

# Lesson

# 6

# Promoting Sexual Health: Contraception

## Overview

### Lesson 6 Learning Objectives

In Lesson 6: Promoting Sexual Health: Contraception, students will be able to:

- List six methods of safe and highly effective contraception;
- Explain how to use six methods of safe and highly effective contraception;
- Describe where teens can get accurate information and support to make healthy decisions;
- Discuss the benefits of delaying pregnancy/parenthood until completing their education and obtaining a good job;
- Describe how using contraception can help protect their camino; and
- Describe how a person can support their partners in using hormonal contraception.

### Key Messages

- **El Camino Program**
  - You are in charge of setting and reaching your goals.
  - To reach your goal, use **STAR**: **S**tate your goal; **T**hink about the steps; **A**ssert your camino; **R**each your goal.

### MATERIALS FOR THIS LESSON

-  Painters tape
-  Markers
-  Flip chart (smartboard, PowerPoint)

### LESSON AT-A-GLANCE

- 6A. Welcome to Lesson 6! (1 min)
- 6B. Student Questions & Review of Talking Points about Pregnancy (3 min)
- 6C. Contraceptive Methods (22 min)
- 6D. Sofia and David: Making Decisions & Contraceptive Timeline (9 min)
- 6E. More Facts about Contraceptives and Questions Box (5 min)
- 6F. Slogan and Closure (3 min)

- Being assertive can help you stay on your camino and reach your goals.
- Only have sex when you are ready.
- Both partners are responsible for preventing unintended pregnancy and/or STIs.
  
- **Lesson 6**
  - Choose and always use an effective contraceptive method to help you stay on your camino.

## **Preparation for Virtual Adaptation**

1. Familiarize yourself with the following PPT slides:
  - Group Agreements (see Activity 6A)
  - Key Messages (see Activity 6A)
  - Contraceptive Methods (see Activity 6C)
  - Sofia and David: Making Decisions (see Activity 6D)
  - Discussion (see Activity 6D)
  - Contraception Responsibility and Decision Making (see Activity 6D)
  - Handout 6.1 (see Activity 6D)
  - Handout 6.4 (see Activity 6D)
  - Handout 6.5 (see Activity 6E)
  - Lesson 6 – Key Points (see Activity 6E)
  
2. We recommend that you copy the questions posed by students in the Chat box or sent to you by email from Lesson 5 and paste them into a Word document to keep yourself organized. Select a number of questions to answer at the beginning of Lesson 6. Be sure to keep track of which questions have been answered and not answered.
  
3. Before students login to Zoom:

- Cue up PPT slides, student workbook, and other documents you are using during this lesson.
- Write a fun welcome message in the Chat box before students login.
- Organize your Zoom dashboard the way you like it.

**Facilitator Note:** Two options for Lessons 5 and 6:

1. Invite an expert in adolescent health or family planning to implement activities 5C and 5D and/or activity 6C. If an outside expert is invited, the facilitator should go over the curriculum with them and stay in the classroom to make sure that they stick within the time allocations and highlight the key messages and core components of *El Camino*. Also see Facilitator Resource 5.3: Information about *El Camino* for Visiting Speakers. This resource is available at the end of this lesson.

2. Add an additional session at the end of Lesson 6. The majority of information presented in Arc 2 is new to students. In our experience implementing the curriculum, students have a lot of questions about the lessons on reproductive health and contraceptives. The additional lesson would be set up as a “question and answer” session. Facilitators can also consider inviting an expert in adolescent health or family planning to the additional session to help address questions.

Facilitators should be responsive to questions that are asked but should redirect back to the present material if they get too off track. If students ask questions about condoms or contraception, facilitators should tell students this will be covered in the next lessons. If an outside expert has been invited to implement activities in lessons 5 and/or 6, quickly check that they discussed major points in a section before moving on.

### Virtual Adaptation

Follow the same instructions listed above for a virtual delivery of this lesson. However, the guest speaker may need an orientation on how to use Zoom if they are not familiar with the platform. If the guest speaker plans to use slides or screen sharing, be sure they know how to do so on Zoom. You may want to assist them with this part of their presentation.

As the host of the Zoom meeting, you can choose to make the guest speaker a co-host so they can control Zoom features on their own. Or, if they prefer, you can assist them with advancing slides.

We recommend that the *El Camino* facilitator conducts Activities 5A and 5E.

Additionally, make sure the presenter is oriented on the protocols about how *El Camino* lessons are being delivered on Zoom and student

participation. You may want to share the “Tips for Facilitating El Camino on Zoom” with the guest speaker.

**Facilitator Note:** The contraceptive kit with the different methods is a key component of this lesson. If you were not able to buy this kit, you can go to the Planned Parenthood or Bedsider websites to show teens what the different contraceptive methods look like.

Bedsider in English: <https://www.bedsider.org/methods>

Bedsider in Spanish: <https://www.bedsider.org/es/methods>

Planned Parenthood Contraceptive Kit:

Here is one such example: <https://birthcontrolkit.org/products/birth-control-educator-kit>

Contraceptive videos:

English: <https://www.youtube.com/playlist?list=PLA46DFCD237A38D37>

Spanish: <https://www.youtube.com/playlist?list=PL2C862652E9A40D45>

IUD video: <https://vimeo.com/174692595>

## Virtual Adaptation

If using a birth control kit for this lesson, be sure to show each method close enough to the webcam for students to see.

## Lesson 6 Procedures

### Activity 6A: Welcome to Lesson 6! (1 minute)

1. **Welcome** students to Lesson 6.
2. **Review** the lesson learning objectives so that students know what they will do/cover in the lesson.
3. Please note, this lesson may contain graphic images about the reproductive systems of people with penises and people with vaginas.

- **During virtual implementation tell the students:** *You might also not feel comfortable if others around you heard the discussion. If you don't feel comfortable with others hearing our discussion, please use headphones.*

4. **If this lesson is not being taught by a reproductive health expert, tell the students:** *I am not a reproductive health expert. I will do my best to answer all the questions you have. The best place for you to get information on reproduction is with your health provider.*
5. **Review** the group agreements.
6. **Ask students** to turn to **Lesson 6: Key Messages** in their workbooks.
7. **Ask for a volunteer** to read the new Key Message for Lesson 6.

#### Virtual Adaptation

Follow Lesson 1 recommendations for opening El Camino lessons on Zoom. Show the PPT slide titled "Lesson 6: Overview" while the student reads the lesson learning objectives and the slide titled "Key Message" as the student reads the new key message for Lesson 6.

#### MATERIALS

- Flipchart 1.2:** El Camino Group Agreements

#### STUDENT HANDOUTS

- Lesson 6:** Key Messages

## Activity 6B: Student Questions and Review of Talking Points about Pregnancy (Lesson 5) (23 minutes)

### MATERIALS

- Facilitator Resource 5.2:** Talking Points (Pregnancy) Questions/comments from Questions Box

### REVIEW OF QUESTIONS FROM LESSON 5 (4 minutes)

1. **Ask students** if they have any questions about the information they learned in Lesson 5 about the reproductive systems and how a pregnancy occurs.

#### Virtual Adaptation

Allow students to answer verbally or using the **Chat** box. If students chat their answers, be sure to read them aloud. If the comment is unclear, ask the student to clarify verbally if they feel comfortable.

2. **Address the questions** and comments you selected from the Question Box (Lesson 5).

#### Virtual Adaptation

See guidance about virtual Question Box questions in the Preparation for Virtual Adaption section above.

3. If there are no additional questions, the facilitator should choose 3 questions (depending on time) that were not addressed in the previous lesson from **Facilitator Resource 5.2: Talking Points (Pregnancy)**.



## Activity 6C: Contraceptive Methods (22 minutes)

### CONTRACEPTION BRAINSTORM (4 minutes)

#### 1. Tell students:

- *A contraceptive method is designed to prevent pregnancy. There are many types and kinds of methods for people to use. We will discuss some of these today.*
- *Contraceptive methods that are effective can be categorized in one of two categories: 1) Most Effective: “Set and Forget,” and 2) Highly Effective: “Require Maintenance.”*

#### 2. Write these terms on the Flipchart Paper forming two columns.

#### 3. Ask the students:

- *What methods of contraception have you heard of?*

### Virtual Adaptation

Allow students to answer verbally or using the **Chat** box.

- #### 4. Record their responses on the board. As students mention the different methods, place them under the appropriate column (see **Handout 6.1: Hormonal Contraceptive Methods – What Teens Need to Know**. Fill in methods that are missing after the brainstorm (if needed).

### Virtual Adaptation

As students respond, record their answers on the PPT slide titled “What contraceptive methods have you heard of?” Notice that this slide has three columns: “Set and Forget,” “Require Maintenance” and “Not Effective Enough.” As students share their answers, type the method in the appropriate column.

