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# Birth Control

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## **Session 4:**

### Birth Control

#### **Goals**

- Learn about all FDA approved birth control methods and their effectiveness rates
- Determine which birth control methods offer STI protection

#### **Objectives**

At the end of this session, students will be able to:

- Name 3 kinds of contraceptions
- Describe the proper use of 1 birth control method and where to get it
- State the effectiveness rate for one birth control method and whether or not it offers protection from STIs
- Understand differences between hormonal, barrier, or behavior birth control methods

# Warm-Up

Brainstorm as many  
**birth control methods**  
as you can in 2 minutes.

# Birth Control

## Behavior Methods

Not having sex

Withdrawal  
("pull-out")

## Barrier Methods

Condom

Internal  
condom

## Hormonal Methods

Pill

Patch

Ring

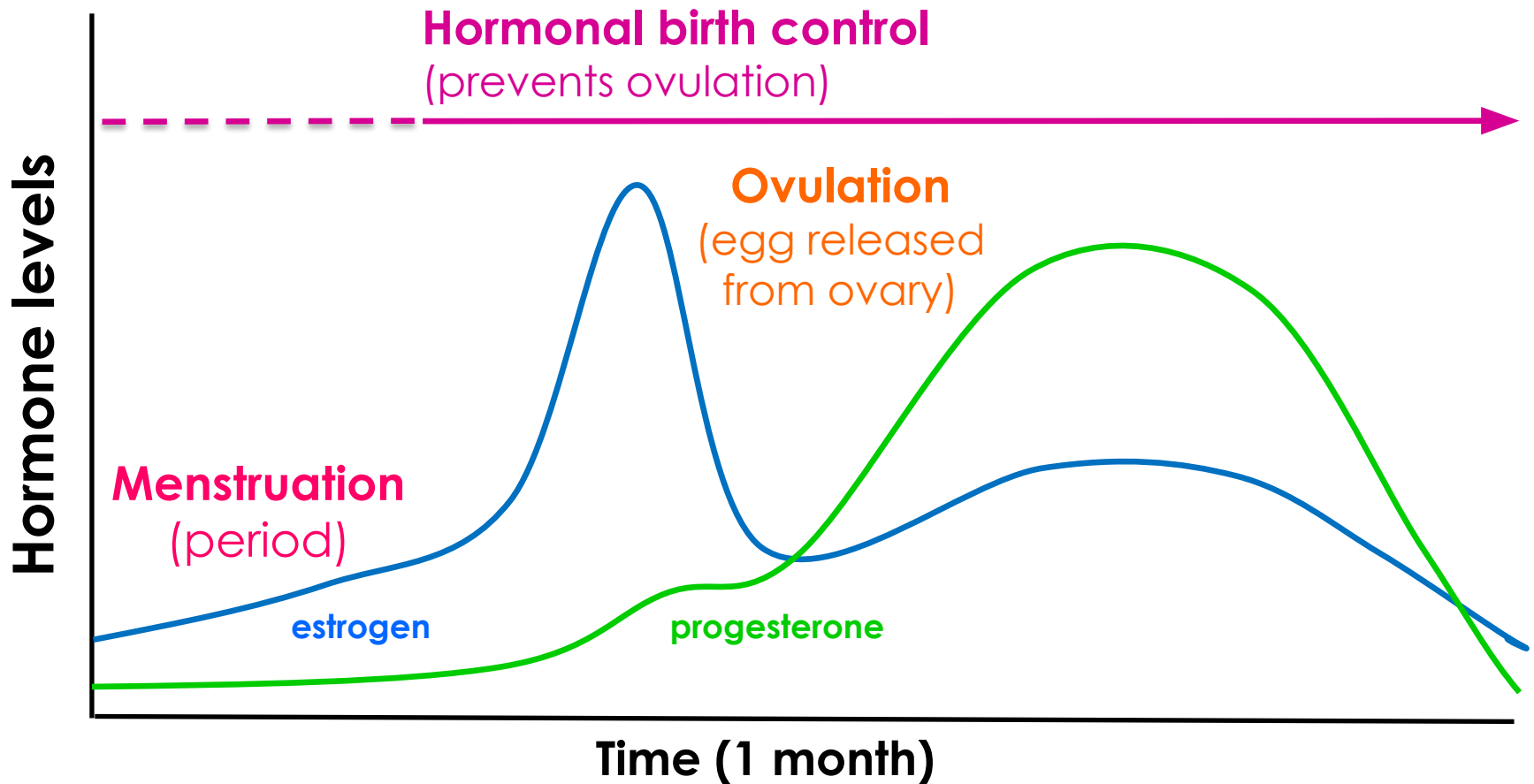
Shot

Implant

IUD

Emergency  
Contraception

# Hormonal Birth Control



# Birth Control Stations

## Lab Instructions:

- Work in groups to learn about each birth control method and complete the worksheet
- Materials stay at their station (be **careful** and **respectful**!)
- Rotate from station #1  #10 when timer sounds
- 3 minutes @ each station

### Not Having Sex

Effectiveness: 100%

