

the guide

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Hi there!

Thank you for trusting Every Body Texas with your emergency contraception. You are the one in charge of your sexual and reproductive health decisions. We support you and the contents of this kit and booklet are meant to support you in making choices that feel right for you.

This booklet is brief so it's small enough to fit in your purse, bag, or back pocket, but that means you may still have questions after reading it. You can find more information on our website: www.everybodytexas.org.

You can also reach out to a Title X clinic near you for low-cost or free care. See page 12 for info about Title X and how to find a clinic.

You've got this!

Every Body Texas

emergency contraception



Using emergency contraception (EC) to prevent pregnancy is normal and safe.

The EC in this kit (EContra[®]) can be used **up to 72 hours after unprotected sex** or contraceptive method failure (like a condom breaking or forgetting to take your pill). **EC is more effective the sooner you take it.**

Many people do not experience side effects at all. If you experience side effects, they'll probably go away after 24 hours. For more about side effects see the insert that came with your EC.

Taking EC

One dose of EC is one pill. Take EC as soon as possible after unprotected sex. If you vomit less than an hour after taking the dose, you may want to take another one.

EC & Body Weight

Your weight/BMI (body mass index) may impact how effective EC is for you. If your BMI is more than 25, over-the-counter EC pills like the one in your kit may be less effective. Evidence has shown that taking 2 pills (2 doses) of this EC is safe and can be more effective.

The EC pill, ella[®], is more effective for people with a BMI of up to 34. This EC requires a prescription from a healthcare provider.

IUDs are the only emergency contraception option where effectiveness is not impacted by your weight. To be effective you must have a clinical provider insert the device within 5 days after unprotected sex. Title X clinics in Texas can provide IUDs as EC (**page 12**).



Scan with your smart
phone camera to
calculate your BMI

condom use

When used correctly, condoms can prevent pregnancy and sexually transmitted infections (STIs). Even if you've been using external (male) condoms for a long time, it's a good idea to check your technique. Incorrect condom use can lead to the condom breaking, slipping, or failing.

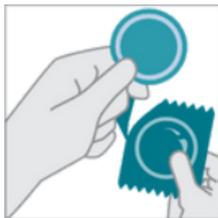
DO

- DO** use a condom every time you have sex
- DO** put on a condom before having sex.
- DO** read the package and check the expiration date.
- DO** make sure there are no tears or defects.
- DO** store condoms in a cool, dry place.
- DO** use latex or polyurethane condoms.
- DO** use water-based or silicone-based lubricant to prevent breakage.

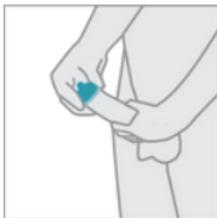
DON'T

- DON'T** store condoms in your wallet as heat and friction can damage them.
- DON'T** use nonoxynol-9 (a spermicide), as this can cause irritation.
- DON'T** use oil-based products like baby oil, lotion, petroleum jelly, or cooking oil as lubricants because they will cause the condom to break.
- DON'T** use more than one condom at a time.
- DON'T** reuse a condom.

How to put on and take off an external condom.



Carefully open and remove condom from wrapper.



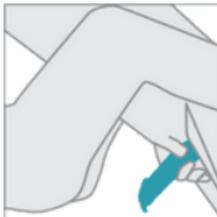
Place condom on the head of the erect, hard penis. If uncircumcised, pull back the foreskin first.



Pinch air out of the tip of the condom.



Unroll condom all the way down the penis.



After sex but before pulling out, hold the condom at the base. Then pull out, while holding the condom in place.



Carefully remove the condom and throw it in the trash.

From "The Right Way to Use a Male Condom" from the Center for Disease Control and Prevention. For more information visit www.cdc.gov/condomeffectiveness.

When it comes to contraception (birth control) there are a lot of options. Here is a quick summary about different types and how they work. You can contact a Title X clinic to learn more and find a method that works best for you (page 12).

Hormonal Methods

Intrauterine Devices (IUD)



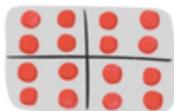
Small T-shaped device placed in the uterus by a doctor or nurse. Lasts 3-10 years depending on the type. Most types use hormones, but there is a hormone free option (Paragard). You can use an IUD even if you've never been pregnant.

Hormonal Implant



About the size of a match stick, its implanted by a medical professional just below the skin in your upper arm. It slowly releases hormones. Lasts up to 3 years.

The Pill



Birth control pills have been around a long time and there are many options. You take it once a day, every day. Skipping pills can lead to an unexpected pregnancy.



The Shot ("Depo")

Injected in the arm every 3 months by a healthcare worker. Contains one hormone called Progestin. It can be kept private because no one can feel or see it and there is nothing to keep at your home.



