

Birth Control Methods

Grade 9-12, Lesson 10

Summary

Small groups are each assigned to write a commercial for a different method of birth control, using *Birth Control Fact Sheets* for reference. The small groups take turns performing their 2-minute commercial for the class, while observers identify two important points about each method on the *Commercial Watchers Worksheet*. The class summarizes main points after each commercial. The lesson concludes by having students evaluate the “best method,” justifying their conclusions with accurate medical information.

Student Learning Objectives

The student will be able to ...

1. Summarize how to prevent pregnancy and STDs.
2. Summarize the importance of using birth control and condoms correctly and consistently.
3. Explain the value of using condoms at the same time as another form of birth control.
4. Explain the importance of contraceptive counseling and services if having vaginal sex.
5. Define emergency contraception and how it works.
6. Identify the laws related to getting birth control and STD services.
7. Know how to access medically-accurate information about birth control and condoms.
8. Evaluate the effectiveness of using condoms and birth control in preventing pregnancy and the spread of STDs and HIV.

Lesson Timing

Warm up	Bell work + 2 minutes
Purpose of lesson	2 minutes
Birth control effectiveness exercise	3 minutes
Birth control commercials and wrap-up	40 minutes
Assign homework	
Exit ticket	3 minutes
Total	50 minutes

FLASH Key Concepts

Birth control and condoms are excellent at preventing pregnancy.

Condoms are excellent at preventing pregnancy and STDs, including HIV.

Many teens successfully use birth control and condoms.

Birth control is very safe.

In this community, teens can get a pregnancy test, STD test or birth control at [insert local clinic].

Teens of every sexual orientation and gender identity need to learn about birth control and STD prevention, for themselves or to help a friend.

Standards

National Health Education Standards (SHECAT)

Standard 1	Students will comprehend concepts related to health promotion and disease prevention.
SH1.12.10	Summarize ways to prevent pregnancy and the sexual transmission of HIV and other common STDs.
SH1.12.22	Summarize the importance of proper adherence to contraceptive methods to reduce the risk of pregnancy.
SH1.12.23	Summarize the importance of using condoms consistently and correctly to reduce risk of pregnancy and infection of HIV and common STDs.
SH1.12.24	Explain the value of using a condom at the same time as using another form of contraceptive to reduce the risk of infection of HIV and common STDs and reduce the risk of pregnancy.
SH1.12.33	Explain the importance of contraceptive counseling and services if sexually active.
Standard 3	Students will demonstrate the ability to access valid information and products and services to enhance health.
SH3.12.2	Evaluate the validity and reliability of sexual healthcare products.
Standard 4	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
SH4.12.1	Demonstrate effective communication skills to promote sexual health and healthy relationships.
Standard 8	Students will demonstrate the ability to advocate for personal, family, and community health.
SH8.12.2	Persuade and support others to avoid or reduce risky sexual behaviors.
SH8.12.4	Collaborate with others to advocate for improving personal, family, and community sexual health.
SH8.12.6	Adapt health messages and communication techniques to reach a specific target audience.

National Sexuality Education Standards

PR .12.CC.2	Define emergency contraception and describe its mechanism of action
PR .12.CC.3	Identify the laws related to reproductive and sexual health care services (i.e., contraception, pregnancy options, safe surrender policies, prenatal care)
PR .12. AI.1	Access medically-accurate information about contraceptive methods, including abstinence and condoms
PR .12. AI.2	Access medically-accurate information and resources about emergency contraception
SH.12.CC.2	Evaluate the effectiveness of abstinence, condoms, and other safer sex methods in preventing the spread of STDs, including HIV

Rationale

The FLASH curriculum includes birth control methods and abstinence in full lessons of their own, based on the effectiveness of both approaches¹. Research has repeatedly shown that sexual health education, including teaching about birth control, does not cause teens to have sex sooner or more often.^{1 2 3 4 5 6} Its only impact is preventative.

In this lesson, birth control is framed positively. Multiple teen pregnancy prevention studies demonstrate that having “more positive attitudes towards contraception, including condoms” and “perceiving more benefits of using contraception” are important protective factors against teen pregnancy.⁷ Hence, in this lesson, students develop commercials to emphasize the positive aspects of birth control using medically accurate information. Students are not expected to memorize effectiveness rates, how each method of birth control works, or contraindications. If students should be interested in a prescription method at some point in their life, their medical providers will cover this information.

Selection of methods in the lesson

This lesson focuses on a subset of birth control methods, rather than every method, in order to achieve sufficient depth in one class period and to achieve teen pregnancy prevention goals. The nine methods focused on in this lesson were based on King County and national data on teen contraceptive use.^{8 9} The type of condom that is worn in the vagina or anus (sometimes called a female condom) is addressed in STD and HIV prevention lessons.

