Lesson 16: Birth Control

OBJECTIVES

1. Students will be able to categorize all FDA-approved birth control methods according to their level of effectiveness at preventing pregnancy.
2. Students will understand how hormonal and barrier contraceptives work.
3. Students will discuss seven questions to consider when selecting a method and practice applying these questions to “real life” situations.
4. Students will learn how to access internet resources that provide reliable birth control information.

AGENDA

5 minutes    Do Now
45 minutes   Birth Control Methods: PowerPoint Presentation
Homework     Which Method Could I Consider?

MATERIALS

- Vocabulary Reference List
- Birth Control Kit
- Teacher Key: Common Myths about Birth Control
- Birth Control Methods: PowerPoint Presentation
- Birth Control Methods: PowerPoint Slide Notes
- Worksheet: Two Lies and a Truth
- Handout: Questions to Consider
- Teacher Key: Which Birth Control Methods Could I Consider
- Homework: Which Methods Could I Consider?

CALIFORNIA HEALTH EDUCATION STANDARDS

1.4.G Identify why abstinence is the most effective method for the prevention of HIV, other STDs, and pregnancy
1.12.G Evaluate the safety and effectiveness (including success and failure rates) of FDA-approved condoms and other contraceptives in preventing HIV, other STDs, and pregnancy.
2.3.G Assess the discrepancies between actual and perceived social norms related to sexual activity among teenagers.
5.7.G Use a decision-making process to evaluate the use of FDA-approved condoms and other contraceptives for pregnancy and STD prevention
7.1.G Describe personal actions that can protect sexual and reproductive health (including one’s ability to deliver a healthy baby in adulthood).
Lesson 16: Birth Control

BEFORE THE CLASS

If you do not have a birth control kit, contact the School Health Programs office to borrow one.

DO NOW

5 minutes

Materials

- Every student needs a notebook, journal, or paper and a pen
- PowerPoint slides #1 – 2, or flipchart or whiteboard and markers

Activity

Write on board or project the slide #2 and have students answer the following question:

What is something you’ve heard about birth control? This could be something you heard from a family member, friend, on the internet, TV, radio, in a newspaper, magazine, etc.

Ask a few volunteers to read their answers. If misunderstandings or myths arise explain that there are many myths about birth control, but any misinformation will be cleared up now. See the Birth Control Myths teacher key for common myths and suggested responses.

BIRTH CONTROL METHODS: POWERPOINT PRESENTATION

45 minutes

Materials

- Birth Control Methods: PowerPoint slides #3 – 30(end)
- Birth Control Methods: PowerPoint slide notes
- Birth control kit
- Worksheet: Two Truths & a Lie
- Handout: Questions to Consider
- Handout: Choosing a Birth Control Method

Activity

Let students know that you will be reviewing information about birth control methods. The PowerPoint slides contain notes to assist you in presenting this material. Please refer to the notes in the slides for more information about the topics presented.

The slides cover various topics. Here is the breakdown for topics, slide numbers, and approximately how long to spend on each topic.

<table>
<thead>
<tr>
<th>Topic</th>
<th>Slides</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Birth Control Overview &amp; Methods</td>
<td>3-14</td>
<td>15 min.</td>
</tr>
<tr>
<td>Two Lies &amp; A Truth</td>
<td>15-18</td>
<td>15 min.</td>
</tr>
<tr>
<td>Selecting a Method</td>
<td>19-30</td>
<td>15 min.</td>
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</tbody>
</table>
Lesson 16: Birth Control

Birth Control Overview & Methods (slides 3-14)

As each method is discussed, pass around a sample of that method from the birth control kit.

**Teacher Tip:**
For easily distracted groups, pass the birth control samples around the room at the end of this section, or put them on one table in the front of the room so that students can come up in small groups to see the different methods.

**Teacher Tip:**
At the end of the session, make sure to get birth control samples back.

Two Lies & a Truth (slides 15-18)

Explain to students that you will now be reviewing some information about birth control. Pass out the Two Lies & a Truth worksheet. Have students pair up and give them time to complete the worksheet. Use the PowerPoint slides to review the answers as a large group.

Selecting a Method (slides 19-30)

Pass out Questions to Consider handout and review the questions using the PowerPoint slides while the students use their handouts.

For slides #21 – 30 have students follow along and use the Choosing a Birth Control Method handout to identify which method(s) of birth control might meet the need stated in the slide.

