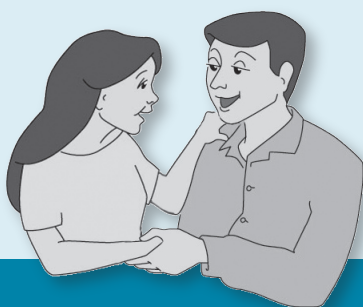


# Couples make decisions together all the time.

## Why should birth control be any different?

- Planning for parenthood is important, and should involve both the woman and the man.
- Decisions – and consequences – about birth control involve both of you.
- Talking with your partner can help you plan for the future and use birth control more effectively.



**It Takes Two!**

For more information on birth control methods contact Planned Parenthood at:

1-888-743-PLAN  
[www.planned.org](http://www.planned.org)



**Planned Parenthood**  
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# Sex and Birth Control... It Takes Two!

**Talk with your partner about sex and birth control. This can help both of you protect your health and avoid unintended pregnancy.**

## Questions to ask each other:

- Do we want to have children soon?
- Which birth control method is right for us?
- Are we planning to have sex only with each other?
- How will we protect ourselves from HIV/AIDS and other sexually transmitted infections?

**Get involved. Men and women can make decisions about sex and birth control together.**

## For men:

- Learn about birth control options.
- Support your partner. Go to the clinic with her, help her pay for birth control, or just ask her what you can do.
- Use birth control correctly.
- Protect yourself and your partner from sexually transmitted infections.
- Use condoms. If you are sure you do not want children in the future, consider a vasectomy.



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