Teachers are encouraged to have information, samples or reference material about all methods of birth control, including those that the lesson doesn't directly address, so they can answer questions that may arise. Medically updated websites are suggested in teacher preparation section of this lesson and in the Sexual Health Resources student handout and the, for teacher background and for students who wish to learn more in-depth information about all FDA approved methods.

Inclusion of IUD

IUDs are now known to be safe and appropriate birth control for teens. They have been redesigned from IUDs used in the past. They are safe and effective for people who have been pregnant and those who haven't, including teens. Not only are they extremely safe, IUDs are among the most effective methods of birth control available; the hormonal ones are more effective than sterilization. They do not impair future fertility, and they do not increase the risk of STDs or HIV.^{10 11 12}

Inclusion of withdrawal

Despite the physical challenges inherent in using withdrawal effectively, we include it because withdrawal is more effective than previously thought and withdrawal is common among teens, free, and always available. In fact, when withdrawal is used correctly for vaginal sex, experts calculate that only 4% of couples are likely to get pregnant in a year. Taking typical human error into account, 22% would get pregnant, which is comparable to the diaphragm, sponge and other spermicides.¹³

In contrast, over three times as many couples (85%) would get pregnant using no method for a year, making withdrawal *significantly* more effective than using nothing. It should also be noted that withdrawal reduces the risk of sexually transmitted diseases (STD) and the human

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immunodeficiency virus (HIV) by about half,¹³ which is better than most other methods of birth control, excluding condoms.

In contrast to previous assumptions, research shows that most pre-ejaculate fluid contains no sperm. Some men have a small amount of sperm in their pre-ejaculate fluid,¹⁴ which may account for the 4% pregnancy rate in perfect use.

Materials Needed

Student Materials

- *Sexual Health Resources - King County, National*, or develop a local resource sheet
- *Commercial Watchers Worksheet*
- *Individual Homework: Cultural Perspectives on Birth Control*
- *Family Homework: Talking about Birth Control Methods*, available in multiple languages on the FLASH website
- *Lesson 10 Exit Ticket*

Classroom Materials

- *Lesson 10 Warm Up*
- Nine brown paper lunch bags
- Four copies of each *Birth Control Fact Sheet*
- Optional: Samples of the birth control pill, Depo shot, emergency contraception, implant, penis condom, hormonal or copper IUD, patch and vaginal ring.
- Optional: Samples of the birth control methods not covered in class, in case questions arise: diaphragm, vagina condom, Cycle Beads and spermicide (gel, foam, film, sponge). Methods that do not need samples include tubal ligation, vasectomy and withdrawal.

Teacher Materials

- *Developing a Local Sexual Health Resources List: Teacher Guide* for those developing a local resource sheet

Teacher Preparation

1. Obtain a birth control kit, if possible.
 - If you teach in King County, WA contact your local Public Health educator for a loaner kit. Go to: www.kingcounty.gov/health/FLASH (click on "find out about training here")
 - Elsewhere, a very complete "deluxe birth control teaching kit" is available for \$220 Canadian from Sexuality Education Resource Centre Manitoba. Go to: http://www.serc.mb.ca/SERC/content/dload/PrintableResourceOrderForm/file/at_download
 - Contact your local public health family planning clinic or Planned Parenthood (www.plannedparenthood.org) to see if they have kits for loan or for sale.
 - If you borrow or purchase a birth control teaching kit, use the written materials in this lesson plan, not those in the kit.
2. Review the *Birth Control Fact Sheets* used in this lesson. For background information, see these medically accurate sources.
 - Public Health – Seattle & King County. They are downloadable at <http://www.kingcounty.gov/healthservices/health/personal/famplan/birthcontrol/brochures.aspx>.
 - Association of Reproductive Health Professionals: <http://www.arhp.org/Publications-and-Resources/Patient-Resources>.
 - Medline Plus, a service of the U.S. National Library of Medicine: <http://www.nlm.nih.gov/medlineplus/birthcontrol.html>.

3. Assemble bags with birth control information:
 - Label each of the 9 brown paper bags with the name of a birth control method: pill, patch, shot, penis condom, emergency contraception, IUD, ring, implant and pulling out.
 - Make 4 copies of the entire set of *Birth Control Fact Sheets*.
 - Put 4 copies of a particular *Fact Sheet* into each labeled brown paper bag, along with a sample of that birth control method, if you have one. For example, the brown paper bag labeled “condom” would have 4 copies of the *Condom Fact Sheet*, along with a sample condom.
4. Create a local Sexual Health Resource Sheet for students, following the instructions in *Developing a Local Sexual Health Resources List: Teacher Guide*. For teachers outside of Washington State: Visit <http://sexetc.org/action-center/sex-in-the-states/> to learn about laws for birth control confidentiality in your state.

Activities

1. Warm up

Display warm up as bell work.