**Teacher Tip:**
Make this section into a game by awarding points for each correct answer!

HOMEWORK

Which Methods Could I Consider
Lesson 16: Vocabulary

1. **Barrier method**: A type of birth control where a physical material comes between the sperm and the egg. This physical barrier prevents sperm from reaching and fertilizing an egg. A condom is an example of a type of barrier method.

2. **Birth control method**: A device, medication, procedure, or behavior choice that helps people to prevent pregnancy. This gives people a choice of if or when they want to have children.

3. **Contraception**: Another word for birth control. Something that helps prevent pregnancy.

4. **Effectiveness**: A measurement of how well a birth control method works at preventing a pregnancy from occurring.

5. **Emergency contraception**: A type of birth control a person can use up to 5 days after having sexual intercourse to help prevent pregnancy. However, it most effective when taken immediately after unprotected sex or failure of barrier method. The pill form of this is sometimes called the Morning After Pill or Plan-B, Next Choice, or Ella.

6. **Hormonal method**: Any type of birth control that uses artificial forms of the hormones estrogen and/or progesterone to prevent pregnancy. The birth control pill is an example of a hormonal method. (A hormone is a chemical your body makes to control a part of your body.)

7. **Intrauterine Contraception Device (IUD)**: A small, T-shaped object that is put inside the uterus to prevent pregnancy. Some types contain hormones and others do not.

8. **Long-Acting Reversible Contraception (LARC)**: “Forgettable” methods of birth control that are over 99% effective and last for 3-10 years. Once inserted in the body, the user does very little to maintain the effectiveness of this birth control. Once removed from the body, the user becomes fertile (the ability to become pregnant) quickly. An IUD is an example of a LARC.

9. **Over-the-counter method**: Any method of birth control that someone can get without a prescription from a health care provider. These include condoms and some forms of emergency contraception.

10. **Sterilization**: A permanent form of birth control done through a surgical procedure. It is available to people usually over the age of 21 who do not want (more) children. For males, it is called a *vasectomy*. 
Teacher Key: Common Myths about Birth Control

- **Birth control causes weight gain.** Some people gain weight, some people lose weight, but most people will stay the same weight when they go on a hormonal birth control method.
- **Birth control/Emergency contraception is the same thing as an abortion.** Birth control/EC is intended to stop a pregnancy from occurring, but it doesn’t do anything to a pregnancy that is already growing.
- **It’s safer to use two condoms at the same time.** Using one external condom is 98% effective (95% for internal) at preventing pregnancy. Two condoms are not necessary.
- **Having an abortion or using birth control makes it harder to get pregnant in the future.** Abortion and birth control are safe and don’t harm the body’s reproductive ability. Having an STI for a long time can affect a person’s reproductive ability.
- **Someone needs to have a break in between methods if they are switching methods (ex: if someone is taking the pill, they need to stop for a while before switching to the shot).** Using one external condom is 98% effective (95% for internal) at preventing pregnancy. Two condoms are not necessary. A person does not have to have a break in between methods. However, if someone is starting a hormonal method for the first time, they will need to use condoms or abstain from sex for a while in the beginning because birth control is not immediately effective. Their doctor will give them more information about this.
- **If someone is on the pill and becomes pregnant, it can harm the baby.** If someone becomes pregnant while they are using a hormonal birth control method, there won’t be harm to the growing pregnancy. If used perfectly, a method like the pill is over 99% effective, so this situation is uncommon.
- **All birth control protects against STIs.** Birth control prevents pregnancy. Only barrier methods (condoms) and abstinence protect against STIs AND pregnancy. Hormonal methods do not protect against STIs/HIV.
- **Pulling out before ejaculation is 100% effective at preventing pregnancy.** The pull-out/withdrawal method is only 78% effective (can be 96% effective with perfect use.) This requires users to know their body really well and be able to have effective communication during sexual activity. Because these are skills that tend to develop over time, this method can be challenging for teens to use perfectly. Also, it does not protect against STIs.
- **If the female is on top during sex, pregnancy can’t occur.** No matter what position someone has penis-vagina sex in, pregnancy is possible.
- **If someone jumps up and down after sex, they will be less likely to become pregnant.** Gravity doesn’t influence the possibility of pregnancy. Even if some of the semen/sperm drips out of the vagina, there would still be millions more sperm inside.
- **Only people who have a lot of sex should get birth control.** Whenever anyone has penis-vagina sex, there is a possibility of pregnancy. If someone is having penis-vagina sex and does not want to start a pregnancy, they may want to consider a birth control method.
- **Birth control is only for heterosexual/straight women.** Many people choose to use birth control regardless of their sexual orientation. Birth control can have other benefits aside from pregnancy prevention, such as regulating menstrual cycle/periods, decreasing acne, and decrease cramps and bleeding.
Questions to Consider
When Choosing a Birth Control Method

These questions can help guide someone in selecting a birth control method...