An alternative way of facilitating this activity virtually is to share a Word document on your screen rather than a PPT slide. Ask students to share

### MATERIALS

- Contraceptive kit containing samples of all the contraceptives discussed in this lesson (see Facilitator Note below)

### STUDENT HANDOUTS

- Handout 6.1:** Hormonal Contraceptive Methods—What Teens Need to Know
- Handout 6.2:** Referral List of Youth-Friendly Sexual and Reproductive Health Centers and Condom Resources

their answers using the “Annotate” feature. Give them about a minute to do so.

Then move their answers to the appropriate column. Delete duplicate answers as you go to keep the slide easier to read and organized.

Set up the columns in Word with the column titles in white font. Before you start categorizing quickly roll over each title and put the text in black font.

**Reminder on how to use Zoom’s Annotate feature.** Instruct the students to click on the pencil icon in their Zoom navigation bar called “Annotate.” A new navigation bar will pop up. Ask them to click on the “T” (text). Then ask them to click anywhere on the screen and a text box will show up (outlined in a light blue color). Tell them to type their answer in the text box. After doing so, they should click outside the text box and their answer will appear on the screen for everyone to see (this might take a second or two).

	Set and Forget	Require Maintenance
IUD	X	
Implant	X	
Shot		X
Patch		X
Ring		X
Pill		X

**Facilitator Note:** If students do not bring up these methods, do not bring them up.

If a student mentions any of the methods listed below, you can place those methods in a “Not Effective Enough” category. Then explain the method as described below. If a student insists that they want to learn more about these methods, suggest that they talk to their health care provider.

“NOT EFFECTIVE ENOUGH” – There are five methods in this category. These methods are not effective enough with typical use to reliably prevent pregnancy. Again, do not mention these types of contraceptive methods if not asked about them.

- Withdrawal: Also called “pulling out.” This is when someone removes their penis from the vagina before ejaculating to prevent sperm from reaching an egg.
- Spermicide: Spermicide can come in the form of foam, cream, or gel. It contains chemicals that stop sperm from moving.

- **Diaphragm:** A diaphragm is a small silicone cup that is inserted into the vagina before intercourse. It covers the cervix and blocks sperm from reaching an egg.
- **Sponge:** The sponge is a small piece of foam that is inserted into the vagina before intercourse. It blocks sperm from reaching the egg by covering the uterus and it also releases a material that immobilizes sperm.
- **Fertility Awareness:** Sometimes called “natural family planning” or “rhythm method,” this method involves a person with a vagina tracking their menstrual cycle to determine which days they are less likely to get pregnant.

5. Students are likely to mention condoms. **Tell the students:**

- *Condoms are another form of contraception that can be effective if they are used correctly and consistently. Condoms are considered a barrier method of contraception. Condoms work by covering the penis to capture sperm in an impenetrable barrier. A new condom is needed after each time a person ejaculates. We will discuss condoms in the next lesson.*
- *Condoms are the only form of contraception that also protect against sexually transmitted infections or STIs. We will talk more about STIs in our next lesson. Using one of the contraceptive methods described above AND a condom is the best choice (after not having sex at all) to protect against pregnancy and/or STIs.*

### Virtual Adaptation

Show the PPT slide titled “Condoms” as you provide this explanation. If students type “condoms” in the white board method described above, simply move it to the other corner of the screen. Acknowledge the answer at the end, and then proceed to the next slide (“Condoms”) to discuss it.

### HORMONAL CONTRACEPTIVE METHODS PRESENTATION (18 minutes)

1. After all methods are brainstormed and recorded on the board, **describe** each of the six contraceptive methods with the information provided in **Handout 6.1: Hormonal Contraceptive**

**Methods – What Teens Need to Know.** Have these materials available for students to look at after the completion of this activity.

 2. **Ask students:**

- *What questions do you have about any of the six hormonal contraceptives just presented?*

### **Virtual Adaptation**

If available, show students via the camera the contraceptive methods that are in the contraceptive kits as you talk about them.

**Spend some time going through Bedsider’s website to show each student what the contraceptive method looks like and going over the basic information:**

English: <https://www.bedsider.org/methods>

Spanish: <https://www.bedsider.org/es/methods>

If students ask questions about any method of contraceptive, and you do not know the answer, use the Bedsider website to provide answers.

**Show the following videos:**

#### **IUD**

English: <https://youtu.be/nrWel3SHf6s?si=AtqZCPm4DVvAeSYr>

Spanish: [https://youtu.be/Som27zvUOW8?si=FEbwsxXO\\_OHpk1T](https://youtu.be/Som27zvUOW8?si=FEbwsxXO_OHpk1T)

#### **Implant**

English:

[https://www.youtube.com/watch?v=47I3nIODVu8&feature=emb\\_title](https://www.youtube.com/watch?v=47I3nIODVu8&feature=emb_title)

Spanish: [https://www.youtube.com/watch?v=TotJ-v\\_FG78](https://www.youtube.com/watch?v=TotJ-v_FG78)

Allow students to answer verbally or using the **Chat** box.

3. **Answer** any questions.

4. **Review Handout 6.2: Referral List of Youth-Friendly Sexual and Reproductive Health Centers and Condom Resources.**



5. **Tell the students:**

- *These are places that can help you learn more about contraceptives and provide services to young people regarding your sexual health.*

**Facilitator Note:** Please put this Referral List together before the lesson. There is a sample list provided at the end of the lesson.

6. **Provide the students** with samples from the contraceptive kit to review.

7. **Give students** time to ask any additional questions.

**Virtual Adaptation**

Steps 6 and 7 will not be possible during the virtual delivery of this lesson.



## Activity 6D: Sofia and David: Making Decisions and Contraceptive Timeline (9 minutes)

### SOFIA AND DAVID: MAKING DECISIONS (4 minutes)

1. **Ask students** to turn to **Handout 6.3: Sofia and David: Making Decisions**.

#### Virtual Adaptation

Show the PPT slides titled “Sofia and David: Making Decisions.” Click through these slides with the text from the novela as students read aloud.

2. **Ask a student** volunteer to read the story.

A few lessons ago, we were reading about Sofia and David. Sofia and David met at a party. After spending some time together dancing, Sofia and David went upstairs. They started kissing and then started to remove their clothes. At that point, Sofia realized they did not have a condom.

That night Sofia and David did not have sex. However, they have been seeing each other almost every day for the past month. Sofia and David want to be prepared before they have sex. Sofia has been working harder in school to reach her goal of being a physical therapist. David is a first-string player on his soccer team, and he wants to be a teacher and maybe coach soccer after college.

Sofia told David that she was going to make an appointment to go to the neighborhood teen clinic, but she still has not made the appointment. Sofia feels nervous and isn't sure what she should say or ask at the clinic. Sofia has asked some friends about preventing pregnancy, but she doesn't know how much of what she hears from them is true.

3. **Ask the students:**

- *What are some ways that David can be involved in Sofia's use of hormonal contraception?*

#### MATERIALS

- Facilitator Resource 6.1:** Contraceptive Timeline

#### STUDENT HANDOUTS

- Handout 6.3:** Sofia and David: Making Decisions
- Handout 6.4:** How Partners Can Be Involved in Using Hormonal Contraceptives
- Handout 6.5:** Contraceptive Timeline

4. **Record ideas** on the board. Be sure the following ideas are listed:
  - a. Learn about contraception and help Sofia decide on a method.
  - b. Help Sofia to find a youth friendly health care center and find out how to make an appointment.
  - c. Accompany Sofia to her health care appointment.
  - d. Remind Sofia to use the chosen method.
  - e. Help paying for the method.
  - f. Encourage her to go to the clinic if she has a concern about how her method is working.

### Virtual Adaptation

Allow students to answer verbally or using the **Chat** box.

Record their answers on the PPT slide titled: “What are some ways that David can be involved in Sofia’s use of hormonal contraception?”

Ask each student to respond to what the other students are saying. What do they think about what the other students are saying?

### 5. Ask the students:

- *What have you heard from family, friends, and “popular culture” about responsibility and contraceptives? How can your family’s culture affect your decision to use or not to use a contraceptive method?*

### Virtual Adaptation

Allow students to answer verbally or using the **Chat** box.

Ask each student to respond to what the other students are saying. What do they think about what the other students are saying?

6. Students may say that they have heard that contraception is a woman’s responsibility.

**7. Ask the students:**

- *Why do both partners need to be responsible for preventing an unintended pregnancy?*
- *How would a pregnancy affect Sofia's goals? How might a pregnancy affect David's goals?*

**Virtual Adaptation**

Allow students to answer verbally or using the **Chat** box.

Ask each student to respond to what the other students are saying. What do they think about what the other students are saying?

