



american society for
emergency contraception

EMERGENCY CONTRACEPTION: MYTHS AND TRUTHS

Here are some common myths that you may hear from EC opponents, and how to counter them.

Myth	Truth
EC causes abortion.	EC is a form of contraception. → The best available evidence shows that EC works by preventing ovulation – not implantation. → EC has no effect on established pregnancy.
The Plan B label says that it may prevent “attachment of a fertilized egg to the uterus (implantation)”.	The FDA removed this inaccurate language from the label in December 2022. → Based on well-established evidence, the FDA updated the label to match what we already know: EC prevents ovulation and does not work after → Even if EC did prevent implantation, this is still before pregnancy is established.
It’s dangerous to take EC repeatedly; this can harm someone’s ability to get pregnant in the future.	EC is safe. → There is no evidence that taking EC repeatedly causes harm to your current or future health or fertility. → EC is not recommended as a go-to-method because it’s expensive and less effective than regular birth control, but it won’t hurt you or make you unable to get pregnant in the future.
Making EC more available will mean more people have risky or “irresponsible” sex.	EC reduces – not promotes – sexual risk. → Providing sexual health information and services to young people does not lead to increases in sexual activity. → Using EC actually reduces sexual risk, by reducing the likelihood of pregnancy.

Should you respond to opposition?

Keep in mind:

- You don’t need to respond to every false claim or attack.
- Spend energy on issues that are of specific concern to your community.
- Focus on providing useful, factual information.
- Share positive messages about what EC is, why it’s important, and how it helps people.

If you need information or support related to EC, ASEC is here to help!

Contact kelly@americansocietyforec.org with questions.