A. What is my goal in using birth control? How effective is it?

B. Are there potential side effects?

C. How does my partner(s) feel about birth control?

D. Do I need a method that I can hide?

E. Do I need a method that will protect me from STIs?

F. How comfortable am I using this method?

G. What are my values and beliefs about birth control?
Worksheet: Two Lies & A Truth

Name: ________________________________________________________________
Period:______________________  Date:_____________________

Directions: For each number there are two false statements and one true statement. Put a check next to the statement that you believe to be true.

#1.  female cannot become pregnant the first time she has vaginal sex.
    ____ B. Some birth control pills can help prevent acne.
    ____ C. Someone only needs to take the birth control pill on the days they have sex.

Why I selected this statement:

    ____ A.
      
#2.  ____ A. After starting the birth control pill, if someone has a negative side effect like headache or moodiness, it is usually temporary.
    ____ B. Withdrawal (pulling the penis out of the vagina before ejaculating) is 100% effective at prevent pregnancy.
    ____ C. Washing out the vagina after sex (douching) can prevent pregnancy.

Why I selected this statement:

#3.  ____ A. The pill causes females to gain weight.
    ____ B. The pill can cause cancer.
    ____ C. It is safe for a female not to have a period every month when she is using certain hormonal birth control methods.

Why I selected this statement:

#4.  ____ A. An IUD can make a female infertile (unable to become pregnant)
    ____ B. All birth control methods provide some protection from STIs.
    ____ C. IUDs (like Mirena and Paragard) can safely be used by teens.

Why I selected this statement:
Lesson 16: Birth Control Methods Slide Notes

<table>
<thead>
<tr>
<th>Slide 1:</th>
<th>Birth Control Methods</th>
</tr>
</thead>
</table>

| Slide 2: | Have students complete the do now. |

| Slide 3: | Ask students to name some of the contraceptive methods that they have heard about. |

**Suggested Script:**
“Today’s lesson will focus on information someone would need in order to make decisions about birth control. We will focus today on the birth control methods that young people use most frequently. However, we will touch on all methods that someone can currently get in the U.S. What methods have you heard of?”

| Slide 4: | Review pregnancy statistics: About 50% of all pregnancies in the U.S. each year (more than 3 million) are unintended – that means they were not planned. Pregnancies that are not planned can lead to health problems for the pregnant female and possibly for the baby. It’s not who someone is, it’s what they do and whether or not they do it with protection that puts them at risk for unintended pregnancy. In fact, teens who identify as LGB have just as high of a chance, if not higher, of experiencing an unintended teen pregnancy as compared to heterosexual youth.
Without birth control:
Someone who has vagina-penis sex and does not use any kind of birth control has an 85% chance of becoming pregnant within a year. Birth control can greatly reduce the chance of a pregnancy occurring.

**Suggested script:**
There are many different methods of birth control. Many people will use several methods during their lifetime as their situation and life goals change. Today, we will learn about: How effective different birth control methods are, How different types of birth control work, Questions that can help someone choose a birth control method that will work for them, and How people apply this information to “real life” situations.”

Some birth control methods are more effective than others. Birth control is most effective when used correctly and consistently. Some methods have more potential for human error, which can make them less effective. The slides we will see will show how effective birth control methods can be if used perfectly (perfect use) and how effective they tend to be when people use them in real life (typical use).

For instance, if someone uses external (male) condoms correctly and uses them every time they have sex, condoms can be 98% effective at pregnancy prevention. However, the way that people tend to use condoms in real life, they are about 85% effective at pregnancy prevention. Looked at another way, this means that depending on use, 2 – 15 external condoms users out of 100 will become pregnant in one year.

We are going to do a quick overview of all of the birth control methods available in the US.
Slide 7:

**Abstinence = 100% Effective**

- Abstain = to not do something
- Abstinence = not having any sex that involves putting a penis in a vagina.
- Requires that partners communicate well and work closely together.
- People choose to be abstinent for different reasons at different times in their lives.
- In San Francisco, the majority of students choose not to have vaginal or anal sex during middle and high school. (YRBS & CHKS)

**Abstinence:**

**Suggested script:**

Not having sex that involves putting a penis in a vagina. If used correctly and consistently it can be 100% effective at preventing pregnancy. Out of the methods we will talk about today, this is the only 100% effective method of preventing pregnancy. People can choose to abstain from different types of sexual activity (there are many definitions of abstinence). People can choose to be abstinent for different reasons at different times in their lives. Many people think that everyone has sex at some point in high school, but in San Francisco, the majority of students choose not to have vaginal or anal sex while in middle and high school. Remind students that abstinence has the highest effectiveness rate for “perfect” use – but there is no data on “typical” use for abstinence – meaning we don’t know what percent of people plan on being abstinent, but then have sex.

