

### 1. Condoms

- Condoms is a protective item you use during sexual intercourse
- Prevent pregnancy and lower the risk of STI's by keeping sperm inside the condom and away from the vagina
- There usually aren't any side effects but you can get a rash or etc. if you are allergic to latex

### 2. IUD

- IUD is a rod like object that is installed in your uterus Hormonal or non-hormonal, commonly used birth control
- It is placed into your uterus to block out the travel of the sperm, Preventing fertilization to a women's eggs.
- If you get a non-hormonal IUD there could be an increase of blood flow and cramping, compared to a Hormonal IUD there are no side effects

### 3. The Shot

- Well used hormonal protection shot to prevent pregnancy, used for those who can't take estrogen
- The shot is extremely effective as long as you take the shot on time
- May cause irregular bleeding, a increase of appetite and weight gain