

Flathead Family Planning
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Kalispell, MT 59901
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Information for Abstinence

Abstinence means no sexual contact of any kind. In terms of birth control, abstinence means not allowing sperm near the woman's body below the waist. In terms of STI protection, abstinence means no oral-genital, anal-genital, or intimate skin-to-skin contact. This method is 100% effective in preventing pregnancy and protection against Sexually Transmitted Diseases (STDs).

BENEFITS:

- * Free, available to all, can be started at any time in one's life
- * No menstrual changes
- * Wait until you feel ready for a sexual relationship
- * There are no medical or hormonal side effects
- * Wait to find the right partner
- * Follow your personal, moral, or religious beliefs and values

RISKS/SIDE EFFECTS:

- * No serious side effects
- * If you are counting on abstinence and change your mind, you might not have protection handy
- * Requires commitment
- * Pregnancy can happen if you become sexually active and you don't use birth control

ALTERNATIVES: You may receive information about the other methods of birth control that is available. If you choose to have sex and do not use protection, or if you're your method fails, emergency contraception is available and offers a chance to reduce the risk of unintended pregnancy.

INSTRUCTIONS: You have received this information sheet about abstinence and how to use it. This method is 100% effective in preventing pregnancy and protection against STDs or HIV if used consistently and correctly.

DECISION NOT TO USE: You may stop using abstinence as a birth control method at any time. A woman is most likely to become pregnant if she or her partner are not using a method of birth control.

QUESTIONS: You may ask questions about this method at any time and may contact the clinic with further questions.