

# Individual Homework: Cultural Perspectives on Birth Control

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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

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**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?




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## Family Homework: Birth Control Methods – Confirmation Slip

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**FOR FULL CREDIT, THIS HOMEWORK IS DUE:** \_\_\_\_\_

We have completed this Homework Exercise.

Date: \_\_\_\_\_

\_\_\_\_\_  
student's signature

\_\_\_\_\_  
signature of family member or trusted adult