Know your options!

There are 8 types of birth control options available:

- Condoms
- Birth Control Pills
- Contraceptive Patch
- Vaginal Ring
- Birth Control Shot
- Contraceptive Implant
- Intrauterine Device (IUD)
- Sterilization - Not recommended for teens

**MYTH:** Everyone is doing it!
**REALITY:** Don’t believe everything you hear...it may seem like everyone’s doing it, but in reality, less than half (48%) of all high school students have ever had sex. People lie and exaggerate and can talk a good game when it comes to sex. But in the end, it doesn’t matter who’s telling the truth or not. The only truth that matters is what’s best for you.

**MYTH:** There’s no method of birth control that’s 100% effective.
**REALITY:** Not having sex is a form of birth control and it is definitely 100% effective. If you aren’t having sex, you can’t get pregnant or get someone else pregnant. It’s just that simple.