



**SEX AND
CONTRACEPTION**

It's time to talk

YOUR QUICK GUIDE

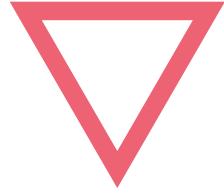


sexandu.ca



 THE SOCIETY OF
OBSTETRICIANS AND
GYNAECOLOGISTS
OF CANADA

Safer Sex



Sexual health is a big deal—as big as your overall physical health.

The only real way to have safe sex is to be abstinent—having no sexual activity at all. So if you're sure that you are ready to have a sexual relationship with someone, learn as much as you can about safer sex first.

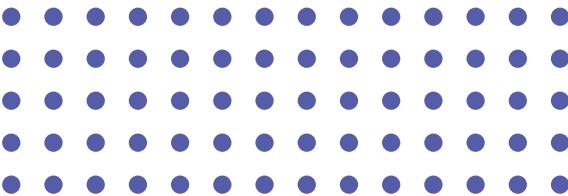
You've probably heard all of this before... the "safe sex talk," or why you should always use condoms and birth control. Let's face it, talking about diseases and infections isn't exactly the most pleasant topic—it's not like you're going to just strike up a conversation on the bus about genital warts!

I'm sexually active. Why should I use birth control?

Sex can be such an amazing experience. If you're having sex with someone of the opposite sex, the last thing you want in the back of your head is, "What will I do if we get pregnant?" That's right—we. Contraception (birth control) is a shared responsibility of both partners. And remember, it can only take one time to get pregnant. For now, it's a good idea to use contraception to avoid an unplanned pregnancy until you're sure you want and are ready to have a baby. For dual protection against sexually transmitted infections and pregnancy, consider using a condom and an additional method of birth control.

MILLIONS OF SPERM. AND ALL IT TAKES IS ONE TO GET PREGNANT.

Millions of sperm are released in one ejaculation and it only takes one sperm to get pregnant. Pulling-out (also called withdrawal) is when a penis is withdrawn from a vagina before ejaculation. Withdrawal really isn't that effective because there may be sperm in the pre-ejaculate, the tiny bit of fluid that escapes the penis before orgasm.



Sexually Transmitted Infections

What is a sexually transmitted infection?

Think of a sexually transmitted infection, or STI for short, as a sickness that is passed on from person to person during sex, but the person that is passing it on may not know they are sick.

There are three different families of STIs: viral, bacterial and parasitic. Each family has many types (see below). Some have minor consequences while others have lifetime consequences. Bacterial and parasitic

infections are usually cleared up by the use of prescription medication. Viral infections are the most problematic because they are chronic infections which usually require ongoing treatment.

Viral

Genital Herpes (HSV)
Hepatitis B (Hep B)
Hepatitis C (Hep C)
Human Immunodeficiency Virus (HIV)
Human Papillomavirus (HPV)

Bacterial

Chlamydia (LGV)
Gonorrhoea (The Clap)
Syphilis (The Great Imitator)

Parasitic

Pubic Lice (Crabs)
Scabies (Mites)
Trichomoniasis (Trich)



How are STIs spread?

Infections can be transferred through exchanges of body fluids like blood, semen, vaginal secretions and breast milk. Different types of sexual activities that transfer infections include oral, vaginal or anal sex, as well as skin-to-skin contact. Sexual activity does not only mean acts involving penetration. It also includes sexual contact. You can catch some STIs just by touching or kissing an infected area. Infections can also be spread while getting a tattoo or piercing from an unsterile needle.

The important thing you need to know is that most STIs do not have any visible signs or symptoms, which means that you can have an STI and not even know you have it. If signs or symptoms do show up, they might appear in different ways for different people.



Is there a cure for STIs?

