

Contraceptive Options

Type	Pros	Cons	Why I would/wouldn't use it
Abstinence			
Fertility Awareness			
Intrauterine Device (IUD)			
Birth Control Implant (Nexplanon)			
The Shot			
The Ring			
The Patch			

The Pill			
External Condom			
Internal Condom			
The Sponge			
Spermicides			