

» Contraceptive Behaviour | Adults and Adolescents 2024

In Focus: 18- to 49-Year-Olds

Since 2003, the representative repeat survey “Contraceptive Behaviour” has provided reliable insights into the attitudes and behaviours relating to sexuality and contraception in Germany. The sixth iteration of the survey began in summer 2024 and expands the study design in two ways: For the first time, 16- and 17-year-olds were included in the survey and online questionnaires were conducted in parallel with telephone interviews.

This fact sheet focuses on the survey of sexually active 18- to 49-year-olds. More than three quarters of respondents report using contraception – most commonly condoms. But which other methods are widely used? What motivations influence the decision for or against a particular method? And when do people choose not to use contraception at all? The current results provide answers – and, thanks to the study design, allow for well-founded comparisons over time.

Results: An Overview	Page
1 Contraception rate rises slightly – highest levels among young adults.	2
2 The reasons for not using contraception vary depending on the stage of life.	5
3 The pill continues to lose importance, with condoms remaining the most commonly used contraceptive.	7
4 Other contraceptive methods are becoming more popular – especially the IUD/IUS.	9
5 For the first time, pill use is also declining among the over-40s.	11
6 Reliable contraceptive protection remains the main criterion when choosing a method.	13
7 Contraception costs are rarely a barrier – but are still relevant for women and younger people.	15
8 Men pay more attention to the safety of contraception, while women emphasise health aspects.	16
9 Three out of ten respondents have experience with the “morning-after pill”, usually having used it only once.	18



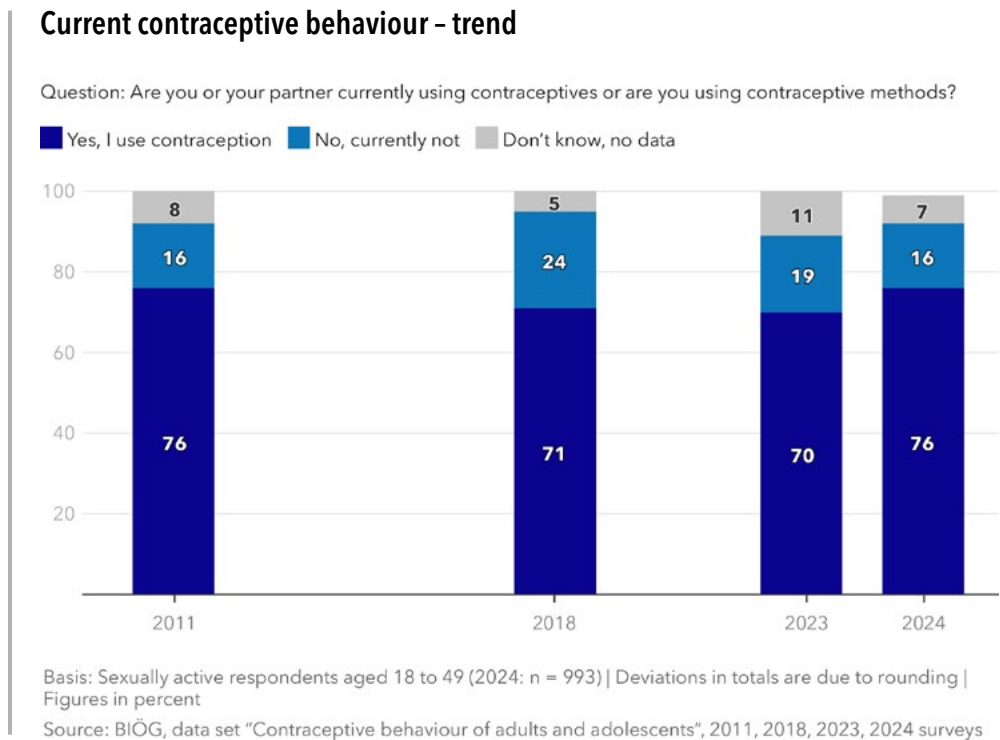
Result 1

Contraception rate rises slightly - highest levels among young adults.

Those who have been sexually active in the last twelve months generally use contraception (see Figure 1). Currently, 76 percent of respondents report using contraception during sexual contact. This represents an increase of six percentage points compared with the previous year and - together with the figure from 2011 - marks the highest level ever recorded in the study series.

In contrast, 16 percent deliberately choose not to use contraception, which is a significant decrease of eight percentage points compared with 2018. A further 7 percent did not provide any information about their contraceptive behaviour. Overall, men and women report using contraception with similar frequency (2024: 1 percentage point difference; 2023: 2 points).

