**family planning program Resources for you** April 13, 2018

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The Emergency Contraception Website hosted by Princeton University:

* [Emergency Contraception Website - English](http://ec.princeton.edu/index.html)
* [Emergency Contraception Website - Spanish](http://ec.princeton.edu/es_index.html)
* [Emergency Contraception Website - Arabic](http://ec.princeton.edu/Arabic/default.aspx)

[Bedsider.org](https://www.bedsider.org/) is an online birth control support network to help people find the method of birth control that’s right for them and lean how to use it consistently and effectively.

* [Bedsider - Spanish](https://www.bedsider.org/es)
* [Bedsider - Providers](https://providers.bedsider.org/)

[Effectiveness of Contraceptive Methods Chart – English](https://www.cdc.gov/reproductivehealth/contraception/unintendedpregnancy/pdf/Contraceptive_methods_508.pdf) US Medical Eligibility Criteria for Contraceptive Use - 2016  
[Effectiveness of Family Planning Methods Chart – Spanish](https://www.cdc.gov/reproductivehealth/contraception/unintendedpregnancy/pdf/Eficacia-de-los-M%C3%A9todos-de-Planificaci%C3%B3n-Familiar-Afiche.pdf) US Medical Eligibility Criteria for Contraceptive Use - 2016