
Birth Control

Session 5:

Birth Control

Goals

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

Objectives

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

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

Anonymous Question Box

Introduction to the Anonymous Question Box:

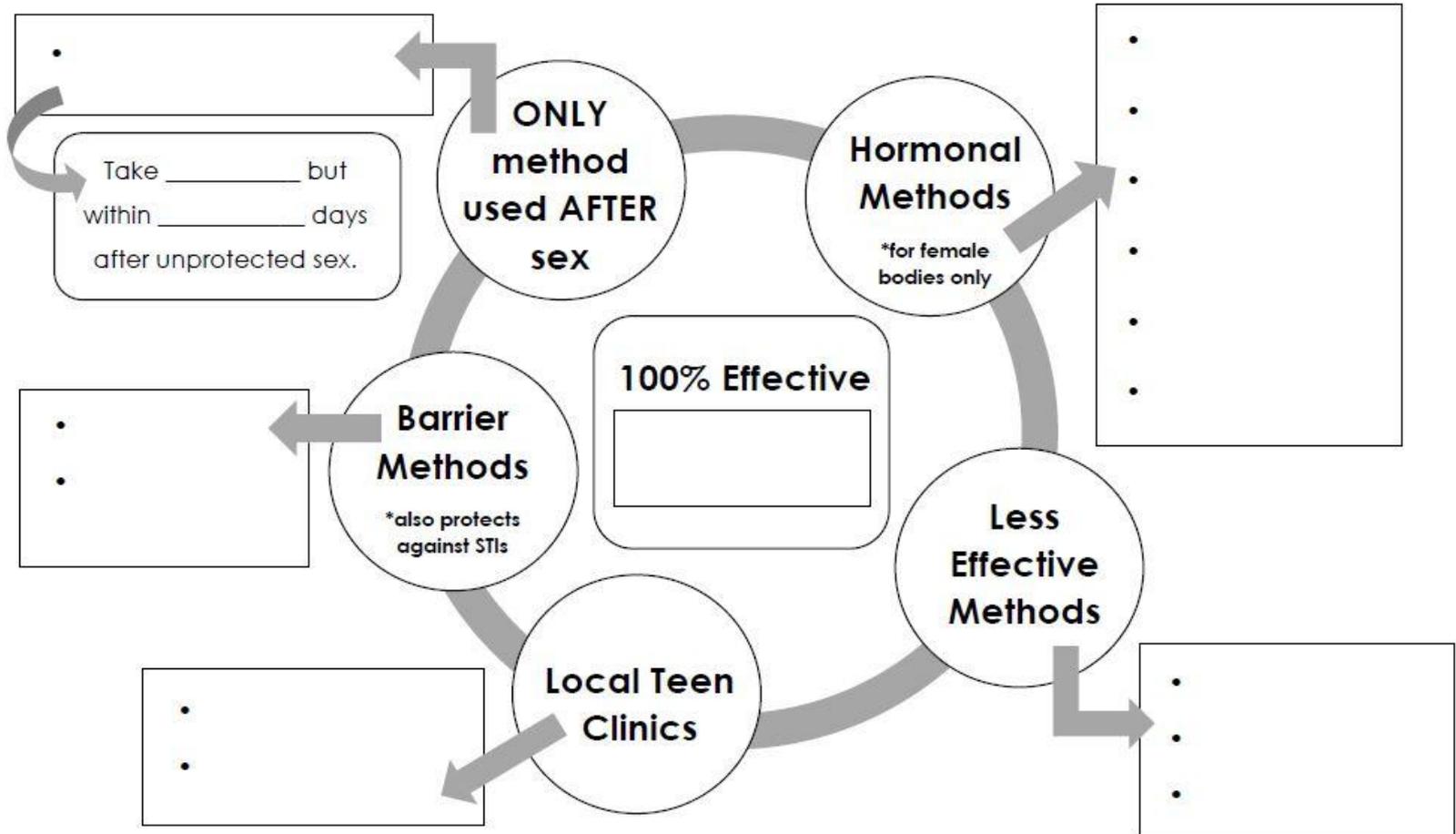
The Anonymous Question Box is a way for students to ask questions that they may not feel comfortable asking during class time, though students are encouraged to ask lots of question during class time as well.