#### How It Works

Not having sex prevents pregnancy by not allowing the penis, semen, or pre-ejaculatory fluid to enter the body. You can still show physical affection in other ways, such as hugging, holding hands, touching, cuddling, or kissing. By avoiding vaginal, oral, and anal sex, as well as any skin-to-skin contact between the genitals, **not having sex also protects you from most sexually transmitted infections.**



#### How to Use It

You first need to decide that not having sex is the right choice for you based on your personal values. Discuss your decision with your partner so that you know they will be clear about your boundaries and support you. Then avoid any contact between the penis, vagina, and anus. 58% of high school students report never having had sex.<sup>32</sup>

#### Advantages:

- ✓ The only 100% effective birth control method.
- ✓ May create greater communication and trust between partners
- ✓ Can be started and stopped at any time, even if you had sex in the past
- ✓ Does not require a visit to a health care provider
- ✓ No side effects
- ✓ It is completely free

#### Disadvantages:

- ✓ Some people may find it difficult to not have sex for long periods of time.
- ✓ People who suddenly decide to have sex without discussing it with their partner first may not be prepared to protect themselves against pregnancy or infection.

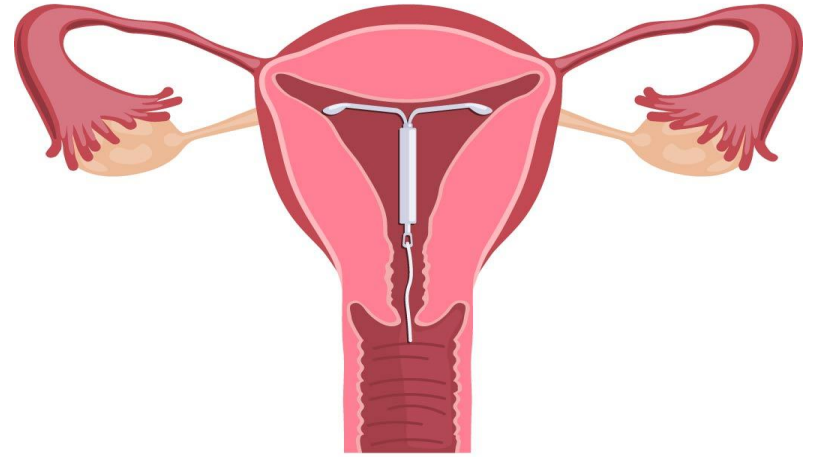
# Not Having Sex

- 100% effective
- No semen inside the vagina, anus, or near the vulva
- Protects against STIs