Slide 8:

**Hormonal Methods**

Ask the class what hormonal methods of birth control they have heard of. [Pill, Patch, Ring, Shot, Implant, some IUCs (Mirena, Skyla, NOT Paragard)]

**Suggested script:**

Some methods of birth control use hormones to prevent pregnancy. Hormonal birth control works by a combination of effects on the female reproductive system:

1. Thickens the cervical mucus which makes it more difficult for sperm to enter the uterus.
2. Preventing ovulation (stops the egg from leaving the ovary).
3. Thinning the uterine lining which can make it more difficult for a fertilized egg to implant and grow into a pregnancy.

Every person’s body responds differently to hormones, and some hormonal methods can cause side effects for some people. Also, someone can have side effects on one type or brand and not on another. Side effects could include: changes in periods, mood changes, changes in desire for sex, weight changes, headache, dizziness, nausea.

If side effects from a birth control method become uncomfortable, someone could talk to a health care provider about finding another method. Most side effects go away on their own within 2-3 months. All hormonal methods require a prescription. These methods are all female controlled, meaning only females can get and take these methods.

Now we will go through some categories of birth control methods. These categories are based on how effective the methods are, how common they are, and if they have a higher or lower rate of user error.
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Slide 9:

Highly Effective and Forgettable Methods (over 99% effective, less than 1 out of 100 users will become pregnant during 1 year)

Implant, Intrauterine Contraception (IUC), Sterilization

**Suggested Script**

These methods are “forgettable” because once the method is in place the user doesn’t have to do anything in order to use it. IUCs, implants, and sterilization require a visit to a healthcare provider. The implant is inserted by a health care provider under the skin on the inside of the arm. The IUC (Intra=Inside, Uterine=Uterus) is inserted into the uterus by a health care provider. Implants and IUCs are hormonal methods (except for Paragard IUC) and can last from 3 to 10 years, depending upon the type. The Paragard IUC contains no hormones. It is believed to work primarily by preventing sperm from reaching and fertilizing the egg. It may also prevent the egg from attaching to the uterus (implantation). Sterilization is permanent. In the U.S. a teen cannot choose sterilization.

Remember, none of these provide protection against STIs or HIV, so a couple may also want to use a condom to prevent the transmission of STIs and HIV.

Slide 10:

Common & Effective Methods (92-99.7% effective, less than 1-8 out of 100 users will become pregnant during 1 year)

Pill, Patch, Ring, Shot

**Suggested script:**

All of these methods are controlled by the female using the method and they all require a prescription. Like Implants and some IUCs (Mirena and Skyla, NOT Paragard), they are “hormonal” birth control. A female could get any of these methods for free and confidentially from a health center, clinic, or doctor. However, none of these provide protection against STIs or HIV, so a couple may also want to use a condom to prevent the transmission of STIs and HIV.

*Continuous use—using a method continuously in order to skip periods—is approved for the Pill and the Ring. While some people might be comfortable skipping their periods, other people might prefer to have their period for a variety of reasons including that a period can indicate that they are not pregnant.
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Common & Moderately Effective Methods (79-98% effective, 2-21 out of 100 users will become pregnant during 1 year)
External (male) and Internal (female) Condoms,

Suggested script:
These are barrier methods, which means they aim to block the sperm from meeting the egg by putting a barrier between the two. They are put over the penis or inside the vagina. These methods work by catching the semen and sperm before it enters the vagina. This means that the sperm cannot fertilize an egg. Barrier methods are only moderately (somewhat) effective for two reasons: 1. There is more potential for user error and 2. The barriers that they create between egg and sperm don’t always work perfectly.

Many males like these methods because they can participate in pregnancy prevention. These method require communication and cooperation between both people. Also, many people choose condoms because they can be obtained confidentially from a healthcare provider or purchased at any store by anyone, no matter their age. These methods also have the added benefit of offering protection from STIs. Many teens choose to use a barrier and a hormonal method of birth control at the same time to prevent pregnancy and STIs/HIV.

