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# Birth Control

## **Session 7:** Birth Control

### **Goals:**

- Learn about all FDA approved birth control methods and their effectiveness rate
- Determine which birth control methods offer STI protection

### **Objectives:**

- Name 2 kinds of contraception
- Describe the proper use of 1 birth control method and where to get it
- Describe a birth control method that offers protection from STIs
- Know how to use a condom correctly

# Anonymous Question Box

## Introduction to the Anonymous Question Box:

The Anonymous Question Box is a way for students to ask questions that they may not feel comfortable asking during class time, though students are encouraged to ask lots of questions during class time as well.

## Anonymous Question Box Guidelines:

- Everyone must put a paper in the box. If students do not have a questions at that time, they can write a statement about what they learned in class that day, a specific topic of interest, or write "no question". This ensures questions remain anonymous.
- No Names. Questions are anonymous and are not to be used t hurt or embarrass others. Questions with names on them will not be read out loud.
- No personal questions of the instructor.
- Nobody can take anything out of the Question Box, except for the instructor.

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# All About Birth Control

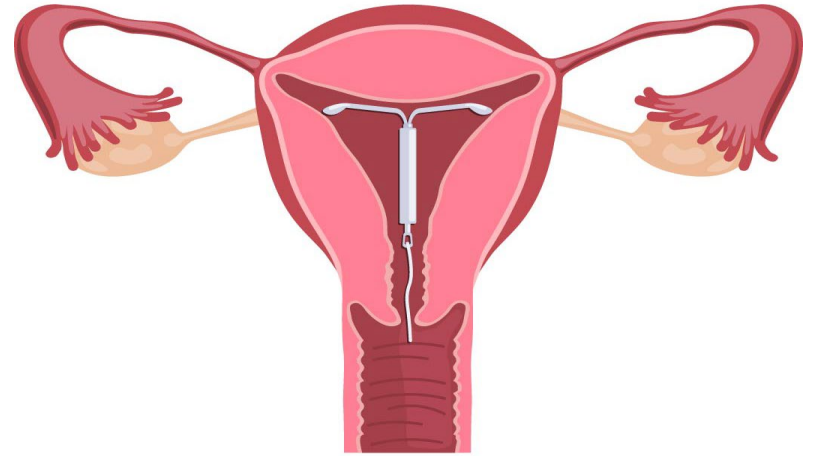
# Not Having Sex

- 100% effective
- No semen inside the vagina, anus, or near the vulva
- Protects against STIs

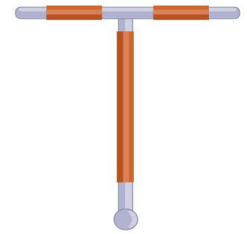


# The IUD

- Over 99% effective
- Goes inside the uterus
- Works for 3-10+ years



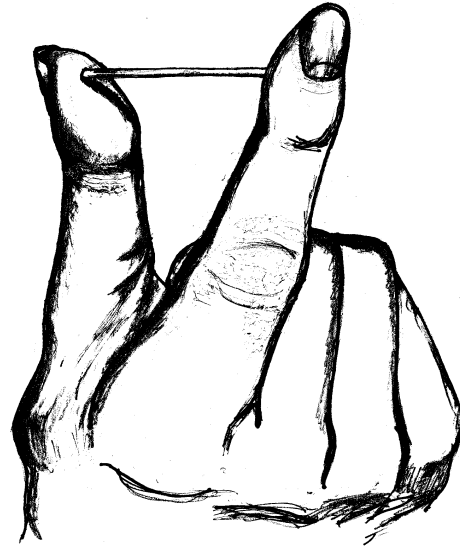
Hormonal IUD



Copper IUD

# The Implant

- Over 99% effective
- Goes inside the upper arm
- Works for 3-5 years



# The Shot

- 94-99% effective
- Given by a healthcare provider
- Works for 12 weeks





# The Ring

- 91-99% effective
- Goes inside the vagina
- Works for 3 weeks



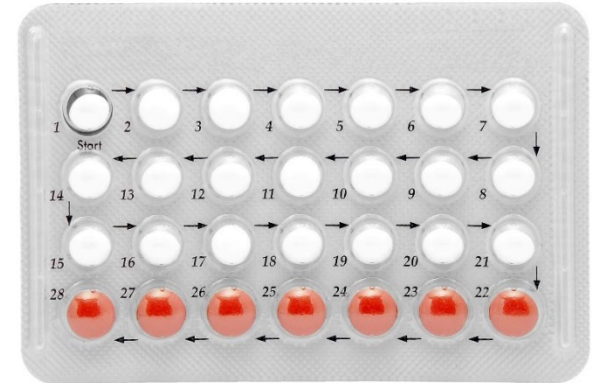
# The Patch

- 91-99% effective
- Goes on arm, torso, or buttocks
- Works for 1 week



# The Pill

- 91-99% effective
- Take one pill every day at the same time
- Each pill pack lasts for one month