- Some STIs can be cured (like chlamydia, gonorrhea and syphilis); others are viruses (like HPV, HIV and herpes) that stay in your body for a long time
- Some STIs may go away and come back over and over again; others you might be stuck with forever
- Some STIs can make it difficult for you to have children if they are not treated

Can I prevent getting an STI?

Having accurate information can help you make an informed decision about how to lower your risk of getting an STI.

If you're having sex without protection, you're putting yourself at risk of disease. It's important to use a latex condom or dental dam for any sexual activity. There is a vaccination against HPV, the human papillomavirus. This protects against both genital warts, and many different cancers. If you were not vaccinated in school, it is not too late to be vaccinated now.

Tests are available for STI's. If in doubt, get tested and don't have sex with someone unless you know their STI status. Have they been tested recently?

Here are a few pointers to help:

A condom placed on the penis, inside the vagina (female condom) or on clean sex toys is your best defense against STIs during vaginal or anal sex.

Avoid having sex when you're drunk or on drugs. When your head is not right, it's easy to make decisions you'll regret.

A condom placed on the penis or a dental dam spread over the vulva or anus are your best defense against STIs during oral sex.

Latex gloves are your best defense against STIs during digital vaginal or anal sex (also known as fingering).



Dual protection

If you're having sex with someone of the opposite sex, dual protection means using a condom with any other form of birth control to protect against STIs.



MALE CONDOM

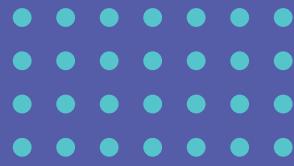


FEMALE CONDOM

IT'S NEVER TOO LATE TO TAKE ACTION

If you have tested positive for an STI, make sure you seek treatment from your health care provider as soon as possible. You may also be asked to contact all the partners you have been sexually active with to avoid spreading the infection. In some cases, a health care provider may be able to contact them for you without revealing your name. It's important to treat STIs right away, as many are easily curable, but may cause long term problems if left untreated.





Testing and screening methods

The early detection and treatment of STIs is critical to prevent further spread of infections.

Testing and screening approaches differ by infection and sex, and may vary across Canada.

The main methods of testing/screening are:

Blood test

syphilis, genital herpes, hepatitis B, hepatitis C, HIV



Urine test

chlamydia, gonorrhea



Physical exam

HPV, trichomoniasis, pubic lice, scabies



Swab/smear

chlamydia, gonorrhea, syphilis, genital herpes, trichomoniasis, HPV



SMEAR
(PAP TEST)



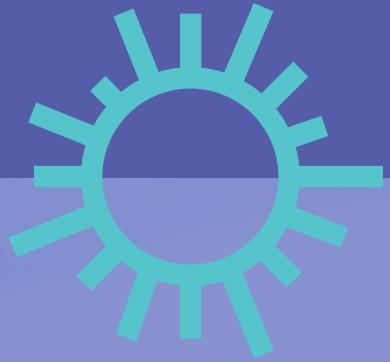
MALE
URETHRA SWAB



FEMALE CERVICAL/
VAGINAL SWAB

Breakdown by STI

**An overview of symptoms,
testing and treatment
options by STI.**



Bacterial vaginosis

An infection that occurs when “harmful” bacteria outnumber the “good” bacteria that occur naturally in the vagina.

COMMON SYMPTOMS

Often there are no symptoms.

- Thin vaginal discharge that is white or grey
- A “fishy” smell, which may be worse after having sex

TESTING

- Pelvic exam
- Swab of vaginal discharge

TREATMENT

- Can be treated with antibiotic pills, cream or ovules (a type of pill that gets put into the vagina), but can sometimes go away on its own

Chlamydia

A bacterial infection that is very common in people aged 15-24 and often occurs at the same time as gonorrhea. It can affect the urethra, cervix, rectum, throat and eyes.

COMMON SYMPTOMS

Often there are no symptoms.

