














CONTRACEPTION METHODS

BARRIER METHODS

HORMONAL METHODS

OTHER METHODS

PERMANENT METHODS

	External condom	Internal Condom	Diaphragms & Caps	Combined pill	Progestogen only pill (mini pill or POP)	Contraceptive implant	Contraceptive injection	Contraceptive patch	Contraceptive vaginal ring	Intrauterine system (IUS)	Intrauterine device (IUD)	Fertility awareness	Sterilisation
													

Effectiveness (when used correctly)	98%	95%	92-99%	99%	99%	99%	99%	99%	99%	99%	99%	75%	99%
Protection against STIs & pregnancy	✓	✓											
Use only when having sex	✓	✓	✓										
Use every day				✓	✓							✓	
Heavy period relief				✓				✓	✓				
Long lasting (lasts for months or years)						✓	✓			✓	✓		✓
Easy to access	✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	
Does not interrupt sex			✓	✓	✓	✓	✓	✓	✓	✓	✓		✓
Hormone free	✓	✓									✓	✓	✓
Discreet			✓	✓	✓	✓	✓		✓	✓	✓	✓	✓
Mistake proof			✓			✓	✓	✓		✓	✓		✓
LARC (long acting and reversible)						✓	✓			✓	✓		

Adapted from a resource originally designed by Brook.

Visit <https://bit.ly/SHSContraception> for more information about each method