to move and for ejaculate if applicable.
 6. After sex while penis is still erect, hold on to the rim while you withdraw. You don't want to leave it behind.
- Available FREE at ISHS, AVI, Youth clinic
 - Protects against STIs!
 - NEVER USE 2 CONDOMS TOGETHER.

People with Sperm* (guys) & Birth Control



Beyond Condoms

Be informed, not surprised.

Victoria (Main)
101-3960 Quadra St.
Victoria BC
250-592-3479

Camosun College
3rd Floor, Richmond House
Landsdowne Campus
250-592-3449

Belmont High School
Open to SD 62 students
250-888-6814

www.islandsexualhealth.org

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250-592-3479

* ISH recognizes the diversity of gender and language and encourages all people to use the language that feels most comfortable to them.

GUYS & BIRTH CONTROL: BECAUSE CONDOMS AREN'T ALWAYS ENOUGH

Studies show that high numbers of young males know very little about contraceptive methods. Many have heard of male or external condoms, but many don't know how to use them properly. Some males/guys/people with sperm don't know about other, more effective methods.

This pamphlet is meant to provide information to those wanting to learn more about birth control.

Birth control methods are more effective when all partners know how they are properly used.

Some methods that are time sensitive, and some people may forget to take or use them on time. This doesn't mean that they are irresponsible—life simply gets in the way sometimes. When a partner know how a method works, there is less of a chance of misuse. If someone forgets, their partner can remind them.

For more info on Sexual Health:

www.islandsexualhealth.org
www.sexualityandu.ca
www.scarleteen.com/
<http://bc.wontgetweird.com/>
<http://blog.mens-sexual-health.org/>
www.itsyoursexlife.com/

Because most methods are used by people who can become pregnant, others might feel that they have little power when it comes to birth control use.

This is far from true! Males can refuse sex if their partner refuses to use contraceptive methods. They can also talk to partners that aren't using or don't know about birth control. Not all people will have had the same level of sexual health education. Some people may not have learned that the pill is time-sensitive, for example. **By learning about the many different types of birth control, males can take the initiative when it comes to contraception.**

All Partner Involvement:

- Increases the **effectiveness** of the method & **PLEASURE**
- Allows all to **share** responsibility in reducing the risk of unintended pregnancy.
- Puts partners at **ease** knowing that there is less risk of unintended pregnancy.