**8. Tell students:**

- *Using hormonal contraception is not just the responsibility of the person who can get pregnant. If a couple decides to have sex, then BOTH people in the relationship must take responsibility for preventing unintended pregnancy and/or STIs.*

**9. Explain to students:**

- *However, the person with the vagina has the final say in what type of birth control they will use. Their partner needs to be supportive of their decision. A person should never feel pressured by their partner to use a certain type of contraceptive or to stop using contraceptives.*

**Virtual Adaptation**

Show the PPT slide titled "Contraception Responsibility and Decision Making" as you explain points #8 and #9 above.

**10. Refer students to Handout 6.4: How Partners Can Be Involved in Using Hormonal Contraceptives.**

**Virtual Adaptation**

Show the PPT slide titled "Handout 6.1: How partners can be involved in hormonal contraceptives" as you inform students about the handout.

## CONTRACEPTIVE TIMELINE (5 minutes)

1. **Ask students** to turn to **Handout 6.5. Contraceptive Timeline**.

### Virtual Adaptation

Show the PPT slide titled “Handout 6.5: Contraceptive Timeline” as you inform students about the handout.

2. **Tell students** that Sofia and David decided to look up information about different methods of birth control.
3. **Tell the students:**
  - *Because preventing unintended pregnancy is so important to achieving your goals, it is a good idea for you to learn about the benefits of choosing an effective and safe contraceptive method if and when you decide to have sex.*
4. **Refer to Handout 6.5. Contraceptive Timeline.** This timeline is similar to the camino that you have worked on previously for Sofia and for yourself. On this camino, we are looking from ‘today’ to 3 years from now when Sofia will be graduating from high school.
5. The different color “paths” along the camino represent different ways to prevent pregnancy.
6. **Ask for volunteers** to read the name of each contraceptive method and how long it will continue to provide protection.
7. **Remind students** that this is a conversation that is important for all young people (like Sofia and David). People who cannot get pregnant but have a partner who can need to be involved and support their partners in use of contraceptives. This is also information that can be shared with others.

 8. **Ask the students:**

- *Which of the ways to prevent unintended pregnancy are most likely to help Sofia stay on her camino?*
  - a. **Note:** We are using the term “prevent pregnancy” since one of the paths is for abstinence.
  
- *Why might some of the methods be more difficult for Sofia to continue to prevent unintended pregnancy until she reaches her goal?*
  - a. Probes: needing to remember to take the pill every day; having to go to the clinic for the shot.
  
- *How can David help Sofia to successfully prevent unintended pregnancy and stay on her camino?*

### **Virtual Adaptation**

Allow students to answer the questions above verbally or using the **Chat** box.

Ask each student to respond to what the other students are saying. What do they think about what the other students are saying?

9. **Ask students** if they have any questions.

10. **Tell the students** that in Lesson 8, they will have a chance to think about these questions in relation to their own camino.



## Activity 6E: More Facts about Contraceptives and Question Box (5 minutes)

### MORE FACTS ABOUT CONTRACEPTIVES (3 minutes)

1. **Tell students** to turn to **Handout 6.6: Frequently Asked Questions (FAQ): Contraception** in their workbook. Use **Facilitator Resource 6.2 Frequently Asked Questions (FAQ): Contraceptives** to follow along as the students read.
2. **Tell the students** that we will now concentrate on FAQs about contraceptives.
3. **Ask for student volunteers** to read selected questions and answers about contraceptives. [**Note:** Give limited time, the facilitator may want to select 3 or 4 FAQs for students to read during class].

### QUESTIONS ABOUT CONTRACEPTIVES (2 minutes)

1. **Ask the students** if they have any additional questions about the information they learned today.

#### Virtual Adaptation

Allow students to ask questions verbally or using the **Chat** box.

2. **Answer the questions** and, if necessary, tell them you will have additional information to share with them at the next lesson. Facilitators can also use **Facilitator Resource 6.3: Talking Points (Contraception)** to help them answer questions.
3. **Hand out** 3 x 5 cards.
4. **Tell the students** they can also write questions or comments on the cards and leave them in the Question Box.

#### MATERIALS

- Facilitator Resource 6.2:** Frequently Asked Questions (FAQs): CONTRACEPTION
- Facilitator Resource 6.3:** Talking Points: CONTRACEPTION
- CDC Effectiveness Handout
- 3x5 cards

#### STUDENT HANDOUTS

- Handout 6.6:** Frequently Asked Questions (FAQs): CONTRACEPTION

## Virtual Adaptation

For virtual implementation, create a “Virtual Question Box” – an anonymous online form where students can submit questions they have. You can use Google Forms, SurveyGizmo, SurveyMonkey, or another free survey platform.

Students can also submit questions by sending a direct message to the facilitator during implementation.

Finally, you can also tell students that they can email you directly with questions before the next lesson if they prefer. Be sure students have your email address.

5. **Tell the students** you will answer the question/respond to the comment in the next lesson.
6. **Tell students** to review **Handout 6.6: Frequently Asked Questions (FAQs): Contraception** and that there will be time at the beginning of the next class to ask questions.

7. At the end of the activity, **tell students**:

- *I want to emphasize that the only 100% way of preventing unintended pregnancy is not having penile-vaginal sex (sex where a person inserts their penis into another person’s vagina).*
- *If you decide to have penile-vaginal sex, you must use contraception and a condom every time you have sex to avoid both pregnancy and/or STIs. (Tell the students that in the next lesson we will learn more about condoms)*
- *There are highly effective and safe contraceptive methods for teens.*
- *Some people are forced into having sex and this is not their fault.*

## Virtual Adaptation

Show the PPT slide titled “Lesson 6 – Key Points” as you explain the key points above.



## Activity 6F: Slogan and Closure (Optional) (3 minutes)

### A SLOGAN FOR TODAY'S CLASS AND CLOSURE (4 minutes)

1. **Tell the class to complete the following sentences:**
  - Today I learned...
  - My favorite part today was...
2. **Remind the students** of the key messages for Lesson 6.
3. On a flipchart, **write down** students' responses.

