

Birth Control Methods for Men

Birth Control is not just for women! As a man, you can ...

- Decide when you want to use birth control to prevent a pregnancy
- Protect yourself and your partner from HIV or sexually transmitted infections (STIs)
- Gain peace of mind and have better sex knowing you are protected
- Use your own method and not have to rely on your partner's method

Reversible methods of contraception are listed below. Contraceptive effectiveness is categorized into perfect and typical use.

- **Perfect use** refers to how effective a method is if used perfectly every time.
- **Typical use** refers to how effective a method is for those who may not always use it consistently or correctly.

Abstinence

- Abstinence, not having sex, protects you and your partner from pregnancy and STIs, including HIV.
- You can choose to be abstinent at any time in your life.
- Used continuously, abstinence is 100% effective.

Permanent Contraception

If you know you do not want children or do not want any more children, you might consider sterilization. A family planning provider can give you information and answer questions about sterilization procedures, as well a schedule or refer you for the procedure.

Vasectomy

- Vasectomy is a simple surgical procedure, where the tubes that carry sperm are cut and sealed. The procedure takes about 20 to 30 minutes.
- Vasectomies can be done in a doctor's office.
- Vasectomy is a **permanent** method of birth control and should be chosen only if you are sure you do not want to have a child in the future.
- Vasectomy is one of the safest, most effective (99%), and popular birth control methods.
- Vasectomy will not change a man's sex drive, his ability to have sex, or orgasm.

Sterilization procedures, like vasectomy, are available only to clients who are 21 years of age or older.

Male Condoms

- Male condoms protect you from pregnancy and STIs, like chlamydia, gonorrhea, hepatitis, and HIV.
- Condoms must be used **every time** to be an effective method. They are very effective when used with a **spermicide**.
- If used perfectly every time you have sex, male condoms are considered 98% effective.
- With typical use, condoms are considered to be 82% effective.

Withdrawal (Pulling Out)

- Withdrawal is when a man pulls his penis out and away from his partner's vagina **before** he ejaculates (cums). Withdrawal works by preventing sperm from entering a woman's body and reaching an egg.

- How well it works depends on the man being able to know when he will cum and being able to pull out in time.
- Withdrawal can be 96% effective if performed perfectly every time you have sex. Perfect use for this method is very difficult.
- With typical use, withdrawal is considered only 73% effective.
- Withdrawal does not protect against STIs or HIV.

Emergency Contraceptive

If a condom breaks or your method fails, you may still prevent pregnancy with emergency contraception.

Emergency Contraceptive Pills

- Emergency contraceptive pills can be taken after unprotected sex to prevent pregnancy.
- Emergency contraceptive pill should be taken **as soon as possible**, but can be taken up to five (5) day after sex.
- Emergency contraceptive pill is **not** an abortion pill. It will **not** stop or harm an already established pregnancy.
- You can get emergency contraceptive pills over the counter at a drugstore or family planning clinic.
- Emergency contraceptive pill effectiveness varies by brand and the number of days after unprotected sex.