

USE EVERY TIME



NON-HORMONAL

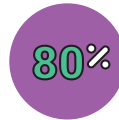


PULL-OUT METHOD



HOW DO I USE IT?

The Pull-Out method is a method you use with a sexual partner to prevent pregnancy. It works by pulling the penis out of the vagina before ejaculation. You need to pull out every time you have sex to prevent pregnancy.



HOW EFFECTIVE IS IT?

The Pull-Out method is 80% effective at preventing pregnancy. Pulling out can be difficult to do perfectly. When combined with another method it is more effective.



WHAT I MIGHT LIKE...

- + You don't need a prescription, purchase, or provider visit to use this method
- + This method is hormone-free



WHAT I MIGHT DISLIKE...

- You need to have clear communication and trust with your sexual partner to use this method
- Pre-ejaculate can contain sperm, which means pregnancy could occur if it enters the vagina
- You may not like the feeling of pulling out during sex
- You won't be protected from STIs



[WANT TO LEARN MORE?](#)



Visit upstream.org/birthcontrol