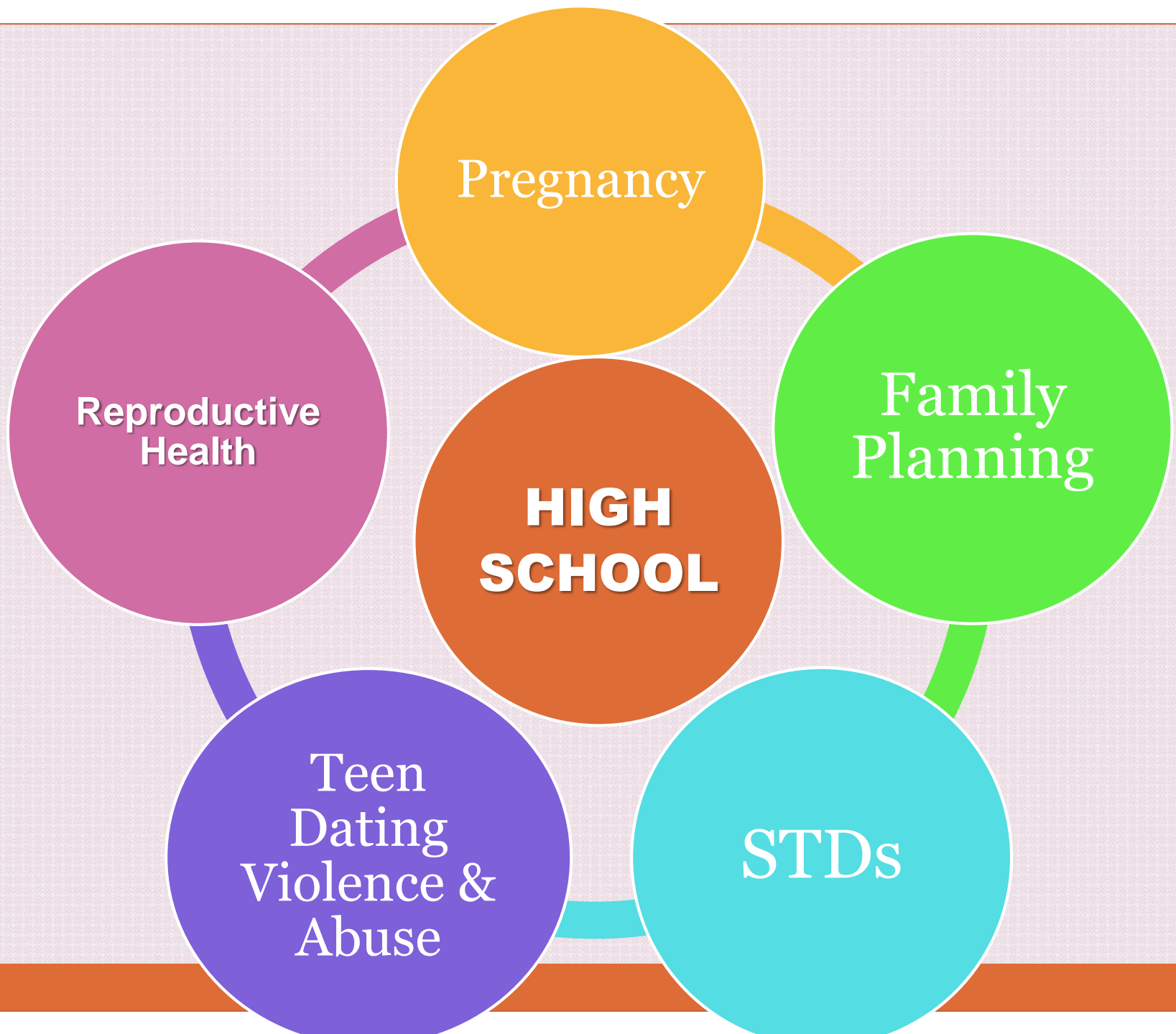


HIGH SCHOOL

FAMILY PLANNING

The mission of Polk County Public Schools is to provide high quality education for all students.