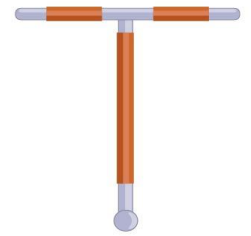


# The IUD

- Over 99% effective
- Goes inside the uterus
- Works for 3-10+ years



Hormonal IUD



Copper IUD



# The Implant

- Over 99% effective
- Goes inside the upper arm
- Works for 3-5 years



# The Shot

- 94-99% effective
- Given by a healthcare provider
- Works for 12 weeks



# The Ring

- 91-99% effective
- Goes inside the vagina
- Works for 3 weeks



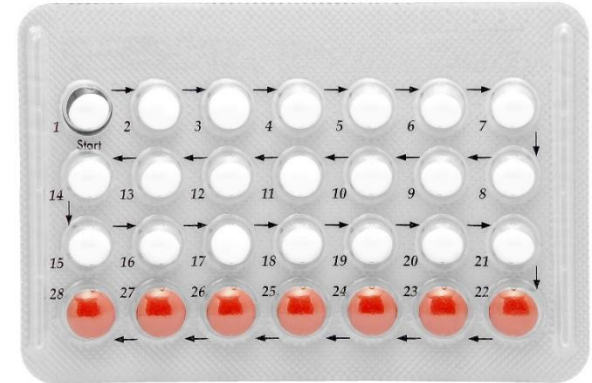
# The Patch

- 91-99% effective
- Goes on arm, torso, or buttocks
- Works for 1 week



# The Pill

- 91-99% effective
- Take one pill every day at the same time
- Each pill pack lasts for one month



# Emergency Contraception

- 75-89% effective
- Pill taken AFTER sex
- Take ASAP, but can work up to 5 days after sex



# The Condom

- Up to 98% effective
- Worn on erect penis
- Protects against STIs



# The Internal Condom

- Up to 95% effective
- Worn inside vagina or anus
- Protects against STIs





# **IUD (Intrauterine Device)**

Effectiveness: Over 99%



## **How It Works**

The IUD is a small flexible piece of plastic shaped like a “T.” It is inserted into the uterus by a health care provider. There are two types of IUDs: a hormonal IUD (works for 3-7 years) and a non-hormonal copper IUD (works for 10+ years). Both IUDs change the way the sperm move, making it difficult to get to the egg. They also change the lining of the uterus, possibly preventing a fertilized egg from attaching. The hormonal IUD thickens the mucus around the cervix, making it harder for sperm cells to pass through. It may also affect ovulation, preventing an egg from being released from the ovary. The copper IUD can be used as a form of emergency contraception if it is inserted into the uterus within 5 days after unprotected sex or a contraceptive failure.

## **How to Get It**

To get the IUD, a person must go to a health care provider. It is available at most clinics.

## **How to Use It**

- ✓ A health care provider inserts the IUD into the uterus.
- ✓ It protects against pregnancy for up to 3 – 10+ years, depending upon which type of IUD used.
- ✓ A person can have the IUD removed at any time by a health care provider.

## **Advantages:**

- ✓ Easy to use
- ✓ Does not interrupt sex
- ✓ Very effective in preventing pregnancy
- ✓ Long lasting

## **Disadvantages:**

- ✓ DOES NOT PROTECT AGAINST SEXUALLY TRANSMITTED INFECTIONS
- ✓ Most common side effects include irregular bleeding, headaches, dizziness, sore breasts, or acne.
- ✓ A person may feel some pain when the IUD is being inserted. A pain reliever can be taken ahead of time.
- ✓ Serious problems are rare, but may occur. Talk with your health care provider about any concerns and warning signs.

## **Shot (Depo-Provera)**

Effectiveness: 94-99%



### **How It Works**

The shot contains a hormone that prevents an egg from being released from the ovary (ovulation). It also thickens the mucus around the cervix, making it harder for sperm cells to pass through.

### **How to Get It and How to Use It**

The shot is an injection that a person can get **every 12 weeks** from a health care provider. It is available at most clinics.