Prompt: Birth control is used by people who have vaginal sex in order to prevent getting pregnant or starting a pregnancy. There are many different types of birth control to choose from. Select the top 3 things you think a person might want to think about when choosing a birth control method:

- Easy to use
- Very effective
- Safe
- Inexpensive
- Easy to get
- Good side effects
- Partner likes it
- Protects against STDs, including HIV
- Fits with personal beliefs
- Good for health
- Heard good things about it from family and friends

2. Explain purpose of lesson

The purpose of the lesson is for students to learn that birth control is excellent at preventing pregnancy, regardless of whether they need to prevent pregnancy right now.

Hand out the *Sexual Health Resources* (King County, National, or the local one you developed). Give information about where teens can get birth control in your community, including whether it is confidential and free.

We are learning about birth control because birth control is great at preventing pregnancy. I want to point out that this lesson is for everybody—people who are having vaginal sex now or who will in the future, and teens of all sexual orientations and genders. Even if someone won't ever need birth control, learning about it now will help them act as health educators for their friends and families on this important topic.

For teachers in Washington State: Depending on your location, distribute *Sexual Health Resources* (King County or National) or create your own list using *Developing a Local Sexual Health Resources List: Teacher Guide*.

It's important to know that here in Washington State, the laws says that birth control is completely confidential for all people, including teens. The clinic staff are not allowed to tell anyone, including parents, without the teen's permission. At many of the clinics, teens can sign up for free Washington State birth control insurance.

Give the names and locations of nearby clinics. Point out if services are free or low cost.

For teachers in other states: Distribute *Sexual Health Resources in the U.S.*, or create your own list using *Developing a Local Sexual Health Resources List: Teacher Guide*. Point out if services are free or low cost.

3. Lead birth control effectiveness exercise

Explain that for the purposes of this activity, each student in the class will represent a couple who has been having vaginal sex over the course of a year. First, show the number of pregnancies that would result if no one uses birth control for a year (85%, or 26 out of 30 students stand up). Next, show the number of pregnancies that would result with everyone using birth control correctly for a year (under 1%, or 1 out of 30 students at most stand up). Point out that birth control is excellent at preventing pregnancy.

We're going to do a quick group activity to learn how much birth control helps prevent pregnancy.

Let's imagine that each person in class represents a couple who has had vaginal sex several times a month over the course of a year. (It doesn't mean anything about the people here in class. It's just to help us count.) If every couple, represented by the people in our class, had unprotected vaginal sex for one year, how many pregnancies do you think would result? (26 out of 30). Look around at all the people standing. I want you to take in how many pregnancies result from a year of vaginal sex without birth control. Almost all of the couples became pregnant.

Have students be seated.

This time we're going to imagine that each student represents a couple who are using a highly effective method of birth control, and are being careful to use it correctly, all year long.

Ask only 1 person to stand up. (Be sure it's not someone who will feel sensitive about being singled out. You can check with this student before class.)

What do you notice about the effectiveness of birth control? What changed?

If students don't observe it themselves, point out that only one person (at most) is standing compared to nearly the whole class.

Birth control is excellent at preventing pregnancy when used correctly.

4. Small groups study a method of birth control and create a commercial for it

Separate the class into 9 small groups. Assign each small group a method of birth control by handing them a labeled brown paper bag. Instruct groups to study their assigned method of birth control using the materials in the bag, and then write a 2-minute commercial.

Review the purpose of commercials. Explain that the commercials must use accurate information, be respectful, be appropriate for school, and not put down any other methods of birth control. Each group should get ready to perform their commercial for the class.

While students are preparing, visit the groups to see if they need help understanding their method.

We're going to create birth control commercials today. What's the purpose of a commercial? Excellent, to encourage people to buy something. What are the qualities of a good commercial? (Shows advantages of a product, sticks in your head, makes you think your life would be better.)

Each small group will be assigned a birth control method. You'll receive a fact sheet so you can learn about your method. Once you've learned the most important facts about the method, each group is going to perform a 2-minute commercial. You can be as creative as you want. There are a few rules. The commercials must have accurate information, they must not put down any people or any other methods, and they should be PG-13 or below. I'll be available to help you. Have fun! I can't wait to see your commercials.

5. Small groups perform their commercials for the class

Distribute the *Commercial Watchers Worksheet*, and explain that the watchers should record two important points for each birth control method from the commercials.

Have groups take turns presenting their 2-minute commercials, while observers record important points. Remind the watchers to write down two important facts for each birth control method.

When you watch the commercials, pay close attention. You'll need to write down two important points about each birth control method. You might write something like, "Very effective" or "Prevents pregnancy for 3 years" or "Makes periods better", depending on the method of birth control. If you're not sure, raise your hand after the commercial.

If students ask why abstinence was not included in the commercials, let them know that abstinence is important enough to need an entire lesson to itself.

Debrief after each commercial by emphasizing key points about the birth control method. You will also want to correct any misinformation, answer students' questions, and help students see the method, if samples are available.