Less Common & Moderately Effective Methods (76-94% effective, 6-24 out of 100 users will become pregnant during 1 year)
Cervical cap, Diaphragm, Sponge

Suggested script:
These are barrier methods that all use spermicide. They are put inside the vagina and over the cervix. They work by creating a barrier that keeps the sperm and egg apart. This means that the sperm cannot fertilize an egg. They also work because the spermicide kills sperm. However, spermicide can irritate the body and increase the likelihood of an infection. These have a higher chance for user error because they are more difficult for many people to use. Sponges can be purchased at a pharmacy, but to get a cervical cap or diaphragm, a female would have to go to a doctor. These are not commonly used by teens.

Difficult to use correctly (73-97% effective, 3-27 out of 100 females will get pregnant during 1 year). These methods tend to be more difficult to use correctly and consistently. Note the wide range of effectiveness from perfect to typical.

Withdrawal
Suggested script:
This is also called “pulling out.” The penis is removed from the vagina before ejaculation. Withdrawal can be almost as effective as condoms when used correctly. However, it is very difficult to use correctly because the male has to pull-out in time, before ejaculation occurs. It can be difficult to use withdrawal correctly, especially for younger
males who are learning how their bodies work. Also, some people have sperm in their pre-cum. Since males cannot feel when pre-cum leaves their body, it is near impossible to know when pre-cum, will be released and possibly putting sperm into the female body. Also, remember that there can be infections (STIs/HIV) in pre-cum, so infections can be transmitted from pre-cum. While this method is not recommended, if a couple is going to have sex and they do not have access to another, more effective, method of birth control then this is an option to help prevent pregnancy – it is more effective than not pulling-out before ejaculation.

Fertility Awareness

Suggested script:
Fertility Awareness methods help a female tell when she is most fertile (most likely to become pregnant). They can be used to plan or prevent a pregnancy. To use correctly, it is very helpful for people to really learn how to use this method correctly (through a class or speaking with a healthcare provider or health educator), be very organized and regimented with tracking their basal body temperature, cervical mucus, and menstrual cycle, have a regular menstrual cycle, and have excellent communication with their partner(s). Fertility awareness methods are approved by the Catholic Church and some other religions that don’t approve of other forms of birth control. Simply using a period tracker app to track a period is not the same as fertility awareness method and it is not an effective way to prevent pregnancy.

Slide 14:

Emergency Contraception
If someone has unprotected sex, or has a birth control failure (e.g.: condom breaks, forgot 2 or more pills in a row), emergency contraception can help to prevent a pregnancy. There are two types, both of which are safe:
“MORNING AFTER” PILLS – There are several kinds (Plan B, Next Choice, Ella). All of them contain hormones that help prevent ovulation. They are very safe and up to 89% effective at preventing pregnancy. They are most effective if used within the first 24 hours after unprotected sex, but can be used up to 5 days after. Anyone of any age or gender can purchase Plan B at a drug store without parental permission. The cost ranges from $40-$60 at pharmacies, $15 at Kaiser (don't have to be a member), or a reduced price or free at clinics and health centers.
Emergency insertion of the ParaGard IUC – It is more effective than EC pills. It can be inserted up to 5 days after unprotected sex and is 99.9% effective (even on day 5). It requires seeing a healthcare provider very soon after unprotected sex for the insertion. If left in afterwards, it can be a “forgettable” form of birth control. It can be expensive, but in California it is free for teens.

Slide 15:

A. A female cannot become pregnant the first time she has vaginal sex. This is a myth. It's possible for any person who is capable of pregnancy (including some trans men) to become pregnant if they have unprotected penis - vagina sex. Even if it’s their first time. Even if they don’t have an orgasm. Even if they have sex standing up or during their period. Females have up to
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Two Lies & A Truth

A. A female cannot get pregnant the first time having vaginal sex. **TRUE!**
B. Some birth control pills can help prevent acne. **TRUE!**
C. Someone only needs to take the birth control pill on the days that they have sex. **FALSE!**

An 11% of becoming pregnant the first time they have vaginal sex, depending upon when they ovulate.

B. Some birth control pills can help prevent acne. This is a fact! There can be many beneficial side effects to hormonal birth control. There are many types of birth control pills and the type of estrogen used in some pills can prevent acne. Pills can also give lighter periods with less cramping. Some people also experience a decrease in acne with the ring and the patch.