### **Advantages:**

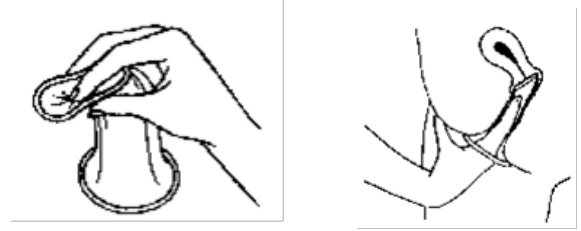
- ✓ Easy to use; no daily pill to remember
- ✓ Does not interrupt sex
- ✓ A very private form of contraception; no one has to know about it except that person and their health care provider
- ✓ May reduce menstrual cramps and anemia (low iron in the blood)
- ✓ May protect against uterine cancer

### **Disadvantages:**

- ✓ DOES NOT PROTECT AGAINST SEXUALLY TRANSMITTED INFECTIONS
- ✓ The most common side effect is irregular menstrual bleeding, especially in the first 6-12 months. After 1 year, half of all users of the shot will stop having periods completely.
- ✓ Serious problems are rare, but may occur. Talk with your health care provider about any concerns and warning signs.
- ✓ It may cause bone thinning.
- ✓ It should not be used for more than 2 years continuously unless no other method is right for you.

## **Internal Condom**

Effectiveness: 79%-95%



### **How It Works**

The internal condom (also known as an insertive or female condom; sold as FC2) is a soft, thin, plastic pouch that is inserted into the vagina or anus to catch the pre-ejaculatory fluid and semen that come out of the penis before and during sex. The inner ring should be used for vaginal sex, but removed for anal sex.

### **How to Get It**

Internal condoms are available at teen health clinics, can be bought at a pharmacy with a prescription, or bought online at [fc2.us.com](http://fc2.us.com).

### **How to Use It**

For vaginal sex, the ring inside the condom is squeezed and inserted into the vagina. The outer ring hangs outside of the vagina covering the labia, and the penis enters into the internal condom. For anal sex, the ring is removed prior to insertion. Use only ONE condom at a time. Using more than one condom at a time makes them more likely to break.

### **Advantages:**

- ✓ **PROTECTS AGAINST HIV AND SOME SEXUALLY TRANSMITTED INFECTIONS!** (It covers both internal and external genitalia for greater protection)
- ✓ Made out of polyurethane or nitrile, can be used by people who are allergic to latex
- ✓ Does not require a visit to a doctor

### **Disadvantages:**

- ✓ It may be pushed inside the vagina or anus during sex.
- ✓ It could be difficult to insert for some people.
- ✓ It can break, especially if not used properly.
- ✓ Although the internal condom is not FDA approved for anal intercourse, people may adapt for use during anal sex for STI protection (by removing the inner ring).<sup>1</sup>

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<sup>1</sup> U.S. Food & Drug (2015). Condoms: Barriers to Bad News. Retrieved from: <http://www.fda.gov/forpatients/illness/hiv/aids/prevention/ucm126370.htm>  
Teen Talk High School, 2019

# Condom

Effectiveness: 82%-98%

## How It Works

The condom is rolled over the erect penis and is worn to catch the semen and pre-ejaculatory

fluid that come out of the penis before and during sex. Condoms should be used for oral, anal, and vaginal sex.



## How to Get It

Condoms are available at most teen health clinics or can be bought at any pharmacy or supermarket.

## How to Use It

The condom is rolled over the penis and worn during sex. Be sure to read the directions and learn ALL of the steps involved in putting on a condom correctly. Use only ONE condom at a time. Using more than one condom at a time makes them more likely to break.

## Advantages:

- ✓ **PROTECTS AGAINST HIV AND SOME SEXUALLY TRANSMITTED INFECTIONS!**
- ✓ Easy to get, inexpensive (sometimes free!)
- ✓ Does not require a visit to the doctor
- ✓ Available in polyurethane or polyisoprene for people allergic to latex

## Disadvantages:

- ✓ Condoms can break or slip, especially if not used correctly.
- ✓ It does not cover all of the genital area, so some STIs can be transmitted by skin-to-skin contact, like herpes.
- ✓ Some condoms contain spermicide (Nonoxynol-9). If used frequently, Nonoxynol-9 has been shown to increase a person's risk of STI transmission, including HIV.