Figure 1



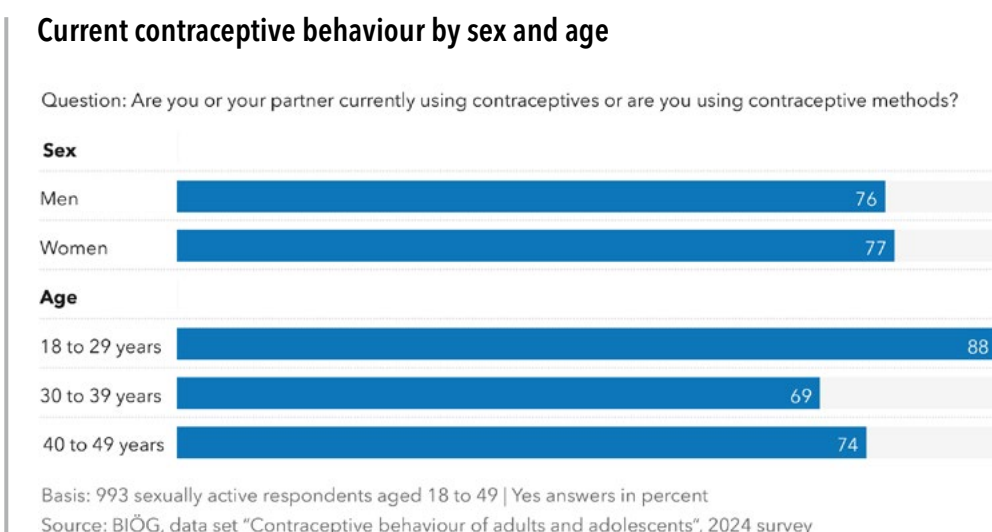
Contraceptive behaviour is largely influenced by the respondents' age (see [Figure 2](#)):

- **18- to 29-year-olds are by far the most likely to use contraception.** The current rate stands at 88 percent. Since 2011, the proportion in this age group has remained consistently high (85 % to 86 %).
- **30- to 39-year-olds use contraception significantly less often.** The lower figure has remained relatively stable since 2011, at around 70 percent (currently 69 %).
- **40- to 49-year-olds show greater fluctuations in contraceptive behaviour.** In 2018 and 2023, the rate was around ten percentage points below that of 30- to 39-year-olds. In the current survey, however, 74 percent report using contraception – an increase of 15 percentage points compared with the previous year. This results in a situation similar to 2011, when 68 percent of this age group said they used contraception.

The sharp rise among 40- to 49-year-olds can be partly explained by the fact that only 5 percent left the question about contraceptive methods unanswered, compared with 2023, when 10 percent left the question unanswered. In addition, the proportion of those who consciously refrain from using contraception has fallen: in 2023 it was 26 percent, currently it is only 17 percent (2018: 33 %).

[For further details on the reasons for not using contraception, see \[Result 2\]\(#\)](#)

Figure 2



A further breakdown by gender shows that among those in their 40s, the increase in contraceptive use is mainly due to changes in women's responses: the contraception rate rose by 20 percentage points from 56 percent in 2023 to 76 percent. Among men of the same age, the figure rose by 8 percentage points.

Overall, the contraception rate among women is higher than among men both under 30 and between 40 and 49 (by 6 to 7 percentage points). However, among 30- to 39-year-olds, men use contraception slightly more often (72 % compared with 67 %).

Relationship status also influences contraceptive behaviour:

- People in a **steady relationship** use contraception in 74 percent of cases.
- People who are **not in a steady relationship** use contraception 92 percent of cases.

In both groups, the proportion of those using contraception has risen compared with the previous year, though the rise was greater among those not in a steady relationship (a rise of 9 vs. 5 percentage points).

Result 2

The reasons for not using contraception vary depending on the stage of life.

In most cases, the decision not to use contraception is conscious and well-considered. As in previous waves of the survey, the reasons given largely depend on the respective stage of life (see Figure 3).

Currently, 16 percent of the sexually active population report not using contraception. There are clear differences when broken down by age.

- Respondents **under 30** are much less likely to forgo contraception (8 %) than those over 30.
- The highest share of people not using contraception is found in the middle age group of **30- to 39-year-olds**, at 23 percent.
- From **the age of 40**, the proportion of those not using contraception falls again, but remains higher than among those under 30.

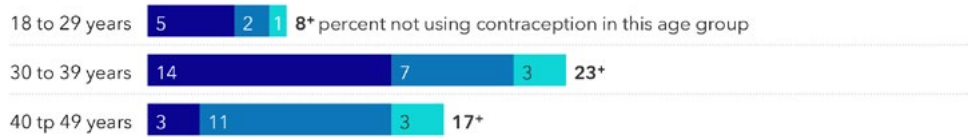
Figure 3

Reasons for not using contraception

Question: Are you or your partner currently using contraceptives or are you using contraceptive methods? Currently not, because ...

■ Current desire to have children, pregnant ■ Infertility ■ Other reasons

*Total proportion of respondents not using contraception



Basis: 993 sexually active respondents aged 18 to 49 years | Figures in percent
Source: BIÖG, data set "Contraceptive behaviour of adults and adolescents", 2024 survey

A key reason for not using contraception continues to be the **desire to have children**. This is particularly pronounced among those aged 30 to 39: 14 percent of these respondents stated that they wish to have children or are already pregnant / have a pregnant partner. This accounts for more than half of all people in this age group not using contraception and makes the desire to have children three times more common than in the younger and older groups (where it is no more than 5 %).

Another common reason is **infertility**. A total of 7 percent of those not using contraception state that they themselves or their partner cannot, or can no longer, have children (2023: 6 %). For those aged 40 and over, it is by far the most common explanation, at 65 percent.

Among younger respondents under the age of 30, the proportion of those not using contraception is already low (8 %). When they do forgo contraception, it is mostly due to a desire to have children or they or their partner are currently pregnant (61 %).

