

Birth Control Choices for People Assigned Male at Birth

Symbol Key:



No Prescription Needed

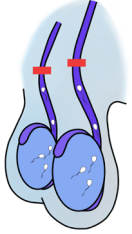


Protects from HIV/STIs



No Hormones



Method	How to Use	Things to Know*	How well does it work?
External Condom    	- Put on a new condom when the penis is erect. - Use a new condom each time you have sex. - Use a non-latex condom if allergic to latex.	- Can buy at many stores or get for free from a health center or clinic. - Can put on as part of sex play/foreplay. - Can help sex last longer. - Can be used for oral, vaginal, and anal sex. - May decrease the sensitivity of the penis during sex. - May break or slip off.	13 in 100 people get pregnant.
Sterilization: Vasectomy  	- This method involves a procedure where a clinician cuts the tubes in the scrotum that sperm move through. This stops the sperm from leaving the testes. - After vasectomy, when the semen has no sperm, you don't need to do anything else to prevent pregnancy.	- Permanent - Can be done in the clinician's office. - Takes up to 3 months to work. - More effective, safer, and cheaper than tubal methods. - No general anesthesia needed. - Reversal is difficult and does not always work. - May cause post-procedure pain and bruising and need a day or two to recover. - Rare complications include infection, pain that does not get better, and bleeding. - Must go to a trained clinician for a vasectomy	Fewer than 1 in 100 people get their partner pregnant.
Withdrawal Pull out  	Pull penis out of vagina before ejaculation (that is, before coming).	- Costs nothing - Less pleasure for some - Does not work if penis is not pulled out in time - Must interrupt sex - Does not protect against HIV or STIs	20 in 100 people get pregnant.

*Although we use clinical terms for body parts for clarity, we recognize and affirm that the language people use for genitals is ever-evolving, varied, and personal.

**Some gender-affirming surgeries, such as Orchiectomy (removal of the testes), will impact one's future fertility. Speak with your clinician about how your future fertility will be impacted by any treatments or procedures you are considering.