

Better late than never?

If you have unprotected sex or your contraceptive method fails (ex: the condom breaks) consider...

Plan B – The Morning After Pill

How it works: Plan B (or similar equivalent) is **available over the counter** at your local pharmacy/health center and typically costs \$35-60. Your partner should take it within 3 days of unprotected sex to prevent pregnancy. It is more effective the sooner it's taken. Morning after pills don't end existing pregnancies, and don't work well as a regular form of birth control.

Plan B effectiveness after unprotected sex:

< 24 hrs 24 - 72 hrs > 72 hrs

95%
effective

88% effective

Have your
partner see
their doctor



What you can do:

- Keep Plan B on hand, just in case.
- Know where to find Plan B.
- Offer to share the cost.

Still have unanswered questions?

- Talk to your provider.
- Visit these online resources with up to date information!

www.reproductiveaccess.org

www.plannedparenthood.org

www.bedsider.org/methods

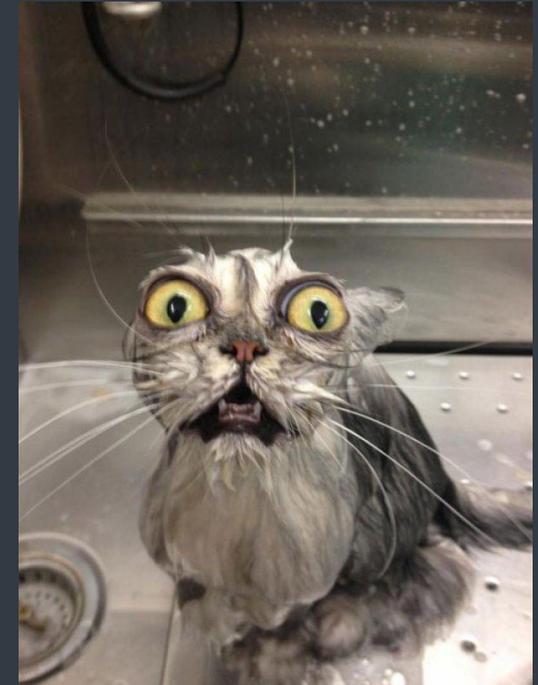
There are many effective contraceptive methods available, yet

46% of pregnancies in Vermont are unintended.

Oops.

You can help prevent unintended pregnancies by having an **informed discussion** with your partner and helping them **consistently use** a method that is right for them.

Ready for fatherhood?



Family planning options
for men

Options for you

Wrap it up! Male Condom 85% effective*

How it works: Blocks your sperm from entering your partner's vagina.

Place and remove condoms while penis is erect. Don't forget to use a new condom each time you have sex!



BONUS – Also protects against STIs



What you can do:

-Have condoms available at both your place and theirs – and anywhere in between that you might have sex!

Pull out - Withdrawal 73% effective

How it works: Pull your penis out of your partner's vagina before ejaculation. This isn't a great way to protect yourself from STIs or fatherhood, but it's better than nothing.



Get Snipped - Vasectomy >99% effective

How it works: Blocks the tubes that add sperm to your semen. A clinician performs this procedure

in 10-15 min and it **lasts for the rest of your life**. A vasectomy won't affect sexual function or feeling.



*Many contraceptives are more effective theory than in real life. Real-life effectiveness takes typical user slip-ups/accidents into account. **This pamphlet reports real-life effectiveness because we believe that's most relevant to real-life users.**

Options for your partner

Go Long! Long-acting birth control

The IUD >99% effective

How it works: T-shaped plastic rod placed in your partner's uterus by a clinician. It prevents pregnancy by killing or blocking sperm from reaching the egg. The IUD's strings hang down into the vagina – you might even be able to feel them during sex. Depending on the type, IUDs can last from **3-12 years**.

The Implant >99% effective

How it works: Plastic rod placed under the skin of your partner's upper arm by a clinician. The rod releases hormones that prevent sperm from reaching eggs for up to **3 years**.

Go Short – Short-term options

The Shot 97% effective

How it works: Your partner receives a hormonal injection from a clinician every **3 months** that prevents sperm from reaching eggs.



What you can do:

- Offer to accompany them to their doctor's appointment for moral support. The procedure for getting an IUD/Implant/shot can be intimidating and uncomfortable for your partner.
- Offer to share the cost, these options can be expensive for your partner.

The Pill 92% effective

How it works: Your partner takes a hormonal pill once **daily** that prevents sperm from reaching eggs.

The Patch, Ring 92% effective

How it works: The patch and the ring release hormones in your partner's body that prevent sperm from reaching eggs. The patch can be placed anywhere on your partner's skin and needs to be changed **once a week**. The Ring is inserted into your partner's vagina and needs to be changed **once a month**.



What you can do:

- Remind your partner to take their pill daily or help them set an alarm/text reminder.
- Remind your partner to switch out their ring or patch.
- Offer to share the cost, these options can be expensive for your partner.
- Many hormonal contraceptives can cause side effects such as nausea, weight gain, headaches, and altered sex drive – so be understanding if your partner experiences them.



Wait, what if it's too late?

Turn page for information on **the morning after pill**