# Emergency Contraception

- 75-89% effective
- Pill taken AFTER sex
- Take ASAP, but can work up to 5 days after sex



# The Condom

- Up to 98% effective
- Worn on erect penis
- Protects against STIs



# The Internal Condom

- Up to 95% effective
- Worn inside vagina or anus
- Protects against STIs



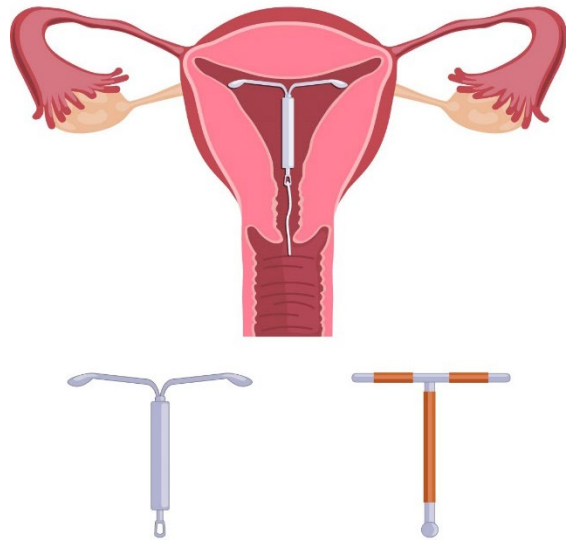


## Appendix G.7: Birth Control

### NOT HAVING SEX



### I.U.D.



### IMPLANT



### SHOT



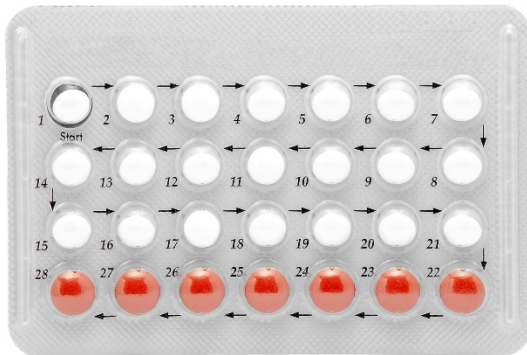
## VAGINAL RING



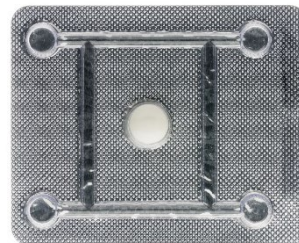
## PATCH



## BIRTH CONTROL PILLS



## EMERGENCY CONTRACEPTION





## CONDOM



## INTERNAL CONDOM



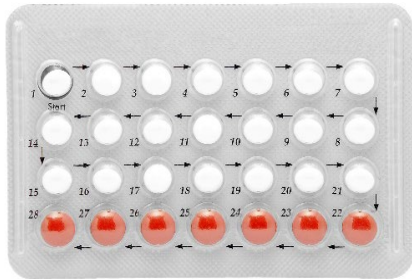
# Birth Control Grid

METHOD	EFFECTIVENESS	HOW TO USE IT
<p><b>Not Having Sex</b></p> 		
<p><b>IUD</b></p> 		
<p><b>IMPLANT</b></p> 		
<p><b>SHOT</b></p> 		
<p><b>RING</b></p> 		