- Discharge from the vagina or penis
- Itching of the vagina or opening of the penis
- Burning sensation while urinating
- Pain in the testicles
- Bleeding between periods
- Pain or bleeding during or after vaginal sex

TESTING

- Urine sample
- Swab of the cervix, urethra, rectum, nose, throat or eyes

TREATMENT

- Can be cured with medication (antibiotics)

Genital Herpes

An infection with one of the two types of herpes simplex virus (HSV). HSV-1 is usually associated with oral infection, while HSV-2 is usually associated with genital infection.

COMMON SYMPTOMS

Often there are no symptoms. Symptoms will go away on their own, but may come back throughout a person's life. Some situations may cause the symptoms to come back, including fatigue and stress, other illness and your period.

- "Cold sores" around the mouth
- Sores on the genitals
- Itchiness of the genitals
- Flu-like symptoms
- Pain while urinating

TESTING

- Swab of a herpes sore

TREATMENT

- Cannot be cured, but can be managed with medications to decrease the length and severity of outbreaks

Gonorrhea

A bacterial infection that often occurs at the same time as chlamydia.

COMMON SYMPTOMS

Often there are no symptoms.

- Discharge from the vagina or penis
- Itching of the vagina or opening of the penis
- Burning sensation while urinating
- Pain in the testicles
- Bleeding between periods
- Pain or bleeding during or after vaginal sex

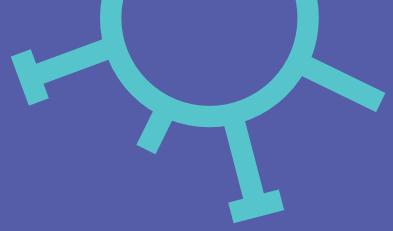
TESTING

- Urine sample
- Swab of the cervix, throat, anus or penis

TREATMENT

- Can be cured with medication (antibiotics)





Hepatitis B

A vaccine-preventable virus that affects the liver.

COMMON SYMPTOMS

Often there are no symptoms.

- Tiredness
 - Pain in the abdomen
 - Dark urine and/or pale stools
 - Lack of appetite
 - Nausea
 - Yellowing of the skin and/or the whites of the eyes (jaundice)
-

TESTING

- Blood test
-

TREATMENT

- There is no cure, but for most people, the virus will go away after six months

Hepatitis C

A virus that affects the liver.

COMMON SYMPTOMS

Often there are no symptoms.

- Tiredness
 - Pain in the abdomen
 - Dark urine and/or pale stools
 - Lack of appetite
 - Nausea
 - Yellowing of the skin and/or the whites of the eyes (jaundice)
-

TESTING

- Blood test
-

TREATMENT

- For some people, the virus will go away within six months
- There are complex combinations of medications that can treat hepatitis C and/or help reduce the effects of liver disease caused by the virus



Human Immunodeficiency Virus (HIV)

A virus that attacks the body's immune system and may lead to acquired immunodeficiency virus (AIDS) if untreated.

COMMON SYMPTOMS

You may not have symptoms for many years.

- Some people experience flu-like symptoms two to four weeks after becoming infected, including:
 - Fever
 - Sore throat
 - Headache
 - Muscle aches and joint pain
 - Swollen glands (lymph nodes)

TESTING

- Blood test

Note: HIV will only show up in a blood test approximately three to four weeks after infection

TREATMENT FOR HIV

- Cannot be cured, but can be treated with medication (antiretrovirals) that lowers the levels of the virus in your body. This allows the immune system to stay strong and significantly lowers the risk of passing HIV on to a partner
- If you know that you have been exposed to HIV, there are medications you can take immediately to reduce the risk of becoming infected. There are also medications that can lower your risk of getting HIV if you are HIV-negative and your partner is HIV-positive. Talk to your health care provider!

Syphilis

A bacterial infection that can cause serious health problems if left untreated.

COMMON SYMPTOMS

Symptoms may change as the disease progresses. Even if the symptoms go away, you will still have syphilis.

