

# LEVEL THE COURT



WNBA

Opill



## CONTRACEPTION MYTHS & FACTS

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### BIRTH CONTROL MAKES YOU INFERTILE.

**FACT:** Using birth control does not cause infertility. Once you stop taking it, your fertility typically returns to normal.



### THE PILL ISN'T SAFE FOR BLACK WOMEN.

**FACT:** While medical bias has led to justified concerns about healthcare, birth control, including Opill, is safe and effective for most women. Consulting a trusted provider can help ensure the best choice for you.



### YOU DON'T NEED BIRTH CONTROL IF YOU DON'T HAVE SEX OFTEN.

**FACT:** Even if sex is infrequent, pregnancy can happen any time sperm meets an egg. Birth control helps you stay in control of your reproductive choices.



### ALL BIRTH CONTROL METHODS CAUSE WEIGHT GAIN.

**FACT:** Not all birth control causes weight gain. Many people use contraception without changes to their weight, and progestin-only pills like Opill typically have minimal impact.



### PULLING OUT IS JUST AS EFFECTIVE AS BIRTH CONTROL.

**FACT:** The pull-out method is far less reliable than birth control pills or other contraceptives, as pre-ejaculate can contain sperm, and timing is difficult to perfect.