C. Someone only needs to take the birth control pill on the days that they have sex. **FALSE!**

It’s important to take the pill exactly the way that a healthcare provider instructs, or ovulation can occur (egg released). Often, the pill is taken every day for 3 weeks with one week off during which the user will have a period. If the user forgets to take a birth control pill for one or more days, it is recommended to use a backup method (such as condoms or abstinence) and call a healthcare provider to find out what to do. If someone missed multiple pills and had unprotected penis-vagina sex, emergency contraception (EC) could be used to help prevent a pregnancy.

Slide 16:

A. After starting the birth control pill, if someone has a negative side effect like headache or moodiness, it is usually temporary. **TRUE!** As the body adjusts to the medication, minor side effects will disappear, usually within the first 3 months. If they don’t, changing pills or methods might help.

B. Withdrawal (pulling the penis out of the vagina before ejaculating) is 100% effective at preventing pregnancy. **FALSE!** While pre-cum doesn’t contain sperm, withdrawal is very difficult to use correctly. It can be hard for males to predict or control exactly when they ejaculate. This is especially true for younger males who are still learning about their bodies. In addition, since sperm swim, pregnancy is possible if a penis ejaculates anywhere near a vagina. If withdrawal is used correctly and consistently it can be up to 97% effective at preventing pregnancy.

C. Washing out the vagina after intercourse (douching) can prevent pregnancy. **FALSE!** Douching does not prevent pregnancy. Also, it is not healthy for the vagina. It can wash away healthy bacteria that the vagina needs.
Slide 17:

<table>
<thead>
<tr>
<th>Two Lies &amp; A Truth</th>
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<tbody>
<tr>
<td>A. The pill makes females gain weight.</td>
</tr>
<tr>
<td>B. The pill can cause cancer.</td>
</tr>
<tr>
<td>C. It is safe for a female not to have a period every month when she is using certain hormonal birth control methods.</td>
</tr>
</tbody>
</table>

A. **The pill causes females to gain weight.** This is a myth. Studies have found no proof of this. Depo-Provera, the birth control shot, can cause weight gain in some females, especially those who put on weight easily.

B. **The pill can cause cancer.** This is a myth. In fact, females who use hormonal birth control have a reduced risk for ovarian and uterine cancer. Breast cancer risk isn’t affected one way or the other.

C. **It is safe for a female not to have a period every month when she is using hormonal birth control.** This is a fact! Health providers can offer a female the pill or ring to use continually to decrease the number of periods. Also, some females stop bleeding completely after using the shot, IUCs with hormones, or the Implant. This is completely safe.

Slide 18:

<table>
<thead>
<tr>
<th>Two Lies &amp; A Truth</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. An IUC can make a female infertile (unable to become pregnant).</td>
</tr>
<tr>
<td>B. All birth control methods provide some protection from sexually transmitted infections (STIs).</td>
</tr>
<tr>
<td>C. Intrauterine Contraception (IUC, like Mirena) can safely be used by teens.</td>
</tr>
</tbody>
</table>

A. **An IUC can make a female infertile (unable to have babies).** This is a myth. Except for sterilization, no method of birth control makes it impossible for a female to become pregnant. People who use an IUC, pills, patches, rings or an implant can become pregnant very quickly after they stop using these methods. For some people, it can take a few months to up to a year for someone to become pregnant after stopping the shot (Depo).

B. **All birth control methods provide some protection from sexually transmitted infections (STIs).** This is a myth. Right now, the only birth control methods that provide really effective protection from STIs are the external (male) and internal (female) condom. And – abstaining from vaginal sex.

C. **Intrauterine Contraception (IUC, like Mirena) can be used by teens.** This is a fact! While some healthcare providers still believe that teens should not use IUCs, this isn’t true. IUCs are safe for teens to use, they are highly effective, and last from 3-10 years depending on the IUC.

Slide 19:

**Suggested Script:**

There is no “best” method of birth control for everyone, because everyone is different. The best method for a person will be the method that they are comfortable with using and are able to use consistently and correctly every time. We will now go through some things someone may want to consider to determine which method is right for them.
Pass out Questions to Consider handout and review the questions using the PowerPoint slides while the students use their handouts.

For slides #21 – 30 have students follow along and use the Choosing a Birth Control Method handout to identify which method(s) of birth control might meet the need stated in the slide.