- A painless, open sore called a chancre on the genitals, anus or throat
- A rash and/or feeling like you have the flu
- Swollen glands

TESTING

- Blood test
- Swab of chancre, if applicable

TREATMENT

- Can be cured with medication (antibiotics)

Pubic lice

Also known as “crabs,” pubic lice are tiny insects that feed off of human blood and lay their eggs at the base of pubic hairs. They can also be found in the chest, armpit and facial hair.

COMMON SYMPTOMS

- Itchiness, redness and swelling of the skin in the affected area
 - Small blue spots on the skin
 - Tiny black particles in clothing or on bedding
-

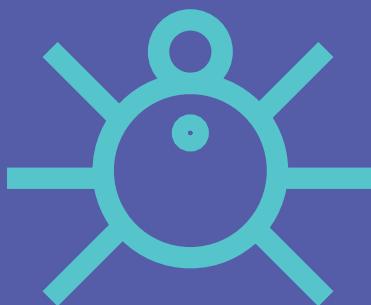
TESTING

- You may find the lice or eggs on yourself, but if you’re unsure, a health care provider can do a visual exam
-

TREATMENT

- Medicated cream or shampoo
- Medication or cream to treat itchiness
- Dry cleaning or washing clothing and bedding in hot water, or sealing in a plastic bag for three to seven days

Pubic lice can also be found in the chest, armpit and facial hair.



Scabies

Tiny insects that burrow beneath the surface of the skin and lay eggs. They are too small to see without a microscope.

COMMON SYMPTOMS

- Intense night time itchiness
- Rash, usually in the hands, wrists, armpits, nipples, around the belly button, ankles, bend of the elbows or around the genitals

TESTING

- A health care provider may gently scrape some dry skin from an affected area and look at it under a microscope

TREATMENT

- Medicated cream or shampoo
- Medication or cream to treat itchiness
- Dry cleaning or washing clothing and bedding in hot water, or sealing in a plastic bag for three to seven days

Human Papillomavirus (HPV)

The most common STI. There are over 100 known types of HPV, 40 of which can cause genital warts and cancer. Vaccines are available that can prevent the most common types.

COMMON SYMPTOMS

Often there are no symptoms.

- Small warts on the penis or vulva
- Itchiness
- Discomfort or bleeding during sex
- Changes in the cells of the cervix, which can be seen after a Pap test

TESTING

- Pap test (swab)
- A visual exam can diagnose genital warts
- HPV test

Trichomoniasis

A parasitic infection that can be found in the urethra, bladder, vagina, cervix or under the foreskin of the penis.

COMMON SYMPTOMS

Often there are no symptoms.

- Itchiness of the vulva/vagina
- Off-white or yellowish-green vaginal discharge with a strong smell
- Discharge from the penis
- Pain or burning while urinating
- Pain during sex

TESTING

- Swab of the affected area

TREATMENT

- Can be cured with oral medication (antibiotic-antiprotozoal)

Yeast infection (Vulvovaginal candidiasis)

Infection that occurs when levels of yeast that naturally live in the vagina are higher than normal.

COMMON SYMPTOMS

- Thick, white, clumpy vaginal discharge that doesn't smell
- Vaginal and vulvar itching, pain, burning, redness and/or swelling
- Pain or burning during urination
- Pain during sex

TESTING

- Pelvic exam
- Swab of vaginal discharge

TREATMENT

- Can be treated with an antifungal cream, ointment, oral pill or ovule (tablet that is inserted into the vagina)

Though not considered STIs, bacterial vaginosis and yeast infections are more common among those who are sexually active.





Sex Myths

MYTH 1

Everyone is having sex.
I should be too.

Sex is personal. The decision to have sex or not, or to begin a sexual relationship with a new partner, is a choice that is different for everyone. Being comfortable with the decision is what is important—regardless of what others are doing.

MYTH 2

You cannot get an STI from giving or receiving oral sex.