[For further details on cost as a possible influencing factor on contraceptive decisions, see Result 5](#)

Reasons such as **lack of sexual activity** (less than 1%) or **financial difficulties** (less than 1 %) play no significant role overall.

Whether sexual activity takes place within or outside of a relationship influences contraceptive decisions. Respondents in a steady relationship are more than twice as likely to forgo contraception as those without a partner (7 %).

The pill continues to lose importance, with condoms remaining the most commonly used contraceptive.

Condoms and the pill are still by far the most important contraceptives in Germany (see Figure 4). 73 percent of contraceptive users aged 18 to 49 use at least one of these two methods. In 2023, the figure was 76 percent. The current survey results confirm a continuing shift in contraceptive behaviour.

Until 2011, **the pill** was the most widely used contraceptive, with stable rates of over 53 percent. Since 2018, however, there has been a clear decline, which has accelerated since 2023. Today, only 31 percent of contraceptive users still use the pill – 44 percentage points less than in 2007.

Condoms remain popular: 51 percent of contraceptive users currently rely on them. This is roughly the same as last year (53 %) and significantly more than at the beginning of the survey series (2007: 36 %).

The changes in contraceptive behaviour are linked to an increasingly critical attitude towards hormonal contraceptive methods. 62 percent of contraceptive users are convinced that hormonal contraception “has a negative effect on the body and mind”. This is up from 45 percent in 2018. Health compatibility is becoming an increasingly important factor when choosing a suitable contraceptive method.

Result 3

[See also Contraceptive Behaviour 2023: Research Report on the Representative Survey](#)



[For further details on hormonal contraception see Result 5](#)

Figure 4

Contraceptives used - trend

Question: Are you or your partner currently using contraceptives or are you using contraceptive methods?
Here: The 5 most common methods



Basis: Respondents who use contraception (2024: n = 718) | Multiple responses possible | For 2007: 20 to 44 years, then 18 to 49 years | Figures in percent

Source: BIÖG, data set "Contraceptive behaviour of adults and adolescents", 2007, 2011, 2018, 2023, 2024 surveys

Other contraceptive methods are becoming more popular - especially the IUD/IUS.

A comparison over time of contraceptive method choices shows: Condom use is not increasing at the same rate as the pill has declined in importance. Rather, a second trend is emerging: the growing popularity of alternative methods beyond the pill and condoms. In 2018, 20 percent of contraceptive users used a method other than the pill and condoms, this proportion rose to 24 percent in 2023 and has now reached 27 percent - the highest level recorded.

In addition to the pill and condoms, 14 other contraceptives were included in the study. Ten of these were cited by at least 1 percent of contraceptive users as their current contraceptive of choice.

After the pill and condoms, **copper IUDs or hormonal IUSs** are most commonly used. With the decline in pill use, IUD/IUS contraception has increased the most (see [Figure 4](#)): Today, 15 percent use an IUD/IUS - more than ever before since the survey began in 2007. Compared with 2018, the use of IUDs/IUSs has increased by 50 percent in 2024. Hormonal IUSs (8%) and copper IUDs, frameless copper IUDs or intrauterine balls (7%) are similarly common.

Not only IUDs/IUSs, but also other methods are used more frequently today than in the early 2000s, including **sterilisation**. Men continue to undergo this procedure much more often than women.

For much of the past 20 years, the proportion of contraceptive users relying on **male sterilisation** has been below 5 percent. It currently stands at 6 percent. **Female sterilisation** is reported by 3 percent of women using contraception. Sterilisation is particularly relevant for **contraceptive users aged 40 and over**; it remains rare among younger people.

[For more details on sterilisation, see Result 5](#)

The **use of cycle-based methods**, which rely on physical changes during the female cycle (e.g. natural family planning, cycle apps, calendar or temperature methods) has also increased (currently 6 %, compared with a maximum of 2 % in 2011).

All other methods among the 16 surveyed currently play a role for no more than 1 percent of contraceptive users.

In the survey of contraceptive methods, the responses of all sexual partners involved were taken into account. Specifically, respondents were asked how they or their partner are currently using contraception. Nevertheless, **clear sex differences emerge:**

- Men mention condoms as a contraceptive more often than women (62 % versus 45 %). The 17-percentage-point gap is roughly in line with the figures since 2011 (16 to 19 percentage points).
- Men also refer to the pill more frequently than women (37 % compared with 28 %). This is a new development: in 2011 and 2018, the difference was no more than 1 percentage point, rising to 6 points in 2023, and currently stands at 9 points. Whether this difference is due to outdated knowledge or incorrect assumptions cannot be determined from the available data.
- Women, by contrast, have reported using IUDs/IUSs about twice as often as men in all surveys since 2011 (currently 18 % vs. 9 %).

For the first time, pill use is also declining among the over-40s.

