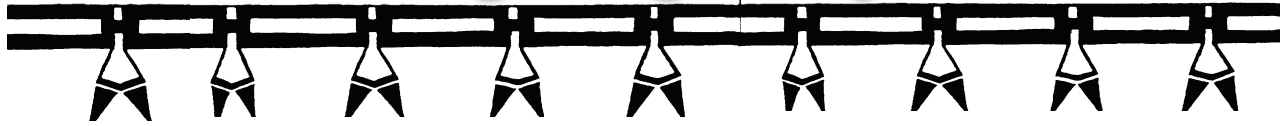




12: Preventing Pregnancy



What are we going to do today?

Today we will discuss different methods of contraception and STD prevention.

What am I going to learn today?

By the end of today, you will be able to:

1. List 5 common methods of birth control and describe the advantages and disadvantages of each.
2. Describe how well each birth control method works

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

Lumbee



NOTES

What are three most surprising things you learned about birth control methods today?

1. _____

2. _____

3. _____

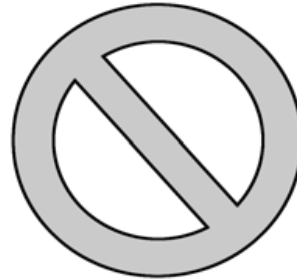


BIRTH CONTROL OPTIONS FOR TEENS

ABSTINENCE

1. What is it and how does it work to prevent pregnancy?

- Abstinence means not having sex (that means NO vaginal, oral, or anal sex)
- Abstinence involves a decision and a plan, and it works only if used consistently and correctly
- The penis does not touch the vaginal area, so sperm cannot enter the vagina to fertilize an egg¹



2. How effective is it in preventing pregnancy?

- If used consistently and correctly, abstinence is 100% effective in preventing pregnancy
- Young people who plan to abstain, but then have sex without using another method, are at high risk of pregnancy (and STDs)

3. How effective is it in preventing STDs?

- If used consistently and correctly, abstinence is 100% effective in preventing STDs²

4. Other Things to Know about ABSTINENCE:

- It is the only method that protects completely from pregnancy and STDs
- It is free, and no prescription required
- It is more than just accidentally not having sex—it involves a decision, and a plan
- Advantages include:
 - No worry about pregnancy, birth control, or diseases
 - You can get to know each other without a sexual relationship
- Disadvantages might include:
 - Feeling impatient or curious
 - Partner has to agree

Adapted from: Big Decisions: Making Healthy, Informed Decisions About Sex, www.bigdecisions.org

¹ However, if a male ejaculates close to the vaginal opening, there is a possibility that semen could enter the vagina, and a pregnancy could occur.

² However, some activities consistent with abstinence, such as genital touching, could theoretically transmit some STDs, such as HPV or genital herpes.

STERILIZATION

(tubal ligation, “getting your tubes tied”; vasectomy)



1. What is it and how does it work to prevent pregnancy?

- For women: a surgical procedure that permanently blocks her fallopian tubes where the sperm and egg would normally meet
- For men: a surgical procedure that permanently prevents the release of sperm when a man ejaculates (men still ejaculate)

2. How effective is it in preventing pregnancy?

- Extremely effective (96.5%-99.9%)
- Less than 1 of 100 women will get pregnant in the first year

3. How effective is it in preventing STDs?

- This method is **NOT AT ALL** effective in preventing STDs or HIV
- If a person has sex, condoms must also be used to reduce the risks of STDs and HIV

4. Other things to know about STERILIZATION:

- Advantages:
 - The woman does not have to remember to do something to prevent pregnancy
 - The woman is in control of female sterilization
 - It is permanent
- Disadvantages:
 - Because it is permanent, it is not appropriate for anyone who might want to have a child in the future. Because people so often change their mind about having families, sterilization is usually discouraged for people under 30 who have not had children

Adapted from: Big Decisions: Making Healthy, Informed Decisions About Sex,
www.bigdecisions.org

IMPLANT ("Implanon")



