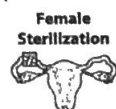


Birth Control Method Options

Most Effective

Least Effective



Risk of pregnancy*

.5 out of 100

.15 out of 100

LNG: .2 out of 100
CopperT: .8 out of 100

.05 out of 100

6 out of 100

9 out of 100

12 out of 100

18 out of 100

21 out of 100

22 out of 100

12-24 out of 100

24 out of 100

28 out of 100

How the method is used

Surgical procedure

Placement inside uterus

Placement into upper arm

Shot in arm, hip or under the skin

Take a pill

Put a patch on skin

Put a ring in vagina

Use with spermicide and put in vagina

Put over penis

Put inside vagina

Pull penis out of the vagina before ejaculation

Put inside vagina

Monitor fertility signs. Abstain or use condoms on fertile days.

Put inside vagina

How often the method is used

Permanent

Lasts up to 3-12 years

Lasts up to 3 years

Every 3 months

Every day at the same time

Each week

Each month

Every time you have sex

Daily

Every time you have sex

Menstrual side effects

None

LNG: Spotting, lighter or no periods
CopperT: Heavier periods

Spotting, lighter or no periods

Spotting, lighter or no periods

Can cause spotting for the first few months. Periods may become lighter.

None

Other possible side effects to discuss

Pain, bleeding, infection

Some pain with placement

May cause appetite increase/weight gain

May have nausea and breast tenderness for the first few months.

Allergic reaction, irritation

None

Allergic reaction, irritation

None

Allergic reaction, irritation

Other considerations

Provides permanent protection against an unintended pregnancy.

LNG: No estrogen. May reduce cramps.
CopperT: No hormones. May cause more cramps.

No estrogen

No estrogen. May reduce menstrual cramps.

Some clients may report improvement in acne. May reduce menstrual cramps and anemia. Lowers risk of ovarian and uterine cancer.

No hormones

No hormones. No prescription necessary.

No hormones. Nothing to buy.

No hormones. No prescription necessary.

No hormones. Can increase awareness and understanding of a woman's fertility signs.

No hormones. No prescription necessary.

Counsel all clients about the use of condoms to reduce the risk of STDs, including HIV infection.

*The number of women out of every 100 who have an unintended pregnancy within the first year of typical use of each method.

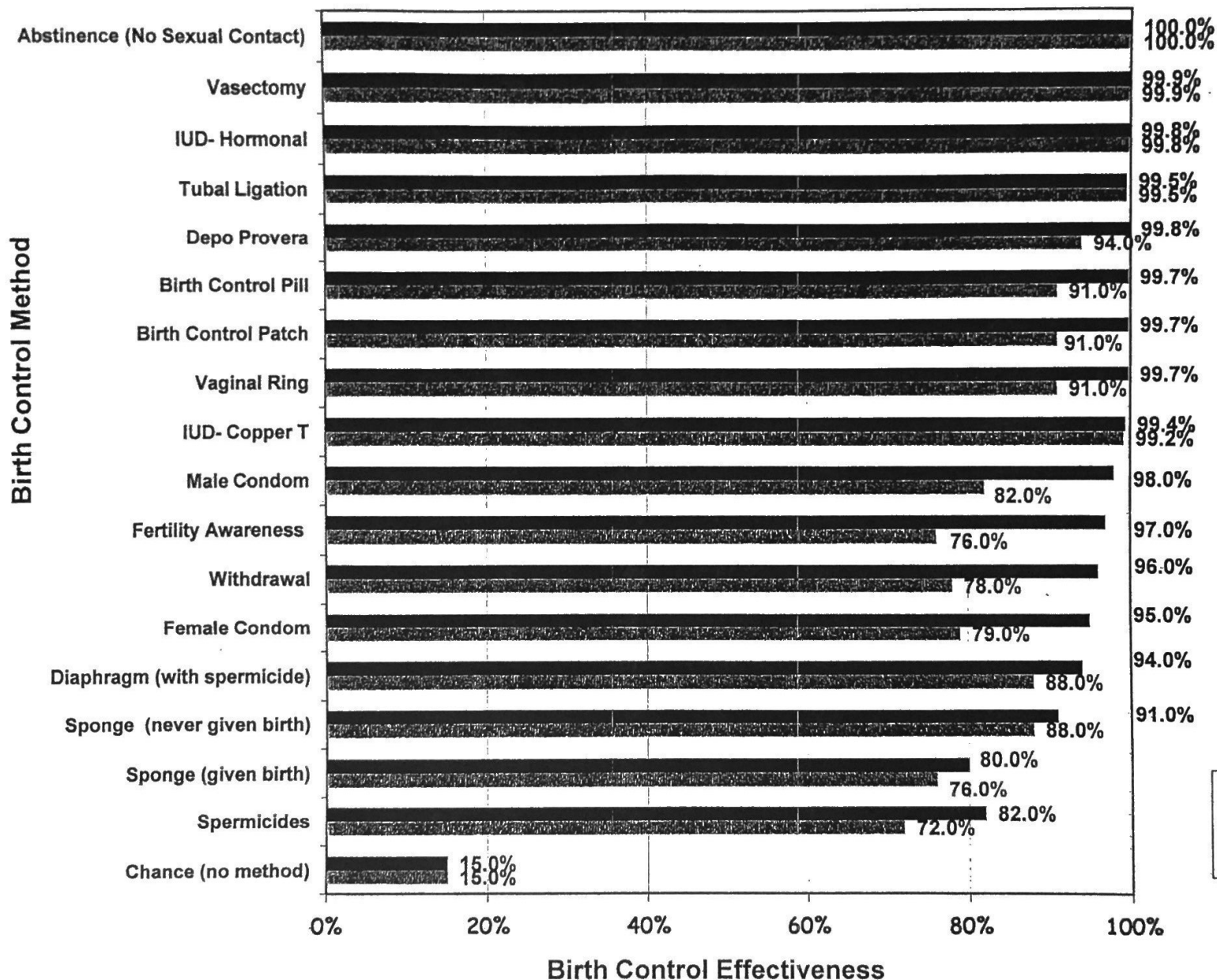
Other Methods of Birth Control: (1) Lactational Amenorrhea Method (LAM) is a highly effective, temporary method of contraception; and (2) Emergency Contraception: emergency contraceptive pills or a copper IUD after unprotected intercourse substantially reduces risk of pregnancy. Reference for effectiveness rates: Trussell J. Contraceptive failure in the United States. Contraception 2011; 83: 397-404. Other references available on www.fpnrc.org.



