

## Preventing Teen Pregnancy PSA (:60)

Teen births in the U.S. *have* declined, but still, more than 273,000 infants were born to teens, ages 15 to 19 in 2013. The good news is that almost 90 percent of teens used birth control the last time they had sex, but most sexually active teens use birth control pills and condoms— types that are less effective at preventing pregnancy, because they are often not used consistently and correctly. The most effective types of birth control are intrauterine devices, or IUDs, and implants—also known as long-acting reversible contraception, or LARC. LARC is safe for teens to use, doesn't require taking a pill each day or doing something each time before having sex, and can prevent pregnancy for three to 10 years.

Health care providers are encouraged to get training on LARC, explore funding options to cover costs, and offer teens a broad range of birth control options, including LARC. To learn more, visit [cdc.gov/vitalsigns](http://cdc.gov/vitalsigns).