Note: Research indicates that it's important to create a positive perception of birth control methods.¹⁵ Information about contraindications or specific health risks will be covered by medical providers, in the event that a student seeks out a particular method of birth control. The focus of this lesson is on the *advantages* of each method.

As you debrief the commercials, emphasize the FLASH key concepts listed at the beginning of the lesson.

6. Conclude lesson

Wrap up with the opinion question: *Based on what you learned today, what do you think is the best method of birth control for a couple that doesn't want to get pregnant or get an STD and is having vaginal sex?*

Discuss the “best method” as a class, encouraging students to support their views. There will be different opinions. Make sure students defend their answers with medically accurate information. If it doesn’t come up, point out that condoms PLUS another reliable method is an excellent way to prevent pregnancy *and* STDs.

Thank the class for their creativity in teaching each other about birth control, and point out that using any one of these methods is much more effective than having vaginal sex without any protection.

7. Assign homework.

Allow students to choose between the individual or family homework and explain the assignments as needed.

Individual Homework: Cultural Perspectives on Birth Control

Family Homework: Talking about Birth Control Methods, available in multiple languages on the FLASH website

8. Exit ticket

Hand out the *Lesson 10 Exit Ticket*.

Question: What is the benefit of using a condom at the same time as another method of birth control for a couple having vaginal sex?

Answer: Prevents pregnancy, STDs and HIV.

Warm Up

Birth control is used by people who have vaginal sex in order to prevent getting pregnant or starting a pregnancy. There are many different types of birth control to choose from.

Select the top 3 things you think a person might want to think about when choosing a birth control method:

Easy to use

Very effective

Safe

Inexpensive

Easy to get

Good side effects

Partner likes it

Protects against STDs, including HIV

Fits with personal beliefs

Good for health

Heard good things about it from family and friends

Sexual Health Resources In King County

Student Handout

Confidential

Teens of any age can get all the services listed on this handout confidentially in Washington State. Confidential services include birth control, condoms, emergency contraception, pregnancy tests, STD and HIV tests, prenatal care, abortion and adoption.

Birth Control and STD Clinics

These clinics have birth control, condoms, emergency contraception, pregnancy tests, STD tests and HIV tests. Services are confidential. Teens in Washington State can sign up for free birth control insurance, called Take Charge, at Public Health and Planned Parenthood.

Public Health – Seattle & King County
Free or low cost teen clinics
206-263-1505
www.teenclinic.com

Planned Parenthood Great Northwest
1-800-769-0045
www.plannedparenthood.org

- Birth control method information (World Health Organization): Scroll down to see chart.
<http://www.who.int/mediacentre/factsheets/fs351/en/>
- STD information (Centers for Disease Control): <http://www.cdc.gov/std/>
- HPV vaccine information (Centers for Disease Control): <http://www.cdc.gov/vaccines/vpd-vac/hpv/>

Help Finding a Clinic and Other Services

Community Health Access Program
(CHAP Line)
206-284-0331 or 1-800-756-5437
Also helps people apply for health insurance
chap@kingcounty.gov

Teen Link
1-866-833-6546
www.866teenlink.org

Prenatal Care

Public Health – Seattle & King County
Maternity Support Clinics and WIC
206-263-1505
www.kingcounty.gov/healthservices/health/personal/MSS.aspx

Abortion Clinics

Cedar River Clinics
(425) 255-0471
www.cedarriverclinics.org

Planned Parenthood
1-800-769-0045
<http://www.plannedparenthood.org/planned-parenthood-great-northwest>

Adoption Agencies

Amara
(206) 260-1700
<http://amaraparenting.org>

Open Adoption & Family Services
1-800-772-1115
<http://www.openadopt.org/>

Sexual Health Resources In the U.S.

Student Handout

Confidential

Click on the map to find out if sexual health services are confidential in your state.

<http://sexetc.org/action-center/sex-in-the-states/>

Birth Control and STD Clinics

There are many websites and phone numbers to help teens find birth control, condoms, emergency contraception, pregnancy tests, STD tests and HIV tests.

- Enter your zip code or call to find the nearest Planned Parenthood clinic.
www.plannedparenthood.org 1-800-230-PLAN
- Enter your zip code to find the nearest birth control clinic that is free or low cost.
<http://www.hhs.gov/opa/>
- Enter your zip code to find a clinic for HIV tests, birth control, counseling and other services.
www.aids.gov
- Enter your zip code to find the nearest place to get emergency contraception.
www.not-2-late.com
- Call your local public health department to get information about local birth control and STD clinics.
- Birth control method information (World Health Organization): Scroll down to see chart.
<http://www.who.int/mediacentre/factsheets/fs351/en/>
- STD Information (Centers for Disease Control): <http://www.cdc.gov/std/>
- HPV Vaccine Information (Centers for Disease Control): <http://www.cdc.gov/vaccines/vpd-vac/hpv/>

Help Finding a Clinic and Other Services

- Enter your address to find the nearest health clinics that are free or low cost. These clinics are for all health issues, not just sexual health.
<http://findahealthcenter.hrsa.gov/>

Prenatal Care

- Scroll to your state to find the phone number for the Women, Infants, Children (WIC) Program.
<http://www.fns.usda.gov/wic/toll-free-numbers-wic-state-agencies>
- WIC is a nutrition program that helps pregnant women, new mothers, and young children eat well, learn about nutrition and stay healthy. They also give information about where to get prenatal care.