Result 5

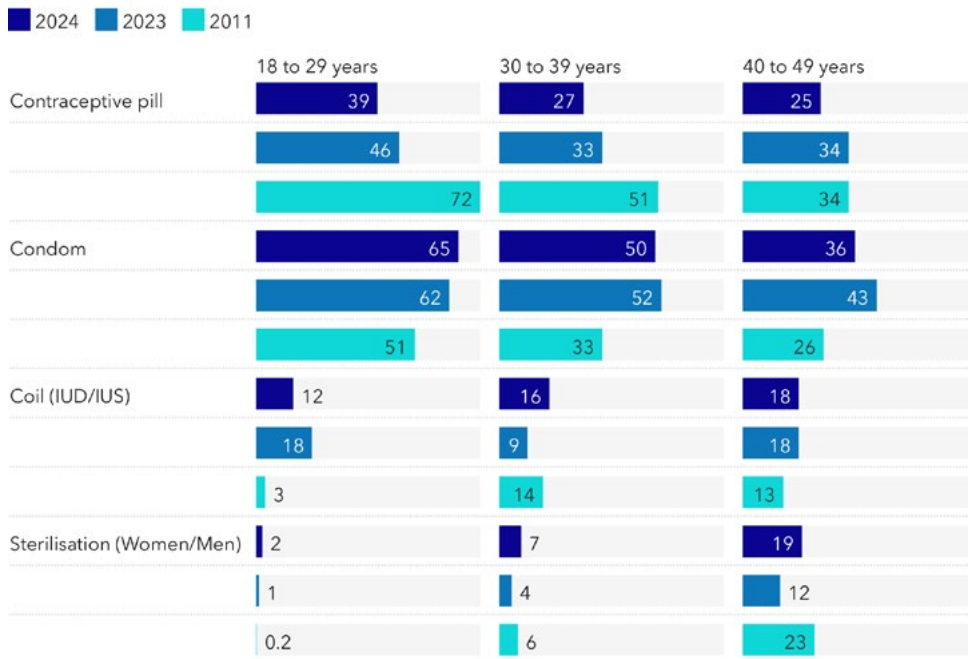
The downward trend in pill use can now be observed for the first time among older contraceptive users aged 40 to 49 (see Figure 5). Between 2011 and 2023, the share of this age group using the pill remained fairly constant, between 34 and 39 percent. In 2024, however, it has dropped to 25 percent - a decline of 12 percentage points compared with the previous year.

Among younger age groups, the move away from the pill began earlier. Among those under 30, the sharpest decline occurred between 2011 and 2018, falling from 72 percent to 56 percent (a decline of 16 percentage points). In the middle age group (30 to 39 years), the decline occurred between 2018 and 2023, from 45 percent to 33 percent (a decrease of 12 percentage points).

Contraceptives used by age - trend

Figure 5

Question: Are you or your partner currently using contraceptives or are you using contraceptive methods?
Here: The 5 most common methods



Basis: Respondents who use contraception (2024: n = 718) | Multiple responses possible | Shown: most frequent responses in percent

Source: BIÖG, data set "Contraceptive behaviour of adults and adolescents", 2011, 2023, 2024 surveys

Despite the clear decline, younger contraceptive users aged 18 to 29 still use the pill most frequently compared with other age groups (39% vs. a maximum of 27% in the others). When comparing age groups across the other most common contraceptive methods, further differences emerge:

Condom use: Across all age groups, condoms remain the most widely used contraceptive method. Since 2011, their use has increased significantly, with one exception: among 40- to 49-year-olds, the share fell compared to 2023, from 43 percent to 36 percent.

The proportion is particularly high among those without a steady partner: 76 percent of them use condoms (an increase of 8 percentage points) and more than half (54%) rely on them exclusively.

IUD/IUS use: With increasing age, the IUD/IUS becomes a more popular contraceptive method; among 40- to 49-year-olds, the share is 18 percent. The sharp rise in IUD/IUS use among those under 30 observed between 2018 and 2023 (from 5% to 18%) has not continued. In 2024, there is a slight decrease to 12 percent.

Despite the decline in hormonal contraception through the pill, in older age groups the hormonal IUS (8%) is used twice as often as copper-based devices (4%). Only among 30- to 39-year-olds is the copper IUD used more frequently than the hormonal version (11% vs. 5%).

Sterilisation: Sterilisation is particularly common among those aged 40 and older (18%). Among younger contraceptive users, the proportion has never exceeded 7 percent since 2011.

Result 6

Reliable contraceptive protection remains the main criterion when choosing a method.