Compared to all other forms of sex, oral sex is considered a lower-risk sexual activity. But “low risk” does not mean “no risk”—there is no such thing as 100% safe sex, and oral sex is no exception. The majority of common STIs can be spread through either performing or receiving oral sex. Unless you are in a trusted, committed relationship, play it safe during oral sex by using a condom on the penis or a dental dam spread over the vagina.

MYTH 3

A guy can't get a girl pregnant if he doesn't have an orgasm.

Men often release a small amount of semen before they ejaculate. This still contains sperm and can get a woman pregnant.

MYTH 4

You can't get an STI or get pregnant from anal sex.

Any type of sexual activity puts you at risk for STIs. The risk of pregnancy from anal sex is incredibly low, however, there is always a possibility of pregnancy when sperm are anywhere near the genital organs. Using condoms with anal intercourse will decrease the chance of becoming pregnant, as well as decrease the chances of getting an STI. A second, more reliable form of birth control may also be used for improved pregnancy protection.

**MYTH 5**

All contraceptives protect against STIs.

The only contraceptive that offers such protection is the condom. Even other barrier methods, such as the diaphragm, do nothing to keep bacterial STIs out of the vagina. The pill, patch, ring, injection and IUD offer no STI protection at all. So remember to protect yourself against STIs. Always use a condom, every time, and with every partner.

MYTH 6

If you really love someone, sex is the only way to show them.

There are many ways for people to show their affection for one another. While sex can be a rewarding expression of feelings between partners, there are also non-sexual ways of showing love.

MYTH 7

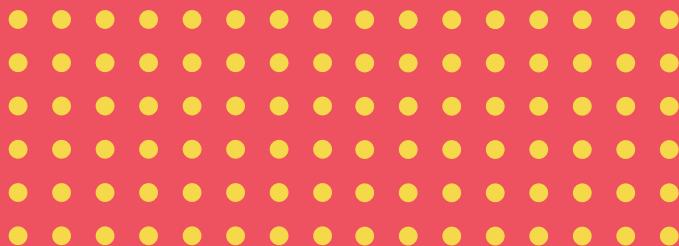
I only need to worry about STIs if I have multiple sex partners.

Anyone who is sexually active is at risk of contracting an STI—even if it's their first time. All it takes is engaging in sexual activity with one infected partner.

MYTH 8

A woman can't get pregnant when she has sex for the first time.

A woman who is ovulating can get pregnant on her very first time having intercourse with someone of the opposite sex, regardless of her age or her sexual history.



Pap Test

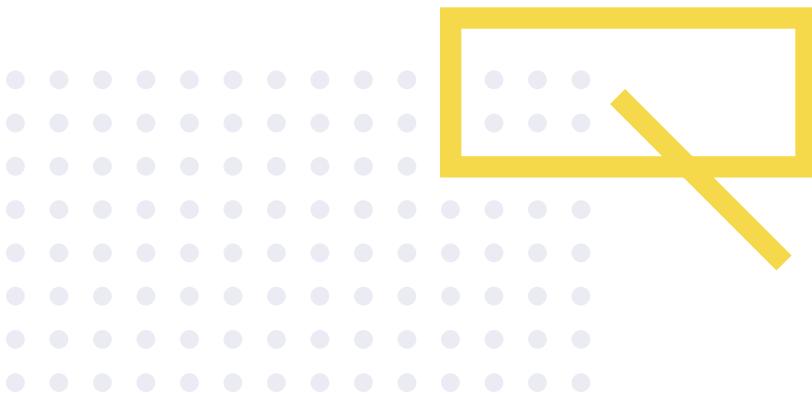
Pelvic exam, Pap test or Pap smear?

You may have wondered before if there's a difference between a pelvic exam, a Pap test and a Pap smear. A Pap test and Pap smear are the same thing—they are a test that involves collecting cells from the cervix with a swab and then looking at them through a microscope to make sure they are normal and healthy. A Pap test is not the same as a screening test for all STIs.

