

# Your Guide to Birth Control



new jersey family  
planning league

## Long Acting

### IUD

- Intrauterine device
- >99% effective
- 3-5 years
- Hormonal method



### Copper IUD

- Intrauterine device
- >99% effective
- Up to 10 years
- Spermicidal method



### The Implant

- Implanted in the arm
- >99% effective
- Up to 3 years
- Hormonal method



### Vasectomy/Tubal Ligation

- Surgery to cut male tubes or the female tubes
- Almost 100% effective
- Permanent



## Regular Routine

### The Pill

- Taken daily
- 99% effective
- Hormonal method



### The Patch

- Placed on the skin
- 99% effective
- Change every 4 weeks
- Hormonal method



### Vaginal Ring

- 99% effective
- Change after 3 weeks
- Hormonal method



### Injection

- Shot every 12 weeks
- >94% effective
- Not recommended for 2+ years
- Hormonal method



## Single Use

### Condom

- 80% - 98% effective
- 8% protection
- Barrier method



### Internal Condom

- 79% effective
- 51% protection
- Barrier method



### Spermicide

- Kills sperm
- 72% effective
- Use up to 1 hour before sex
- Spermicidal method



### Emergency Contraceptive

- 80% effective (if taken within 24 hours)
- Must be taken within 3 days
- Hormonal method



Need help choosing? Find a health center near you.

# Sex And Birth Control A Guide For The Young

**Elizabeth C. Winship**



## **Sex And Birth Control A Guide For The Young:**

**Sex & Birth Control** E. James Lieberman, Ellen Peck, 1982 Describes the various contraceptive methods and the effects of venereal disease in addition to listing sources for obtaining counseling on birth control and personal problems **Sex**

**and Birth Control, a Guide for the Young [by] E. James Lieberman and Ellen Peck ...** E. James Lieberman, 1975

**Sex and birth control** E. James Lieberman, 1973 **Sex Guides** Patty Campbell, 2017-04-07 The history of the sex guide for adolescents documents the quite unconscious movement of Western culture's ideas about sex and youth revealing the heritage of our own sexual beliefs and codes of behaviour The first section of this book first published in 1986 traces the development of the sex guide examining 400 books from 1892 to the 1980s The second section comprises a detailed analysis of the patterns content and usefulness of all the contemporary manifestations of the genre The history of the teen sex manual is a fascinating revelation of American attitudes towards adolescent sexuality *Sexuality Education* Carol Cassell, Pamela M. Wilson, 2017-05-18 Originally published in 1989 This book describes a variety of ways to plan and implement sexuality education and provides in depth information on resources available Each contributor describes one aspect of the practice of sexuality education its goals theory planning and development implementation evaluation teacher training or the role of community agencies Articles in each section offer practical and useful guidelines for conducting sexuality education and also serve as a sound introduction to the subject Annotated bibliographies appear at the end of each section **The Sex Atlas** Erwin J. Haeberle, 2020-05-18 No detailed description available for The Sex Atlas **Sex Guides** Patricia J. Campbell, 1986 The first seven chapters of this book were originally published by R R Bowker in 1979 as Sex education books for young adults 1892 1979 T p verso Routledge Library Editions: Literature and Sexuality Various Authors, 2021-02-25 This set brings together a collection of classic out of print works that offer some surprising new takes on the theme of sexuality in literature Whether examining new spaces by unrepresented women writers of colour or looking afresh at gay writings of the early twentieth century this set presents a thought provoking take on the subject and as such is an essential reference source

**SIECUS Report** Sex Information and Education Council of the U.S., 2001 **Standard Catalog for High School Libraries** H.W. Wilson Company, 1987 Each vol is divided into 2 parts 1st 7th ed Dictionary catalog and Classified catalog 8th 9th ed have 3rd part Directory of publishers **DHHS Publication** , 1980 **Parents Talk Love** Susan K.

Sullivan, Matthew A. Kawiak, 1985 **Banned Books** Robert P. Doyle, 2001 This book includes lists of some of the books from 387 B C to the present time that have been banned or considered controversial *Medical Books and Serials in Print* , 1984 **Public Affairs Pamphlet** , 1936 How to Talk with Your Child about Sexuality Planned Parenthood Federation of America, 1986 Emphasizes the importance of creating and maintaining avenues of communication with a child from preschool to adulthood Presents typical questions that each age group asks about sex and supplies direct responses

**Reaching Your Teenager** Elizabeth C. Winship, 1983 **The Senior High School Paperback Collection** John

Thomas Gillespie,1986 Provides an annotated list of more than four thousand paperbacks including fiction poetry and books on religion art crafts sports science music history and education      The United States Catalog ,1921      *Medical Books and Serials in Print*, 1979 R. R. Bowker LLC,1979-05

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## Sex And Birth Control A Guide For The Young Introduction

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