

- 6 **Talk to other men.** If you want advice about preventing pregnancy, talk to a man in your family or your community whom you trust. Share what you know about birth control and condoms with your friends and other men in your life. By talking with other men, you help each other prevent STDs, HIV and unplanned pregnancies.
- 7 **Take pride in yourself.** Respecting yourself and your partner go hand in hand. Make preventing pregnancy a shared responsibility. Having a baby before you're ready will change your whole life. By using birth control and condoms, you'll be more in control of your life and your future.
- 8 **Talk about pregnancy.** Sometimes a pregnancy happens when you least expect it. Talk with your partner about what you would do, just in case. Help each other remember how important it is to use birth control and condoms!

Pregnancy Prevention

What a Man Can Do

Visit www.familyplanning.org/partners for more info and a chance to win a \$100 gift card!

Whether your partner uses birth control or you use condoms, there are many things you can do to help avoid an unplanned pregnancy.

- 1 **Don't have sex without protection.** If your partner forgets to use her birth control, or you run out of condoms, wait until you're prepared. There is no safe time to have sex without birth control or a condom. A woman doesn't know for sure just by counting days. Pulling out is better than using nothing at all — but it is NOT a reliable method of birth control.
- 2 **Use condoms.** Condoms help protect you from pregnancy, STDs and HIV. Condoms show that you care and that you are being responsible. Many health centers, clinics, schools and community organizations give out free condoms. Birth control doesn't prevent STDs or HIV — so use a condom even if your partner is on birth control.

- 3 **Learn about birth control.** The more you know, the less likely you are to have an unplanned pregnancy. Go to your doctor's office or a clinic to learn about different methods. You can also find information about birth control and condoms on the internet. One website is: www.familyplanning.org.
- 4 **Bring up the subject.** Talk about birth control BEFORE you have sex. It can be hard to talk about it, but your partner will probably respect you more if you do. Keep a sense of humor. Laughing together can help you both relax. Listen to your partner and have respect for her feelings.
- 5 **Support your partner.** Remind her to take her pill, change her patch, get her Depo shot, etc. Offer to go with her to the clinic or doctor's office. Help pay for her birth control. If she has side effects from using her birth control, be understanding.