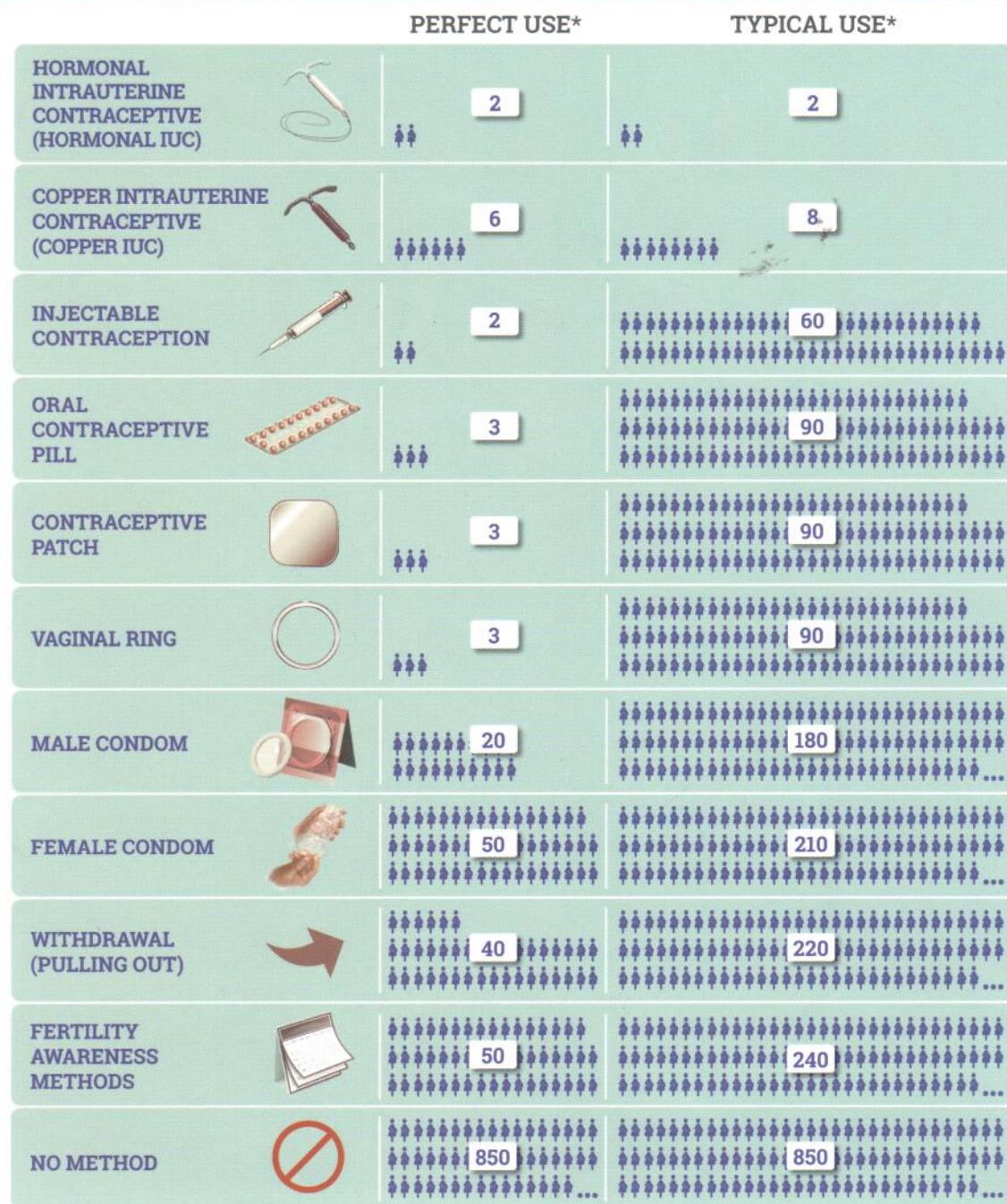


# HOW EFFECTIVE IS MY BIRTH CONTROL?

Relative efficacy of contraceptive options: perfect use vs. typical use<sup>1</sup>

## Pregnancies for every 1,000 women during first year of use



Adapted from the Canadian Contraception Consensus, 2015<sup>1</sup>

For the full list of contraception methods and their corresponding perfect use and typical use effectiveness, please visit [www.SexandU.ca](http://www.SexandU.ca)

\*The relative effectiveness of a birth control method is defined in two ways: actual effectiveness and theoretical effectiveness. Actual effectiveness refers to the "typical use" of a method, meaning how effective the method is during actual use (including inconsistent and incorrect use). Theoretical effectiveness refers to the "perfect use" of a method, which is defined by when the method is used correctly and consistently as directed.<sup>2</sup>

References: 1. Society of Obstetricians and Gynaecologists of Canada (SOGC). Canadian Contraception Consensus (Part 1 of 4). *J Obstet Gynaecol Can* 2015;37(10):936-42. 2. CDC: Centers for Disease Control and Prevention. Reproductive Health: Contraception. Available at: <https://www.cdc.gov/reproductivehealth/contraception/index.htm>