<table>
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| Long-acting reversible contraception (LARC) | An implant or an IUD inserted by your doctor, which can last anywhere from three to twelve years.                                                                                                    | • Close to 100 percent effective at preventing pregnancy  
• Protection whenever you need it.  
• Reversible if your needs change.  
• Includes both hormonal and non-hormonal options. | • Cost can vary depending on insurance coverage  
• Insertion can be temporarily uncomfortable.  
• Can cause irregular periods and spotting.  
• Does not provide protection against STIs—make sure you’re getting tested or using barrier methods. | • How long do you want to be protected?  
• How will you protect yourself from STIs?  
• Are you OK with irregular bleeding?  
• Are you sensitive to hormones? |
| Hormonal methods                           | A pill, shot, patch, or ring that trick your body into thinking you’re already pregnant.                                                                                                                                 | • Very effective at preventing pregnancy.  
• Low-maintenance and low-stress.  
• Less prone to user error than other contraception options.  
• Sometimes come with positive side effects, like shorter periods or clearer skin. | • Does not provide protection against STIs—make sure you’re getting tested or using barrier methods.  
• Requires a prescription, and, in some cases, a doctor’s visit.  
• Costs vary depending on insurance coverage.  
• Changes in hormone levels might cause negative side effects, like decreased libido. | • How long do you want to be protected?  
• How will you protect yourself against STIs?  
• How often do you want to think about your birth control?  
• Are you sensitive to hormones? |
| Barrier Methods                            | Condoms or dental dams that serve as a literal barrier used during sex to prevent sperm from meeting an egg, and STIs from passing between partners.                                                      | • Easy to use.  
• Easy to get.  
• Can help prevent pregnancy and STIs.  
• No prescription necessary.  
• No side effects.  
• Available for free from Student Health Service.  | • You need to remember to use one every time you have sex.  
• More prone to user error.  
• Can reduce sensation during sex. | • Will you use them consistently?  
• Does you or your partner have a latex allergy? |