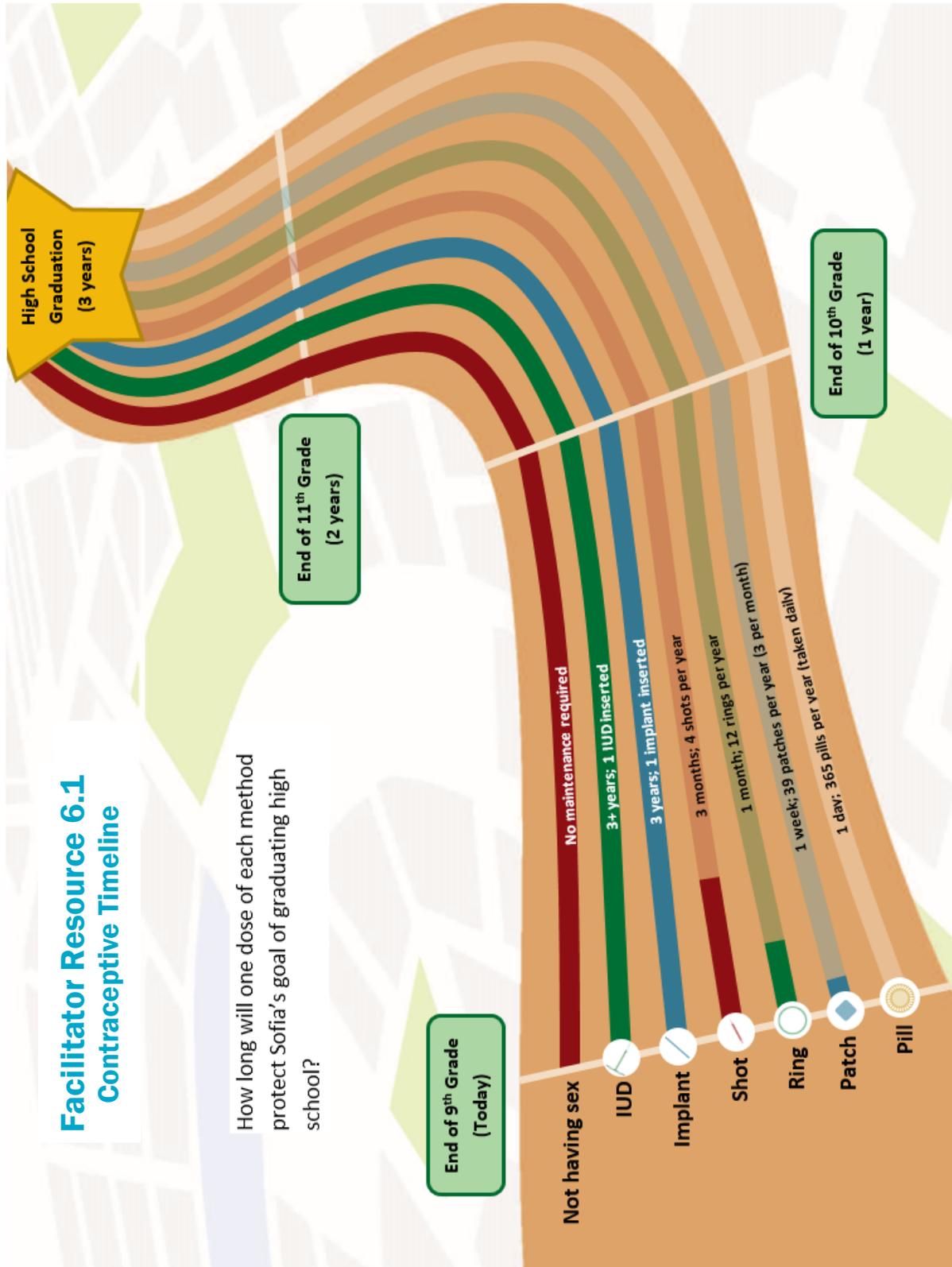
#### Virtual Adaptation

After giving students a minute to think about what they learned today or what their favorite part of the class was, ask them to either (1) write their idea in the **Chat** box or (2) share verbally. Provide positive feedback.

4. **Tell students** that the next lesson, Lesson 7, will focus on using condoms to prevent unintended pregnancy and STIs.

## Facilitator Resource 6.1 Contraceptive Timeline

How long will one dose of each method protect Sofia's goal of graduating high school?



# Facilitator Resource 6.2

## Frequently Asked Questions (FAQs): CONTRACEPTION

### General questions

- 1. Does a couple need to use a contraceptive EVERY time they have penile-vaginal sex?**
  - *Yes. Contraceptives must be used correctly and consistently, as directed by a healthcare provider.*
- 2. Are hormonal contraceptives safe for teens and what is the risk for side effects?**
  - *Yes. Today's hormonal contraceptives are safe for teens. Since side effects can differ depending on a person's body and other health issues, it is important to talk to a health care provider to help decide which contraceptive method is best for you.*
- 3. Does birth control really work?**
  - *Yes. The IUD and the implant are more than 99% effective. In other words, for every 1,000 women using that method in a given year, less than one will get pregnant.<sup>1</sup>*

### IUD

- 1. Is having hormones from the IUD safe for your body?**
  - *Yes. Today's hormonal contraceptives are safe for teens. The hormone used in the Mirena IUD is used in other contraceptive methods. It's been used by a lot of people, and it is safe."<sup>2</sup>*

### Patch

- 1. Can the patch get wet?**
  - *Yes. The patch will stay on when you shower, swim, or exercise.<sup>3</sup>*

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<sup>1</sup> Planned Parenthood, "Birth Control," n.d., <https://www.plannedparenthood.org/learn/birth-control>

<sup>2</sup> Bedsider, "Is it safe to have the hormones from the IUD inside you all the time?" 2015, <https://bedsider.org/questions/41-is-it-safe-to-have-the-hormones-from-the-iud-inside-you-all-the-time?tag=iud>

<sup>3</sup> KidsHealth, "Birth Control: The Patch," 2022, <https://kidshealth.org/en/parents/bc-patch.html>

## Shot

1. **How much of a window do you have to take each shot? Do you have to go at exactly three months?**
  - *Yes. You have to get the shot exactly every 3 months from a healthcare provider. That's only 4 times a year! It is really important that you get a shot on time.*<sup>4</sup>

## Pill

1. **Do I really have to take the pill every day?**
  - *Yes. Not taking the pill every day will decrease its effectiveness.*

## Emergency Contraceptive

1. **Can emergency contraceptives reduce the risk of pregnancy if a person has unprotected sex?**
  - *Yes. Emergency contraception can reduce the risk of pregnancy up to 5 days after unprotected sex. It is more effective the sooner after unprotected sex you take it. Morning after pills are one form of emergency contraceptive which is available over-the-counter at pharmacies and clinics. The Paragard IUD is another emergency contraception, but it must be inserted by a health care clinician.*

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<sup>4</sup> Bedsider, "How often do I have to get the shot?" 2015, [https://bedsider.org/questions/175-how-often-do-i-have-to-get-the-shot?tag=the\\_shot](https://bedsider.org/questions/175-how-often-do-i-have-to-get-the-shot?tag=the_shot)

# Facilitator Resource 6.3

## Talking Points: Contraception

Questions and information about the contraceptive methods covered in El Camino are provided below as well as emerging questions facilitators have been asked about emergency contraception, sterilization, and menstruation—most of these talking points were asked by students who have participated in El Camino in the past.

Many answers have been taken directly from KidsHealth.org and Bedsider.org. Answers that have not been edited are in quotes and have a footnote directing the user to the exact location where the answer was found.

- To learn more about additional birth control options, visit <https://www.bedsider.org/birth-control> and <https://www.plannedparenthood.org/learn/birth-control>.
- Answers to more questions students may ask during this lesson can be found here: <https://bedsider.org/questions> and <http://kidshealth.org/en/teens/sexual-health/>.

### General questions about birth control

#### 1. Does birth control work the minute I get it?

- *“No, most forms of birth control are not effective immediately,<sup>5</sup> so you want to check with your doctor before having unprotected sex. Until then, use a condom for added protection.”<sup>6</sup>*

#### 2. Will using birth control now make it harder for me to have kids in the future?

- **No.** *When they are ready to have a child, people who used birth control during adolescence can get pregnant just as quickly as someone who never took birth control.<sup>7</sup>*

#### 3. Will birth control make me gain weight?

- *Most people do not gain weight after they start taking hormonal birth control methods like the pill, patch, or ring.<sup>8</sup>*

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<sup>5</sup> Bedsider, “Check, please,” 2011, <http://bedsider.org/features/142>

<sup>6</sup> Bedsider, “Does birth control work the minute I get it?” 2021, [https://bedsider.org/questions/234-does-birth-control-work-the-minute-i-get-it?tag=the\\_shot](https://bedsider.org/questions/234-does-birth-control-work-the-minute-i-get-it?tag=the_shot)

<sup>7</sup> Tina Raine-Bennett, “Birth control and infertility: Does using birth control hurt my chances of getting pregnant later?” Bedsider, 2010, <http://bedsider.org/features/76-birth-control-and-infertility-does-using-birth-control-hurt-my-chances-of-getting-pregnant-later>

<sup>8</sup> InformedHealth, “Contraception: Do hormonal contraceptives cause weight gain?” 2017, <https://www.ncbi.nlm.nih.gov/books/NBK441582/>

**4. Can you take birth control if you haven't started your period?**

- **Yes.** A health care provider can help you find a birth control that works for your body. In the meantime, you can use a condom.

**5. Do I need a parent's permission to get birth control?**

- **No.** You do not need any one's permission to get birth control. Most health care providers will see you and write you a prescription for birth control without a parent's permission. However, all health care providers also have the right to refuse to see you or prescribe birth control for any reason—including that your parent is not there.

**6. Will my parents know if I got tested for STIs/tested for pregnancy/got birth control? Will my parents know the results of my STI test/pregnancy test?**

- Your parents don't need to know if you get tested for STIs or the results of those tests. In most states, once you are 13, you can get checked and tested for STDs without a parent's involvement. However, if you are on your parent's health insurance, they will see that you had an appointment and be able to see any tests that were done.
- If you're worried about insurance or have other reasons why you don't want to see your family doctor or pediatrician, you can get tested for STIs at a health clinic like Planned Parenthood.<sup>9</sup> It's confidential, and you also can get information about birth control and condoms.

**7. Will hormonal contraceptives protect against sexually transmitted infections?**

- **No.** That is why it is important to use a condom every time you have sex even when you are using hormonal contraceptives. There is more information about condoms in this handout under the heading FAQs: Condoms.

**8. Are contraceptives 100% effective?**

- No contraceptive method is 100% effective, but the implant and IUD are more than 99% effective at preventing pregnancy. Abstinence, or deciding not to have sex, is the only 100% effective way to prevent pregnancy and STIs.<sup>10</sup>

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<sup>9</sup> KidsHealth, "Can I Get Checked for STDs Without My Parents Knowing?" 2024, <https://kidshealth.org/en/teens/stds-check.html>

<sup>10</sup> Planned Parenthood, "What are the benefits and disadvantages of abstinence and outercourse?" n.d., <https://www.plannedparenthood.org/learn/birth-control/abstinence-and-outercourse/what-are-benefits-and-disadvantages-abstinence-and-outercourse>

## 9. What age do you have to be to use contraceptives?

- *There is no age limit for accessing any form of contraception, including condoms, and many states explicitly permit all or some people younger than 18 to obtain contraceptive, prenatal, and STI services without parental involvement.*<sup>11</sup>
- *Bedsider*<sup>12</sup> and *Planned Parenthood*<sup>13</sup> both have online tools to explore which contraceptive methods are best for you.

