

Birth Control Pill

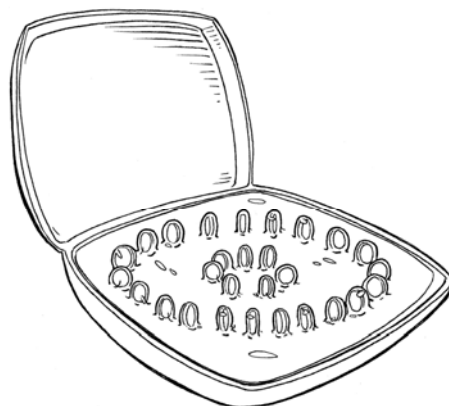
Fact Sheet*

Main points:

- Very effective when used correctly
- Makes period cramps better
- Good for your health – for example, it helps prevent cancer of the ovaries and uterus, it makes bones stronger, and it helps acne

More information:

- A woman takes the pill once a day to prevent pregnancy.
- It is made of hormones just like the ones that occur naturally in a woman's body.
- Birth control pills are very effective when used correctly.
- They are best for people who can remember to take a pill every day.
- They do not protect against STDs or HIV.
- The pill prevents pregnancy mainly by stopping the ovaries from releasing an egg each month.
- The pill is very safe.
- A woman needs to go to a doctor to get started on the pill.



* Source: *Contraceptive Technology*, 19th revised edition, 2007.

Depo Shot

Fact Sheet*

Main points:

- Very effective when used correctly
- Convenient – only need to get a shot four times per year

More information:

- The Depo shot, also known as Depo Provera, is given into a woman's arm or hip every 3 months.
- It is made of a hormone, similar to one that occurs naturally in a woman's body.
- The shot is very effective when used correctly.
- The shot does not protect against STDs or HIV.
- The shot prevents pregnancy mainly by stopping the ovaries from releasing an egg each month.
- The shot is very safe.
- A woman needs to go to a doctor to get started on the shot.



* Source: *Contraceptive Technology*, 19th revised edition, 2007.

Implant

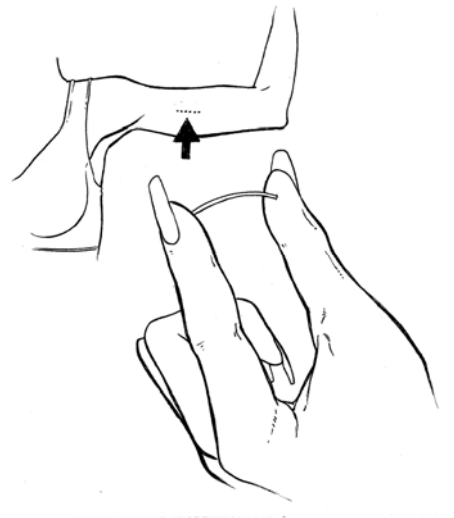
Fact Sheet*

Main points:

- The most effective method of birth control!
- Very convenient. Prevents pregnancy for up to three years

More information:

- The implant is a soft tube that goes under the skin in a woman's upper arm. It is very safe.
- It is made of a hormone, similar to one that occurs naturally in a woman's body. The hormone is slowly released out of the tube and into the woman's body.
- The implant is the most effective method of birth control.
- A woman can get pregnant as soon as she has the implant taken out.
- The implant does not protect against STDs or HIV.
- The implant prevents pregnancy mainly by making it hard for sperm to get into the woman's cervix and by preventing the ovary from releasing an egg each month.
- The implant is very safe.
- It only takes a few minutes for a doctor to insert the implant and to get it removed, and there are no stitches.



* Source: *Contraceptive Technology*, 19th revised edition, 2007.

Male Condom

Fact Sheet*

Main points:

- Very good at preventing pregnancy, STDs, and HIV!
- One of the easiest birth control methods to get

More information:

- Condoms are like very thin, very strong gloves, worn over the penis to catch semen.
- The condom is used by unrolling it over an erect penis.
- The tip of the condom should be squeezed to push out any air, so there is room for semen when the male ejaculates.
- Some people use lubricant (watery, slippery gel) on the outside and inside of the condom to make it feel better during sex.
- When the male pulls his penis out of his partner's body, he must hold the condom at the base of the penis, so it won't slip off and spill semen.
- The condom is used only once, and then thrown away.
- Condoms are very good at preventing pregnancy, STDs, and HIV when used correctly.
- Using a condom together with another birth control method gives even more protection against pregnancy, in case the condom breaks.
- Condoms come in vinyl or polyurethane if a person has a latex allergy.
- There is no age requirement to buy condoms.