Anonymous Question Box Guidelines:

- Everyone must put a paper in the box. If students do not have a question at that time, they can write a statement about what they learned in class that day, a specific topic of interest, or write “no question”. This ensures questions remain anonymous.
- No Names. Questions are anonymous and are not to be used to hurt or embarrass others. Questions with names on them will not be read out loud.
- No personal questions of the instructor.
- Nobody can take anything out of the Question Box, except for the instructor.

All About Birth Control

Name _____ Period _____ Date _____



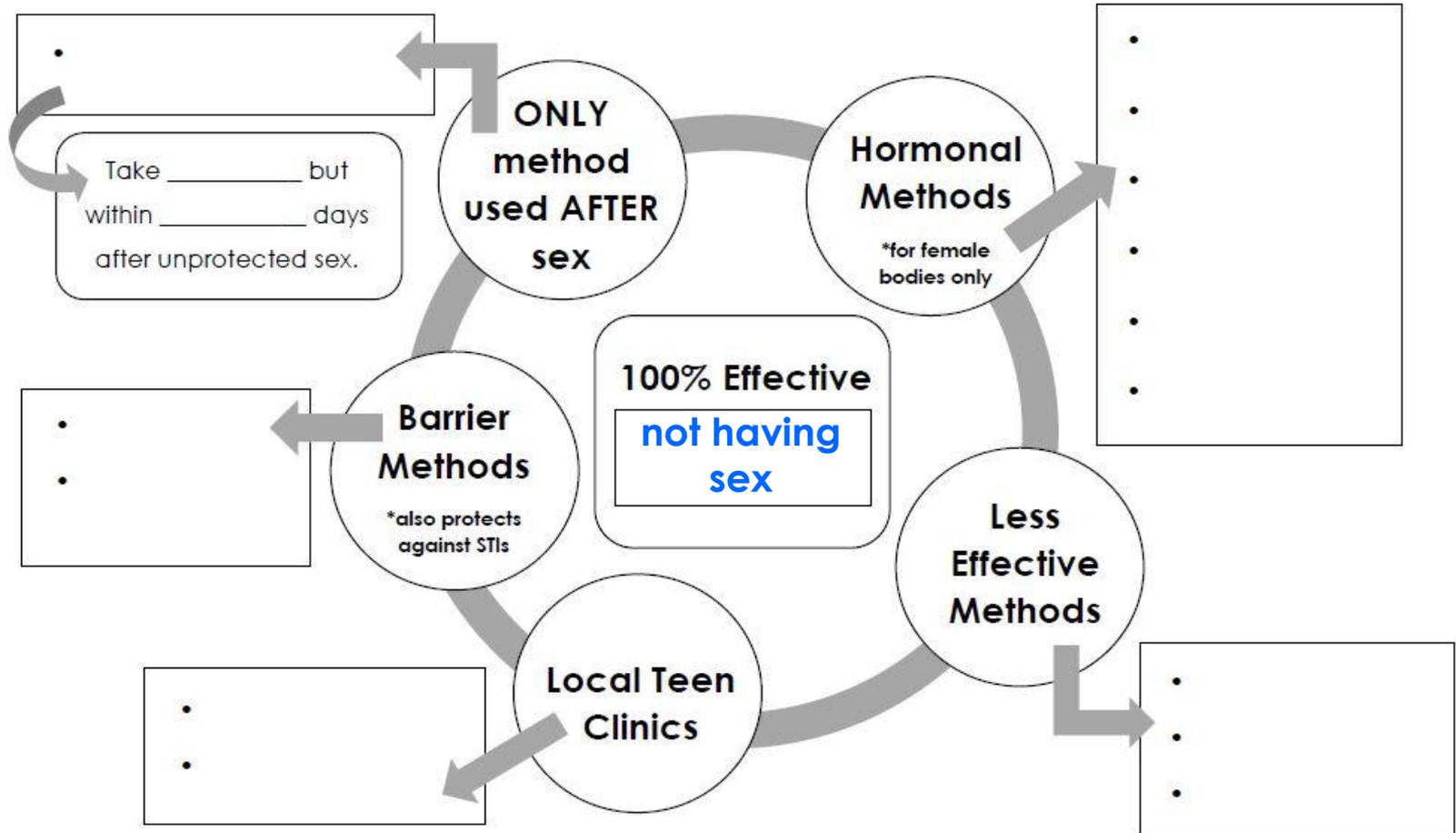
**For more effective protection, combine: _____ + _____

