

Hormonal birth control doesn't prevent STDs or HIV, so you should still use a condom.

Preventing pregnancy is important if you're not ready to have a baby. Talking about birth control may seem embarrassing — but you and your partner will probably feel better afterwards. Knowing that you're preventing an unplanned pregnancy can help you both relax and enjoy your time together more!

## Talking to him about birth control

You may want to talk about your birth control method with your partner — or you may not. Either way, that's for you to decide.

Visit [www.familyplanning.org/partners](http://www.familyplanning.org/partners) for more info and a chance to win a \$100 gift card!

If you think you might like to talk to your partner about the birth control method you're using, keep reading...

## Talking gives you a chance to...

- Tell your partner about the method you're using and answer his questions.
- Get support from your partner. He can remind you to use your method, help you pay for it, or go with you to the clinic or doctor's office.
- Become closer by sharing personal information about yourself.
- Relax – because you both know you're protecting yourselves from pregnancy.

Talking about birth control shows you care about yourself and your partner

You may want to give your partner this card and time to read it in private.

## What should I say?

- Ask a close friend how she handled a talk about birth control. Sharing ideas can be helpful.
- Plan what you want to say. Be clear and calm so your partner can respond in the same way.
- Practice by talking out loud or to a friend.
- Pick a good time to talk, when you're both relaxed and comfortable.
- Come up with some ways to open the conversation. Try: "I'm a little embarrassed bringing this up, but I want to talk about birth control" or "I know we've never really talked about birth control, but I want you to know what I'm using."