

Birth Control Methods and STI Protection

Method	STI Protection
Abstinence	✓✓✓
Birth Control Injection	×
Birth Control Patch	×
Birth Control Pill	×
Condom	✓✓
Emergency Contraception	×
Fertility Awareness	×
IUC	×
Tubal Ligation	×
Vaginal Condom	✓✓
Vaginal Contraceptive Ring	×
Vaginal Spermicides (film, foam, gel, etc)	×
Vasectomy	×
Withdrawal	×

× = none , ✓✓ = Good, ✓✓✓ =Excellent

Hatcher, R.A., et al. (2011). Contraceptive Technology (20th Ed.). Ardent Media: New York.