IUDs and the Implant
the No-Bother BIRTH CONTROL

I’ve heard my friends talk about IUDs and implants, but I don’t know anything about them.

Are they right for me?

IUDs and implants are

- **easy** to remember and use. After one-time insertion, they can last 3 to 12 years.
- **safe** for adolescents to use and are recommended by leading medical groups.
- **highly effective.** They can be 20 times more effective than other common birth control methods (e.g., condoms, oral contraceptives, patch).
- **discrete.** People won’t be able to tell you are using them.
- **inexpensive.** Often available at reduced cost or for free from a doctor’s office or health department.
- **reversible.** They can be removed at any time if you want to become pregnant.

**IUD**
An IUD is a small, t-shaped piece of plastic that is inserted in a woman’s uterus by a clinician and protects against pregnancy for 3 to 12 years (depending on which one you get). They are safe for women who have not had a baby, and work by preventing sperm from fertilizing an egg. IUDs are more than 99% effective.

**THE IMPLANT**
An implant is a rod about the size of a matchstick; it’s inserted under the skin in a girl’s upper arm and protects against pregnancy for up to 3 years. Implants work by releasing hormones that keep ovaries from releasing eggs and thickening cervical mucus, which helps block sperm from reaching the eggs in the first place. Implants are more than 99% effective.

**quick facts**

1 in 20 women will get pregnant during their teens.  

I’m pregnant? 77% of teen pregnancies are unplanned.
There are lots of great places to get more information about IUDs and implants.

**Stayteen.org**
A teen-focused interactive site that has lots of information about dating, sex, and birth control. It includes resources for finding a health center.

**Sexetc.org**
Designed by and for youth. It features a variety of topics about sex and offers stories from teens’ perspectives about their experiences with birth control, including IUDs and implants.

**cdc.gov/teenpregnancy/teens**
A CDC site for teens designed with input from teens about pregnancy prevention.

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3) The American Congress of Obstetricians and Gynecologists and the American Academy of Pediatrics recommend long-acting reversible contraceptive (LARC) methods, better known as IUDs and implants, for sexually active adolescents.