Pregnancy

Family
Planning

**HIGH
SCHOOL**

STDs

Teen
Dating
Violence &
Abuse

Reproductive
Health

ESSENTIAL QUESTIONS:

1. Which family planning methods are natural, chemical, mechanical, surgical?
2. What are some of the factors that influence failure rates for various contraceptive methods?

FAMILY PLANNING VOCABULARY


Abstinence - the voluntary refraining from an activity; usually used to describe avoidance of sexual activity; the deliberate avoidance of a given activity; usually associated with self-restraint from hunger, pleasure or craving

Birth control - control or limitation of the number of children born, especially by preventing or lessening the frequency of pregnancy (as by the use of contraceptives or by avoiding sexual contact)

Contraception - the control of fertility to prevent conception/fertilization by keeping sperm and ovum apart or the prevention of conception or pregnancy by voluntary and artificial means

Fertile - able to reproduce (to bear children)

Over-the-counter - refers to medications that can be purchased without a prescription



Have you thought about how many children you might want in the future?

What are some reasons why a married couple might choose to delay having children?

What do you think is the most effective method of family planning?

Questions to ask your Health Care Provider.

- ✓ How does this work?
- ✓ How do I use it?
- ✓ How well does this method work?
- ✓ What are the most common side effects?
- ✓ How much does it cost?
- ✓ Where can I obtain it?
- ✓ If I decide to discontinue this method of family planning is there anything I should know?

Natural Methods

ABSTINENCE

Abstinence
100% Effective



Fertility Awareness
80% Effective

Chemical/Hormonal Methods



Oral Contraceptives (pills)
91% effective



Patch/Vaginal Ring
98.5% effective



Injectable Progestin (shot)
92.5% effective



Subdermal Implant
99.5% effective



Contraceptive Gel (spermicide)
72% effective

Mechanical Methods



Diaphragm, Cervical Cap, Sponge
82% effective

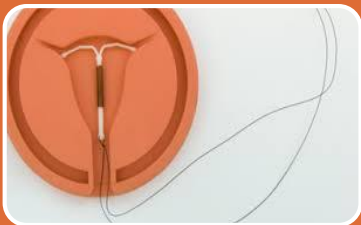


Male Condom
82% effective

Latex condoms reduce the risk of transmitting STIs by providing a barrier against the source of the infection. However, they do not completely eliminate the risk of pregnancy and STIs.



