

**Figure 14.6** Birth Control and STD Protection

| Type                 | Usage  | Prevention of STDs |    |                 |
|----------------------|--|--------------------|----|-----------------|
|                      |  | Yes*               | No | Not Necessarily |
| <b>Abstinence</b>    | Refraining from <i>all sexual activity</i> —vaginal, anal, oral, and intercourse; 100 percent effective  | X                  |    |                 |
| <b>Outercourse</b>   | Oral genital sex and mutual masturbation   |                    |    | X               |
| <b>The Pill</b>      | Oral contraceptive; the most widely used form of birth control   |                    | X  |                 |
| <b>The Male Pill</b> | Oral contraceptive; newly developed for male use   |                    | X  |                 |
| <b>The Patch</b>     | Called the Ortho-Evra patch, it is a transdermal method of dispensing similar medicine as in the pill; each patch lasts for one week                     |                    | X  |                 |
| <b>The NuvaRing</b>  | A clear, flexible vaginal ring that is self-inserted in the vagina and releases a low dose of hormones; lasts for one month                              |                    | X  |                 |
| <b>Diaphragm</b>     | Round, flexible disk inserted into the vagina to cover the cervix  |                    | X  |                 |
| <b>IUD</b>           | Intrauterine device; must be inserted into the uterus by a physician   |                    | X  |                 |
| <b>Male Condom</b>   | A sheath, generally latex, worn over the penis to prevent sperm from entering the vagina   | X                  |    |                 |
| <b>Female Condom</b> | A loose-fitting sheath inserted into the vagina to prevent sperm from entering the uterus  | X                  |    |                 |
| <b>Spermicides</b>   | Inserted into the vagina to kill sperm; comes in foams, jellies, suppositories, and creams   |                    | X  |                 |
| <b>Withdrawal</b>    | Also called coitus interruptus; the penis is withdrawn from the vagina before ejaculation  |                    | X  |                 |
| <b>Rhythm Method</b> | Abstaining from sexual intercourse during the time in the menstrual cycle when ovulation occurs  |                    | X  |                 |
| <b>Norplant</b>      | Silicone tubes surgically embedded in a woman's upper arm to suppress fertilization  |                    | X  |                 |
| <b>Sterilization</b> | Male and female surgery; male version is called vasectomy; female versions are called tubal sterilization, tubal ligation, and hysterectomy              |                    | X  |                 |
| <b>Cervical Cap</b>  | Much like the diaphragm, it is fitted into the vagina by a doctor; it is meant to be used with a spermicide and can provide up to 48 hours of protection |                    | X  |                 |

\* Only total abstinence is 100% effective in preventing sexually transmitted diseases.