## IUD

### 1. Will the IUD hurt my chances to have a baby in the future?

- **No.** *When they stop using an IUD, people who have used an IUD can get pregnant just as quickly as people who have used other methods. IUDs today are safe for people of any age. IUDs work well for people who haven't had children yet.*<sup>14, 15</sup>

### 2. Does the IUD cause an abortion?

- **No.** *The IUD does not cause an abortion. The IUD prevents a pregnancy from occurring by keeping the sperm and egg from meeting.*<sup>16</sup>

### 3. Can the IUD fall out?

- *It is possible but not likely for the IUD to fall out. This is called "expulsion" and happens when the IUD moves from the top of the uterus into the vagina or even out of the body. This happens for about five percent of people who have an IUD.*<sup>17</sup> *In very rare cases (about one in 2,000 people), the IUD can penetrate into or through the wall of the uterus. This is called "perforation." People who have an IUD should occasionally check for the strings of their IUD to make sure it is still in place.*<sup>18</sup>

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<sup>11</sup> Guttmacher Institute, "An overview of consent to reproductive health services by young people," 2023, <https://www.guttmacher.org/state-policy/explore/overview-minors-consent-law>

<sup>12</sup> Bedsider, "Explore birth control options," n.d., <https://www.bedsider.org/methods>

<sup>13</sup> Planned Parenthood, "Birth control," n.d., [https://tools.plannedparenthood.org/bc/birth\\_control\\_quiz](https://tools.plannedparenthood.org/bc/birth_control_quiz)

<sup>14</sup> Tina Raine-Bennett, "Birth control and infertility: Does using birth control hurt my chances of getting pregnant later?" *Bedsider*, 2010, <https://www.bedsider.org/features/76-birth-control-and-infertility-does-using-birth-control-hurt-my-chances-of-getting-pregnant-later>

<sup>15</sup> Bedsider, "IUDs are A-OK: Doctors say the best new birth control has been here all along," 2011, <https://www.bedsider.org/features/134-iuds-are-a-ok-doctors-say-the-best-new-birth-control-has-been-here-all-along>

<sup>16</sup> International Planned Parenthood Federation, "Myths and facts about the intra-uterine device (IUD)," 2012, <https://www.ippf.org/blogs/myths-and-facts-about-intra-uterine-devices#:~:text=Fact%3A%20IUDs%20do%20not%20work,they%20cannot%20reach%20the%20egg.>

<sup>17</sup> Justin Diedrich & Tessa Madden, "Who is at increased risk of IUD expulsion?" *Bedsider Providers*, 2015, <https://providers.bedsider.org/articles/who-is-at-increased-risk-of-iud-expulsion>

<sup>18</sup> Corinne Rocca, "Those Mirena lawsuit ads: Fact and fiction," *Bedsider*, 2013: <https://www.bedsider.org/features/287-those-mirena-lawsuit-ads-fact-and-fiction>

#### 4. Will getting the IUD hurt?

- *“Unfortunately, most people say that it does hurt – like you’re getting cramps - to get an IUD inserted. IUD insertion pain can vary from person to person. You can try taking ibuprofen beforehand and make sure you get the IUD inserted when you’re on your period or ovulating”.*<sup>19</sup>

#### 5. Can I use a tampon with an IUD?

- **Yes.** *“As far as tampons and IUDs go, Planned Parenthood puts it like this: “Tampons and IUDs are kind of like next-door neighbors. They’re close but they live in different parts of the reproductive system. An IUD and a tampon are separated by the cervix, and don’t interfere with each other’s business.”*<sup>20</sup>

#### 6. What is the difference between the copper and hormonal IUD?

- *Both the copper and hormonal IUDs prevent sperm from moving so they can’t join with an egg.*
  - *The copper IUD uses copper to prevent pregnancy; sperm doesn’t like copper, so the copper IUD makes it almost impossible for sperm to get to an egg.*
  - *Hormonal IUDs release the hormone progesterin into the uterus, which prevents pregnancy in two ways: 1) they thicken the mucus that lives on the cervix, which blocks and traps the sperm, and 2) the hormones also can stop eggs from leaving your ovaries (ovulation), which means there’s no egg for a sperm to fertilize.*<sup>21</sup>
- *Both the copper IUD and the hormonal IUDs last for years. The copper IUD can protect against pregnancy for up to 12 years, and hormonal IUDs can between 3 and 7 years, depending on the brand.*<sup>22</sup>

#### 7. Which IUD is more effective?

- *Both the hormonal and non-hormonal IUDs are ranked among the most effective birth control methods you could use and are more than 99% effective.*<sup>23</sup>

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<sup>19</sup> Bedsider, “Is There anything that helps with IUD insertion pain?” 2016, <https://bedsider.org/questions/279-is-there-anything-that-helps-with-iud-insertion-pain?tag=iud>

<sup>20</sup> Bedsider, “Can I use tampons with an IUD?” 2021, <https://bedsider.org/questions/341-can-i-use-tampons-with-an-iud?tag=iud>

<sup>21</sup> Planned Parenthood, “IUD,” n.d., <https://www.plannedparenthood.org/learn/birth-control/iud>

<sup>22</sup> Bedsider, “Birth Control: IUD” n.d., <https://www.bedsider.org/methods/iud>

<sup>23</sup> Planned Parenthood, “How effective are IUDs?” n.d., <https://www.plannedparenthood.org/learn/birth-control/iud/how-effective-are-iuds>; Sara Kennedy, “Paragard vs Mirena: Which IUD is best for you?” Bedsider, 2010, <https://www.bedsider.org/features/70-paragard-vs-mirena-which-iud-is-best-for-you>

## 8. When does an IUD start to work after you get it?

- *Three IUDs start working to prevent pregnancy as soon as they're in place: Paragard (the copper, non-hormonal IUD) and two hormonal IUDs, Mirena and Liletta.<sup>24</sup>*
- *Kyleena and Skyla IUDs (the two other hormonal IUDs) start working to prevent pregnancy right away IF they're put in during the first 7 days of your period. If you get a Kyleena or Skyla IUD at any other time during your cycle, protection starts after 7 days.<sup>27</sup>*
- *Until the IUD starts to work, you should use a backup method, like condoms, to prevent pregnancy.*

Want to learn more about the IUD? Visit <https://www.bedsider.org/methods/iud> and <https://www.plannedparenthood.org/learn/birth-control/iud>.

### **Patch**

#### 1. Does the patch come in other skin tones?

- **No.** *However, you can place the patch in one of the recommended locations that can't be seen with clothes on if you don't like the way it looks with your skin.*

Want to learn more about the (birth control) patch? Visit [https://www.bedsider.org/birth-control/the\\_patch](https://www.bedsider.org/birth-control/the_patch) and <https://www.plannedparenthood.org/learn/birth-control/birth-control-patch>.

### **Shot**

#### 1. How does the shot work?

- *The shot contains a hormone that stops the ovaries from releasing eggs, and also thickens the mucus around the cervix, which prevents sperm from reaching the eggs. The shot works for three months, and after that time is up, you get another shot to stay covered.*

#### 2. Who gives the shot?

- *The shot is administered by a health care provider like a doctor or a nurse practitioner. You can get the shot at the doctor's office or at a health care clinic.*

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<sup>24</sup> Planned Parenthood, "What's an IUD insertion like?" n.d., <https://www.plannedparenthood.org/learn/birth-control/iud/whats-an-iud-insertion-like>

### 3. Will the shot make me gain weight?

- *Although most people will not gain weight after they start taking the shot, some do seem to gain weight.<sup>25</sup>*

### 4. What happens if you take the shot and you are already pregnant?

- *If you are already pregnant and you take the shot, there is not an increased risk for birth defects in the fetus.<sup>26, 27</sup> When you are pregnant, it is important to always speak with a doctor when considering starting or ending a medication.*

Want to learn more about the (birth control) shot? Visit [https://www.bedsider.org/birth-control/the\\_shot](https://www.bedsider.org/birth-control/the_shot) and <https://www.plannedparenthood.org/learn/birth-control/birth-control-shot>.

