



Birth Control Kit Contents



Abstinence

Male Condom



Demonstration of Male Condom

<http://www.teachingsexualhealth.ca/teacher/resources/demonstrationvideos.html>

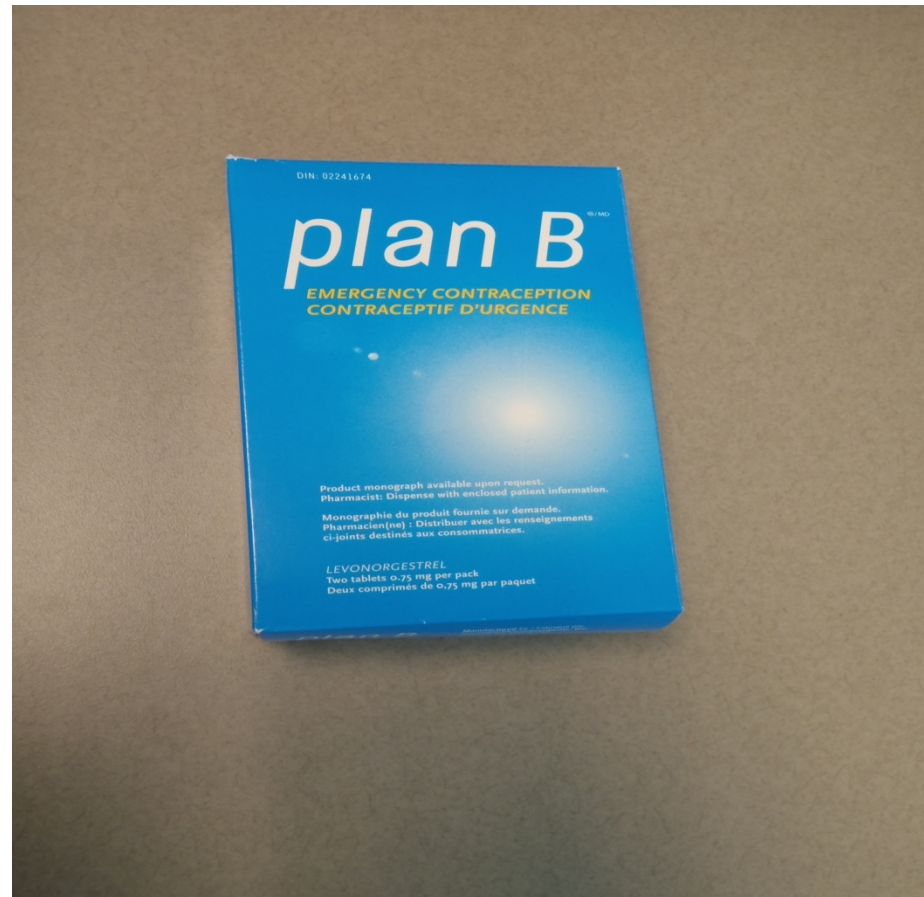
Female Condom



Demonstration of Female Condom

<http://www.teachingsexualhealth.ca/teacher/resources/demonstrationvideos.html>

Emergency Contraception (EC) / Plan B / Morning After Pill



IUD (Intra Uterine Device) and IUS (Intra Uterine System)