## IMPORTANT TIPS TO REMEMBER ABOUT CONDOMS:

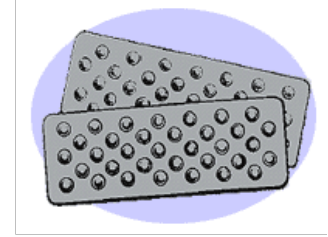
- ✓ Only use water-based or silicone-based lubricants. Oil-based lubricants will cause latex condoms to break.
- ✓ "Lambskin" or "animal skin" condoms do NOT protect against STIs, including HIV.
- ✓ Heat, light, and excessive friction can make a condom more likely to break.

## **Birth Control Pills**

Effectiveness: 91%-99%

### **How It Works**

Birth control pills contain hormones (estrogen and/or progesterone) that prevent an egg from being released from the ovary (ovulation). They also thicken the mucus around the cervix, making it harder for sperm to pass through.



They also thicken the mucus around the cervix, making it harder for sperm to pass through.

### **How to Get It**

To get birth control pills, a person must go to a health care provider and get a prescription. They are available at most clinics.

### **How to Use It**

- ✓ You must take one pill every day at the same time.
- ✓ Missing a pill, taking it at the wrong time, or combining it with some other medications can make birth control pills less effective.
- ✓ A person who has just started taking birth control pills should be sure to use a back-up birth control method for at least the first 4 weeks.

### **Advantages:**

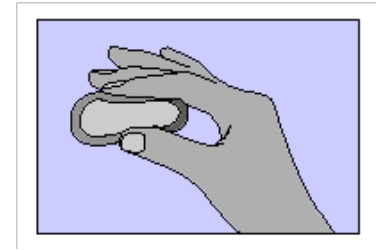
- ✓ Easy to use
- ✓ Does not interrupt sex
- ✓ Can reduce menstrual cramps and anemia (low iron in the blood)
- ✓ Many people experience more regular, lighter, and shorter periods
- ✓ May protect against ovarian and uterine cancer
- ✓ May help clear up acne
- ✓ Protects against osteoporosis (thinning of the bones)

### **Disadvantages:**

- ✓ DOES NOT PROTECT AGAINST SEXUALLY TRANSMITTED INFECTIONS
- ✓ The most common side effects include irregular bleeding, breast tenderness, or nausea (typically goes away after 2-3 months of use).
- ✓ Serious problems are rare, but may occur. Talk with your health care provider about any concerns and warning signs.

## **Vaginal Ring (NuvaRing)**

Effectiveness: 91-99%



### **How It Works**

The vaginal ring works similarly to the pill. It slowly releases hormones into the vagina, which are absorbed into the body. The hormones prevent an egg from being released from the ovary (ovulation) and thickens the mucus around the cervix, making it harder for sperm to pass through.

### **How to Get It**

To get the vaginal ring, a person must go to a health care provider and get a prescription. It is available at most clinics.

### **How to Use It\***

- ✓ Squeeze the vaginal ring between your fingers and insert it into the vagina. There is no “wrong way” to insert it, similar to using a tampon.
- ✓ **After 3 weeks with the vaginal ring**, remove it and begin your period.
- ✓ **After 1 week without the vaginal ring, insert a new ring** to continue your protection against pregnancy.

### **Advantages:**

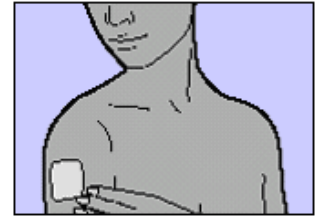
- ✓ Easy to use
- ✓ Does not interrupt sex
- ✓ Is often not felt by either partner when it is in place
- ✓ Can reduce menstrual cramps and anemia (low iron in the blood)
- ✓ Many people experience more regular, lighter and shorter periods
- ✓ May protect against ovarian and uterine cancer
- ✓ May help clear up acne
- ✓ Protects against osteoporosis (thinning of the bones)

### **Disadvantages:**

- ✓ DOES NOT PROTECT AGAINST SEXUALLY TRANSMITTED INFECTIONS
- ✓ The most common side effects include irregular bleeding, breast tenderness, or nausea (typically goes away after two or three months of use).
- ✓ It may cause increased vaginal discharge, vaginal irritation, or infection.
- ✓ Serious problems are rare, but may occur. Talk with your health care provider about any concerns and warning signs.

