A sexually active young woman who does not use contraception has a 90% chance of becoming pregnant within a year.

There are 17 types of contraception with varying effectiveness, invasiveness and prices. To figure out which one is right for you, please visit: http://www.plannedparenthood.org/health-topics/birth-control-4211.htm

Barrier Methods:
- **Male condoms**
  Latex or plastic worn on penis; prevent pregnancy and STI’s if worn effectively; can be used for vaginal, anal or oral sex; effective and easy to get; around $1 each (or free in the WRC!).
- **Female condoms**
  A pouch inserted into the vagina to prevent pregnancy; reduce the risk of STI’s; can be used for vaginal or anal intercourse; safe, effective and convenient; $4 each.
- **Diaphragm**
  A shallow latex cup inserted into the vagina to prevent pregnancy; used in conjunction with spermicide; doesn’t protect against STI’s; lasts up to two years; costs between $15-75.
  - **Spermicide**
    A substance that prevents pregnancy by killing sperm; safe and convenient; easy to use; doesn’t protect against STI’s; $8 per package.

Hormonal Methods:
- **Birth Control Pills**
  A pill you take each day (at the same time); safe and effective if used correctly; doesn’t protect against STI’s. $15-50 monthly.
- **Birth Control Patch (Ortho Evra)**
  A small prescription patch that sticks to your skin; safe, effective and convenient; doesn’t protect against STI’s. $15-80 monthly.
- **Birth Control Shot (Depo Provera)**
  A shot in the arm; safe and effective; doesn’t protect against STI’s; lasts three months. $35-75 per injection plus exam fees.
- **Birth Control Vaginal Ring (Nuva Ring)**
  Small ring you put in your vagina once a month for three weeks; safe, effective and convenient; doesn’t protect against STI’s. $15-80 monthly.

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• **IUD (Intrauterine Device)**  
Small, T-shaped device inserted into the uterus; 99% effective; doesn’t protect against STI’s; lasts 5-12 years. $200-1000.

• **Birth Control Implant (Implanon or Nexplanon)**  
A matchstick-sized rod inserted into the arm; safe, effective and convenient; doesn’t protect against STI’s; lasts up to 3 years. $400-800.

**Emergency Methods:**
• **Emergency Contraception (Morning-After Pill)**  
Can prevent pregnancy up to 5 days (120 hours) after unprotected sex; safe and effective; available at health centers and drugstores. $10-70. Plan B is offered at the Health Center at Auraria for $35; additional charge to see the doctor may apply depending on your insurance.

• **IUD (Intrauterine Device)**  
Usually used for primary contraception, the IUD may also be inserted after unprotected sex to prevent the egg from attaching to the uterus. Costs up to $500 for emergency implantation.

**Non-contraceptive STI Prevention Method:**
• **Dental dam**  
A square piece of rubber that is placed over the vagina before oral sex; dispose of after each use. About $1 each.

**Resources:**
• **On-campus**  
  o The Women’s Resource Center can offer you guidance on how to use contraception, how to choose a method and where to find these different types of contraception. We also offer free male condoms.
  o The Health Center at Auraria offers birth control and supplies, as well as gynecological exams. They are located in the Plaza Building on the downtown campus; call 303-556-2525 for an appointment.

• **Off-campus**  
  o Planned Parenthood of the Rocky Mountains offers all of these above listed contraceptive methods. Visit plannedparenthood.org to find a health center near you or call 1-800-230-PLAN.