## **Pill**

### 1. Can I take it at different times?

- **No.** *Not taking the pill at the same time every day will put the effectiveness of the birth control at risk.*

### 2. What do I do if I miss a pill?

- *Take your next pill as soon as you remember,<sup>28</sup> and use a back-up method for 7 days afterward (unless it was a 4th week reminder pill, in which case you can just throw out the reminder pill for that day and get back on schedule).*
- *If you've had sex since you got off schedule and that's within the last five days, you might want to take emergency contraception<sup>29</sup> just in case.<sup>30</sup>*

### 3. Does the pill cause cancer?

- **No.** *“Using the pill, the patch, the ring, or an IUD reduces the risk of some reproductive cancers (ovarian and uterine). The shot also decreases the risk of uterine cancer, and the*

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<sup>25</sup> Planned Parenthood, “What are the disadvantages of the birth control shot?” n.d., <https://www.plannedparenthood.org/learn/birth-control/birth-control-shot/what-are-the-disadvantages-of-the-birth-control-shot>

<sup>26</sup> FDA, “Highlights of Prescribing Information Depo-Provera,” 2010, [https://www.accessdata.fda.gov/drugsatfda\\_docs/label/2010/020246s0361bl.pdf](https://www.accessdata.fda.gov/drugsatfda_docs/label/2010/020246s0361bl.pdf)

<sup>27</sup> Planned Parenthood, “How safe is the birth control shot?” n.d., <https://www.plannedparenthood.org/learn/birth-control/birth-control-shot/how-safe-is-the-birth-control-shot>

<sup>28</sup> Andrea Jackson, “Late, late, for a very important pill?” Bedsider, 2010, <http://bedsider.org/features/153>

<sup>29</sup> Bedsider, “Emergency contraception,” n.d., [https://bedsider.org/methods/emergency\\_contraception](https://bedsider.org/methods/emergency_contraception)

<sup>30</sup> Bedsider, “What should I do if I miss a pill?” 2021, [https://bedsider.org/questions/148-what-should-i-do-if-i-miss-a-pill?tag=the\\_pill](https://bedsider.org/questions/148-what-should-i-do-if-i-miss-a-pill?tag=the_pill)

*hormonal IUD is sometimes even used to treat very early uterine cancer. And, the longer you use birth control, the more protection from these types of cancer you get.”<sup>31</sup>*

- *Other studies have found that taking the pill may slightly increase the risk of getting breast and cervical cancer.<sup>32</sup>*

#### 4. Can I just take two pills after I have sex?

- **No.** *You should take the pill as it is instructed: once a day, every day, at the same time.*

#### 5. Are birth control pills effective?

- *If you use it perfectly, the pill is 99% effective. But people aren’t perfect and it’s easy to forget or miss pills, so in reality the pill is about 91% effective. The better you are about taking your pill every day and starting your pill packs on time, the better the pill will work. The main thing that makes the pill not work is not taking it every day.<sup>33</sup>*

#### 6. If someone has sex and takes a pill the next day, how does it work?

- *When you’re on the pill, it’s okay to have sex any time. As long as you’ve been taking your pill every day on schedule, you’re protected from pregnancy. If you are taking your pills correctly, you should not need to take Plan B (aka emergency contraception).<sup>34</sup>*
- *If you’re worried about effectiveness, use a condom with another form of contraception. If you always use a condom every time you have sex and take your birth control pill, it’s super unlikely that you’ll get pregnant, and condoms will also protect you from STIs.<sup>35</sup>*

Want to learn more about the (birth control) pill? Visit [https://www.bedsider.org/birth-control/the\\_pill](https://www.bedsider.org/birth-control/the_pill) and <https://www.plannedparenthood.org/learn/birth-control/birth-control-pill>.

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<sup>31</sup> Merrie Warden, “Does birth control cause breast cancer?” Bedsider, 2014, <https://bedsider.org/features/325-does-birth-control-cause-breast-cancer>

<sup>32</sup> National Cancer Institute, “Oral contraceptives and cancer risk,” 2018, <http://www.cancer.gov/about-cancer/causes-prevention/risk/hormones/oral-contraceptives-fact-sheet>

<sup>33</sup> Planned Parenthood, “How effective is the birth control pill?” n.d., <https://www.plannedparenthood.org/learn/birth-control/birth-control-pill/how-effective-is-the-birth-control-pill>

<sup>34</sup> Planned Parenthood, “I’m on the pill. Is it safe to have sex the week I get my period when I don’t take the pill?” 2020, <https://www.plannedparenthood.org/learn/teens/ask-experts/im-on-the-pill-is-it-safe-to-have-sex-during-the-week-i-get-my-period-when-i-dont-take-the-pill>

<sup>35</sup> Planned Parenthood, “If you use both a condom and birth control, are you 100% protected from getting pregnant?” 2012, <https://www.plannedparenthood.org/learn/teens/ask-experts/if-you-use-both-a-condom-and-birth-control-are-you-100-protected-from-getting-pregnant>

## **Ring**

### **1. What happens if the ring falls out?**

- *“The ring hardly ever falls out—especially in younger women who haven’t had children. But if it does slip out, you can just rinse it off with cool water and reinsert it. If it’s been out more than a few hours (or you’re not sure how long), make sure to use backup method, like a condom<sup>36</sup> or internal condom,<sup>37</sup> for the next 7 days.”<sup>38</sup>*

### **2. Can the ring get lost in my vagina?**

- **No.** *“The vagina is a closed pouch and doesn't connect to the rest of the belly, so things (other than semen, bacteria, and other really small things) put in the vagina can't travel to some other part of the body. There is no place for a tampon or a ring<sup>39</sup> to go—they just sit right where you put them.”<sup>40</sup>*

Want to learn more about the (birth control) ring? Visit [https://www.bedsider.org/birth-control/the\\_ring](https://www.bedsider.org/birth-control/the_ring) and <https://www.plannedparenthood.org/learn/birth-control/birth-control-vaginal-ring-nuvaring>.

## **Implant**

### **1. Does it hurt to get the implant?**

- *“You get an injection of numbing medicine through a small needle. Then your health care provider inserts the implant in your arm, which only takes a few minutes. That area of your arm may be sore and bruised for a couple days. Generally speaking, no big deal.”<sup>41</sup>*

### **2. Are there side effects to the implant?**

- *Side effects to the implant are rare but possible. They include changes or irregularity in periods, mood changes, weight gain, headaches, and acne. While about 11 percent of women who have the implant experience changes in their periods, other side effects are experienced by about two percent of women or less.<sup>42</sup>*

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<sup>36</sup> Bedsider, “What is a condom?” n.d., <https://bedsider.org/methods/condom>

<sup>37</sup> Bedsider, “Internal condom (FC2),” n.d., [https://bedsider.org/methods/internal\\_condom](https://bedsider.org/methods/internal_condom)

<sup>38</sup> Bedsider, “Does the ring ever fall out?” 2021, [https://bedsider.org/questions/2-does-the-ring-ever-fall-out?tag=the\\_ring](https://bedsider.org/questions/2-does-the-ring-ever-fall-out?tag=the_ring)

<sup>39</sup> Nerys Benfield, “The ring: It won’t get lost in there!” Bedsider, 2010, <http://bedsider.org/features/98>

<sup>40</sup> Bedsider, “Can the ring get lost in my vagina” 2021, [https://bedsider.org/questions/241-can-the-ring-get-lost-in-my-vagina?tag=the\\_ring](https://bedsider.org/questions/241-can-the-ring-get-lost-in-my-vagina?tag=the_ring)

<sup>41</sup> Bedsider, “Does it hurt to get the implant?” 2015, <https://bedsider.org/questions/50-does-it-hurt-to-get-the-implant?tag=implant>

<sup>42</sup> Planned Parenthood, “Birth Control Implant,” n.d., <https://www.plannedparenthood.org/learn/birth-control/birth-control-implant-implanon>

### 3. Does the implant go in your veins?

- **No.** *The implant does not go in your veins. It is inserted just below the skin of your upper arm.*

### 4. Can the implant move around your body?

- *While it is possible for the implant to move around in your body, this is very rare.<sup>43</sup> If you have an implant and cannot feel it under the skin where it was inserted, you should talk to a doctor immediately.*

### 5. How does the implant work?

- *The implant is a tiny, thin rod about the size of a matchstick that your doctor or nurse inserts under the skin of your upper arm.<sup>44</sup> The implant lasts for up to 4 years and releases the hormone progestin to stop you from getting pregnant.<sup>45</sup>*

Want to learn more about the implant? Visit <https://www.bedsider.org/birth-control/implant> and <https://www.plannedparenthood.org/learn/birth-control/birth-control-implant-nexplanon>.