1. What is it and how does it work to prevent pregnancy?

- The implant is a flexible plastic rod about the size of a matchstick, which contains a progestin hormone
- It is placed under the skin of the woman's arm and the hormone is slowly released into the body over three years
- The hormone stops the ovary from releasing an egg, so there is no egg for the sperm to fertilize
- The implant also causes thickened mucus in the cervix and changes to the lining of the uterus

2. How effective is it in preventing pregnancy?

- The implant is extremely effective
- Typically, none or 1 of 100 women will become pregnant in the first year
- Women are in control of Implanon

3. How effective is it in preventing STDs?

- This method is **NOT AT ALL** effective in preventing STDs or HIV
- If a person has sex, condoms must also be used to reduce the risks of STDs and HIV

4. Other things to know about the IMPLANT:

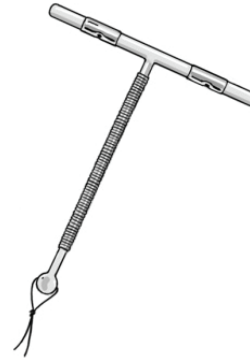
- **Advantages:**
 - The woman does not have to remember to do something to prevent pregnancy
 - It lasts 3 years, unless it's removed sooner
- **Disadvantages:**
 - The woman must go to a doctor or clinic to receive the implant
 - The implant must be inserted and removed by a health provider
 - Many women do not have regular monthly periods while using it
 - Some women have headaches, emotional symptoms, or weight gain

Adapted from: Big Decisions: Making Healthy, Informed Decisions About Sex,
www.bigdecisions.org

INTRAUTERINE DEVICE (IUD)

1. What is it and how does it work to prevent pregnancy?

- A plastic “T” shaped device (about an inch and a half tall) is placed inside the woman’s uterus
- There are 2 types available—one with copper metal and one with progestin hormone
- It is inserted during an office visit by a medical provider
- The copper IUD lasts up to 10 years, and the hormone IUD lasts up to 5 years
- The devices affect sperm so that the egg is not fertilized
- The hormone IUD usually changes a female’s “periods”, with less bleeding over time
- IUDs are recommended only for females in a long-term relationship with one partner who has no other partners



2. How effective is it in preventing pregnancy?

- Intrauterine devices (IUDs) are extremely effective
- Typically, none or 1 of 100 women will become pregnant in the first year

3. How effective is it in preventing STDs?

- This method is not at all effective in preventing STDs or HIV
- If a person has sex, condoms must also be used to reduce the risk of STDs and HIV
- Someone who is at high risk for STDs (for example, someone who has more than one partner) should not use this method

4. Other Things to Know about IUDs:

- Advantages:
 - The woman does not have to remember to do something to prevent pregnancy
 - The copper IUD lasts 10 years, and the hormone IUD lasts 5 years, unless they are removed sooner
 - The woman is in control of the IUD
- Disadvantages:
 - The woman must go to a doctor or clinic to receive an IUD
 - The IUD must be inserted (and removed) by a health provider
 - With the copper IUD, periods may be heavier or have more cramps
 - With the hormone IUD, most females do not have regular monthly periods, but there is usually less bleeding

Adapted from: Big Decisions: Making Healthy, Informed Decisions About Sex,
www.bigdecisions.org

THE SHOT

(“Depo Provera”)

1. What is it and how does it work to prevent pregnancy?

- The shot, or injection (Depo-Provera®), contains a large dose of a progestin hormone that stays in the body for 3 months
- This hormone stops the ovary from releasing an egg, so there is no egg for the sperm to fertilize
- The shot also causes thickening of the mucus of the cervix, and thinning of the lining of the uterus that can help prevent pregnancy



2. How effective is it in preventing pregnancy?

- The shot is highly effective
- Typically, only 3 of 100 women become pregnant in the first year

3. How effective is it in preventing STDs?

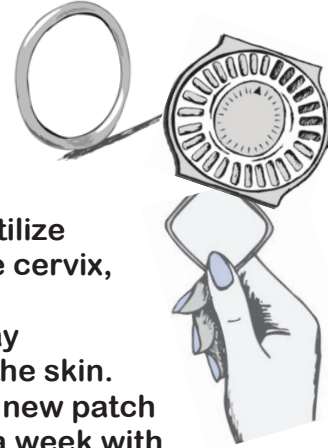
- The shot is **NOT AT ALL** effective in preventing STDs or HIV
- If a person has sex, condoms must **ALSO** be used to reduce the risk of STDs and HIV

