

Real Talk

Top Myths

About Birth Control & Emergency Contraception



1

MYTH: Using birth control now means you won't be able to have kids later.

FACT: Most women can get pregnant soon after stopping birth control.

2

MYTH: BC is just about not getting pregnant.

FACT: It's also used to manage periods, hormone issues and more.

3

MYTH: Plan B causes an abortion.

FACT: Emergency contraception prevents pregnancy. It doesn't end one.

4

MYTH: All birth control messes with your body.

FACT: Not every method has the same effects — and you have options.

5

MYTH: EC is for people who made bad choices.

FACT: EC is a smart backup when condoms break or other options fail.

Get the facts. Not the fear.

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