

Contraception Method	Effectiveness at Preventing Pregnancy	Does it prevent STI's, if so how effective is it?	Risks Associated With This Method	Benefits of Using This Method
Abstinence	100%	Yes, unless you are sharing needles or doing other things that you should not be doing	None	0% chance of getting pregnant.
Withdrawal				
Fertility Awareness				
Condom				
Sponge				
Cervical Cap				
Diaphragm				

Copper IUD				
Spermicidal Jellies, Creams and Foams				
Vaginal Ring				
Hormonal IUD				
Injectable (Depo-Provera, Sayana Press or Noristerat)				
Emergency Oral Contraceptive				
Tubal Ligation				
Vasectomy				