Abortion Clinics

- Click on the map to see a list of abortion clinics in your state.
<http://prochoice.org/think-youre-pregnant/find-a-provider/>
- Call 1-877-257-0012 to find the nearest abortion clinic.
- Call 1-800-772-9100 to get more information about abortion and where to get financial help.

Adoption Agencies

- Call 1-800-772-1115 to talk with an adoption counselor at Open Adoption and Family Services.
- The phone line is open 24 hours a day.

Developing a Local Sexual Health Resources List

Teacher Guide

In order to ensure that students have access to the health care services they need, it is important for teachers to develop a sexual health resource sheet specific to their geographic area. FLASH provides a resource sheet for King County, Washington, as an example that can be used as a template. If you are not familiar with the resources in your area, the following national resources will help you in compiling a local resource sheet. If, for some reason, you cannot develop a local resource sheet, a national resource sheet has been provided for you.

FLASH recommends referring young people to clinics and agencies that are teen and LGBT friendly, culturally competent, supportive of all pregnancy options, and that consider the teen to be their primary client. When creating your local resource sheet, keep these criteria in mind.

Confidential

Individual state policies on teens accessing reproductive health care are provided by Sex, etc., a project of Rutgers University. <http://sexetc.org/action-center/sex-in-the-states/>

Birth Control and STD Clinics

To find local birth control and STD clinics, call your local health department. If you need further assistance finding clinics that offer a full array of services, the following links may be of help.

- www.plannedparenthood.org to find a local Planned Parenthood clinic
- <http://www.hhs.gov/opa/> to find a local Title X clinic
- www.not-2-late to find locations for accessing emergency contraception
- <http://locator.aids.gov/> to find HIV testing locations

Help Finding a Clinic and Other Services

The U.S. Department of Health and Human Services, Health Resources and Services Administration maintains a list of sliding scale or free clinics across the United States.

<http://findahealthcenter.hrsa.gov/>

Prenatal Care

To find prenatal care providers who serve teens, call your local WIC provider. The link below provides a State number, that can direct you to a local provider.

www.fns.usda.gov/wic/toll-free-numbers-wic-state-agencies

Abortion Clinics

The National Abortion Federation maintains a list of abortion providers by state.

<http://prochoice.org/think-youre-pregnant/find-a-provider/>

Adoption Agencies

Open Adoption and Family Services works with clients from across the nation. Should a client prefer a local resource, they will work with her to identify a local provider.

<http://www.openadopt.org/>

IUD

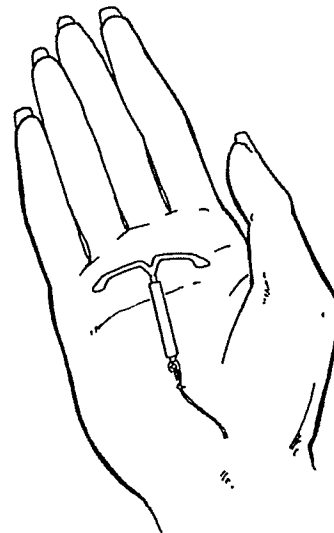
Fact Sheet

Main points:

- Extremely effective.
- Very convenient. Prevents pregnancy for 3 - 12 years, depending on the type of IUD.

More information:

- The IUD is a small T-shaped object that goes inside the uterus. It is very safe.
- There are 2 types of IUDs, made with either hormones or copper. The hormone is similar to one that occurs naturally in the body. The hormone is slowly released out of the IUD and into the body.
- The IUD is one of the most effective methods of birth control.
- A person can get pregnant as soon as they have the IUD taken out.
- It does not protect against STDs or HIV.
- The IUD prevents pregnancy mainly by slowing down the sperm (copper) or making it hard for sperm to get into the uterus (hormone)
- 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, so it doesn't poke the vagina or uterus.



Source: *Contraceptive Technology*, 20th revised edition, 2011.

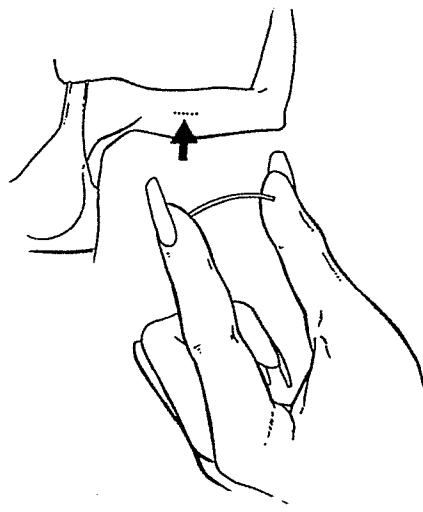
Implant Fact Sheet

Main points:

- The most effective method of birth control!
- Very convenient. Prevents pregnancy for up to 3 years.

