



# Birth Control vs. STI/STBBI Protection

## Risks of Sexual Activity

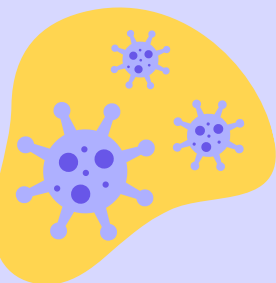
Sex is meant to be a pleasurable and fun experience for people. However, there are risks involved with participating in sexual activities, like an **unplanned pregnancy** and **sexually transmitted infections (STI) / sexually transmitted blood borne infections (STBBI)**.

There are things people can do to reduce the risks of an unplanned pregnancy or STI/STBBI. However, when a person is sexually active, there is no way to completely eliminate all the risks involved.

It is important for people to consider the risks and make decisions based on their comfort level to promote the health and well-being of themselves and their partners.



## Sexually Transmitted Infections (STI) & Sexually Transmitted Blood Borne Infections (STBBI)



STI/STBBIs are infections that people can get from participating in sexual activities with a person who has an STI/STBBI. STI/STBBIs can be passed through fluid exchange (saliva, semen, vaginal secretions), skin to skin contact, and coming into contact with another person's blood. Some STI/STBBIs can be easily treated by a doctor, while others can be managed but are lifelong illnesses.

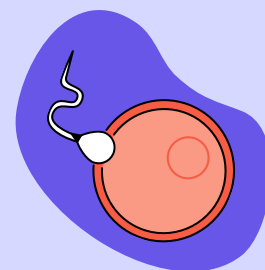
People can use safer sex materials to lower their risk of getting an STI/STBBI. Many sexual health clinics offer STI/STBBI testing. Getting tested regularly is a healthy practice for people who are sexually active with others.



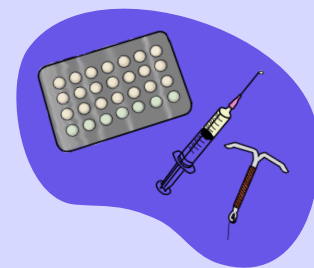
# Birth Control vs. STI/STBBI Protection

## Unplanned Pregnancy

Pregnancy most commonly happens when people have sex where a penis enters a vagina, this is the only sexual act that can result in pregnancy. A sperm (from the testes/penis) fertilizes the egg (from the ovaries) and begins to develop into a fetus growing in the uterus over the next 9 months.



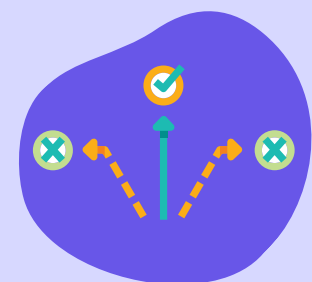
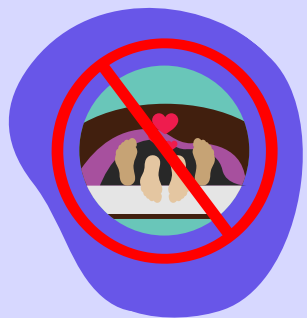
To reduce the risk of pregnancy people can use **birth control** (also called contraception). **Birth control** works by preventing an egg from being fertilized by sperm. Birth Control is often prescribed by a doctor and there are many different methods available for people to choose from.



Birth control can be an effective way to reduce the risk of pregnancy, but it is not 100% effective. The only way to guarantee a pregnancy will not happen is to not engage in sex where a penis enters a vagina.

An **unplanned pregnancy** is a pregnancy that happens when a person or couple is not trying to get pregnant. An unplanned pregnancy can happen because the people did not use any birth control, or the birth control did not work.

There are three options for an **unplanned pregnancy**: become parent(s), abortion, and adoption. It is a personal decision is up to the person/couple to do what is best for them.

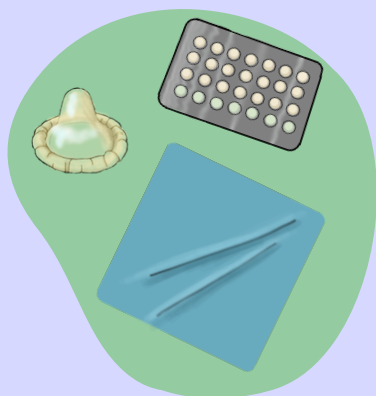




# Birth Control vs. STI/STBBI Protection

## Birth Control: Pregnancy Prevention

**Birth control** (also called **contraception**) is used to prevent an unplanned pregnancy, which can happen when people have sex where a penis enters a vagina. There are many different types of birth control. The different types use different methods (work in different ways) to prevent an egg from being fertilized by sperm.