Female (Internal) Condom
79% effective

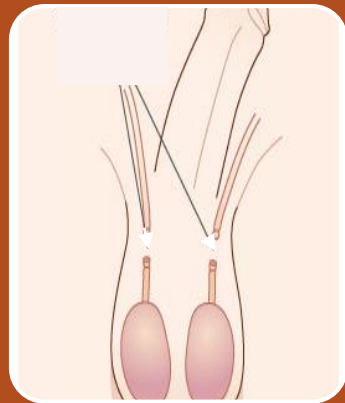


Intrauterine Device (IUD)
99.2% effective

Surgical Methods

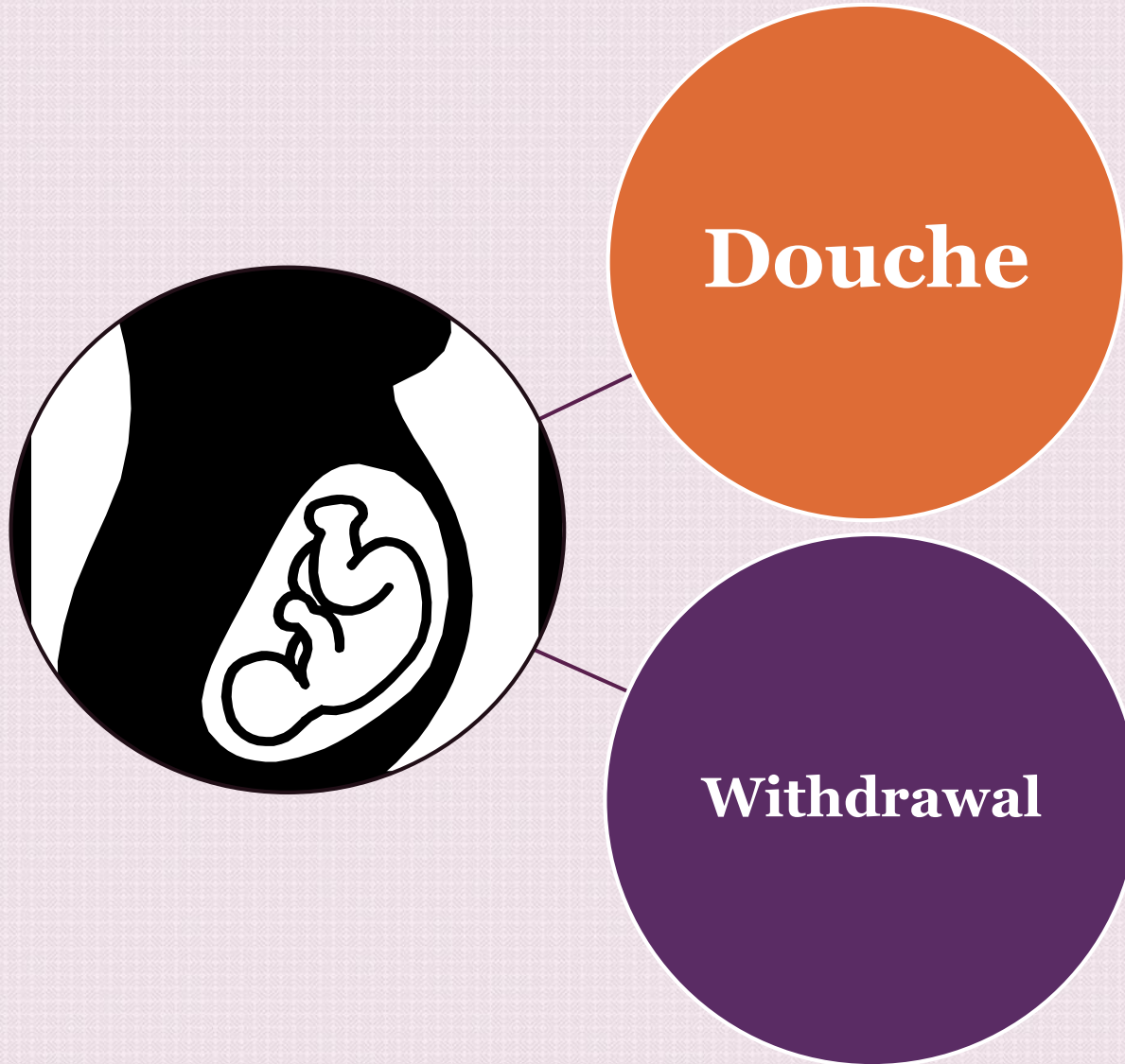


Tubal Ligation
99.5% effective



Vasectomy
99.8% effective

NOT Methods of Family Planning



Why do contraceptives fail?

- Using the method incorrectly
 - Don't understand how
 - Don't read instructions
 - Don't take on correct schedule
 - Forget to take
- Not used consistently (every time)
- Lack of cooperation from partner
- Interaction with other medications
- Lack of money to purchase
- Stop taking



What is Emergency Contraception?

- Can prevent pregnancy if regular contraception is not used or fails. Can also be used in the case of sexual assault.
- Should be used as soon as possible, or within 5 days after unprotected sex.
- Is not to be used as a regular form of birth control.
- Does not provide protection against STDs.
- Is available over the counter, or from a health care provider.

<https://www.womenshealth.gov/a-z-topics/emergency-contraception>

100% EFFECTIVE!

FREE!

ABSTINENCE

PREVENTS STDs!

**BEST CHOICE FOR
TEENS!**

ESSENTIAL QUESTIONS:

1. Which family planning methods are mechanical, surgical, natural, or chemical?
2. What are some of the factors that influence failure rates for various contraceptive methods?