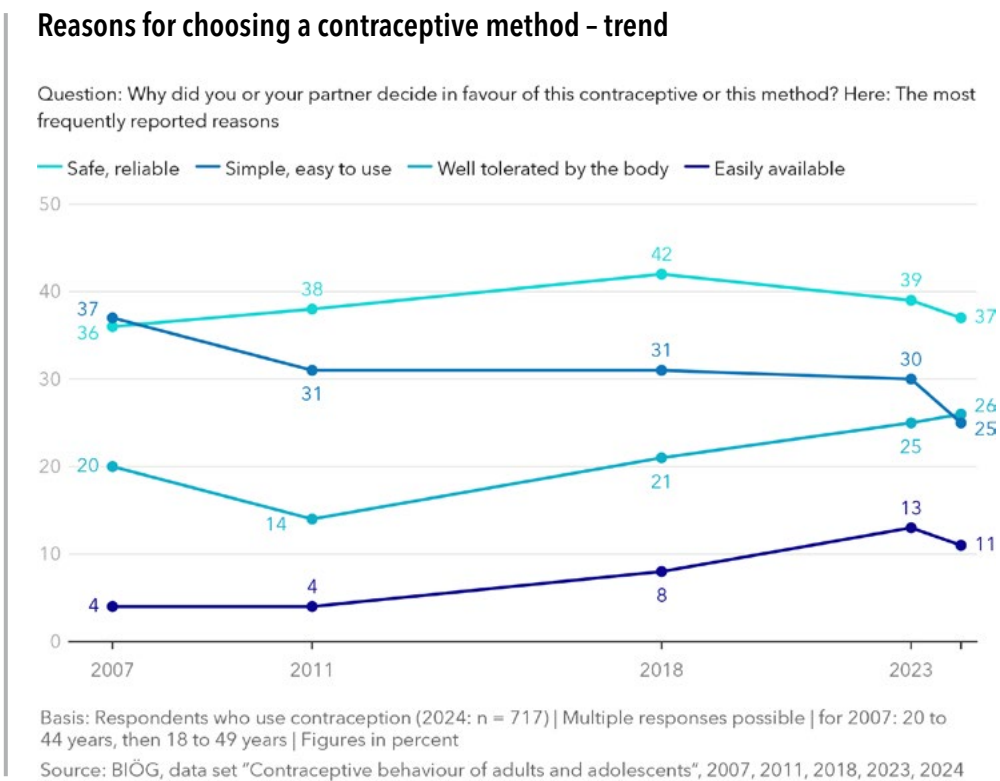
Since 2007, the most important reason for choosing a contraceptive method has remained the reliable protection against unwanted pregnancy (37 %, see Figure 6). Other factors have developed differently over time.

The **ease and practicality of use** is now relevant for only 25 percent, a decline of 12 percentage points compared with 2007.

The **health compatibility of contraceptives** has become increasingly important. 26 percent cite low side effects as a reason for their choice - roughly as many as those who value practicality of use. However, intolerance also plays a role. 11 percent mention an intolerance or general rejection of hormonal methods (2018: 3%). In total, for 36 percent of respondents, either compatibility or rejection of hormonal methods is as important as safety.

Medical recommendation now plays an important role for 12 percent (2007: 3%), especially among younger respondents (16 %).

Figure 6



A range of other reasons are cited by 7 to 11 percent of contraceptive users, including previous experience with a particular method, availability, partner preference, as well as practical advantages such as the spontaneous usability of the method or additional protection against sexually transmitted infections (STIs).

Depending on the contraceptive method used, different reasons are mentioned for choosing it.

- Safety is the main argument, regardless of which of the common contraceptive methods people use. When only the pill is used, 38 percent cite reliability as the main reason; among those who use only condoms, the figure is 34 percent. Practical handling is cited equally often in both groups (26 % each).
- Medical recommendation plays a particular role for hormonal methods. Among those who use only the pill, 18 percent name this as a key reason. This tendency also applies to those who use other hormonal contraceptives (e.g. hormonal IUSs, contraceptive injections). However, the sample size in this group is too small to provide reliable statistical evidence.
- Tolerability and few side effects are particularly important for those who use condoms exclusively (32 %); 17 percent of this group reject the pill and other hormonal contraceptives entirely. This attitude is also relevant among those who use cycle-based methods (e.g. temperature method, natural family planning). However, due to the relatively low prevalence of these methods, the sample size is too small to draw reliable conclusions.

Contraception costs are rarely a barrier – but are still relevant for women and younger people.

Result 7

Cost is a decisive factor for only a small minority of people when choosing a contraceptive method. 9 percent of respondents cite cost (“affordability”) as a relevant factor when choosing a suitable contraceptive method – a figure similar to 2023 (11 %). The longer-term trend shows that price has gained importance from the user’s perspective (2011: 5 %).

To examine the financial aspect as a possible barrier in more detail, an additional question was asked specifically about the influence of cost on the most recent choice of contraceptive. According to this, 18 percent of respondents using contraception said that cost played an important role in their decision (2023: 19 %). For the majority of contraceptive users (57 %), however, financial considerations were not a decisive factor.

The influence of the costs depends heavily on the individual life circumstances: For women who use contraception, the cost factor is more than twice as relevant (22 %) as for men (9 %). Cost also plays a somewhat greater role for younger people – both respondents under 30 and those aged 30 to 39 consider financial aspects to be an important factor in 19 % of cases. Among respondents aged 40 and over, this figure is 15 percent.

Result 8

Men pay more attention to the safety of contraception, while women emphasise health aspects.