**Birth control** does not protect people from STIs/STBBIs. If a person is having sex where a penis enters a vagina, they will want to use a birth control method to protect against pregnancy **and** use safer sex materials to protect against STI/STBBIs.

The birth control method a person uses is a personal choice and is usually based on the person's wants and needs. What kind of birth control a person uses is often also based on what methods they have access to.





# Birth Control vs. STI/STBBI Protection

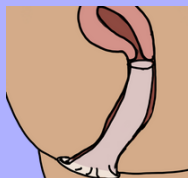
## Birth Control: Pregnancy Prevention

### Barrier Methods

**Barrier methods** work by blocking the sperm from reaching the uterus. This prevents sperm from combining with an egg, which is needed for a pregnancy to happen. Some barrier methods can protect against unplanned pregnancy and STIs/ STBBIs. Some barrier methods can be easily purchased at pharmacies.

#### Internal Condoms

Worn inside the vagina



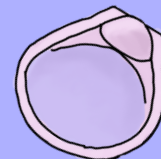
#### Spermicide

A liquid that goes into the vagina



#### Diaphragm

Inserted into the vagina



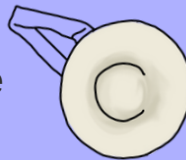
#### External Condoms

Worn on the penis



#### The Sponge

Inserted into the vagina



#### Cervical Cap

Inserted into the vagina





# Birth Control vs. STI/STBBI Protection

## Birth Control: Pregnancy Prevention

### Hormonal Methods

**Hormonal methods** prevent the ovaries from releasing an egg, which is required for a pregnancy to happen. These methods are only for people with a uterus and ovaries. Hormonal methods do not protect a person from getting STIs/ STBBIs.

Hormonal methods can be prescribed by a doctor and filled at most pharmacies.

#### Birth Control Pill

A pill taken daily



#### Birth Control Shot

An injection given by a doctor



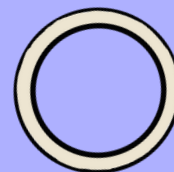
#### Birth Control Patch

A thin patch worn on the body



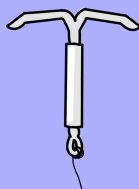
#### Vaginal Ring

A flexible ring worn inside the vagina



#### Intrauterine device (IUD)

A device inserted into the uterus by a doctor



#### Birth Control Implant

A small thin rod implanted under the skin of the arm by a doctor





# Birth Control vs. STI/STBBI Protection

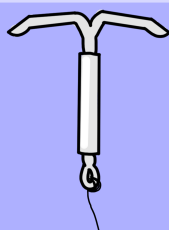
## Birth Control: Pregnancy Prevention

### Intrauterine Device (IUD) Methods

**Intrauterine Devices (IUDs)** work by changing the way sperm cells move so they cannot get to an egg. IUD's are used to prevent unplanned pregnancy. They **do not** prevent STIs/STBBIs. IUD's are only used by people with a uterus. IUD's are prescribed by a doctor and must be inserted and removed by a doctor.

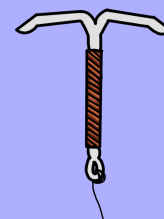
#### Hormonal Intrauterine device (IUD)

A device inserted into the uterus by a doctor



#### Copper Intrauterine device (IUD)

A device inserted into the uterus by a doctor



### Natural Methods

**Natural methods** are behaviours that the people having sex do to prevent pregnancy, without the aide of hormones or other tools to prevent the sperm from reaching the egg. Natural methods require the cooperation of all sexual partners, strong communication, and good awareness of the body and menstrual/fertility cycle. Abstinence is a natural method, and it means not having sex, which is the only 100% effective way to prevent a pregnancy. Natural methods are generally most effective if used with other forms of birth control.

#### Abstinence

Not having sex



#### Fertility Awareness

Tracking the menstrual cycle



#### Withdrawal

Pulling the penis out of the vagina before ejaculation





# Birth Control vs. STI/STBBI Protection

## Birth Control: Pregnancy Prevention

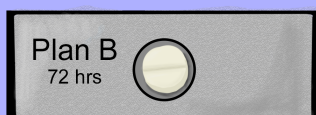
### Emergency Methods

**Emergency methods** can be used after unprotected sex where a penis entered a vagina. This means they can be used if no birth control was used during sex, or if the birth control being used failed. These methods are only for people with a uterus and ovaries.