* Source: *Contraceptive Technology*, 19th revised edition, 2007.

Mirena IUD

Fact Sheet*

Main points:

- Extremely effective
- Very convenient. Prevents pregnancy for up to 5 years

More information:

- The Mirena IUD is a small T-shaped object that goes inside the woman's uterus. It is very safe.
- It contains a hormone, similar to one that occurs naturally in a woman's body. The hormone is slowly released out of the tube and into the woman's body.
- The IUD is one of the most effective methods of birth control.
- A woman can get pregnant as soon as she has the IUD taken out.
- It does not protect against STDs or HIV.
- The IUD prevents pregnancy mainly by slowing down the sperm and making it hard for sperm to get into the woman's cervix.
- The IUD is very safe.
- A doctor puts the IUD in the uterus and takes it out. It goes in through the vagina, through a small tube. The sides of the "T" collapse into a skinny straight line when it goes into the body. It doesn't poke the woman's body.



* Source: *Contraceptive Technology*, 19th revised edition, 2007.

Patch

Fact Sheet*

Main points:

- Very effective when used correctly
- Convenient – only need to do something once per week

More information:

- The patch is a small, thin, beige-colored patch that sticks to a woman's skin.
- It has hormones just like the ones that occur naturally in a woman's body. The hormones are released into the woman's body through her skin.
- The woman puts on a new patch once a week, for 3 weeks in a row, and then has one week without a patch.
- The patch is very effective when used correctly.
- Women can still take showers, swim, play sports, and go in hot tubs with the patch.
- The patch does not protect against STDs or HIV.
- The patch prevents pregnancy mainly by stopping the ovaries from releasing an egg each month.
- The patch is very safe.
- A woman needs to go to a doctor to get started on the patch.



* Source: *Contraceptive Technology*, 19th revised edition, 2007.

Plan B

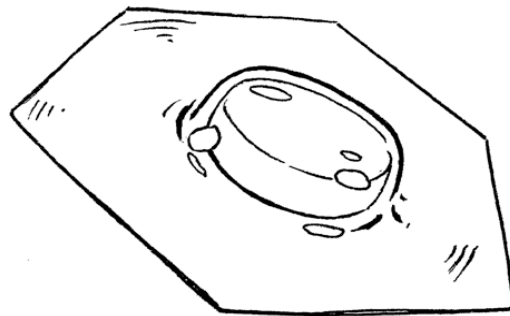
Fact Sheet*

Main points:

- The only way to prevent pregnancy after unprotected sex!
- Good to have on hand, just in case.

More information:

- Plan B, also known as the “morning after pill” and “emergency contraception”, is a pill women take to prevent pregnancy after sex.
- It is made of a hormone, similar to one that occurs naturally in a woman’s body.
- Plan B is much more effective the sooner it is taken. There is still a chance of preventing pregnancy if it is taken up to five days after intercourse.
- It prevents pregnancy by stopping the ovaries from releasing an egg each month.
- It does not cause an abortion. If Plan B doesn’t work, it will not harm the woman’s pregnancy.
- Women and men who are 17 and over can buy Plan B from a drugstore. Women 16 and under need to get it from a teen clinic or doctor’s office. For more information about getting Plan B, go to www.not-2-late.com.
- Plan B is very safe.
- It does not protect against STDs or HIV.



* Source: *Contraceptive Technology*, 19th revised edition, 2007.