## **Patch (Xulane)**

Effectiveness: 91-99%



### **How It Works**

The patch works similarly to the pill. It is a thin, beige sticker (like a nicotine patch) that slowly releases hormones into the skin. The hormones prevent an egg from being released from the ovary (ovulation) and thickens the mucus around the cervix, making it harder for sperm to pass through.

### **How to Get It**

To get the patch, a person must go to a health care provider and get a prescription. It is available at most clinics.

### **How to Use It**

- ✓ A person must place a new patch on the buttocks, stomach, upper outer arm, or upper torso once a week for **three weeks**. No patch is used in the fourth week (this is usually when the person will have their period).
- ✓ Not replacing the patch on time can make this method less effective.

### **Advantages:**

- ✓ Easy to use
- ✓ Does not interrupt sex
- ✓ Many people experience more regular, lighter, and shorter periods
- ✓ Can reduce menstrual cramps and anemia (low iron in the blood)
- ✓ May protect against ovarian and uterine cancer
- ✓ May help clear up acne
- ✓ Protects against osteoporosis (thinning of the bones)

### **Disadvantages:**

- ✓ DOES NOT PROTECT AGAINST SEXUALLY TRANSMITTED INFECTIONS
- ✓ The most common side effects include irregular bleeding, breast tenderness, or nausea (typically goes away after 2 or 3 months of use).
- ✓ It may cause a reaction or irritation on the skin where the patch is placed.
- ✓ Serious problems are rare, but may occur. Talk with your health care provider about any concerns and warning signs.

# **Not Having Sex**

Effectiveness: 100%

## **How It Works**

Not having sex prevents pregnancy by not allowing the penis, semen, or pre-ejaculatory fluid to enter the body. You can still show physical affection in other ways, such as hugging, holding hands, touching, cuddling, or kissing. By avoiding vaginal, oral, and anal sex, as well as any skin-to-skin contact between the genitals, **not having sex also protects you from most sexually transmitted infections.**



## **How to Use It**

You first need to decide that not having sex is the right choice for you based on your personal values. Discuss your decision with your partner so that you know they will be clear about your boundaries and support you. Then avoid any contact between the penis, vagina, and anus. 58% of high school students report never having had sex.<sup>2</sup>

## **Advantages:**

- ✓ The only 100% effective birth control method.
- ✓ May create greater communication and trust between partners
- ✓ Can be started and stopped at any time, even if you had sex in the past
- ✓ Does not require a visit to a health care provider
- ✓ No side effects
- ✓ It is completely free

## **Disadvantages:**

- ✓ Some people may find it difficult to not have sex for long periods of time.
- ✓ People who suddenly decide to have sex without discussing it with their partner first may not be prepared to protect themselves against pregnancy or infection.

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<sup>2</sup>Kann, L. et al. Youth risk behavior surveillance, United States, 2016. *MMWR Surveill Summ* 2016, 65 (No. 65-6): [26].  
Teen Talk High School, 2019



# **Emergency Contraception**

(Also called EC, “the morning after pill”, Plan B, Plan B One-Step, Ella, Next Choice)

**Effectiveness: 85-89% when taken within 3 days after sex. It continues to reduce the risk of pregnancy if taken within 120 hours after sex.**

The sooner it is taken after unprotected sex, the more effective it is in preventing pregnancy.



## **How It Works**

Emergency contraception is a method of birth control taken AFTER unprotected sex. It is a dose of hormones that works by preventing an egg from being released from the ovaries and thickening cervical mucus to make it difficult for sperm to swim to the uterus. **It is NOT an abortion pill.** Alternatively, the copper IUD can be inserted into the uterus within 5 days as a form of emergency contraception.

## **How to Get It**

To get emergency contraception, a person can go to a clinic, a health care provider or a pharmacy. It is available at most clinics, and people of all ages and genders are able to buy it directly from a pharmacy without an ID or a prescription.