The emergency contraception pill can be purchased at a pharmacy. The Copper IUD must be prescribed and inserted by a doctor.

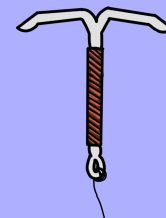
#### Emergency Contraceptive Pill ("Morning After Pill")

A pill that is taken after  
unprotected sex



#### Copper Intrauterine device (IUD)

A device inserted into the  
uterus by a doctor after  
unprotected sex





# Birth Control vs. STI/STBBI Protection

## STI and STBBI Protection Methods

**STI/STBBI prevention methods** (also called safer sex materials) decrease the risk of getting an STI/STBBI. STI's and STBBI's are infections a person can get by participating in sexual activities like vaginal sex, oral sex, anal sex, genital touching, and kissing (not just sex where a penis enters a vagina).

Many of these methods only protect against STI/STBBIs, they are **not** birth control and will **not** prevent a pregnancy.

Some **STI/STBBI prevention methods** (also called safer sex materials) can be purchased at drugstores or grocery stores and are available at many sexual health clinics. Others must be prescribed by a doctor.

### Internal Condoms

Worn inside the vagina



### Rubber Gloves

Worn on the hands



### Pre-exposure Prophylaxis (PrEP)

Medication prescribed by a doctor



### External Condoms

Worn on the penis



### HPV Vaccine

A needle prescribed and given by a doctor



### Post-exposure Prophylaxis (PEP)

Medication prescribed by a doctor



### Dental Dam

A thin flexible piece of latex



### Abstinence

Not having sex







# Birth Control vs. STI/STBBI Protection

## Protection that is effective for both unplanned pregnancies and STIs/STBBIs

Pregnancy prevention is for people participating in vaginal sex. STI/STBBI prevention is for people participating in all types of sex.

People having sex where a penis enters a vagina need to use protection against pregnancy **and** STI/STBBIs.

There are a few methods that are effective at preventing unplanned pregnancy and STIs/STBBIs. This means the method does two jobs at the same time!

### Internal Condoms

Worn inside  
the vagina



### External Condoms

Worn on the  
penis



### Abstinence

Not having  
sex





# Birth Control vs. STI/STBBI Protection

## Important Questions

### Who should use birth control to reduce the risk of unplanned pregnancy?

- People having sex where a penis enters a vagina. This is the only sexual act that can result in pregnancy

### Who should use STI/STBBI protection methods to reduce the risk of getting an STI/STBBI?

- Anyone who is having sex! All sexual acts have a risk of passing STI/STBBIs

Birth control methods and STI/STBBI protection methods must be used correctly, as instructed, in order to be effective (to work)!

## Reminder:

**Birth control methods** and **STI/STBBI protection methods** are not the same! **Birth control** works to prevent an unplanned pregnancy. **STI/STBBI protection methods** work to prevent a person from getting an STI/STBBI.

It is important that people understand the risks of the sexual activity they are doing and learn what they can do to reduce that risk for themselves and their sexual partners.





# Birth Control vs. STI/STBBI Protection

**Birth control** (also called contraception) only protects a person from unplanned pregnancy. **STI/STBBI protection methods** only prevent a person from getting an STI/STBBI.

There are some methods that work to prevent **both** unplanned pregnancy **and** STI/STBBIs. These methods that protect from both risks are internal condoms, external condoms, and abstinence.

## Birth control: Used to prevent an unplanned pregnancy

- The Sponge
- Vaginal Ring
- Hormonal IUD
- Birth Control Patch
- Spermicide
- Copper IUD
- Birth Control Pill
- Internal Condoms
- Diaphragm
- Abstinence
- Birth Control Shot
- External Condoms
- Cervical Cap

## STI/SIBBI protection methods: used to prevent STI/STBBI

- Internal Condoms
- External Condoms
- Dental Dam
- Gloves
- PrEP
- PEP
- HPV Vaccine
- Abstinence

## Methods that can prevent an unplanned pregnancy and prevent STI/STBBIs

- Internal Condoms
- External Condoms
- Abstinence