


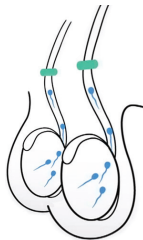


Birth Control Choices for People Assigned Male at Birth

Method	How to Use	Things to Know*	How well does it work?**
External Condom 	<ul style="list-style-type: none"> • Use a new condom each time you have sex. • Use a polyurethane condom if allergic to latex. 	<ul style="list-style-type: none"> • Can buy at many stores • Can put on as part of sex play/foreplay • Can help prevent early ejaculation • Can be used for oral, vaginal, and anal sex • Protects against HIV and many other STIs • Can decrease penile sensation • Can cause loss of erection • Can break or slip off • Does not need a prescription 	87%
Internal Condom 	<ul style="list-style-type: none"> • Use a new condom each time you have sex. • Use extra lubrication as needed. 	<ul style="list-style-type: none"> • Can put in as part of sex play/foreplay • Can be used for anal and vaginal sex • May increase vaginal/anal pleasure • Good for people with latex allergy • Protects against HIV and other STIs • Can decrease penile sensation • May be noisy • May be hard to insert • May slip out of place during sex • May require a prescription from a clinician 	79%
Spermicide Cream, gel, sponge, foam, inserts, film 	<ul style="list-style-type: none"> • Insert spermicide each time you have sex. 	<ul style="list-style-type: none"> • Can buy at many stores • Can insert as part of sex play/foreplay • Comes in many forms: cream, gel, sponge, foam, inserts, film • May raise the risk of getting HIV • May irritate vagina, penis • Cream, gel, and foam can be messy • Does not require a prescription 	79%
Sterilization: Vasectomy 	<ul style="list-style-type: none"> • A clinician performs this procedure. It lasts for the rest of your life. • A clinician blocks or cuts the tubes that carry sperm from your testicles. This prevents sperm from entering the semen (come). • After vasectomy, when the semen has no sperm, you don't need to do anything else to prevent pregnancy. 	<ul style="list-style-type: none"> • This method is permanent and highly effective • It is more effective, safer, and cheaper than tubal procedures • Can be done in the clinician's office • No general anesthesia needed • Reversal is difficult • Risks include infection, pain, and bleeding • It takes up to 3 months to work • No change in sexual function, erections, or feeling 	> 99%
Withdrawal Pull out	<ul style="list-style-type: none"> • Pull penis out of vagina before ejaculation (that is, before coming). 	<ul style="list-style-type: none"> • 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 	80%

*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.

**Typical Use

***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.