100% Effective

**not having
sex**

All About Birth Control

Name _____ Period _____ Date _____



**For more effective protection, combine: _____ + _____

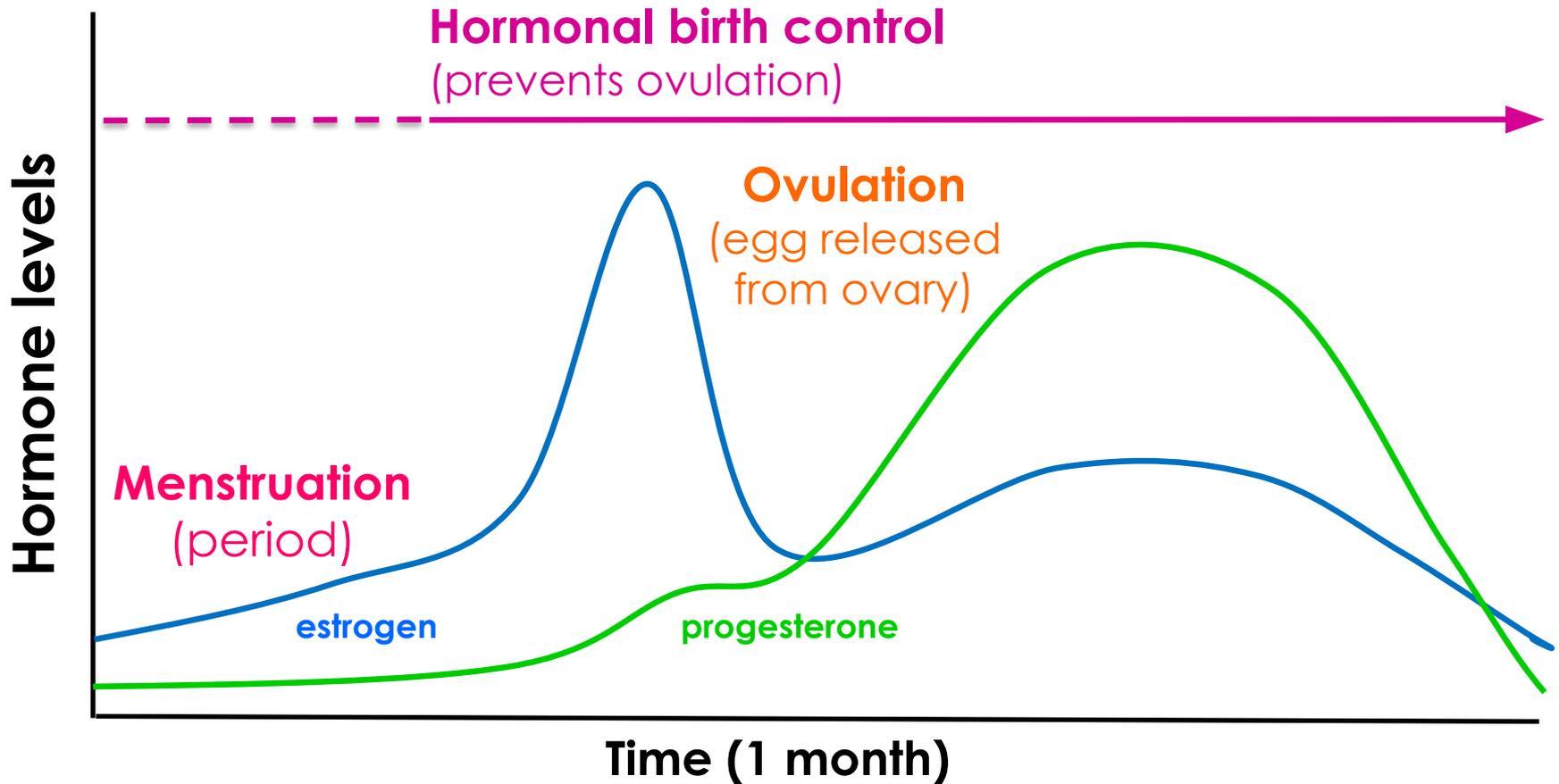
Hormonal Methods

*for female bodies only

ctive

- IUD (ParaGard a copper IUD is non-hormonal)
- Implant
- Shot
- Patch
- Ring
- Pill

Hormonal Birth Control



All About Birth Control

Name _____

• _____

Take _____ but
within _____ days
after unprotected sex.

• _____
• _____

Be
Me
*also
age

ctive

• _____
• _____

Hormonal Methods

*for female
bodies only

- **pill** 91-99% effective
- **patch** 91-99% effective
- **ring** 91-99% effective
- **shot** 94-99% effective
- **implant** over 99% effective
- **IUD** over 99% effective

**For more effective protection, combine: _____ + _____

All About Birth Control

• **emergency contraception**

85-89% effective

Take **ASAP** but within **3-5** days after unprotected sex.

ONLY method used AFTER sex

- **pill** 91-99% effective
- **patch** 91-99% effective
- **ring** 91-99% effective
- **shot** 94-99% effective
- **implant** over 99% effective
- **IUD** over 99% effective

