

Withdrawal

What is Withdrawal?

During vaginal sex, withdrawal (or “pulling out”) means pulling the penis out of the vagina and away from the vaginal area before ejaculation. This birth control method requires trust and communication between partners. You need to talk to your partner before having sex and agree that you will both interrupt or stop sexual intercourse before ejaculation.

How effective is it?

Withdrawal is about 73-96% effective based on how well it is used. It is not reliable because:

- males cannot always control when they are going to ejaculate
- judgement may be impaired due to drugs or alcohol, which can effect self control
- some males may hope that their partner gets pregnant without her consent
- there may be a small number of sperm in the pre-cum (pre-ejaculate)

Withdrawal is more effective if you use it with another kind of birth control such as a condom, spermicidal foam or vaginal contraceptive film.

Advantages

Using withdrawal does have some advantages including:

- it is better than using no birth control at all.
- it is free
- no prescription is needed so you don't need to see a health professional
- there are no chemicals or hormones
- it can be used at anytime.

Disadvantages

The disadvantages of using withdrawal include:

- no protection against sexually transmitted infections (STIs), including HIV
- a higher chance of getting pregnant.
- the need to stop sexual intercourse suddenly
- partners needing to have complete trust in one another as the female has little control

If you have used withdrawal and are worried about pregnancy, you can take the emergency contraceptive pill (ECP) up to 72 hours after unprotected sex. The ECP is available at Healthy Sexuality Clinics, some doctors and walk-in clinics and from the pharmacist at a drug store.

**For more information, call Peel Public Health 905-799-7700
and ask for Sexual Health Information
or visit
intheknowpeel.ca peelsexualhealth.ca peelregion.ca/health**