A pelvic exam is a little different—it refers to the entire exam of your reproductive organs, part of which is the collection of cells for the Pap test. With your permission, during a pelvic exam, your health care provider will perform a bimanual exam. This involves the insertion of one or two gloved fingers into the vagina while gently pressing on the outside of your lower abdomen to feel if the ovaries and uterus are healthy.

DID YOU KNOW?

The Pap test gets its name from a Greek-American cytologist (a doctor who studies cells) named Dr. George Papanicolaou. After initially studying the vaginal secretions of guinea pigs, Dr. Papanicolaou introduced the vaginal smear as a way of detecting cancer in the late 1920s.





Here are a few reasons why a pelvic exam is a good idea:

- To make sure that your pelvic organs (uterus, fallopian tubes and ovaries) are normal
- To detect infections that can cause vaginal discharge, pelvic pain or infertility. If you have one of these infections, a regular pelvic exam can help make sure that it's detected early so you can get treatment before any serious damage is done
- Probably the best reason to get a pelvic exam is that it includes a Pap test that can detect early stages of cervical cancer. Spotting these early signs of cancer could save your life

How do I get a Pap test?

All Canadian provinces and territories offer free Pap tests through their public health care systems. Make an appointment with your health care provider. Some young people may be afraid to tell their parents about getting a pelvic exam because they don't want their parents to know that they are sexually active. While it's important to have an open relationship with your parents (and they may be happy to know that you're being responsible about your health), you don't need a parent's permission to have a pelvic exam. You can arrange the exam yourself by making an appointment with your family doctor, gynaecologist or sexual health clinic professional. Remember that what you tell your doctor is just between the two of you.

Birth Control

What kinds of birth control methods are there?

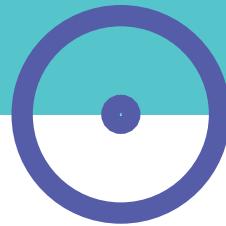
The words birth control and contraception mean the same thing, so don't let that mix you up when you're learning about this subject. Contraception or birth control is something you use to prevent pregnancy. There are many options available to you from abstinence (not having sex at all) to hormonal, non-hormonal as well as natural (calendar, sympto-thermal control and withdrawal) methods.





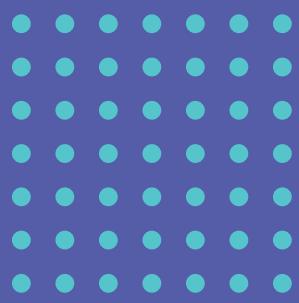
CONTROLLING YOUR PERIODS WITH BIRTH CONTROL

Is your period supposed to start next week, at the same time as an upcoming event such as a wedding, holiday, sports competition or exam? You can delay your period until a more convenient time if you're using certain birth control methods.



Some of these methods are reversible (can prevent pregnancy on a temporary basis, for as long as you choose to do so), while others are permanent. The effectiveness of the method in preventing pregnancy also varies from one option to another. After you read this section on birth control, test your knowledge with our quiz on page 29.

To review all your options, go to sexandu.ca and find out which type of contraceptive method suits your lifestyle, personal habits and medical history best. Then make an appointment with a health care provider to discuss your choice and to get a prescription, if required.



Emergency contraception

Emergency contraception can help prevent unplanned pregnancies following unprotected sexual intercourse or failure of the contraceptive method that you chose, if used as soon as possible. Remember, it's intended for occasional use only, not as a regular method of birth control.