The Ring

A small, flexible plastic ring that releases hormones. You remove and replace it your vagina yourself. It stays in the vagina for 3-4 weeks before being replaced. There is also a new type of ring (Annovera[®]) that lasts up to 1 year.



The Patch

A small, thin piece of plastic is placed on the skin like a sticker and it releases hormones into the body slowly through the skin. You change it monthly and can choose a variety of places on the body to place it.

Permanent Birth Control (sterilization)

For people with ovaries, tubal ligation closes or blocks the fallopian tubes, preventing an egg from meeting sperm. For people with testes, vasectomy prevents sperm from being released. A healthcare provider can discuss permanent birth control options with you.

Barrier Methods

Barrier methods work by physically blocking sperm from entering the uterus through the cervix. These methods do not use hormones, but must be used correctly every time you have sex to prevent pregnancy. Find details on **condoms** on page 5.



Sponges

Made of plastic foam. Worn inside the vagina during sex and releases spermicide. Use a new one every time you have sex.



Diaphragms

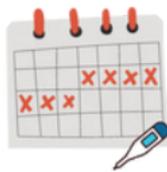
Small silicone cup a few inches across, inserted into the vagina with spermicide before sex.



Spermicides

Chemical that stops sperm from moving. Comes in many forms (gel, cream, etc.), inserted in the vagina before sex.

Fertility Awareness Based Methods



Also called Natural Family Planning, Fertility Awareness Based Methods (FABM) rely on users to track menstrual cycles or other signs in the body to determine when they are fertile and to avoid unprotected sex during that time. You can get counseling on FABM at a Title X clinic (page 12).

pregnancy testing

There are 2 pregnancy tests in your kit.

You should wait at least 10 days after unprotected sex to take a pregnancy test.

If you take it too early you may not get an accurate result. Pregnancy tests are more accurate if you wait to take them until a few days after you expect your next period.

Follow the instructions included with the pregnancy tests in this kit to ensure you are able to get an accurate result.

You can also go to a clinic that provides pregnancy testing to get another test if you want.

Check out page 12 to find a Title X clinic to get low-cost or free pregnancy tests.



Take charge! Know your rights.

With or without a parent's permission, **teens under 18** in Texas have the right to:

1

Consent to low-cost or free birth control at Title X family planning clinics.

2

Buy condoms and emergency contraception (like Plan B[®]) at any store, pharmacy, or online.

3

Get tested and treated for STIs at any clinic, including free clinics.

Questions? Call or text for free
Jane's Due Process
866-999-5363
www.janesdueprocess.org

Title X (ten) clinics provide low-cost or free confidential family planning services. You can't be turned away because you can't pay. Find a Title X clinic near you by scanning the QR code with your smartphone.



Scan with your
smartphone's camera
to find a Title X Clinic

Family Planning Services Include



Contraceptive services including talking about how birth control may fit with your future goals.



Basic fertility and infertility services, counseling on achieving pregnancy, preconception health services, and pregnancy testing.



Testing and treatment for sexually transmitted infections (STIs) like chlamydia, gonorrhea and HIV and AIDS.



Related preventive health services such as breast and cervical cancer screening.

www.everybodytexas.org/find-a-clinic

pregnancy options

People who become pregnant may choose different outcomes for their pregnancy including:

- Continue the pregnancy and raise the child.
- Continue the pregnancy and place the child with an adoptive family.
- End the pregnancy by having an abortion.

Learn about pregnancy options:

For people who would like to talk with someone about your options, you can call the All Options Talkline at 1.888.493.0092.

All Options is a “place where all options, decisions, experiences, and feelings are welcomed and respected, at any point in your journey.”

Find them online at all-options.org.

If a pregnant person is considering **continuing a pregnancy**, it is important they begin prenatal (medical care needed during pregnancy) care. If they don't have insurance, Texas has programs that can help pay for prenatal care. Scan the QR code to learn more.



options for the
uninsured

Community Health Centers, also called FQHCs, are clinics that provide primary healthcare to all people, regardless of their ability to pay. Many offer prenatal care. Scan the QR code and enter your county to find a local clinic.



find a community
health center

Abortion is now banned in Texas. However, abortion remains legal in other states. Some people can go to a different state to receive abortion care. Below is a list of organizations that provide information and resources about abortion and how to access abortion services outside of Texas.

The **National Abortion Federation (NAF)** provides accurate information, confidential consultation, and referrals to providers of quality abortion care. Call 1-800-772-9100. prochoice.org

Abortion Finder is an easy-to-use search tool built on a database of over 750 verified abortion providers across the country. abortionfinder.org

The **National Network of Abortion Funds (NNAF)** connects people seeking abortion care with organizations that can support financial and logistical needs for abortion care. abortionfunds.org



www.everybodytexas.org

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