**Slide 20:**

<table>
<thead>
<tr>
<th><strong>Which is Right for Me?</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>A. What is my goal in using birth control? How effective is it?</td>
</tr>
<tr>
<td>B. Are these potential side effects?</td>
</tr>
<tr>
<td>C. How does my partner(s) feel about birth control?</td>
</tr>
<tr>
<td>D. Do I want a method that I can hide?</td>
</tr>
<tr>
<td>E. Do I want a method that will protect me from STIs?</td>
</tr>
<tr>
<td>F. How comfortable am I using this method?</td>
</tr>
<tr>
<td>G. What are my values and beliefs about birth control?</td>
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</tbody>
</table>

**Suggested Script:**

People can use birth control for a variety of reasons, including preventing pregnancy, regulating their menstrual cycle, or decreasing acne. Let’s talk about some common goals that people have when selecting a birth control method. One of the most common goals is highly effective pregnancy prevention.

Have students guess the answer. Click to reveal the answers.

**Slide 21:**

<table>
<thead>
<tr>
<th><strong>A. What are my goals in using birth control?</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>GOAL: Highly effective pregnancy prevention</td>
</tr>
<tr>
<td>HINT: Methods that have a lower chance of user error tend to be more effective.</td>
</tr>
<tr>
<td>Which methods have a low chance of user error &amp; are recommended for teens?</td>
</tr>
</tbody>
</table>

**Suggested Script:**

People can use birth control for a variety of reasons, including preventing pregnancy, regulating their menstrual cycle, or decreasing acne. Let’s talk about some common goals that people have when selecting a birth control method. One of the most common goals is highly effective pregnancy prevention.

Have students guess the answer. Click to reveal the answers.

**Slide 22:**

<table>
<thead>
<tr>
<th><strong>A. What are my goals in using birth control?</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>GOAL: Menstrual regulation – having a more regular/predictable period.</td>
</tr>
<tr>
<td>HINT: Methods that have estrogen and progesterone work well at regulating the menstrual cycle.</td>
</tr>
<tr>
<td>Which methods can help regulate a period?</td>
</tr>
</tbody>
</table>

**Suggested Script:**

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Have students guess the answer. Click to reveal the answers.

**Slide 23:**

<table>
<thead>
<tr>
<th><strong>A. What are my goals in using birth control?</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>GOAL: Stopping period.</td>
</tr>
<tr>
<td>HINT: Methods with continuous release of hormones (progesterone) tend to stop periods after 3 months.</td>
</tr>
<tr>
<td>Hormonal methods that can be used continuously can stop periods.</td>
</tr>
<tr>
<td>Which methods can stop periods?</td>
</tr>
</tbody>
</table>

**Suggested Script:**

People can use birth control for a variety of reasons, including preventing pregnancy, regulating their menstrual cycle, or decreasing acne. Let’s talk about some common goals that people have when selecting a birth control method. One of the most common goals is highly effective pregnancy prevention.

Have students guess the answer. Click to reveal the answers.

Remember: It is completely safe to stop periods. Hormonal methods make it so that the menstrual blood is not building up inside of the uterus.
Lesson 16: Birth Control

Slide 24:

**Suggested Script**
Some methods have different potential side effects. Some potential side effects that may be seen as beneficial include menstrual regulation and decreased acne. Some potential side effects can be uncomfortable, and it is recommended to discuss these side effects with a health care provider. The hormone estrogen can possibly be dangerous for people with certain health problems.

Have students guess the answer. Click to reveal the answers.

Slide 25:

Have students guess the answer. Click to reveal the answers.

Slide 26:

**Suggested Script:**
Some methods are more or less discreet. Depending on an individual’s situation or safety, they may need a method that is more easily hidden from their partner(s) or parent/guardian. If someone’s partner is trying to start a pregnancy with them against their will, this is a sign of an unhealthy/abusive relationship, and there are resources to support someone in this situation.

Slide 27:

**Suggested Script:**
Most birth control methods do not provide protection against STIs. People who are sexually active may choose to use both a hormonal birth control method and a barrier method to provide protection against unintended pregnancy and STIs.

NOTE: Both types of condoms are excellent at providing protection from HIV, chlamydia, and gonorrhea. Since it hangs over the outside of the vagina or anus, female condoms may provide added protection from STIs that are transmitted by touch, like herpes & HPV.
Lesson 16: Birth Control

Slide 28:

F. How comfortable am I using this method?

Some methods require users to touch their genitals, to swallow a pill daily, get an injection, or get undressed for the method to be inserted into the uterus. People may be uncomfortable with some of these things.

Which methods require the user to touch genitals?

Have students guess the answer. Click to reveal the answers.

Slide 29:

F. How comfortable am I using this method?

Some methods require users to touch their genitals, to swallow a pill daily, get an injection, or get undressed for the method to be inserted into the uterus. People may be uncomfortable with some of these things.

