

Birth Control Methods and STI Protection

Method	STI Protection	Pregnancy Prevention (Typical use) *
Abstinence (perfect use)	✓✓✓	✓✓✓
Condom (external/male)	✓✓	✓
Emergency Contraception	✗	✓**
Fertility Awareness	✗	✓
Implant	✗	✓✓✓
Injection	✗	✓✓
Internal (vaginal) Condom	✓✓	✓
IUD	✗	✓✓✓
Pill/Patch/Ring	✗	✓✓
Tubal Ligation	✗	✓✓✓
Vaginal Spermicides	✗	✓
Vasectomy	✗	✓✓✓
Withdrawal	✗	✓

✓ = Fair, ✓✓ = Good, ✓✓✓ = Excellent, ✗ = none

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For birth control methods:

Excellent = 99% or higher ✓✓✓
Good = 90%-98% ✓✓
Fair = 70%-89% ✓

*Some birth control methods have much higher effectiveness in 'perfect use' conditions. For a comparison of the difference between perfect and typical use, see the [Birth Control Effectiveness Graph](#).

** The contraceptive effectiveness rate for emergency contraception depends on what kind is used, and how soon after unprotected sex the method is used. See the [Health Information Sheet](#) on emergency contraception for more information.