

 USE ON A SCHEDULE

 NON-HORMONAL

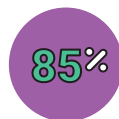


FERTILITY AWARENESS METHODS



HOW DO I USE IT?

Fertility Awareness Methods help you track your menstrual cycle to determine the days that you can get pregnant and what days are safer for sex. There are many types, such as the Cervical Mucus, Basal Body Temperature, and Calendar Methods.



HOW EFFECTIVE IS IT?

Although different for each method, Fertility Awareness Methods are, on average, 85% effective at preventing pregnancy. These methods are more effective when combined and don't work for people who have irregular menstrual cycles.



WHAT I MIGHT LIKE...

- + You don't need a prescription or a procedure to use these methods
- + You can start and stop using them on your own
- + You can learn more about your body and fertility



WHAT I MIGHT DISLIKE...

- You need careful scheduling and organizing
- You may not like that you can't have sex (or need to use another method) on certain days with these methods
- These methods don't work for people who have an STI, irregular bleeding, or irregular discharge
- You won't be protected from STIs



WANT TO LEARN MORE?



Visit [upstream.org/
birthcontrol](https://www.upstream.org/birthcontrol)