4. Other Things to Know about the SHOT:

- **Advantages:**
 - The woman is in control of the method
 - A couple does not have to remember to do something during sex to prevent pregnancy
- **Disadvantages:**
 - Women on the shot do not have regular monthly periods
 - Some women have irregular bleeding, and some have no bleeding at all. This is normal with the shot
 - The shot can cause weight gain and feeling tired
 - A woman must go to a doctor or clinic to receive the shot

Adapted from: Big Decisions: Making Healthy, Informed Decisions About Sex,
www.bigdecisions.org

PILL, PATCH or RING



1. What is it and how does it work to prevent pregnancy?

- Hormones (estrogen and progestin) stop the ovary from releasing an egg, so there is no egg for the sperm to fertilize
- The hormones also cause thickening of the mucus in the cervix, making it hard for sperm to get through
- With the PILL, most women take a hormonal pill everyday
- With the PATCH, the hormones enter the body through the skin. Each patch is worn for 7 days, and then replaced with a new patch (at a different site)—after 3 patches (3 weeks), there is a week with no patch, when the woman usually has some bleeding, like a “period”
- With the Vaginal RING, the hormones enter the women’s body through the walls of her vagina. Each ring is worn in the vagina for 3 weeks and then removed. After a week, a new ring is inserted. The woman usually has some bleeding (like a period) while she doesn’t have the ring inside of her

2. How effective is it in preventing pregnancy?

- These methods are very effective
- Only 8 of 100 women typically become pregnant in the first year

3. How effective is it in preventing STDs?

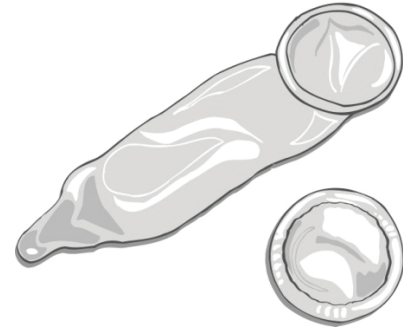
- NOT AT ALL effective in preventing STDs or HIV
- If a person has sex, condoms must ALSO be used to reduce the risk of STDs and HIV

4. Other Things to Know about the PILL, PATCH, and RING:

- Advantages:
 - Using the PILL, PATCH, or RING doesn’t cause weight gain and these methods protect you from two kinds of cancer (cancer of the ovary and cancer of the endometrium [lining of the uterus])
 - The female is in control
- Disadvantages:
 - A prescription is needed from a doctor or clinic
 - There is a slight risk of rare, but serious, cardiovascular events: blood clots, strokes, or heart attacks
 - Spotting between periods, breast soreness, and nausea may happen. These “minor” side effects generally improve with continuation of these methods.
 - Patch and ring require that the woman is comfortable inserting something in her vagina

Adapted from: Big Decisions: Making Healthy, Informed Decisions About Sex,
www.bigdecisions.org

MALE CONDOMS ("rubbers")



1. What is it and how does it work to prevent pregnancy?

- Thin sheaths made out of latex (rubber)
- Condoms are worn on the penis while it is inside the partner
- Condoms are a barrier that blocks sperm from going into the vagina
- There are also plastic (polyurethane) condoms for males (and for females)
 - These are useful if there is an allergy to latex
 - Slightly less effective than latex condoms
- "Skin" condoms, made from lamb intestine, prevent pregnancy but not STD or HIV (These are not recommended)

2. How effective is it in preventing pregnancy?

- Typically, only 15 of 100 women will have a pregnancy in the first year
- Polyurethane condoms have a somewhat higher failure rate
- The most common reason condoms "fail" is that people don't use them correctly and consistently every time they have sex

3. How effective is it in preventing STDs?

- Condoms are highly effective in preventing HIV, the virus that causes AIDS
- Condoms reduce the risk of many other STDs
- Condoms must be used correctly every time a person has sex to be effective in preventing STDs and HIV

