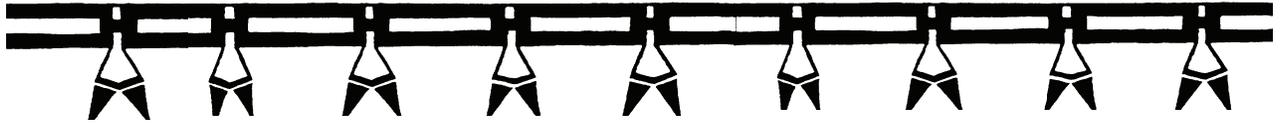


12: Preventing Pregnancy



Purpose:

To provide Native STAND members with detailed information about the different methods of contraception and STD prevention available.

Stages of Change Process:

Getting info, building self-confidence

Learning Objectives:

By the end of this session, Native STAND members will be able to:

1. List at least 5 commonly available methods of birth control and identify the relative advantages and disadvantages of each.
2. Identify the relative effectiveness of each of the methods for pregnancy and STD prevention.

Supplies/Materials:

Resources/Handouts:

	RM	PM	HO
Words of Wisdom	●		
Birth Control Options for Teens	●	●	
Methods Not Usually Recommended for Teens	●	●	
Emergency Contraception	●	●	
Dual Methods	●	●	
1 Out of 100 Women	●	●	
Resources	●	●	



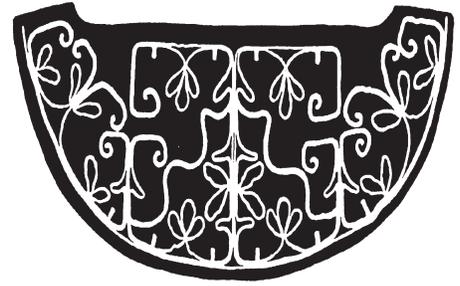
THINKING AHEAD:

Begin planning the field trip to a local health care facility for Session 18

1. Welcome/Overview

3-5 minutes, large group lecture, adult facilitator

- Review Session 11: Pregnancy & Parenting.
- Answer any questions in the Question Box. Remind students to use the Question Box if they have questions about anything discussed today.
- Introduce today's session.
- Read today's WOW.



Seek wisdom, not knowledge. Knowledge is of the past, wisdom is of the future.

Lumbee

2. Birth Control Methods Overview

5-8 minutes, large group, adult facilitator

- Explain that having sex is about making choices. We choose when we are ready and when we want to wait. We choose our partners. We choose what we want to do and what we don't want to do with our partners. We can choose to do it in the safest way. We can choose when we are ready to be pregnant and when we are ready to be parents.
- The only 100% sure way to avoid an unplanned pregnancy is to practice abstinence. If you choose not to abstain, there are steps you can take to protect yourself from getting pregnant.
- To choose the birth control method that may be best for you, consider how well each one will work for you. Ask yourself:
 - ◇ How well will it fit into my lifestyle?
 - ◇ How convenient is it?
 - ◇ How effective is it?
 - ◇ How safe is it?
 - ◇ How affordable is it?
 - ◇ Is it reversible?
 - ◇ Does it also prevent STDs? (It's important to point out that just because a method is effective at preventing pregnancy doesn't mean it is effective at preventing STDs.)
 - ◇ Are free condoms available in my community? Where are they? How do I get them?



3. Community Health Provider Guest Speaker On Birth Control Methods

40-45 minutes, large group, adult facilitator

- Introduce community health provider.
- Community Health provider presents information on birth control methods.
- After presentation, allow students time to ask questions. If students are shy, you can ask some of these questions to get the conversation going:
 - ◇ Which of the methods discussed is most effective?
 - ◇ What are the advantages and disadvantages of each of these methods?
 - ◇ Are some methods more appropriate for teens than others? Which and why?
 - ◇ Where would you go if you wanted to find out more information about contraception or even start using a method?
 - ◇ Be sure that the community healthcare provider shares information about local clinics.
- Thank the provider.

BIRTH CONTROL OPTIONS FOR TEENS

ABSTINENCE

Dual Methods¹

Emergency Contraception

Emergency contraception (EC) is a safe and effective way to reduce your chance of pregnancy up to 5 days *after* unprotected sex. It's important to take EC as soon as possible after unprotected sex—the sooner you start it, the better it will work.

You may want EC if:

- ☒ The condom broke or slipped off, and he ejaculated in your vagina.
- ☒ He didn't pull out in time.
- ☒ You forgot to take your birth control pills, insert your ring, or apply your patch.
- ☒ Your diaphragm or cap slipped out of place, and he ejaculated inside your vagina.
- ☒ You miscalculated your "safe" days.
- ☒ You weren't using any birth control.
- ☒ You were forced to have unprotected vaginal sex, or were raped.