## **Emergency contraception (Plan B)**

### 1. Do I need to be 18 to get plan B? Do I need to be a person with a vagina to get Plan B?

- *“Whatever age or gender you are, you can buy levonorgestrel-based emergency contraception (EC) pills including Plan B One-Step, Next Choice One Dose, and My Way over-the-counter at the pharmacy without a prescription.”<sup>46</sup>*

### 2. Do I need a prescription for Plan B?

- **No.** *You can buy it at any pharmacy without a prescription.*

### 3. Can emergency contraceptives reduce the risk of pregnancy if a person with a vagina has unprotected sex?

- **Yes.** *Emergency contraception can reduce the risk of pregnancy up to 5 days after unprotected sex. Morning after pills are one form of emergency contraceptive which is*

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<sup>43</sup> UK Gov Drug Safety Update, “Nexplanon (etonogestrel) contraceptive implants: reports of device in vasculature and lung,” 2016,

<https://www.gov.uk/drug-safety-update/nexplanon-etonogestrel-contraceptive-implants-reports-of-device-in-vasculature-and-lung>

<sup>44</sup> Planned Parenthood, “Birth control implant,” n.d., <https://www.plannedparenthood.org/learn/birth-control/birth-control-implant-nexplanon>

<sup>45</sup> Bedsider, “Implant (Nexplanon),” n.d., <https://www.bedsider.org/methods/implant#details>

<sup>46</sup> Bedsider, “Can I get emergency contraception if I’m under 17?” 2021, [https://bedsider.org/questions/212-puedo-conseguir-anticonceptivos-de-emergencia-si-tengo-menos-de-17-anos?tag=emergency\\_contraception](https://bedsider.org/questions/212-puedo-conseguir-anticonceptivos-de-emergencia-si-tengo-menos-de-17-anos?tag=emergency_contraception)

available over-the-counter at pharmacies and clinics. The Paragard IUD is another emergency contraception, but it must be inserted by a health care clinician.

#### 4. **Someone told me I could just take a whole month's worth of birth control instead of Plan B. Is this true?**

- *Some, but not all, birth control pills can be taken in a different dose as emergency contraception instead of Plan B. However, this does not require a whole month's worth of pills, and that would be far too much. If you have been taking your birth control pills as directed (in other words, around the same time every day), you should not need emergency contraception after sex.*
- *If you do not regularly take the pill or use another form of contraception and do not have access to a morning after pill such as Plan B, please ask a medical professional about your options for emergency contraception.*

Want to learn more about emergency contraceptive? Visit <https://www.bedsider.org/birth-control/emergency-contraception> and <https://www.plannedparenthood.org/learn/morning-after-pill-emergency-contraception>.

#### 5. **Is Plan B an abortion pill?**

- **No.** *Morning after pills are a special dosage of birth control pills. Morning after pills work to suppress the release of an egg from the ovary. The morning after pill is NOT the same as an abortion pill. Morning after pills are available over-the-counter in drug stores or from clinics or the local health department.*

#### 6. **What is the abortion pill?**

- *Abortion means ending a pregnancy. The abortion pill (also called medication abortion) is one of two main abortion options—both options are safe and effective.*
- *The abortion pill is actually a series of two medicines: mifepristone and misoprostol. The first is taken at a clinic with a doctor and the second can be taken at home one or two days later. Together, these two medicines will cause an abortion.*
- *The abortion pill is NOT the same thing as the morning after pill. Plan B, or the morning after pill, is different from the abortion pill because Plan B prevents a pregnancy from ever occurring.*

Abortion is healthcare. If youth have questions about abortion, we recommend the following resources and referring youth to a health center:

- For information on verified abortion care and support, AbortionFinder features the most comprehensive directory of trusted (and verified) abortion service providers and assistance resources in the United States: <https://www.abortionfinder.org/>
  - AbortionFinder also provides updated information on the legal status of abortion by state.
- For information about abortion types, what to expect, and other FAQs, visit <https://www.abortionfinder.org/>, <https://www.bedsider.org/abortion>, <https://www.plannedparenthood.org/learn/abortion>, and <https://www.acog.org/programs/impact/activities-initiatives/patients-seeking-abortion-care-guide>.

## **Sterilization**

### **1. Are there permanent forms of birth control?**

- *Sterilization (sometimes called female sterilization, tubal ligation, or “getting your tubes tied”) is a safe and effective surgical procedure that permanently prevents pregnancy by closing or blocking your fallopian tubes so you can’t get pregnant.<sup>47,48</sup> Depending on where you live, there may be age restrictions or waiting periods to get a tubal ligation.<sup>49</sup>*
- *A vasectomy (sometimes called male sterilization) is a surgical procedure that blocks the tubes that carry sperm.<sup>52</sup> “Vasectomies are meant to be permanent, so you should only get a vasectomy if you’re 100% positive you don’t want to get someone pregnant for the rest of your life.”<sup>50</sup>*

Want to learn more information about permanent birth control methods?

- To learn more about sterilization, visit <https://www.bedsider.org/birth-control/sterilization> and <https://www.plannedparenthood.org/learn/birth-control/sterilization>.
- To learn more about vasectomy, visit <https://www.plannedparenthood.org/learn/birth-control/vasectomy>.

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<sup>47</sup>Planned Parenthood, “Sterilization,” n.d., <https://www.plannedparenthood.org/learn/birth-control/sterilization>

<sup>48</sup> Bedsider, “Sterilization,” n.d., <https://www.bedsider.org/methods/sterilization>

<sup>49</sup> Planned Parenthood, “How do I get a tubal ligation?” n.d., <https://www.plannedparenthood.org/learn/birth-control/sterilization/how-do-i-get-tubal-ligation-procedure>

<sup>50</sup> Planned Parenthood, “Vasectomy,” n.d., <https://www.plannedparenthood.org/learn/birth-control/vasectomy>

## Menstruation

### 1. Why do people with vaginas have menstruation each month but nothing like that happens to people with penises?

- *Menstruation is when blood and tissue from your uterus comes out of your vagina. The menstrual cycle helps the bodies of people with vaginas prepare for pregnancy every month and only occurs in people who have uteruses, vaginas, fallopian tubes, and ovaries.<sup>51</sup>*
- *People with penises don't get a period because they don't have a uterus. However, their bodies develop and change too—the penis and testicles get bigger and may change color slightly.<sup>52</sup> Erections, ejaculation, and wet dreams are also normal parts of puberty for anyone with a penis.<sup>53</sup>*

### 2. Can you miss your period with birth control pills or the patch?

- **Yes.** *It is possible and safe to use birth control pills or patch to skip your period.<sup>54,55</sup>*
- *Talk to your doctor or reproductive health provider to discuss which contraceptive methods work best for your body and lifestyle, learn more about if and how hormonal contraceptives can change menstrual bleeding patterns, and to learn more about if you want to miss or skip your period.*

Want to learn more about menstruation? Visit

<https://www.plannedparenthood.org/learn/health-and-wellness/menstruation>.

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<sup>51</sup> Planned Parenthood, “Menstruation,” n.d., <https://www.plannedparenthood.org/learn/health-and-wellness/menstruation>

<sup>52</sup> Planned Parenthood, “Puberty,” n.d., <https://www.plannedparenthood.org/learn/teens/puberty>

<sup>53</sup> Planned Parenthood, “What’s the deal with erections, ejaculation, and wet dreams?,” n.d., <https://www.plannedparenthood.org/learn/teens/puberty/whats-deal-erections-ejaculation-and-wet-dreams>