4. Other Things to Know about CONDOMS:

- Advantages:
 - No prescription is required
 - There is no age limit to purchasing condoms
 - Condoms can be bought at grocery stores and drug stores
 - Free condoms are available at Health Department clinics
- Disadvantages:
 - A few people are allergic to latex, and they should use polyurethane (plastic) condoms
 - Condoms can slip off or break, especially if someone does not use them correctly
 - Some people feels using condoms can interrupt sexual activity by having to stop and put one on
 - Not under the woman's control

Adapted from: Big Decisions: Making Healthy, Informed Decisions About Sex, www.bigdecisions.org

SPONGE



1. What is it and how does it work to prevent pregnancy?

- It is a soft plastic (polyurethane) sponge that is worn in the vagina during sex
- It is moistened with water and inserted into the woman's vagina before having sex
- Spermicide (sperm-killing medicine) in the sponge kills the sperm, and the egg is not fertilized
- The sponge also absorbs semen and sperm, and physically blocks the cervix
- To be effective, it must be left in the vagina for at least 6 hours after intercourse

2. How effective is it in preventing pregnancy?

- 16 to 32 out of 100 women will have a pregnancy in the first year
- Women who already have had a baby have a higher chance of pregnancy with the sponge
- It may be that the sponge can cover the cervix better if the woman has not yet delivered a child

3. How effective is it in preventing STDs?

- NOT effective at all!
- The sponge may irritate the vagina and actually make it a little easier to get HIV, if a female is exposed
- If a person has sex, condoms must ALSO be used to reduce the risk of STDs and HIV

4. Other Things to Know about the SPONGE:

- Advantages:
 - No prescription is needed
 - The woman can use it without a partner's knowledge
 - It is effective for 24 hours
 - It can be kept in and used for repeated acts of intercourse
 - Under a woman's control
- Disadvantages
 - It must be left in the vagina for at least 6 hours after having sex
 - It should not be left in the vagina for more than 30 hours
 - Requires that the woman is comfortable inserting something in herself vaginally
 - Rare side effects (Toxic Shock Syndrome)

Adapted from: Big Decisions: Making Healthy, Informed Decisions About Sex,
www.bigdecisions.org

Female Condom ("Reality condom", "FC2")

1. What is it and how does it work to prevent pregnancy?

- The female condom is a thin, soft, loose-fitting sheath made from synthetic rubber (non-latex) which is worn inside the vagina. There is a flexible ring at each end. The inner ring at the closed end of the sheath is used to insert the condom inside the vagina and to hold it in place during intercourse. The rolled outer ring at the open end of the sheath remains outside the vagina and covers part of the external genitalia.



2. How effective is it in preventing pregnancy?

- 21 in 100 women typically experience a pregnancy in the first year

3. How effective is it in preventing STDs?

- Effective in preventing most STDs, including HIV

4. Other Things to Know about the FEMALE CONDOM:

- Advantages:
 - Gives women control and choice over their own sexual health
 - Women can protect themselves when their partner does not want to use a male condom
 - Safe to use with people who are allergic to rubber latex
 - Can be inserted before sex
- Disadvantages:
 - More expensive than male condoms (about \$2 each)
 - Can be noisy
 - Requires that the woman is comfortable inserting something in herself vaginally

Adapted from the FC2 website: <http://www.fc2femalecondom.com/home.html>

Fertility Awareness Method ("rhythm method")

1. What is it and how does it work to prevent pregnancy?

- A woman identifies the days each menstrual cycle when sex is most likely to result in pregnancy