More information:

- The implant is a soft tube that goes under the skin in the upper arm. It is very safe.
- It is used by people who have a uterus and ovaries.
- It is made of a hormone, similar to one that occurs naturally in the body. The hormone is slowly released out of the tube and into the body.
- The implant is the most effective method of birth control.
- A person can get pregnant as soon as they have 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 uterus and by stopping the ovaries from releasing an egg each month.
- The implant is very safe.
- It only takes a few minutes for a doctor to insert or remove the implant, and there are no stitches.



Source: *Contraceptive Technology*, 20th revised edition, 2011.

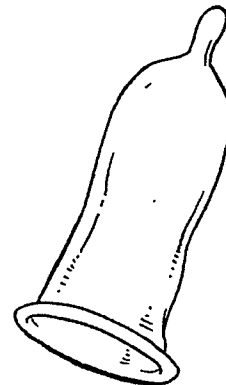
Condom Fact Sheet

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 ejaculation happens.
- Some people use lubricant (watery, slippery gel) on the outside and inside of the condom to make it feel better during sex.
- When a person takes their penis out of their partner's body, they 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 is allergic to latex.
- There is no age requirement to buy condoms.



Source: *Contraceptive Technology*, 20th revised edition, 2011.

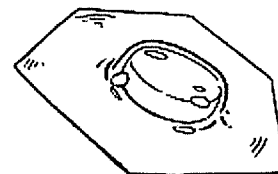
EC (Emergency Contraception) Fact Sheet

Main points:

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

More information:

- EC is a pill to prevent pregnancy after sex.
- It is used by people who have a uterus and ovaries.
- The most common brands of EC are Plan B and Ella. EC is also known as the “morning after pill” and “emergency contraception.”
- EC is much more effective the sooner it is taken. It can prevent pregnancy if taken up to 5 days after vaginal sex.
- It prevents pregnancy by delaying or stopping the ovaries from releasing an egg.
- It does not cause an abortion. If EC doesn’t work, it will not harm the pregnancy.
- All brands of EC, except Ella, can be bought by men or women of any age at the drug store without a doctor’s prescription.
 - For more information about getting EC, go to www.not-2-late.com.
- EC is very safe.
- It does not protect against STDs or HIV.



Source: *Contraceptive Technology*, 20th revised edition, 2011.

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 the arm or hip every 3 months.
- It is used by people who have a uterus and ovaries.
- It is made of a hormone, similar to one that occurs naturally in the 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 person needs to go to a doctor to get the shot.



Source: *Contraceptive Technology*, 20th revised edition, 2011.

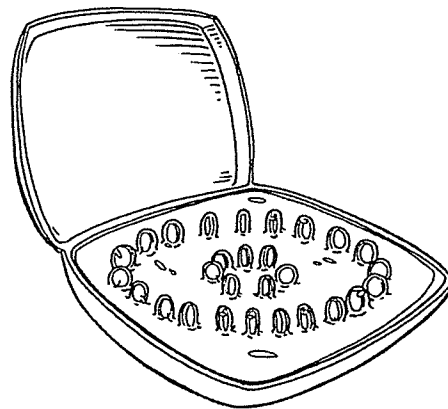
Birth Control Pill Fact Sheet

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 person takes the pill once a day to prevent pregnancy.
- The pill is used by people who have a uterus and ovaries.
- It is made of hormones just like the ones that occur naturally in a the 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 person needs to go to a doctor to get started on the pill.



Source: *Contraceptive Technology*, 20th revised edition, 2011.

Patch

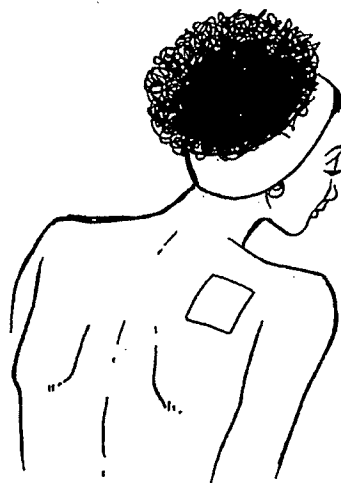
Fact Sheet

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 the skin.
- It is used by people who have a uterus and ovaries.
- It has hormones just like the ones that occur naturally in the body. The hormones are released into the body through the skin.
- A new patch is put on once a week, for 3 weeks in a row, and then the person goes 1 week without a patch.
- The patch is very effective when used correctly.
- A person wearing the patch 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 person needs to go to a doctor to get started on the patch.



Source: *Contraceptive Technology*, 20th revised edition, 2011.