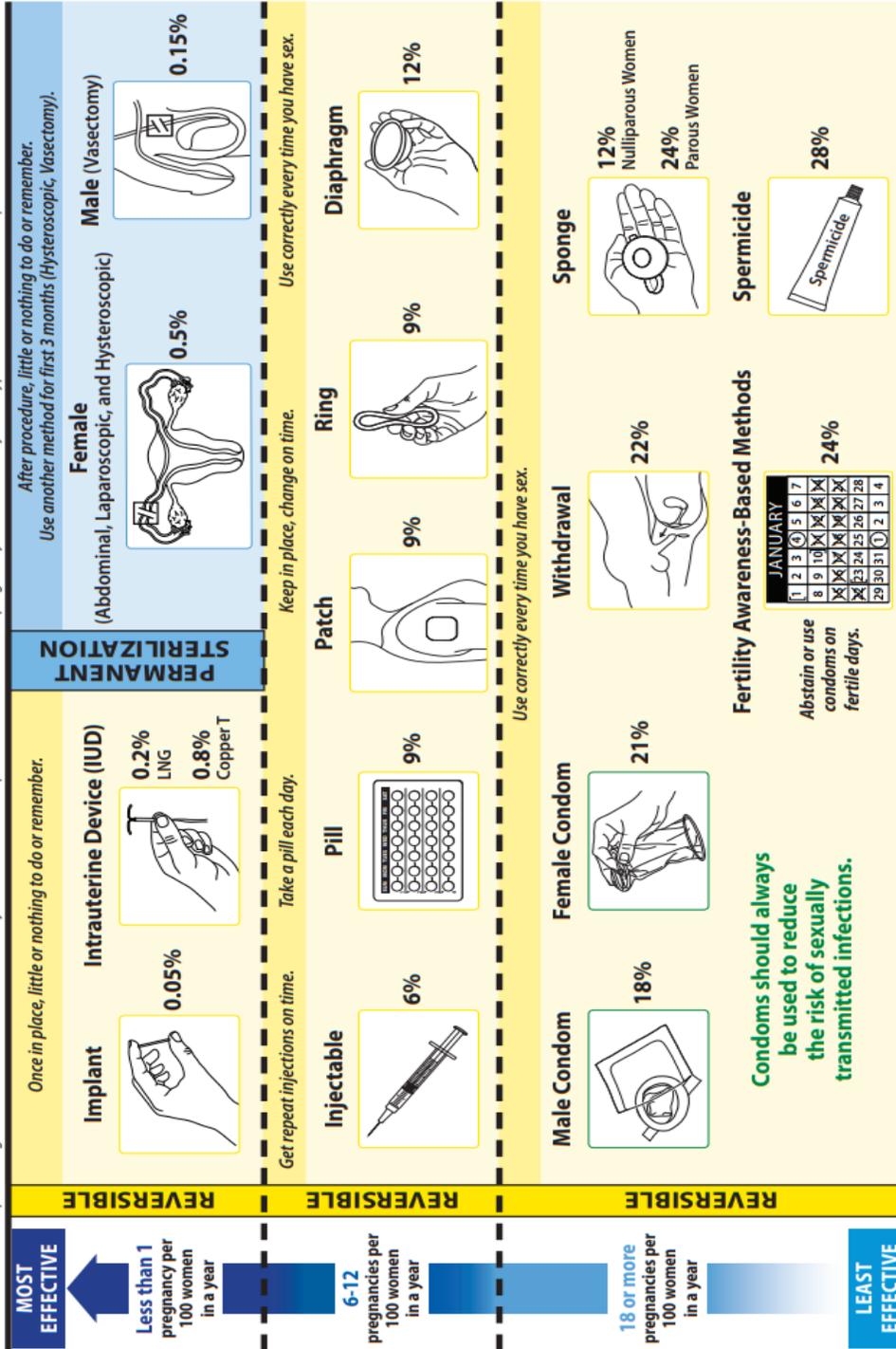
<sup>54</sup> Planned Parenthood, “If I skip my placebo pills will there be side effects?” 2021, <https://www.plannedparenthood.org/learn/teens/ask-experts/if-i-skip-my-placebo-pills-will-there-be-side-effects>

<sup>55</sup> Planned Parenthood, “What happens if you wear a patch on your off week?” 2020, <https://www.plannedparenthood.org/learn/teens/ask-experts/what-happens-if-you-wear-a-patch-on-your-off-week>

# CDC Effectiveness Handout

## EFFECTIVENESS OF FAMILY PLANNING METHODS\*

\*The percentages indicate the number out of every 100 women who experienced an unintended pregnancy within the first year of typical use of each contraceptive method.



**Other Methods of Contraception:** (1) Lactational Amenorrhea Method (LAM): is a highly effective, temporary method of contraception; and (2) Emergency Contraception: emergency contraceptive pills or a copper IUD after unprotected intercourse substantially reduces risk of pregnancy. Adapted from World Health Organization (WHO) Department of Reproductive Health and Research, Johns Hopkins Bloomberg School of Public Health Center for Communication Programs (CCP), Knowledge for Health project. Family planning: a global handbook for providers (2011 update), Baltimore, MD: Geneva, Switzerland: CCP and WHO, 2011; and Trussell J. Contraceptive failure in the United States. Contraception 2011;83:397-404.

## Sample Referral List of Youth-Friendly Sexual and Reproductive Health Centers and Condom Resources

### In D.C., I have the right to...

- Say no to sex at any age
- Consent to sex at the age of 16.
- Receive confidential health and services.
  - If you are 12 or older, you can get birth control or STI testing without your parent's permission. Ask your doctor if you can use your parent's health insurance and still get confidential care.
- Get condoms
  - Condoms are available free at any Title X clinic. You can also purchase condoms without ID at your local convenience store, pharmacy or supermarket.
- Get Emergency Contraception
  - A person of any age can purchase single-dose emergency contraception without ID or a prescription from your local pharmacy. Emergency contraception, also known as the morning-after pill, works by preventing, not ending pregnancy.
- Choose an abortion
  - Washington D.C. does not require parental permission for minors seeking an abortion. For info about getting an abortion, call the DC Abortion Fund at 202-452-7464.

### D.C. Resources

- Free Condoms
  - [Sexualbeing.org](http://sexualbeing.org/get-condoms/free-condoms/) helps DC residents get condoms for free. Visit [sexualbeing.org/get-condoms/free-condoms/](http://sexualbeing.org/get-condoms/free-condoms/) to sign up for free condom delivery.
  - [Metro TeenAIDS](#) provides free HIV and STI testing. Call the Counseling, Testing, and Referral Department at **202-543-0094**.
  - **Mary's Center provides health services for teens regardless of ability to pay. Call 202-483-8196 to make an appointment.**
  - [Planned Parenthood](#) provides confidential contraception, STD, and other reproductive health services. Call 1-800-230-PLAN to find your closest clinic.
- Family Planning
  - [Title X Clinics](#) give contraceptive help to help prevent pregnancies among other services. There are 20 clinics in the DC area. Find out here: [opa-fpclinicdb.hhs.gov](http://opa-fpclinicdb.hhs.gov)
- Domestic Violence Help
  - [DC Victim 24-Hour Hotline](#) provides free, confidential assistance for victims of crime in DC. Call or text their confidential 24-hour hotline at 844-443-5732 or go to their 24-hour online chat at [dcvictim.org](http://dcvictim.org).
- College/Career
  - [Latin American Youth Center](#) provides multi-lingual programs to help youth prepare for college or employment. Call (202) 319-2225 or visit [layc-dc.org](http://layc-dc.org) for more info.

## Student Handout 6.1

### Hormonal Contraceptive Methods – What Teens Need to Know

Name	Where You Get It	How It Works	How You Use It	Safe for most women to use, including teens!	Protects against STIs?
<b>IUD or “intrauterine device”</b> 	Health Care Provider inserts the IUD into a person’s uterus.	There are two types of IUDs: hormonal and copper. Both types prevent sperm from moving so they can’t join with an egg. Hormonal IUDs release hormones into the uterus that prevent ovulation. The copper IUD doesn’t have hormones.	Once a health care provider places an IUD in a person’s uterus, they are protected for up to 3, 5 or 10 years – depending on the IUD they choose. They can have the IUD removed at any time.		
<b>Implant</b> 	Health Care Provider inserts implant under a person’s arm.	The Implant is a matchstick size flexible rod. The implant is effective for up to three years. This Implant releases hormones to prevent ovulation.	Once a health care provider places the implant in a person’s upper arm, they are protected for three years. They can have the implant removed at any time.		
<b>Shot</b> 	Health Care Provider administers the injection.	The shot is an injection of hormones into a person’s upper arm. The hormones prevent ovulation.	A person must return to their health care provider every 3 months to get an injection.		
<b>Patch</b> 	Health Care Provider writes a prescription.	The patch is a thin, plastic patch that sticks to the skin like a small square bandage. The patch releases hormones into the person’s body. The hormones prevent ovulation.	A person uses a new patch each week for three weeks. On the fourth week, they go without a patch but are still protected from pregnancy.		
<b>Ring</b> 	Health Care Provider writes a prescription.	The Ring is flexible ring about two inches in diameter. A person places the ring into their vagina where it releases hormones.	The ring stays in for three weeks and then the person removes it on the fourth week, though they are still protected from pregnancy. They start a new “three weeks in, one week out		

Name	Where You Get It	How It Works	How You Use It	Safe for most women to use, including teens!	Protects against STIs?
		These hormones prevent ovulation.	cycle” at the end of the fourth week. It is fine to have vaginal intercourse with the ring inserted. If inserted correctly, the person should not feel the ring.		
<b>Pill</b> 	Health Care Provider writes a prescription.	The pill provides a small dose of hormones. These hormones prevent ovulation.	A person takes one pill every day at the same time of day.		

## Materials in Student Workbook:

- Lesson 6: Key Messages
- Handout 6.1: Hormonal Contraceptive Methods – What Teens Need to Know
- Handout 6.2: Referral List of Youth-Friendly Sexual and Reproductive Health Centers and Condom Resources
- Handout 6.3: Sofia and David: Making Decisions
- Handout 6.4: How Partners Can Be Involved in Using Hormonal Contraception
- Handout 6.5: Contraceptive Timeline
- Handout 6.6: Frequently Asked Questions (FAQs):  
CONTRACEPTION

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