2. How effective is it in preventing pregnancy?

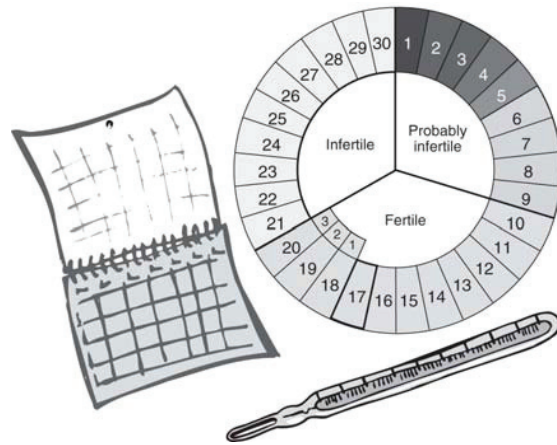
- 25 in 100 women typically experience a pregnancy in the first year
- This varies widely on how well a woman was taught to practice the method, how accurately she tracks her biological signs, and how strict she and her partner are in abstaining/using an alternate form of birth control during her fertile time

3. How effective is it in preventing STDs?

- NOT effective at all!
- If a person has sex, condoms must ALSO be used to reduce the risk of STDs and HIV

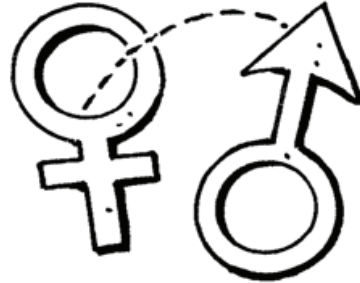
4. Other Things to Know about the FERTILITY AWARENESS METHOD:

- Advantages:
 - Increases a woman's knowledge of her cycle
 - Some couples like the active involvement of the male partner in the process
- Disadvantages:
 - Works best for women with very regular periods—but teens often have irregular periods
 - Lack of the male partner's cooperation can be a great risk for pregnancy
 - A teen's relationship may not be stable or committed enough to develop the trust and cooperation needed for this method to be effective
 - It can be challenging to interpret your body's signs (e.g., changes in mucous, body temperature, orientation of the cervix)
 - It can take many months of training and record keeping before a woman or couple can try to use the method—teens may not be that patient



Adapted from Contraceptive Technology, 17th revised edition.

WITHDRAWAL ("Pulling Out")



- 1. What is it and how does it work to prevent pregnancy?**
 - The man pulls his penis out of the vagina before he ejaculates (i.e., before he “cums”)
 - Semen does not go into the vagina, so sperm cannot get to the egg

- 2. How effective is it in preventing pregnancy?**
 - 27 out of 100 women typically experience a pregnancy in the first year
 - Sometimes there are sperm in the “pre-cum”, the fluid that comes out of the penis before ejaculation—this means a pregnancy could theoretically happen, even if the male pulls out in time
 - Sometimes the male does not pull out in time, even though he meant to

- 3. How effective is it in preventing STDs?**
 - NOT effective at all!
 - There is nothing in this method that reduces the risk of any of the STDs, or HIV

- 4. Other Things to Know about WITHDRAWAL:**
 - People have used withdrawal for centuries
 - Advantages:
 - It is free, and it does not require a prescription
 - Disadvantages
 - It takes lots of self-control on the part of the male
 - It means doing something during sex, which can be a hassle
 - The man, not the woman, is in control. (This could be seen as a disadvantage for the woman.)

Adapted from: Big Decisions: Making Healthy, Informed Decisions About Sex,
www.bigdecisions.org

SEX using NO METHOD ("Wishing and Hoping")



- 1. What is it and how does it work to prevent pregnancy?**
 - This is not really a method
 - It doesn't work!

- 2. How effective is it in preventing pregnancy?**
 - NOT effective at all!
 - 85 of 100 women would be pregnant by the end of a year—this is the same pregnancy rate as those who are trying to get pregnant

- 3. How effective is it in preventing STDs?**
 - NOT effective at all!
 - There is zero protection from STDs or HIV

- 4. Other Things to Know about NO METHOD:**
 - Advantages:
 - Some people may want to get pregnant, or cause a pregnancy
 - Disadvantages:
 - Not being in control
 - Pregnancy as a teen makes it harder for both mothers and fathers to reach their goals
 - Babies born to teens are at higher health risks
 - Pregnancy often stresses a relationship
 - STDs can make you (or your baby) sick—STDs can even cause death

Adapted from: Big Decisions: Making Healthy, Informed Decisions About Sex,
www.bigdecisions.org

Methods Not Usually Recommended for Teens

1. Sterilization

A tubal ligation is a surgical procedure intended to permanently block a woman's tubes where sperm join egg. A vasectomy is intended to permanently block a man's tubes that carry sperm.

