

# Worksheet 8A - *How Will You Avoid Pregnancy/STIs/HIV?*

**NOTE:** This worksheet will not be shared with the instructor or with the group. This is for your own personal use and information.

1. If you were to become sexually active, which methods seem the easiest to use and best fit with your personal situation?

method you would use	method you would want your partner to use

2. If you were to become sexually active, which methods have the side effects that worry you least?

method you would use	method you would want your partner to use

3. If you were to become sexually active, which methods provide enough protection for you?

method you would use	method you would want your partner to use

4. If you were to become sexually active, select the option that shows which method fits your personal situation best.

	<b>Excellent Method for My Personal Situation</b>	<b>OK Method for My Personal Situation</b>	<b>Not a Good Method for My Personal Situation</b>
Abstinence	1	2	3
Condoms (internal or external)	1	2	3
Spermicides	1	2	3
The ring	1	2	3
The patch	1	2	3
The IUD/IUS	1	2	3
The pill	1	2	3
The implant	1	2	3
The shot	1	2	3
Dental dam	1	2	3
PrEP	1	2	3

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