

# DID YOU KNOW?

Debunking common birth control misconceptions:

## MYTH

The only benefit of birth control is pregnancy prevention.

## FACT

Birth control isn't only used to prevent unwanted pregnancy. Many individuals rely on them exclusively for non-pregnancy related reasons such as heavy menstrual bleeding, irregular periods, cramping, headaches, and acne. Some hormonal contraceptives also suppress ovarian cyst formation. Regardless of your reason for wanting to take birth control, PATH4YOU is here!

# DID YOU KNOW?

Debunking common birth control misconceptions:

## MYTH

All birth control methods will protect me from STDs/STIs.

## FACT

Birth control methods can be very effective at preventing pregnancy, but they do not protect against sexually transmitted infections (STIs). The only birth control method that can prevent the spread of STDs/STIs are condoms.