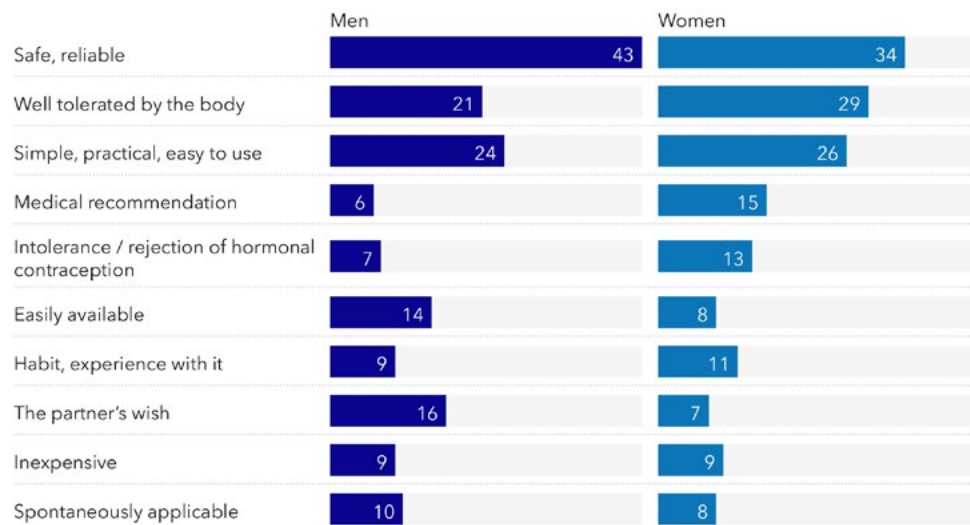
The reasons for choosing a contraceptive differ significantly between men and women (see Figure 7). For men, the **safety aspect** is more important than for women (43% vs. 34%). Women attach greater importance to health-related factors: **good tolerability** is often more decisive for them (29% vs. 21%). In addition, 13 percent of women using contraception report specific intolerances or a general rejection of hormonal contraception – about half as many men (7%) express the same view.

Figure 7

Reasons for choosing a contraceptive method by sex

Question: Why did you or your partner decide in favour of this contraceptive or this method?

■ Men ■ Women



Basis: 717 respondents who use contraception | Shown: The most frequently reported reasons in percent, Sorting: Descending by total sample, multiple responses possible

Source: BIÖG, data set "Contraceptive behaviour of adults and adolescents", 2024

Medical recommendations also play a greater role for women: they base their decision on medical advice about three times as often as men (15 % vs. 6%). In contrast, the availability of a contraceptive method is more important to men (14% vs. 8%). They also tend to take their partner's contraceptive preferences into account more often than women do (16 % vs. 7 %).

The additional **protection against sexually transmitted infections (STIs)** is mentioned by both sexes to a similar extent (men: 8 %, women: 6 %).

The differing reasons for choosing a contraceptive method can be partly explained by sex-specific roles - for instance, regarding access, responsibility or the impact of sexual activity. Accordingly, **attitudes towards key contraceptive methods also vary by sex.**

- Men who use condoms describe them as reliable much more often than women who report condom use (53 % vs. 27 %). When it comes to the pill, the perceived reliability is more balanced (men: 45 %, women: 43 %).
- Women who use condoms exclusively most often cite health aspects - especially tolerability - as the main reason for their choice (38%, men: 23 %). In addition, 21 % of these women fundamentally reject hormonal methods (compared with 10 % of men). For men using condoms, safety clearly remains the main concern, regardless of whether the condom is used alone (47 %) or in combination with other methods (53 %).
- For women who continue to use the pill, good tolerability is rarely the main reason. 22 percent attribute low side effects to the pill (compared with 35 percent among women who use condoms). The number of women who use only the pill has decreased significantly over time, so there are no longer reliable current data for this group. Men whose sexual partners use the pill rate it as "well tolerated" in only 11 percent of cases.

Result 9

Three out of ten respondents have experience with the “morning-after pill”, usually having used it only once.

In the event of a contraceptive failure or if contraception is forgotten, the so-called “morning-after pill” is available as an emergency option. Since March 2015, emergency contraceptives in Germany have no longer required a prescription and are available over the counter in pharmacies.

Of all respondents who have been sexually active in the past twelve months, 30 percent report that they themselves or their partner have used the “morning-after pill” at least once. More than two thirds (68 %) have no experience with it (see Figure 8).

The data do not suggest that emergency contraception is being used as a regular substitute for standard contraception. Among those with experience using it, 58 percent have only done so once. Only 6 percent have used the “morning-after pill” more than three times - which, when considered among all sexually active respondents - corresponds to 2 percent of the total.

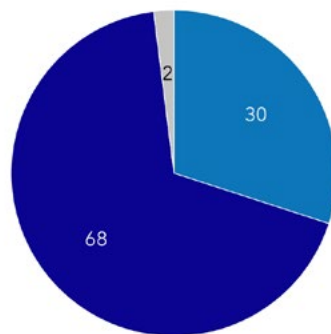
Figure 8

Use of the “morning-after pill”

Question: Have you or your partner ever used the “morning-after pill”?

Total result

■ Yes ■ No ■ Don't know, no response

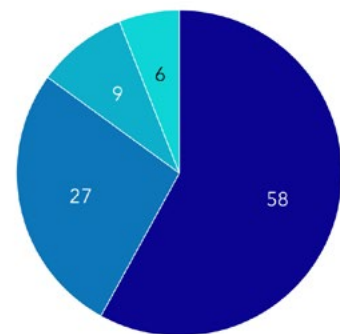


Basis: 993 sexually active respondents aged 18 to 49 | Figures in percent

Question: Have you or your partner ever used the “morning-after pill”?

Frequency

■ Once ■ Twice ■ Three times ■ More than three times



Basis: 267 sexually active respondents aged 18 to 49, who have used the morning-after pill | Figures in percent

Source: BIÖG, data set “Contraceptive behaviour of adults and adolescents”, 2024 survey

Women report experience with emergency contraception more often (33 %) than men (24 %). Across age groups, the highest share is found among 30- to 39-year-olds (38 %), followed by those under 30 (33 %). Respondents aged 40 and older are the least likely to have used the “morning-after pill” (20 %).