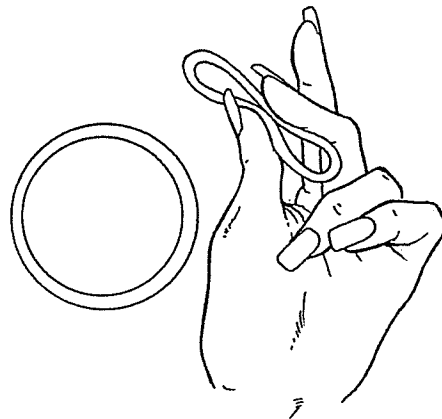
Vaginal Ring Fact Sheet

Main points:

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

More information:

- The ring, also known as the NuvaRing, is a soft, plastic, flexible ring that's about 2 inches wide.
- The ring goes inside the vagina, and it stays there for 3 weeks. It does not hurt and the person using it should not be able to feel it.
- The ring has hormones inside similar to the ones that occur naturally in the 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 person needs to go to a doctor to get started on the ring.



Source: *Contraceptive Technology*, 20th revised edition, 2011.

Pulling Out (Withdrawal)

Fact Sheet

Main points:

- Free and always available.
- More effective than most people think, when used correctly.

More information:

- To use the pull-out method, a person pulls their penis out of their partner's body before ejaculation, making sure not to get semen near the other person's genitals.
- Withdrawal is another word for pulling out.
- Pulling out is very effective for people who can tell when they're about to ejaculate. It takes experience and a lot of self-control to be able to pull out completely in time.
- Pre-cum is the fluid on the tip of the penis before the ejaculation happens. It's also called pre-ejaculate. Studies show that only some pre-cum contains a small amount of sperm.
- Pulling out lowers the chance of getting HIV and some STDs, but it does not fully protect against these infections.

Source: *Contraceptive Technology*, 20th revised edition, 2011.

Commercial Watchers Worksheet

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

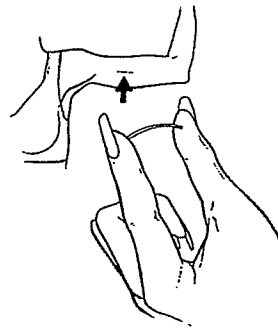
IUD



Important Points:

- 1.
- 2.

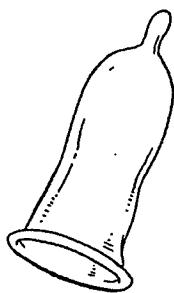
Implant



Important Points:

- 1.
- 2.

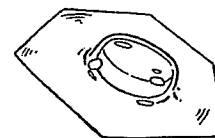
Condom



Important Points:

- 1.
- 2.

EC
(Emergency Contraception)



Important Points:

- 1.
- 2.

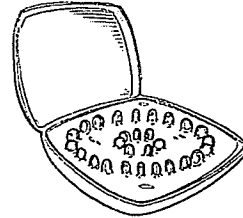
Depo Shot



Important Points:

- 1.
- 2.

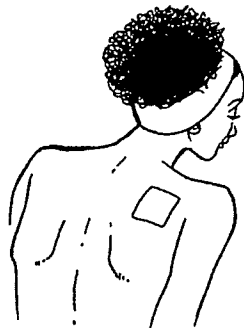
Birth Control Pill



Important Points:

- 1.
- 2.

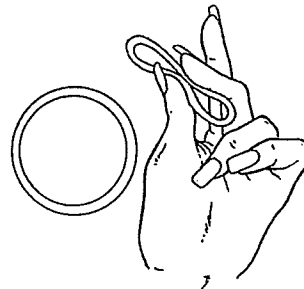
Patch



Important Points:

- 1.
- 2.

Vaginal Ring



Important Points:

- 1.
- 2.

Pulling Out (Withdrawal)

Important Points:

- 1.
- 2.

Individual Homework: Cultural Perspectives on Birth Control

Name: _____

Period: _____

Research birth control beliefs in the United States.

Here are possible questions you could research: What are some different beliefs about birth control in the U.S.? For example, do beliefs vary if people are married, if they are using birth control for health reasons, or according to age of the person using birth control? How do the beliefs about birth control change across cultures and religions?

Search the Internet. Use the term "birth control beliefs in the U.S." Write one paragraph about what you find during your research.

Family Homework: Talking about Birth Control Methods

All Family Homework is optional. Students may complete Individual Homework instead.

Purpose: Family Homework is a chance to share your beliefs about sexuality and relationships, and the beliefs of your family, culture or religion.

Directions: Student will do the homework with a family member or trusted adult who is like family. Find a quiet place where the two of you can talk privately for 5-10 minutes. Please follow these guidelines:

- It is okay for either of you to skip a question.
- What you discuss will not be shared with anyone else, unless you give one another permission to share it.
- Take turns asking questions. When it is your turn to listen, 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 Confirmation Slip: Talking about Birth Control Methods

Due: _____

We have completed the family homework.