Vaginal Ring

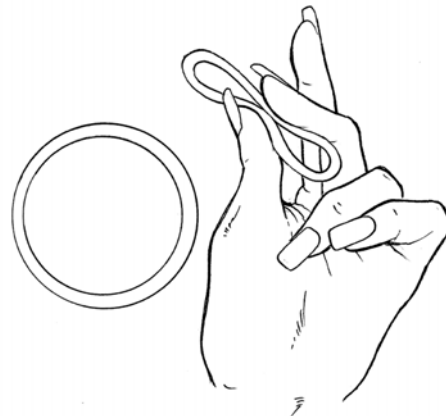
Fact Sheet*

Main points:

- Very effective when used correctly
- Convenient – only need to do something once per month
- Very helpful for women with heavy or painful periods

More information:

- The ring, also known as the NuvaRing, is a soft, plastic, flexible ring that's about two inches wide.
- The woman puts the ring inside her vagina, and it stays there for three weeks. It does not hurt and she should not be able to feel it.
- It has hormones inside similar to the ones that occur naturally in a woman's body.
- The ring is very effective when used correctly.
- It does not protect against STDs or HIV.
- The ring prevents pregnancy mainly by stopping the ovaries from releasing an egg each month.
- The ring is very safe.
- A woman needs to go to a doctor to get started on the ring.

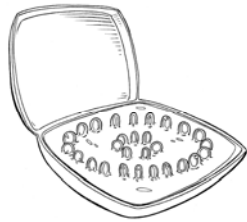


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Commercial Watchers Worksheet

Instructions: As you watch each birth control commercial, write down two important points for each birth control method.

Birth Control Pill



Important Points:

- 1.
- 2.

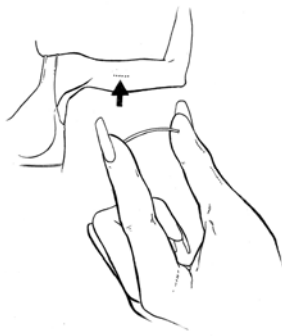
Depo Shot



Important Points:

- 1.
- 2.

Implant



Important Points:

- 1.
- 2.

Male Condom



Important Points:

- 1.
- 2.

Mirena IUD



Important Points:

- 1.
- 2.

Patch



Important Points:

- 1.
- 2.

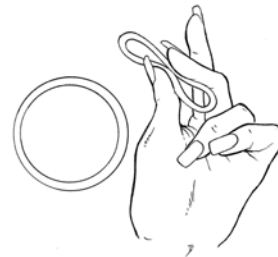
Plan B



Important Points:

- 1.
- 2.

Vaginal Ring



Important Points:

- 1.
- 2.

Withdrawal, Important Points:

- 1.
- 2.

Individual Homework: Cultural Perspectives on Birth Control

Research the beliefs about birth control from some part of your identity, for example culture, religion, country where you were born, or country your ancestors are from.

Some possible areas to research:

- Are birth control methods considered okay to use? If so, in what circumstances? For example, in marriage, for health purposes, after a certain age? etc.
- Is birth control considered more of a man or a woman's responsibility, or both?
- Are some birth control methods preferred over others?
- Does it seem like everyone in your culture / religion / country agrees about this, or is there disagreement?

Try an internet search using the term "birth control" (in quotes) and a religion or a country. A librarian can also help you find good sources of information, in books or online.

Write a one-page (300-500 word) paper about your research findings. Turn in your paper by _____. Include your name and class period at the top of the page.

Family Homework: Talking about Birth Control Methods

All Family Homework is optional. You may complete an Individual Homework assignment instead.

PURPOSE: This is a chance to share with one another some of your own (and your family's or your religion's) beliefs about sexuality and relationships. It will also give you a chance to get to know one another a little better.

DIRECTIONS: Find a quiet place where the two of you – the student and the trusted adult (parent, guardian, stepparent, adult friend of the family, best friend's parent, etc.) – can talk privately. Set aside about 10 minutes. During this time, please give full attention to one another ... no texting, watching TV and so on.

Now ask one another the following questions, with the understanding that:

- You are each welcome to say, "That one is too private. Let's skip it."
- What you discuss will not be shared with anyone else, even within the family, unless you give one another permission to share it.
- It's OK to feel silly or awkward, but it's important to try the homework anyway.
- We recommend that you take turns asking questions. When it is your turn to listen, really try to understand the other person's response.

ASK THE ADULT: Tell me about our family's, culture's or religion's beliefs about birth control.

ASK EACH OTHER: How do you personally feel about people using birth control to prevent pregnancy?



Family Homework: Birth Control Methods – Confirmation Slip

FOR FULL CREDIT, THIS HOMEWORK IS DUE: _____

We have completed this Homework Exercise.

Date: _____

student's signature

signature of family member or trusted adult