Birth Control Pills



Birth Control Patch



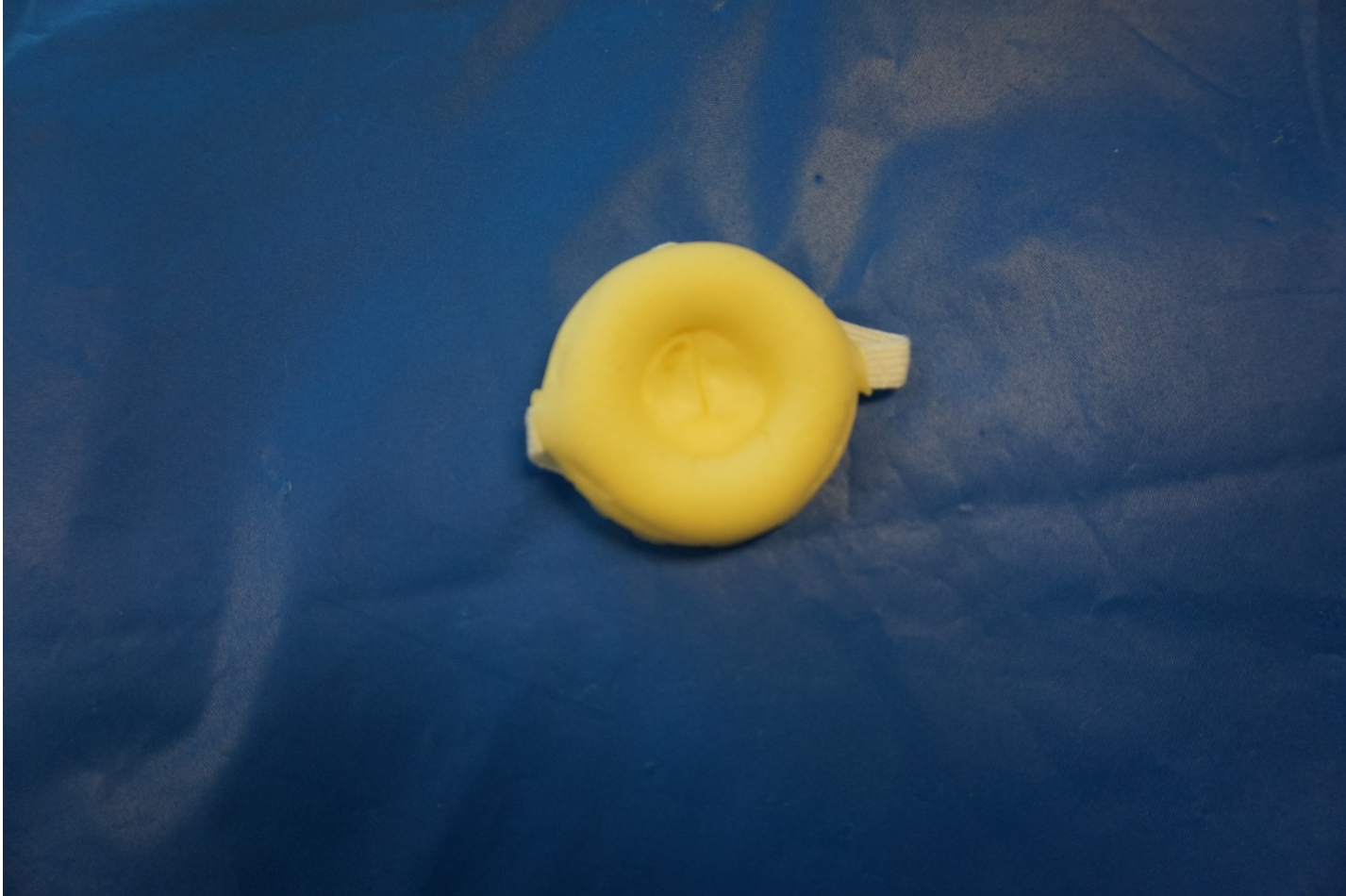
Vaginal Contraceptive Ring



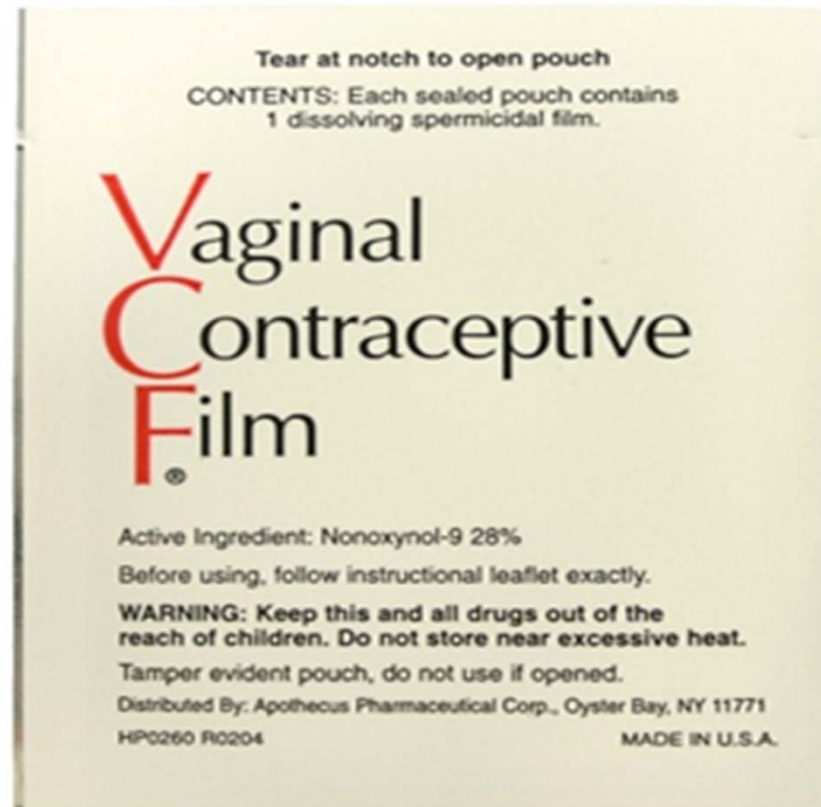
Depo Provera



Sponge



Vaginal Contraceptive Film



Diaphragm



Tubal Ligation

Vasectomy

Fertility Awareness Based Methods (FAB, Natural Family Planning)

Withdrawal