

# NON-HORMONAL BIRTH CONTROL METHODS

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## CONDOMS

A thin barrier of latex, lamb-skin, or synthetic fibers that is placed over an erect penis. With correct use, condoms are 98% effective; with typical use, it's about 85% effective.



## FERTILITY AWARENESS METHOD

A non-hormonal approach to birth control based on recognizing the signs of ovulation. With correct use, it's 95-99% effective; with typical use, it's about 80% effective.



## CERVICAL CAP

A cervical cap is a silicone cup combined with spermicide, inserted into the vagina up to 6 hours before sex. The Cervical Cap is about 84% effective for women in their first year using this method. If you've had a baby already, this method drops down to a 68% efficacy rate.



## DIAPHRAGM

A dome-shaped device made of flexible silicone that fits over your cervix. With correct use, it's 94% effective; with typical use, it's 88% effective.



## SPONGE

A wide foam disc containing spermicide that covers your cervix, blocking sperm from entering. It's 88% effective if you've never given birth; it's 76% effective if you have given birth.



## FEMTECH

These are digital devices that leverage mathematics for predicting fertility to help women avoid or plan for pregnancy. This non hormonal birth control is 93-98% effective. Daysy and Natural Cycles are two of the leading femtech devices.



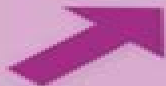
## TUBAL LIGATION

A surgical procedure in which your fallopian tubes are tied or blocked to prevent pregnancy. It's more than 99% effective.



## SPERMICIDES

This is a gel that's toxic to sperm, placed in the vagina before sex. This method is about 72-80% effective.



## THE WITHDRAWAL METHOD (AKA THE "PULL-OUT" METHOD)

A method in which your partner withdraws his penis during sex before he ejaculates sperm. With correct use, it's 96% effective; with typical use, it's 80% effective. (Not doctor recommended)



## COPPER IUD

A hormone-free, T-shaped device that releases copper, which interferes with sperm movement and egg fertilization. It's 99% effective and lasts 7-10 years.



## VASECTOMY

A minor procedure for men in which sperm is blocked from entering semen. Over 99% effective.

# Contraceptive Use And Controlled Fertility Contraceptive Use And Controlled Fertility

**Yana van der Meulen Rodgers**



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