

Method	What It Is	Pros	Cons	What to Consider
Long-acting reversible contraception (LARC)	An implant or an IUD inserted by your doctor, which can last anywhere from three to twelve years.	<ul style="list-style-type: none"> • 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. 	<ul style="list-style-type: none"> • 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. 	<ul style="list-style-type: none"> • 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.	<ul style="list-style-type: none"> • 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. 	<ul style="list-style-type: none"> • 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. 	<ul style="list-style-type: none"> • 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.	<ul style="list-style-type: none"> • 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. 	<ul style="list-style-type: none"> • You need to remember to use one every time you have sex. • More prone to user error. • Can reduce sensation during sex. 	<ul style="list-style-type: none"> • Will you use them consistently? • Does you or your partner have a latex allergy?