When age and sex are considered together, sexually active women aged 30 to 39 show the highest level of experience (42 %) with the “morning-after pill”, while men aged 40 and older have had the least contact with it.

A higher level of education is also associated with a higher frequency of use: among those those with an Abitur or a (applied) university degree, 37 percent have used the “morning-after pill”, compared with 23 percent among those without such qualifications. Among men, the difference by education level is 10 percentage points, while among women it is 16 points. Those with higher qualifications are also more likely to have used it multiple times (more than three times) (3 % vs. 1 %).

By contrast, relationship status makes no difference (a 1 percentage point gap), nor does whether the respondents generally use contraception (less than 1 percentage point difference).



Study design

The current overall survey on contraceptive behaviour in Germany consists of a combined telephone and online survey among people aged 16 to 49.

Respondents were individuals who, according to their own statements, had been “intimate with someone” in the past twelve months (telephone survey) or reported at least “intimate petting” (online survey) – as phrased in the questionnaires used.

This fact sheet presents only the results for respondents aged 18 to 49 who took part in the telephone survey. This approach ensures methodological comparability with earlier iterations of the study series.

Methodological notes

To avoid possible sex-based barriers during the interview, only interviewers of the same sex as the respondent were used in the telephone survey (women interviewed women, men interviewed men).

The online survey was based on self-administered questionnaires completed by respondents without interviewer involvement.

Rounding

Since the percentage values shown are rounded to whole numbers, totals may not add up to exactly 100 percent. For the same reason, combined categories (e.g. “very satisfied” and “fairly satisfied”) may differ slightly from the sum of the individual categories shown.

Multiple responses

For questions allowing multiple responses, the total number of responses may exceed 100 percent.

Trend comparison

Where data from previous surveys are available, survey results are presented in a trend comparison.

Weighting

All data presented are based on weighted results. The representative weighting ensures that key socio-demographic characteristics correspond to the distribution of the overall population, including federal state, size of locality, sex, age, employment status, educational level and household size.

Grouping of selected socio-demographic characteristics

A number of socio-demographic characteristics were collected as part of the interviews. To prepare these data for the analyses in this fact sheet, key variables were grouped or combined. The main subgroups are outlined below.

Sex and gender

Due to the methodological design of the Contraceptive Behaviour in Germany study, the respondents were grouped by sex; further, it was not possible to include a non-binary differentiation of gender. This approach is purely methodological and does not reflect a lack of diversity-sensitive perspective. Only 18 interviews were conducted with participants identifying as non-binary - a sample size too small for meaningful analysis.

Age groups

- 18 to 29 years (younger respondents)
- 30 to 39 years (middle-aged respondents)
- 40 to 49 years (older respondents)

Educational qualification

The level of education is defined by the highest completed school or educational qualification:

- Elementary school / "Hauptschule" (basic educational level)
- Schools with intermediate educational qualifications (moderate educational level)
- A-levels / Level 3 qualifications and above (higher and high educational level)



Contraception as a topic in BIÖG publications

Study series on the contraceptive behaviour of adults and adolescents

Scharmanski, S., & Hessling, A. (2025). Verhütungsinformationen im Internet. Ergebnisse der repräsentativen Wiederholungsbefragung zum Verhütungsverhalten 2024 [Contraceptive information online. Results of the representative repeat survey on contraceptive behaviour 2024], *FORUM Sexualaufklärung und Familienplanung: Informationsdienst des Bundesinstituts für Öffentliche Gesundheit (BIÖG)*, 2, 71–78.

Scharmanski, S. (2025). *Contraceptive Behaviour of Adults and Adolescents 2024*. In *Focus: 16- to 25-Year-Olds*. BIÖG fact sheet. Cologne: Federal Institute of Public Health (BIÖG). https://doi.org/10.17623/BIOEG_SRH:fb_en_contraception2024-youth

Scharmanski, S., & Hessling, A. (2024). *Contraceptive behaviour of adults 2023. Research report on the representative survey* (Ed.: Federal Centre for Health Education, BZgA) (Research and practice in sexuality education and family planning). Cologne: BZgA. https://doi.org/10.17623/BZgA_SRH:st_en_contraception2023

BIÖG fact sheets

Scharmanski, S. & Hessling, A. (2021). In *Focus: Contraceptive Behaviour. Youth Sexuality 9th Iteration*. BZgA Fact Sheet. Cologne: Federal Centre for Health Education (BZgA). https://doi.org/10.17623/BZgA_SRH:fb_JUS9_en_contraceptive_behaviour

Scharmanski, S. & Hessling, A. (2021). In *Focus: The Contraceptive Pill. Youth Sexuality 9th Iteration*. BZgA Fact Sheet. Cologne: Federal Centre for Health Education (BZgA). https://doi.org/10.17623/BZgA_SRH:fb_JUS9_en_contraceptive_pill

Scharmanski, S. & Hessling, A. (2021). In *Focus: Condoms. Youth Sexuality 9th Iteration*. BZgA Fact Sheet. Cologne: Federal Centre for Health Education (BZgA). https://doi.org/10.17623/BZgA_SRH:fb_JUS9_en_condoms