also protects against STIs

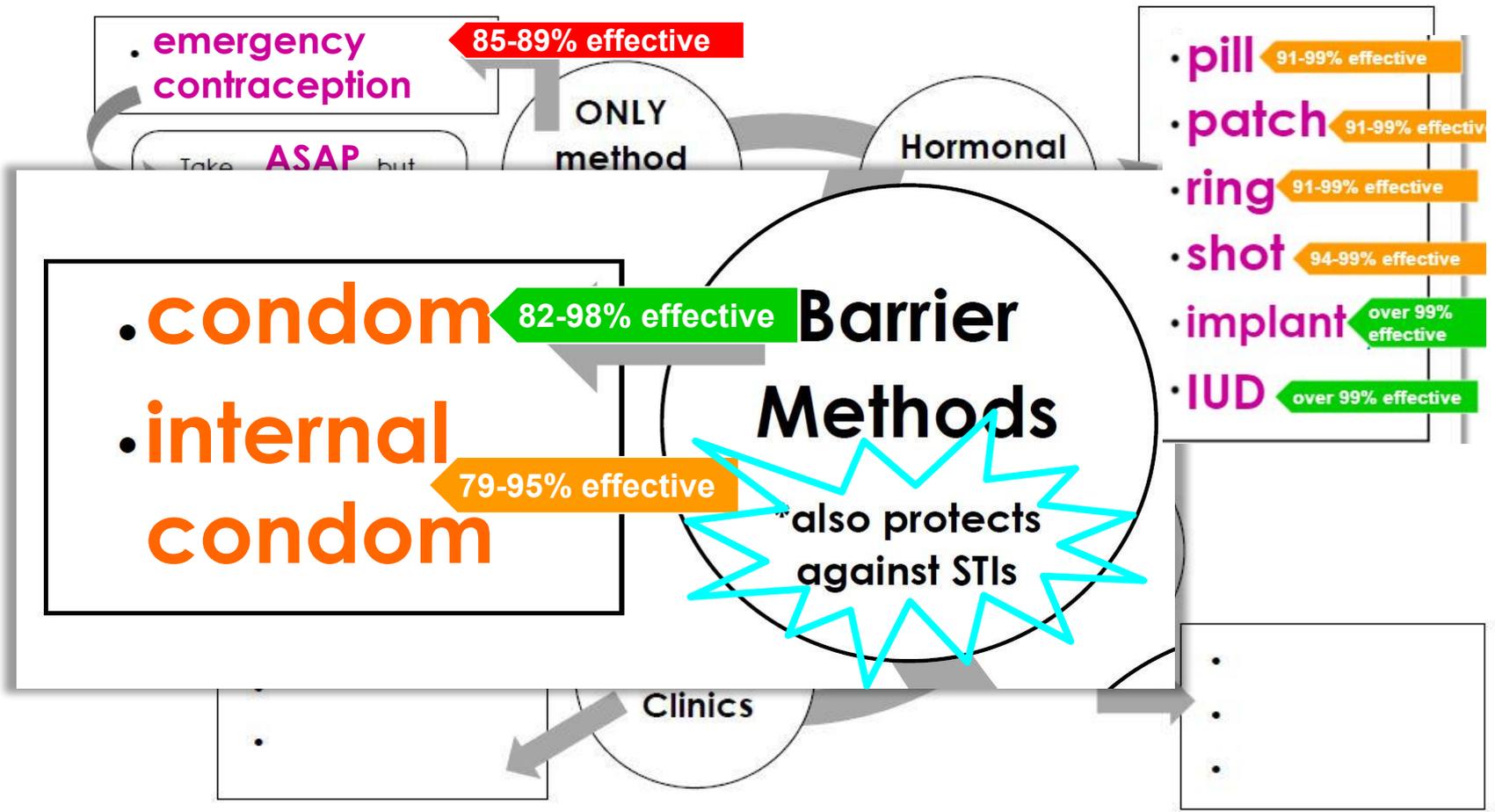
LESS Effective Methods

Local Teen Clinics

**For more effective protection, combine: _____ + _____

All About Birth Control

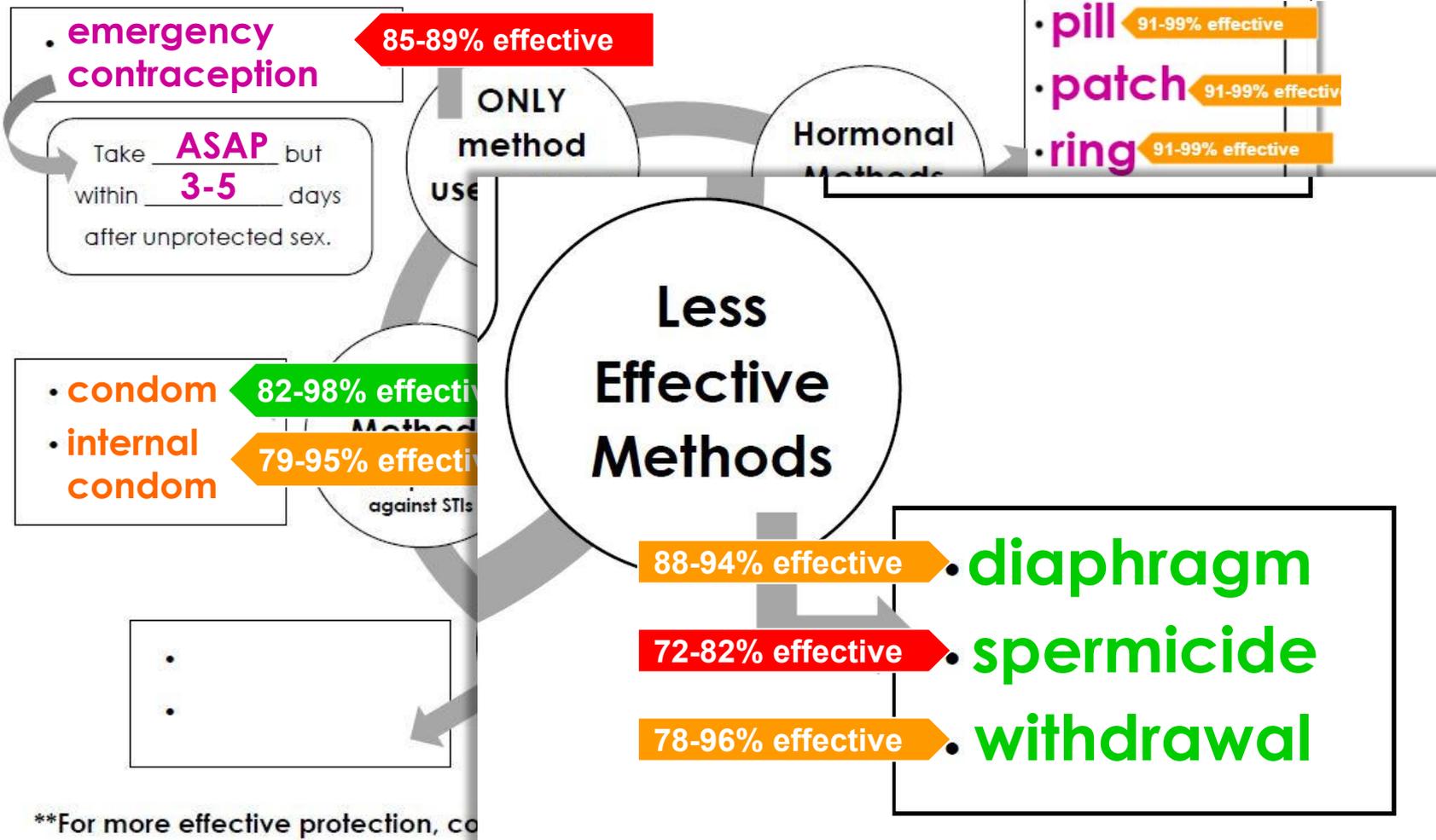
Name _____ Period _____ Date _____