EC is available without a prescription for women (and men) 17 or older, but those 16 and younger need a prescription.

To get EC, check with:

- ☒ Your local IHS or tribal health clinic
- ☒ Your county, local, or state health department
- ☒ Your school-based health clinic
- ☒ A local Planned Parenthood clinic—to find the clinic nearest to you, visit: <http://www.plannedparenthood.org/FindCenterProcess.asp>.
- ☒ If you live in Alaska, California, Hawaii, Maine, Massachusetts, New Hampshire, New Mexico, Vermont, or Washington, you can get EC without a prescription at some pharmacies. Call your pharmacy in advance to make sure they offer and stock EC. If you live in one of these states, you can locate a pharmacy near you that dispenses EC at this website: <http://www.ec-help.org/PharmacyLocations.asp>.
- ☒ A searchable database of EC providers is located at: <http://eclocator.not-2-late.com>.

¹ EC is also known as "the morning after pill"; brand names include Plan B, Plan B One-Step, Next Choice, and ella.

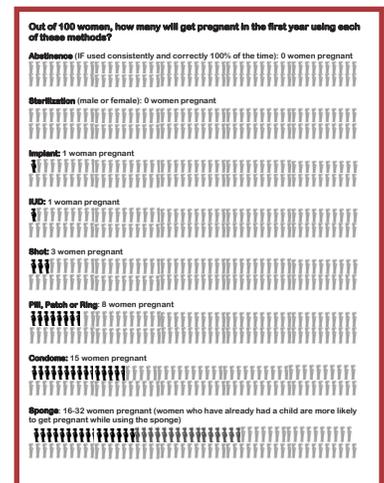
Options: If you are unable to locate/arrange for a health care provider to give this talk, here are some other sources of information:

- ◇ The contraceptive section of the Big Decisions curriculum, available at: <http://www.bigdecisions.org/08pdfs/BDJan08L6.pdf>.
- ◇ Your local, county or state health department—they often have educational materials and displays they can loan out.
- ◇ Purchase an inexpensive contraception education kit (like those available through Planned Parenthood at: <http://www.plannedparenthood.org>)

4. Discuss Community Health Care Worker Visit

8-10 minutes, large group discussion, adult or teen co-facilitator

- Check in with students to see what they thought of the presentation and the information shared.
- Are there questions that weren't answered? Were there questions that they wanted to ask but didn't? What are some things you learned today that you didn't know before?
- Let students know that any questions they had about this session can be shared with the health care provider and can be addressed on the day of the clinic visit (Session 18).
- Point out the reference materials in the PM (Birth Control Options¹, Emergency Contraception, Dual Methods, Out of 100 Women).



¹ <http://www.teenwire.com/infocus/2005/if-20050308-birthcontrol.php>

5. Closing

3-5 minutes, large group, adult facilitator

- Point out the Resource List in the PM.
- Preview next session: Condoms
- Direct the students' attention to the Words of Wisdom on the wall. Ask a volunteer to read the words and to share with the group what those words mean to him or her and how they relate to today's session and activities.
- Adjourn.

RESOURCES

Birth Control and Contraception for Teenagers
<http://www.avert.org/cpills.htm>
Good and easy-to-read basic information about contraception. Developed by AVERT, an international HIV/AIDS charity.

Birth Control Methods
<http://www.womenshealth.gov/faq/birth-control-methods.cfm>
A comprehensive review of contraceptive methods by the federal government's Office of Women's Health.

Condoms
<http://www.avert.org/condom.htm>
Good and easy-to-read basic information about condoms. Developed by AVERT, an international HIV/AIDS charity.

Contraception/Birth Control: A Guide for Teens
<http://www.youngwomenshealth.org/contr.htm>
Good and easy-to-read information about birth control, abstinence. Developed by the Center for Young Women's Health at Children's Hospital Boston.

How to Put on a Condom
http://www.ashaid.org/condom/condom_male.cfm
Developed by the American Social Health Association.

StayTeen: Birth Control/Contraception
<http://www.stayteen.org/get-informed/contraception.aspx>
An informative and youth-friendly website. Developed by the National Campaign to Prevent Teen and Unplanned Pregnancy.

TeenSource: Emergency Contraception
http://teensource.org/pages/3068/Emergency_Contraceptive_Pills.htm
Comprehensive website for adolescent sexual health issues. Developed by the California Family Health Council.

TeenTalk: Birth Control
<http://www.plannedparenthood.org/teen-talk/birth-control/25079.htm>
A comprehensive website for adolescent sexual health issues. Developed by Planned Parenthood.

NOTES