Scharmanski, S. & Hessling, A. (2021). *Emergency Contraception. Youth Sexuality 9th Iteration*. BZgA Fact Sheet. Cologne: Federal Centre for Health Education (BZgA). https://doi.org/10.17623/BZgA_SRH:fb_JUS9_en_emergency_contraception

Imprint

Publisher

Federal Institute of Public Health (BIÖG)
Acting Director: Dr Johannes Nießen
Maarweg 149-161
50825 Cologne
Tel.: 0221 8992-0
www.bioeg.de
www.sexualaufklaerung.de

Editing, concept and design

Kühn Medienkonzept & Design GmbH,
Ruppichteroth, Cologne

Author

Dr Sara Scharmanski, Angelika Hessling,
BIÖG

Translation

Toppan Digital Language UK LTD
London UK

Cite this publication

Scharmanski, S., & Hessling, A. (2025).
*Contraceptive behaviour of adults and
adolescents 2024. In focus: 18- to 49-year-
olds. BIÖG Fact Sheet.* Cologne: Federal
Institute of Public Health (BIÖG) [https://doi.
org/10.17623/BIOEG_SRH:fb_en_contra
ception2024-trend](https://doi.org/10.17623/BIOEG_SRH:fb_en_contraception2024-trend)

Version

PDF version (EN) 1.0
published online December 2025

Translated from German version 1.0 (Octo-
ber 2025)

First published in German

This publication is a translation of the study
published first in German: Scharmanski, S.
(2025). *Verhütungsverhalten Erwachsener
und Jugendlicher 2024. Im Fokus: 18- bis
49-Jährige. BIÖG-Faktenblatt.* Köln: Bunde-
sinstitut für Öffentliche Gesundheit (BIÖG)
[https://doi.org/10.17623/BIOEG_SRH:fb_
verhuetung2024-trend](https://doi.org/10.17623/BIOEG_SRH:fb_verhuetung2024-trend)

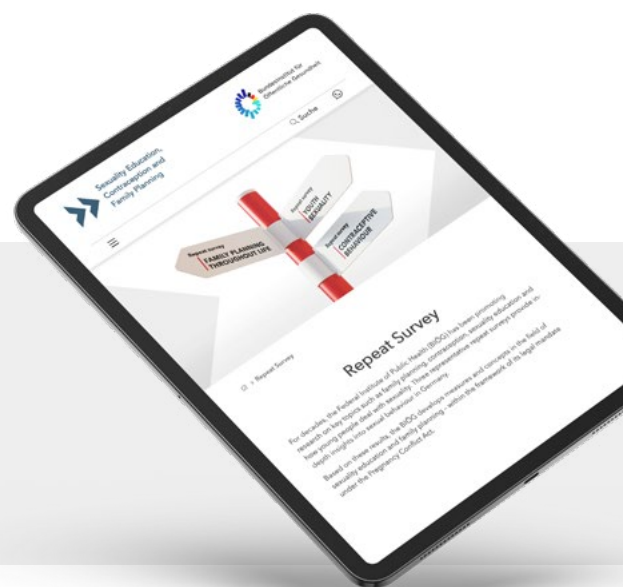
All rights reserved.

This publication is distributed free of charge
by BIÖG. It is not intended for resale by the
recipient or third parties.

More information online



BIÖG repeat survey on
contraceptive behaviour
[https://www.sexualaufklaerung.de/
en/contraceptive-behaviour](https://www.sexualaufklaerung.de/en/contraceptive-behaviour)



The study “Contraceptive Behaviour of Adults and Adolescents” is a representative repeat survey commissioned by the Federal Institute of Public Health (BIÖG, formerly BZgA). Since 2003, nationwide data have been collected on the attitudes and behaviours of the sexually active population regarding sexuality and contraception.

The sixth iteration of the survey began in summer 2024 and expands the study design in two ways: For the first time, the survey also included 16- and 17-year-olds and online questionnaires were conducted in parallel with telephone interviews.

Project profile

Contraceptive behaviour of adults and adolescents 2024

Client

Federal Institute of Public Education (BIÖG), formerly the Federal Centre for Health Education (BZgA)

Responsible

Dr Sara Scharmanski, BIÖG

Field institute

Verian

Population

Young people and adults between the ages of 16 and 49

Target group

Sexually active population

Survey methods

- Telephone interviews: Computer-assisted telephone interviews (CATI), combined landline and mobile phone sample
- Online survey: Survey conducted via the online panel of the panel provider Payback

Samples

n = 2,024 sexually active respondents between the ages of 16 and 49, of which

- n = 1,004 as part of the telephone survey
- n = 1,020 as part of the online survey

Subsamples

- n = 993 sexually active 18- to 49-year-olds; multi-topic telephone survey (CATI dual frame)
- n = 320 sexually active 16- to 25-year-olds; of which multi-topic telephone survey (CATI) n = 122 and online panel survey n = 198

Period of data collection

July to September 2024

Previous surveys

2003, 2007, 2011, 2018, 2023



Further information

<https://www.sexualaufklaerung.de/en/english/projects/detail/study-contraceptive-behaviour-2024/>