**For more effective protection, combine: _____ + _____

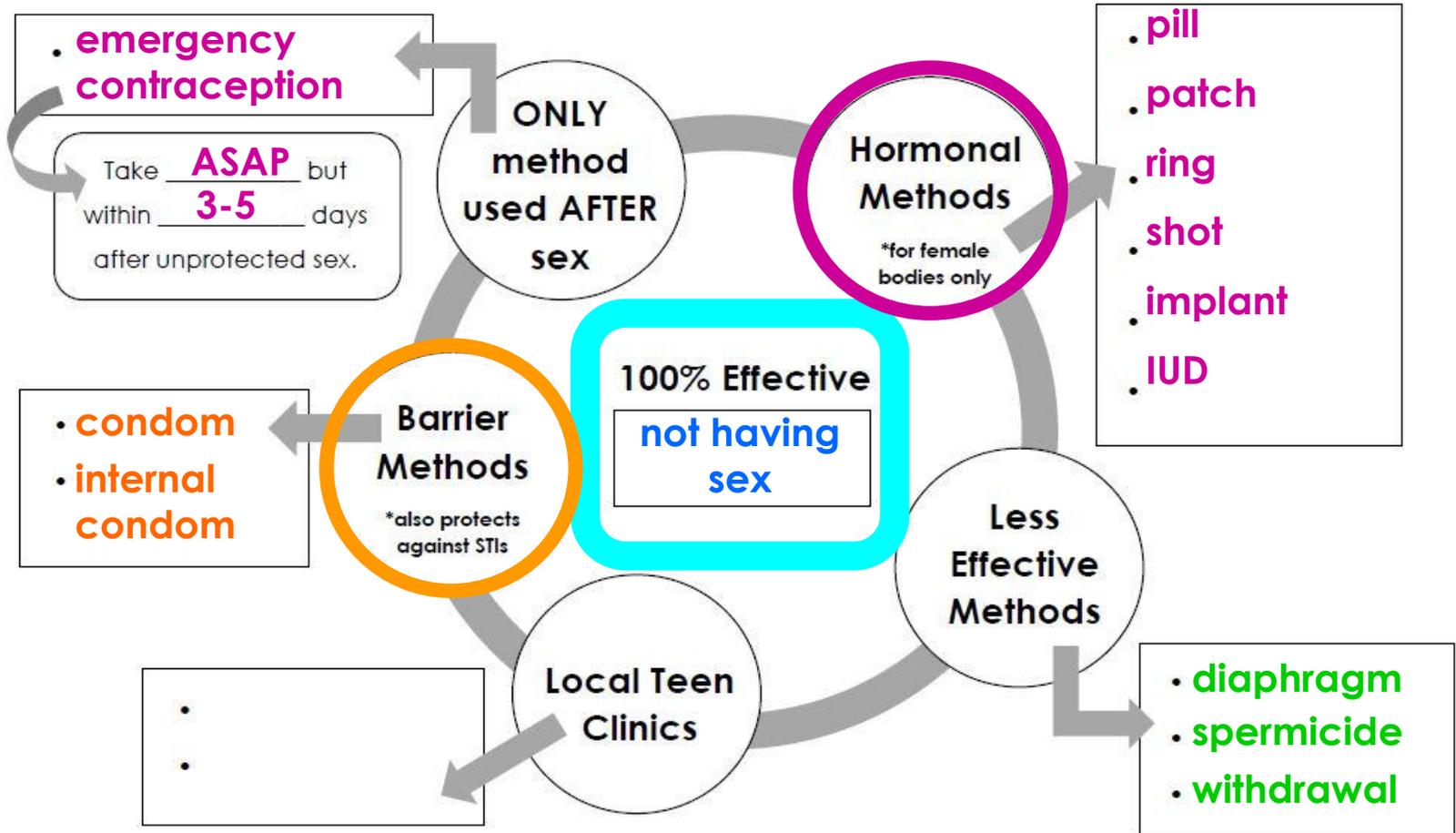
All About Birth Control

Name _____ Period _____ Date _____



All About Birth Control

Name _____ Period _____ Date _____



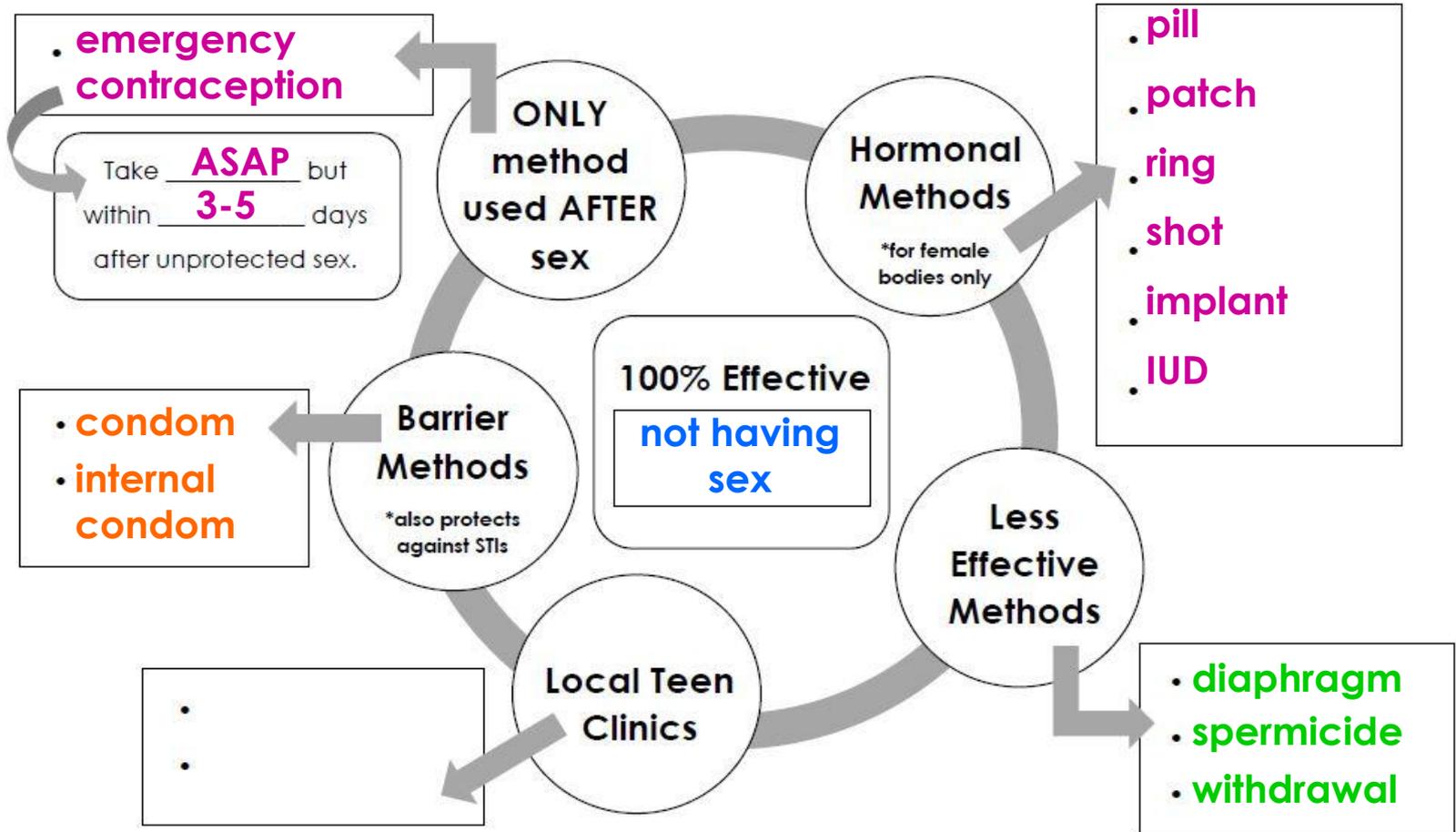
**For more effective protection, combine: 1 hormonal method + 1 barrier method

All About Birth Control

Name _____

Period _____

Date _____



**For more effective protection, combine: 1 hormonal method + 1 barrier method



Clinicas del Camino Real

805 498-3640

clinicas.org

Westminster Free Clinic

805 241-8366

westminsterclinic.org

Conejo Free Clinic

805 497-3575

805 328-3100—Dental

conejofreeclinic.org

**Local Teen
Clinics**

Birth Control Brainstorm

Birth Control Grid

Method	How is it used correctly?	How effective is it? (%)	Where can you get it?	Reduces STIs risk? (Yes/No)
Not Having Sex	•			
Condom	•			
Internal Condom	•			
Diaphragm & Cervical Cap	•			
Birth Control Pills	•			
The Shot	•			
The Patch	•			
Vaginal Ring	•			

Method	How is it used correctly?	How effective is it? (%)	Where can you get it?	Reduces STIs risk? (Yes/No)
Emergency Contraception (EC)	•			
IUD	•			
Implant	•			
Spermicidal Products	•			
The Sponge	•			
Vasectomy	•			
Tubal Ligation	•			
Withdrawal Method ("Pulling Out")	•			
Calendar/Rhythm Method*	•			