Here are some of the reasons why you might choose emergency contraception:

- Missed birth control pill, patch, injection or ring
- The condom slipped, broke or leaked
- No contraception was used
- Error in the calculation of the fertility period
- Sexual assault

There are two types of emergency contraception methods to choose from. Hormonal emergency contraception is also known as “the morning after pill.” One of these pills, Ullipristal acetate (or Ella) is available by prescription only, while levonorgestrel (or Plan B) is available in Canadian pharmacies without a prescription. The effectiveness of hormonal emergency contraception is highest when taken within 24 hours after unprotected sex and declines over time. Some factors such as weight may also decrease the effectiveness of these pills, so it's a good idea to speak with a health care provider to make sure this is the right choice for you. . The second method is an IUD, which is inserted by a health care provider and provides lasting birth control to protect you even in case of unplanned sex.



Hormonal birth control



Pill (oral contraceptive pill)

Taken every day

Tablets taken once a day, at a specific time. They come in packs of 21, 28 or 91 pills.



Patch (contraceptive patch)

Applied once a week

A patch placed on the buttocks, upper outer arms, lower abdomen or upper torso (but not the breast). It is applied once a week, for three weeks and then removed for one week (one patch-free week).



Ring (vaginal ring)

Inserted once a month

A flexible, nearly transparent ring is inserted in the vagina (by you) for three weeks and then removed for one week (one ring-free week).



Shot (injectable contraceptive)

Given every 3 months

An injection given by a health care provider in the upper arm or buttocks every three months.



IUS (intrauterine system)

Inserted every 5 years

A T-shaped device inserted into the uterus and removed from the uterus by a health care provider. It can remain in place for five years.



Contraceptive Implant

Inserted every 3 years

A 4cm long flexible rod that is inserted into the arm, sitting just below the skin, and provides reversible and highly effective birth control for up to 3 years.

Non-hormonal birth control



Male condom

Used every time you have sex

A condom is put on the penis and, when used properly, protects against pregnancy and STIs. Do not use both a female and male condom at the same time as this may increase the chance of breakage.



Female condom

Used every time you have sex

A condom is inserted into the vagina and, when used properly, protects against pregnancy and STIs. Do not use both a female and male condom at the same time as this may increase the chance of breakage.



IUD (intrauterine device)

Inserted every 3, 5 or 10 years

This is a T-shaped device, like the IUS but without hormones. It is inserted by a health care provider and is good for three, five or 10 years, depending on the type.



Sponge

Used every time you have sex

It is used only at the time of intercourse. This disposable sponge containing spermicide is placed at the cervix and kills sperm before they can enter.



Cervical cap

Used every time you have sex

It is used only at the time of intercourse. A deep silicone cap that fits against the cervix and prevents sperm and bacteria from entering.



Diaphragm

Used every time you have sex

It is used only at the time of intercourse. The diaphragm is a latex cap that covers the cervix and prevents sperm from getting inside.



Spermicide

Used every time you have sex

It is used only at the time of intercourse. By inserting spermicide in front of the cervix, in the vagina, it destroys sperm on contact.



Vasectomy

Permanent

This is intended as a permanent surgical option that may be chosen if you have decided that you do not want to have children in the future. After an examination to see if a male is a candidate for this procedure, a urologist or a general practitioner performs this procedure under local anesthetic.



Tubal ligation

Permanent

This is intended as a permanent surgical option that may be chosen if you have decided that you do not want to have children in the future. After a full medical exam and after signing a consent form, a gynaecologist will perform the surgery.

Natural methods

There are many variations of natural birth control. Visit sexandu.ca for more information.

Quiz Central

Now that you have read *Sex and Contraception: It's time to talk*, you should have a much more complete understanding of healthy sexual practices, birth control and STIs. It's time to put this knowledge to the test—complete this series of fun quizzes to graduate from our program!

Feel free to come back to these quizzes any time for a refresher course or to pass them on to anyone you think might benefit from taking them. After all, the key to safe and positive sexual health is information.

02 Safer Sex

03 Sexually Transmitted Infections (STIs)

08 Breakdown by STI

16 Sex Myths

18 Pap Test

20 Birth Control

Myth or fact

Read each statement and circle the correct answer.

