

# sex talk.

answers to your questions about sex and relationships

wildfact

Flu shots are now available at UA Campus Health! You don't need to make an appointment, just walk-in. For more info call (520) 621-2292.

## Q Is birth control really 99.9% effective?

A. It depends on the type of birth control as there are many different methods to choose from. Check out the chart below for some of the most common birth control methods and their effectiveness rates.

| Method        | Effectiveness* |
|---------------|----------------|
| Abstinence    | 100%           |
| Nexplanon®    | 99.9%          |
| IUD           | 99%            |
| Depo-Provera  | 94-99%         |
| Nuva Ring®    | 91-99%         |
| The Pill      | 91-99%         |
| Ortho Evra    | 91-99%         |
| Male Condom   | 82-98%         |
| Female Condom | 79-95%         |
| Withdrawal    | 73-96%         |

\*Range of effectiveness represents typical to perfect use.

Think of the effectiveness rates as a grade in school – something you may get on a project, paper, or in a class. Most of us



would want to get an A (90% or above); we may not be as happy with a B or C. When looking at birth control methods, the higher the effectiveness rate, the less likely pregnancy will occur.

If your partner(s) are the opposite sex and you want to reduce the risk of pregnancy, birth control is an important option, especially those with an “A” rating. Remember, most birth control options do not provide any protection against sexually transmitted infections (STIs). Using a barrier method (like a condom) will reduce the risk of unplanned pregnancy **and** STIs.

A wide range of birth control options are available at the UA Campus Health Service. To make an appointment with a health care provider, call (520) 621-9202.

If you are looking for condoms, look no further than Free Condom Friday! Stop by the 3rd floor of Campus Health in the Health Promotion department from 12-2pm during the semester and get free condoms – no strings attached. You can also purchase 100 condoms for only \$15.99 in the CHS Pharmacy!



Have a question? Send it to [sextalk@email.arizona.edu](mailto:sextalk@email.arizona.edu)

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