Date

Signature of family member or trusted adult

Student's name

Signature of student

Exit Ticket

What is the benefit of using a condom at the same time as another method of birth control for a couple having vaginal sex?

Lesson 10: Assessment Questions

1. What are two reasons a person should go to a clinic if they are having vaginal sex?
2. How does emergency contraception prevent pregnancy? Circle the correct answer.
 - A. It prevents or delays the ovaries from releasing an egg.
 - B. It causes an abortion.
 - C. It prevents the testicles from making sperm.
 - D. It confuses the egg and sperm into traveling in the wrong direction.
3. Where could a person get medically accurate information about birth control, condoms, and emergency contraception in our community?
4. True or False. In Washington State, the law says that teens can get birth control confidentially.
5. Answer this advice column, being sure to summarize the best ways to prevent pregnancy, HIV and STDs for someone who has vaginal sex.

I am in my second year of college. My boyfriend and I want to have sex, but I don't want to get pregnant or get an STD. I've heard a lot of different advice, but I'm not sure what to do.

Lesson 10: Assessment Key and Standards Alignment

Question	Answer	Standards
1. What are two reasons a person should go to a clinic if they are having vaginal sex?	Possible correct answers: <ul style="list-style-type: none"> • Learn about birth control methods • Get help selecting a method • Get condoms • Get tested for STDs and HIV • Get a pregnancy test • Get emergency contraception 	NHES: SH1.12.33
2. How does emergency contraception prevent pregnancy? Circle the correct answer. A. It prevents or delays the ovaries from releasing an egg. B. It causes an abortion. C. It prevents the testicles from making sperm. D. It confuses the egg and sperm into traveling in the wrong direction.	A	NSES: PR.12.CC.2
3. Where could a person get medically accurate information about birth control, condoms, and emergency contraception in our community?	Possible correct answers: The local clinic listed on your resource sheet, or whatever resource you shared with students (e.g. school-based health center, school nurse, etc.)	NSES: PR.12.AI.1 PR.12.AI.2
4. True or False. In Washington State, the law says that teens can get birth control confidentially. (<i>Note: Edit the question as needed based on your state laws.</i>)	True	NSES: PR.12.CC.3
5. Answer this advice column, being sure to summarize the best ways to prevent pregnancy, HIV and STDs for someone who has vaginal sex. <i>I am in my second year of college. My boyfriend and I want to have sex, but I don't want to get pregnant or get an STD. I've heard a lot of different advice, but I'm not sure what to do.</i>	Possible correct answers: <ul style="list-style-type: none"> • Use a reliable birth control method and a condom every time. • Go to the clinic to get a method and to get condoms. • Use emergency contraception if you have unprotected sex. • Don't have sex. 	NHES: SH1.12.10 SH1.12.22 SH1.12.23 SH1.12.33
Exit Ticket: What is the benefit of using a condom at the same time as another method of birth control for a couple having vaginal sex?	Prevents pregnancy, STDs and HIV.	NHES: SH1.12.24

Integrated Learning Activities

CONSUMER SCIENCE: Which Method Is the Best Deal?

Put students into small groups and have them rank the birth control methods in two ways: cost per year without insurance and effectiveness against pregnancy. For this exercise, students can use the “perfect rate” (the rate that reflects correct and consistent use) or the “typical rate” (the rate that reflects typical human error), as long as they use the same rate for all methods. This activity will involve Internet research to find the birth control costs.

Ask each group to determine which method they think is the best deal. There will be differences among groups based on how highly they prioritize effectiveness. The goal is for them to articulate their conclusions based on accurate information and logical reasoning.

For teachers in Washington State: Remind students that all methods are available for free in Washington State for people who qualify, including many teens.

Suggested Resources:

- *Effectiveness rates:* Scroll to the bottom of this website by the Family Planning Program of Public Health – Seattle & King County, <http://www.kingcounty.gov/healthservices/health/personal/famplan/birthcontrol.aspx>. Click on “A Comparison of All Birth Control Method Effectiveness Rates” for a downloadable fact sheet.
- *Birth control method costs:* The average costs of the birth control methods can be found on the websites of the Association of Reproductive Health Professionals website (<http://www.arhp.org/methodmatch/>) and Planned Parenthood (<http://www.plannedparenthood.org/health-topics/birth-control-4211.htm>). On both websites, click on the individual method to find the cost.

ART: Magazine Ads

This activity can follow the student-created birth control commercials. Have the same small groups develop magazine ads on poster paper that visually convey the main point of their commercial.

Encourage creativity. You may want to have a stack of magazine ads available for students to look at. Remind students that the ads can be geared to different age groups of adults (not just teens) and that they should not depict sexual activity.

Display the ads around the classroom and give students an opportunity to view them. The goal of this exercise is to further reinforce the positive aspects of birth control, particularly for visual learners.

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