

Withdrawal (Coitus interruptus)

Withdrawal, also known as the pull out method, is an attempt to avoid having any sperm ejaculated into the vagina or on the vulva during sex. The male withdraws his penis from the vagina and away from the external genitalia of the female partner prior to ejaculation. Both partners must be in agreement on this method, and must be prepared to deal with an unplanned pregnancy, which can occur in 1 out of 5 users.

How does it work?

During sex, the male withdraws his penis from the vagina and away from the external genitalia of the female partner prior to ejaculation. It can be difficult and both partners have to be really careful because right before ejaculation, there is some fluid released from the penis that contains sperm.

How effective is it?

Withdrawal is a risky method. About 22 out of 100 women who use the withdrawal method will become pregnant in a year.

Advantages

- + It is considered a natural method
- + Safe and convenient
- + No cost
- + No hormones
- + It is immediate for partners who have entered into a sexual act without having an alternative method
- + No consultation or prescription required

Disadvantages

- It's not easy, it takes a lot of self-control
- It is a risky practice – even if a man pulls out in time, pregnancy can still happen
- Does not protect against STIs