## **How to Use It**

A person has to take it within 5 days of having unprotected sex. The sooner it is taken after unprotected sex, the more effective it is. Emergency contraception should be used in emergency situations, such as:

- A condom broke
- A person forgot to take their birth control pill or get their next shot
- No form of protection against pregnancy was used
- Sexual assault, such as rape

## **Advantages:**

- ✓ Emergency contraception may be obtained BEFORE ever having sex, so it will be on hand when needed.

## **Disadvantages:**

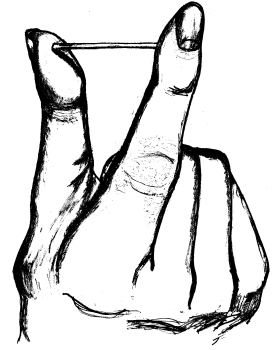
- ✓ DOES NOT PROTECT AGAINST SEXUALLY TRANSMITTED INFECTIONS
- ✓ Possible side effects include nausea and/or vomiting.
- ✓ The next period may be irregular.
- ✓ It is not an ongoing birth control method.

# **Implant (Nexplanon)**

Effectiveness: Over 99%

## **How It Works**

The implant is a thin and flexible plastic rod that is inserted under the skin in the upper arm by a health care provider. The rod slowly releases a hormone into the body. The hormone prevents an egg from being released from the ovary (ovulation) and thickens the mucus around the cervix, making it harder for sperm to pass through. It stays in the arm and protects against pregnancy for up to **3-5 years**.



## **How to Get It**

To get the implant, a person must go to a health care provider. It is available at most clinics.

## **How to Use It**

- ✓ A health care provider numbs a small area of the upper inner arm and inserts the implant under the skin. This process only takes a few minutes.
- ✓ A person can have the implant removed at any time. To remove, the area is numbed and a health care provider makes a very small cut. The person may choose to have a new implant inserted at the same time.

## **Advantages:**

- ✓ Very effective in preventing pregnancy
- ✓ Easy to use
- ✓ Does not interrupt sex
- ✓ Long lasting
- ✓ Possible side effects include fewer and lighter periods

## **Disadvantages:**

- ✓ DOES NOT PROTECT AGAINST SEXUALLY TRANSMITTED INFECTIONS
- ✓ Most common side effects include irregular and unpredictable bleeding.
- ✓ Insertion may cause temporary bruising and tenderness of the arm.
- ✓ Serious problems are rare, but may occur. Talk with your health care provider about any concerns and warning signs.

# BIRTH CONTROL STATIONS

## NOT HAVING SEX

Not having sex is \_\_\_\_\_% effective.

If a person is choosing not to have sex why is it important to discuss this with a partner?

If someone is choosing to not have sex, how else might they show affection to a partner?

What are two advantages of not having sex?

## EMERGENCY CONTRACEPTION

Where can someone get emergency contraception?

How does emergency contraception prevent pregnancy?

Name two situations when someone might decide to use emergency contraception.

## IUD

How effective is the IUD? \_\_\_\_\_

How does the IUD prevent pregnancy?

For how many years does each type of IUD work?

Copper IUD \_\_\_\_\_ Hormonal IUD \_\_\_\_\_

## INTERNAL CONDOMS

How does the internal condom prevent pregnancy?

How effective are internal condoms? \_\_\_\_\_

What are two advantages of the internal condom?

## CONDOMS

Where can someone get condoms?

How does a condom prevent pregnancy?

How effective are condoms? \_\_\_\_\_

**VAGINAL RING**

How does the Vaginal Ring prevent pregnancy?

How effective is the Vaginal Ring? \_\_\_\_\_

How long does the Vaginal Ring stay in the vagina?

**IMPLANT**

Where can someone go to get the Implant?

How long does the Implant prevent pregnancy?

How effective is the Implant? \_\_\_\_\_

**SHOT**

Where can someone go to get the Shot?

How long does the Shot prevent pregnancy?

How effective is the Shot? \_\_\_\_\_

**PILL**

Where can someone get the Birth Control Pill?

How does the Birth Control Pill prevent pregnancy?

What can make the Birth Control Pill less effective?

**PATCH**

How would someone use the Patch correctly?

How effective is the Patch? \_\_\_\_\_

What are three benefits of using the Patch?