- | | | |
|--|--|---------------------|
| 01 | You cannot get pregnant if you have sex for the first time. | MYTH OR FACT |
| <hr style="border-top: 1px dotted #ccc;"/> | | |
| 02 | After being vaccinated against HPV, a female no longer needs a Pap test. | MYTH OR FACT |
| <hr style="border-top: 1px dotted #ccc;"/> | | |
| 03 | You can get an STI from oral or anal sex. | MYTH OR FACT |
| <hr style="border-top: 1px dotted #ccc;"/> | | |
| 04 | STIs can be caused by a virus, bacteria, or parasite. | MYTH OR FACT |
| <hr style="border-top: 1px dotted #ccc;"/> | | |
| 05 | You can tell if your partner has HPV. | MYTH OR FACT |
| <hr style="border-top: 1px dotted #ccc;"/> | | |
| 06 | Only girls get HPV. | MYTH OR FACT |
| <hr style="border-top: 1px dotted #ccc;"/> | | |
| 07 | Using a condom protects against most STIs. | MYTH OR FACT |
| <hr style="border-top: 1px dotted #ccc;"/> | | |
| 08 | Contraception/birth control protects against pregnancy. | MYTH OR FACT |
| <hr style="border-top: 1px dotted #ccc;"/> | | |
| 09 | Any type of contraception/birth control will protect against STIs. | MYTH OR FACT |
| <hr style="border-top: 1px dotted #ccc;"/> | | |
| 10 | More than 40,000 teens get pregnant every year. | MYTH OR FACT |
| <hr style="border-top: 1px dotted #ccc;"/> | | |
| 11 | The only method of screening for an STI is by doing a blood test. | MYTH OR FACT |
| <hr style="border-top: 1px dotted #ccc;"/> | | |
| 12 | HPV, HIV and herpes are the same thing. | MYTH OR FACT |

Name the image

Identify the methods of birth control and STI screening by writing the correct name next to the number associated with each illustration.



01
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02
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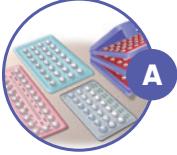
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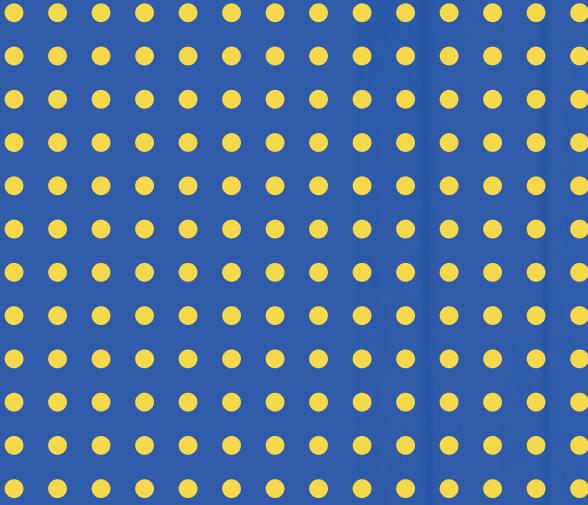
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Answers: 1. IUS (intrauterine system); 2. Blood test; 3. Smear (Pap test); 4. The ring; 5. Birth control pill; 6. Female condom; 7. Urine test; 8. The shot; 9. The patch; 10. Male urethra swab; 11. Male condom; 12. Female cervical/vaginal swab; 13. Dental dam; 14. Contraceptive implant

Connect the dots

Identify the correct birth control usage frequency by tracing a line between the different types and the appropriate time period.

| | | |
|----------------|---|-------------------------|
| Pill |  | 1 Every 5 years |
| Patch |  | 2 Every 3 months |
| Ring |  | 3 Daily |
| Shot |  | 4 Once a week |
| IUS |  | 5 Once a month |
| Implant |  | 6 Every 3 years |



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