Effectiveness

- 99.5-99.9%
- Not effective against STDs

Reason not recommended for teens

This method is intended to be permanent. It is not appropriate for anyone who may want to have a child in the future. Because people so often change their minds about having families, sterilization is usually discouraged for people under 30 who have not had children.

2. Withdrawal

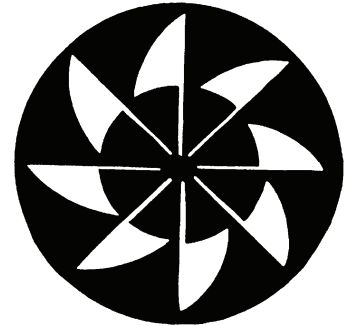
The man pulls his penis out of the vagina before he ejaculates (comes) to keep sperm from joining egg.

Effectiveness

- 73-96%
- Not effective against STDs

Reasons not usually recommended for teens

- Many young men lack the experience and self-control to pull out in time.
- Some men have been known to say they will pull out, and then they get so excited and carried away that they don't.
- Some men cannot tell when they are going to ejaculate.
- Some men ejaculate very quickly, before they realize it.
- Before ejaculation, almost all penises leak fluid—pre-ejaculate—that may contain sperm and cause pregnancy.



3. Fertility Awareness Method

A professional teaches a woman how to chart her menstrual cycle and to detect certain physical signs to help her predict fertility or "unsafe" days. She must abstain from intercourse (periodic abstinence) or use condoms, diaphragms, cervical caps, shield, or spermicide during the nine or more "unsafe" days of her cycle.

Effectiveness

- 75-99%
- Not effective against STDs

Reasons not usually recommended for teens

- These methods work best for women with very regular periods — teen women often have irregular periods.
- Their partners may not wish to cooperate in using this method.
- A teen's relationship may not be stable or committed enough to develop the trust and cooperation necessary for effective use of this method.
- It may take 6-12 months of training and record keeping before a couple can try to use the method. Teens may not be that patient.

Emergency Contraception

Emergency contraception (EC)¹ 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.

Dual Methods

Many people who use birth control to prevent an unwanted pregnancy also need protection against HIV and other STDs. They need dual protection (two forms of protection).

The safest form of dual protection is mutual monogamy between uninfected partners using effective birth control.

For other sexually active individuals, they can be dually protected by:

1. Using 2 birth control methods—one highly effective for pregnancy prevention, PLUS the male or female condom for STD/HIV prevention.
2. A male or female condom can be used for both purposes.

The birth control methods that do the best job of preventing pregnancy DO NOT protect against STDs (for example, sterilization, injectables, implants, and IUDs). When using these methods, a condom should also be used to prevent STDs.

Condoms used alone can prevent both STDs and pregnancy (IF they are used correctly and consistently every time you have sex). Using condoms can cause higher pregnancy rates during “typical use” because often they are not used correctly or consistently.



Source: http://www.fhi.org/en/RH/Pubs/Network/v20_4/NWvol20-4Duelprotect.htm

Out of 100 women, how many will get pregnant in the first year using each of these methods?

Abstinence (IF used consistently and correctly 100% of the time): 0 women pregnant



Sterilization (male or female): <1 woman pregnant



Implant: 1 woman pregnant



IUD: 1 woman pregnant



Shot: 3 women pregnant



Pill, Patch or Ring: 8 women pregnant



Condoms: 15 women pregnant



Sponge: 16-32 women pregnant (women who have already had a child are more likely to get pregnant while using the sponge)



Female Condom: 21 women pregnant



Fertility Awareness Method: 25 women pregnant



Withdrawal (“pulling out”): 27 women pregnant



Sex using NO protection: 85 women pregnant



Adapted from: Big Decisions: Making Healthy, Informed Decisions About Sex,
www.bigdecisions.org

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/contra.html>

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.ashastd.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-25029.htm>

A comprehensive website for adolescent sexual health issues. Developed by Planned Parenthood.

