

Compare Birth Control Methods: How effective is yours?

More Effective

Less than 1 pregnancy per 100 women in 1 year



Best!

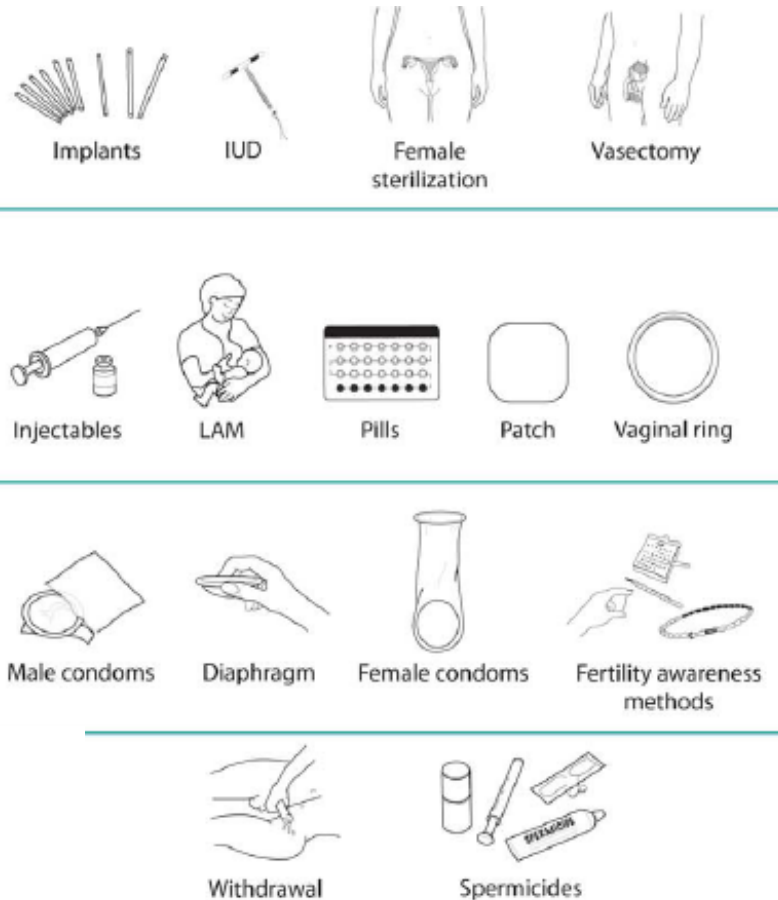
Better

Good

Less Effective

About 30 pregnancies per 100 women in 1 year

Choose an effective method!



What is risky drinking?

Do you drink more than ...

For women = More than 3 drinks on any day or **7** drinks during a week*

*** Any drinking during pregnancy is risky drinking**

For men = More than 4 drinks on any day or **14** drinks during a week

A “Standard Drink” is:



12 oz. (5%) beer



5 oz. (12%) wine



1½ oz. (40%) liquor