Which methods can someone get without a physical exam or without getting undressed?

Have students guess the answer. Click to reveal the answers.

Slide 30:

G. What are my values and beliefs about birth control?

People have different values and beliefs about birth control. Someone might want to think about their own personal or religious beliefs, or talk to a parent/guardian or trusted adult about it before choosing a method. Some people would prefer to be in control of their method – rather than rely on a partner. Some people don’t have penis-vagina sex often and would prefer to only use a method as needed.

Suggested Script:

People have different beliefs and values about birth control. Someone might want to think about their own personal or religious beliefs, or talk to a parent/guardian or trusted adult about it before choosing a method. Some people would prefer to be in control of their method – rather than rely on a partner. Some people don’t have penis-vagina sex often and would prefer to only use a method as needed.
Homework: Which Methods Could I Consider?

Name:________________________________________________________________
Period:______________________ Date:_______________________

Directions: Use the “Choosing a Birth Control Method” information sheet to decide which
birth control methods the following people could consider.

1. JOHN – age 15
My girlfriend, Crystal, is 17. We have been talking about having sex, but I am not sure that I am ready for
that yet. Not only does it seem like a big step, but I don’t want anything to interfere with my ability to go
to college.
METHOD(S): ___________________________________________________________________

2. BERTA – age 22
I attend UC Berkeley. I have been with my girlfriend, Melissa, for two years. Every once in a while I hook
up with a guy at a party. I don’t want to depend on the guy for birth control. Also, while Melissa knows
about my hook-ups, I still live with my parents and want something I can hide from them.
METHOD(S): __________________________________________________________________

3. DENISE – age 19
I have been with my boyfriend, Paulo, since high school. We use condoms but are about to move in
together. I want something more effective, but I am going to school and have a screwy work schedule so
don’t think I can remember to take a pill every day. We don’t want to have kids until our mid-20s.
METHOD(S): __________________________________________________________________

4. JANE – age 25
I just completed my Masters at San Francisco State. I have been married for two years to my husband,
Jamel. I am currently looking for work and Jamel has a good job. While we don’t want children right now,
we are hoping to start a pregnancy in the next year. I am currently on the pill, but am tired of taking
hormones.
METHOD(S): __________________________________________________________________

5. KIANA – age 17
I am in high school, but I know I want to be a doctor when I am older. This means that I will need to go
to college and med school. I want a birth control method that I will not have to think about and will last
until I graduate from med school
METHOD(S): __________________________________________________________________
1. JOHN – age 15
My girlfriend, Crystal, is 17. We have been talking about having sex, but I am not sure that I am ready for that yet. Not only does it seem like a big step, but I don’t want anything to interfere with my ability to go to college. METHOD(S): Abstinence, condoms, Crystal may want to have packet of EC just in case.

2. BERTA – age 22
I attend UC Berkeley. I have been with my girlfriend, Melissa, for two years. Every once in a while I hook up with a guy at a party. I don’t want to depend on the guy for birth control. Also, while Melissa knows about my hook-ups, I still live with my parents and want something I can hide from them.
METHOD(S): External (male) or internal (female) condoms (important for STIs) – although can be difficult to hide, might purchase right before going to a party. Implant, IUC, shot, and ring can all be discreet from parents. Have EC just in case.

3. DENISE – age 19
I have been with my boyfriend, Paulo, since high school. We use condoms but are about to move in together. I want something more effective, but I am going to school and have a screwy work schedule so don’t think I can remember to take a pill every day. We don’t want to have kids until our mid-20s.
METHOD(S): IUC and Implant are both easy to “put in and forget” and are highly effective. The shot, ring and patch would require Denise to remember to do something, but less frequently than pill and can be up to 99.7% effective if used perfectly.

4. JANE – age 25
I just completed my Masters at San Francisco State. I have been married for two years to my husband, Jamel. I am currently looking for work and Jamel has a good job. While we don’t want children right now, we are hoping to start a pregnancy in the next year. I am currently on the pill, but am tired of taking hormones.
METHOD(S): Barrier methods (internal/external condom, diaphragm, cervical cap, sponge). Paragard (non-hormonal) IUC can also be used. Fertility awareness method can be used to prevent and then plan a pregnancy.

5. KIANA – age 17
I am in high school, but I know I want to be a doctor when I am older. This means that I will need to go to college and med school. I want a birth control method that I will not have to think about and will last until I graduate from med school
METHOD(S): IUC – Paragard