

# Long-Acting Reversible Contraception

*Birth control options for teens*

## Long-Acting Reversible Contraception

Long-acting reversible contraception (LARC) is a safe and effective type of birth control for teens.

Birth control pills and condoms are the most common types of birth control used by teens. To be effective, they need to be used consistently and correctly.

LARC is more effective at preventing pregnancy than birth control pills and condoms.

When using LARC, you will not need to take a pill or do something each time before having sex to prevent pregnancy.

## Types of LARC

### Injection

Depo-Provera<sup>®</sup> is a progesterone injection (shot) into your arm or buttock every 3 months.

Short-term use (no more than 2 years) is recommended. Studies show that permanent bone density (thickness) loss can occur.

Depo-Provera does not protect from sexually transmitted diseases.

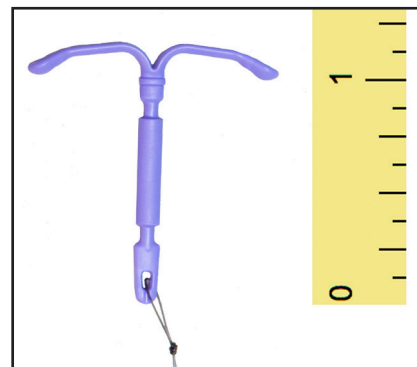
## Intrauterine devices (IUDs)

An intrauterine device (IUD) is a small plastic T-shaped device that is placed in your uterus. It contains a hormone which helps prevent pregnancy.

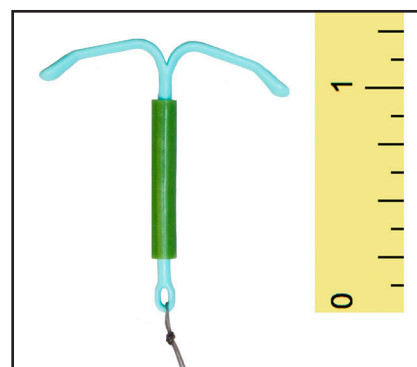
Skyla<sup>®</sup>, Mirena<sup>®</sup> and Kyleena<sup>™</sup> are three common types of hormone-releasing IUDs:

- Skyla can stay in place for 3 years.
- Mirena and Kyleena (not pictured) can stay in place for 5 years.

IUDs do not protect from sexually transmitted diseases.



Skyla IUD



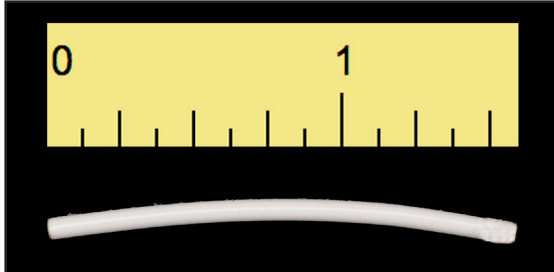
Mirena IUD

(over)

## Implant

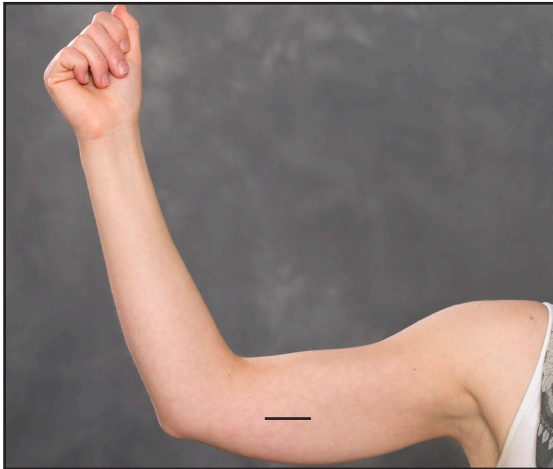
Nexplanon® is a plastic implant that is placed in your arm. It is small (about the size of a toothpick) and flexible.

A special applicator with a needle is used to guide the implant under your skin. There are no incisions. You may feel some pressure.



**Nexplanon**

Nexplanon releases a low dose of a hormone to help prevent pregnancy for 3 years. It does not protect from sexually transmitted diseases.



**The implant is placed under the skin on the inside of your upper arm.**

**Information adapted from  
the Centers for Disease  
Control and Prevention**