**PATCH**



**PILL**



**CONDOM**



**INTERNAL CONDOM**



**EMERGENCY CONTRACEPTIVE**

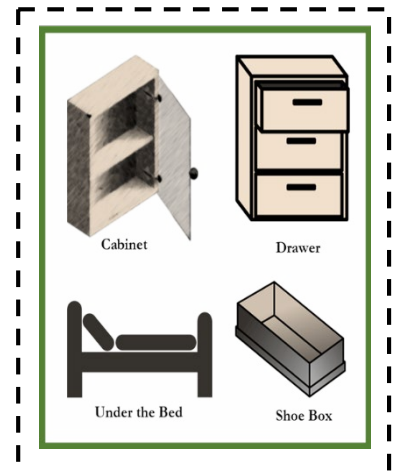
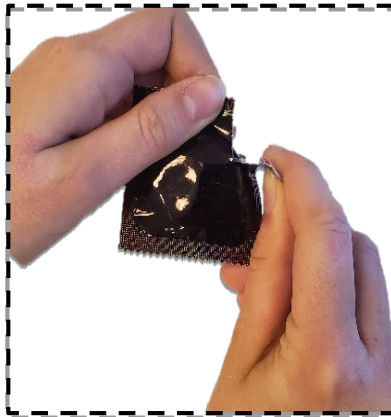
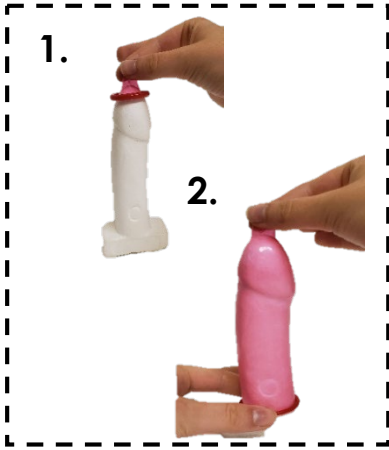


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# Condom Steps Matching Game

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**Directions:** Cut out the pictures along the dotted lines.



# Condom Steps Matching Game

**Directions:** Place each picture into the correct box.

1. Store condoms in a cool, dry place	2. Ask for consent!	3. Check package & expiration date	4. Open carefully with hands
5. Check the direction it rolls	6. Pinch tip and roll to base	7. Remove carefully without spilling	8. Tie a knot and throw into trash

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It Depends on the  
Situation -  
Choosing Birth  
Control

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# It Depends on the Situation (Group #1)

**Scenario 1:** Juan and Afia are in high school. They started dating six months ago. They have decided they are ready to start having sex. Both Juan and Afia have had sex in the past with other people.

**Scenario 2:** Chan and Lilyana just got married. Before they got married they got tested for STIs and HIV. Both of them were negative. They have decided they want to wait for 3 years before they start a family.

**Scenario 3:** Alex and Casey have been in a relationship for a year. Alex does not want to have sex until marriage, but Casey does not feel as strong about waiting to have sex.

**Scenario 4:** Josephine and Edgar are in high school. After high school, they both plan to go to college. Last night while they were having sex, they used a condom but they think it broke. Josephine is not on any other type of birth control.

**Scenario 5:** Ashley and Lorenzo use condoms during sex. They both want to start using a different type of birth control method instead of condoms because Lorenzo says they feel weird. Neither of them are ready for a baby nor want an STI.

**Scenario 6:** Zach and Rosa are 20 years old. They love each other and have been together for over a year. Both of them feel they are ready to start having sex. Rosa told Zach at the beginning of their relationship that she has an STI.



## It Depends on the Situation (Group #2)

**Scenario 1:** Alfonso and Noel are in high school. After high school, they have decided they would like to go to college or get good jobs. They have been dating for six months and are in a healthy, committed relationship. They have decided they are ready to start having sex. Both of them have had sex with other people in the past, but have never been tested for STIs or HIV.

**Scenario 2:** Gabriella and Nathaniel recently got married. Both have been tested for STIs and HIV. They were both negative. Gabriella just got accepted into college but doesn't want to start a family until she is done. They are looking for a birth control method that will last for three years or more.

**Scenario 3:** Jamie and Taylor are high school seniors. They have been in a committed relationship for a year now. Both of them feel that this is a long lasting relationship and would like to get married one day. Jamie is committed to waiting to have sex until marriage. Taylor's beliefs on not having sex until marriage are not as strong.

**Scenario 4:** Chung and Isabelle are in high school. They met at a party a few months ago and have had sex a couple of times since they met. Last night while having sex, the condom broke. Isabelle is not on any type of birth control. They both feel they are not ready to have a baby since they are only in high school. Both of them have also had sex with other people in the last couple of months.

**Scenario 5:** Giselle and Oscar are in a healthy, committed relationship and live together. Both of them have been tested for STIs and HIV and are negative. While they try to use condoms every time they have sex, sometimes they do not. They would like to find a different birth control method they can use besides condoms.

**Scenario 6:** Ahmad and Catherine are in love. They have not discussed marriage because they feel they are too young. Recently, they decided they are ready to start having sex. Catherine told Ahmad at the beginning of their relationship that she has an STI.