Quality Family Planning
www.fpnrc.org

May 2016

How Effective is Each Birth Control Method at Preventing Pregnancy? First Year of Use



Birth Control Reference Sheet 1, continued ...

1. Which method of birth control works 100% of the time (if people are careful to "use" it all the time)?

2. If a hundred couples had intercourse for a year without any kind of birth control, how many would start a pregnancy? Circle one.

15 35 55 75 85

3. Of the seven kinds of birth control on the first side of this reference sheet, name three that are more than 90% effective in preventing pregnancy.

4. Which methods give the most protection from STDs (sexually transmitted diseases)?

5. Which methods are safer for most people than having a baby?

A _____ of t _____

6. Which methods can teenagers get, without parental consent?

A _____ of t _____

7. What contraceptive method can be used to prevent pregnancy after unprotected intercourse or a birth control failure (e.g. if a condom breaks)? The sooner a woman takes it, the better it will work.

P _____ B

Birth Control Reference Sheet 1, continued ...

8. Why is it good to talk with your parents, guardians or other trusted adults about birth control, if you can?

9. Why is it good to talk with your boyfriend/girlfriend/husband/wife about this, if you can?

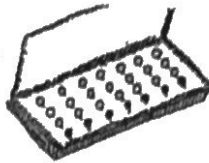
10. Where else, besides this class, could a person get accurate up-to-date information about birth control?

CONTRACEPTIVE MATCH-UP (SE-21)

a. DIAPHRAGM



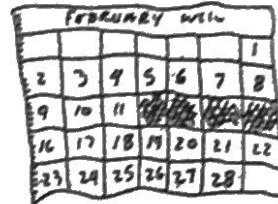
b. pill



c. I.U.D.



d. RHYTHM



e. CONDOM



f. FOAM/JELLY



g. SPONGE



h. CERVICAL CAP



DIRECTIONS: Match the picture with the correct statement by placing the letters in the blank to the left of each statement. Letters may be used more than once.

- _____ 1. Rubber sheath placed over the penis.
- _____ 2. Abstinence during ovulation.
- _____ 3. Used with jelly to block the sperm from entering the uterus.
- _____ 4. Prevents ovulation.
- _____ 5. An over-the-counter sperm barrier that is used with spermicide.
- _____ 6. If treated with nonoxynol 9, this method also helps prevent the spread of STDs.
- _____ 7. Inserted into the uterus by a physician.
- _____ 8. May cause initial weight gain and is dangerous to women over 35 who smoke.
- _____ 9. Blocks the entrance to the uterus by fitting directly over the cervix.
- _____ 10. A method of birth control considered unsafe for young girls and many women.

Contraception

A W L R H H J N P A A M I P H Y C
 Q H J Z H R O O B K G O R I Y M G
 T Z D Z Z Y B S W A W Q G N S O A
 S M T E T A T J R X Y R O X T T E
 A B H U P I E H C Z L I X P E C S
 U G Q V N R P A M Y T R A O R E P
 H U L E N A O F B A R T M Q E S O
 E K N A I H K P G P C M N R C A N
 D C G D W H A I R H P J M X T V G
 E U F E M A L E C O N D O M O R E
 L L I P X L R Q O T V C D W M R S
 G A Z X L R C D C X Z E H E Y R S
 G G V A H O J V H R P B R M S S H
 P H B J G Z I X X T Q F G A D D J
 C U N O R P L A N T I W K H C V U
 T M O D M O C E L A M W O O A X H
 E A N T F Y Y G T I B I H L Q C Q

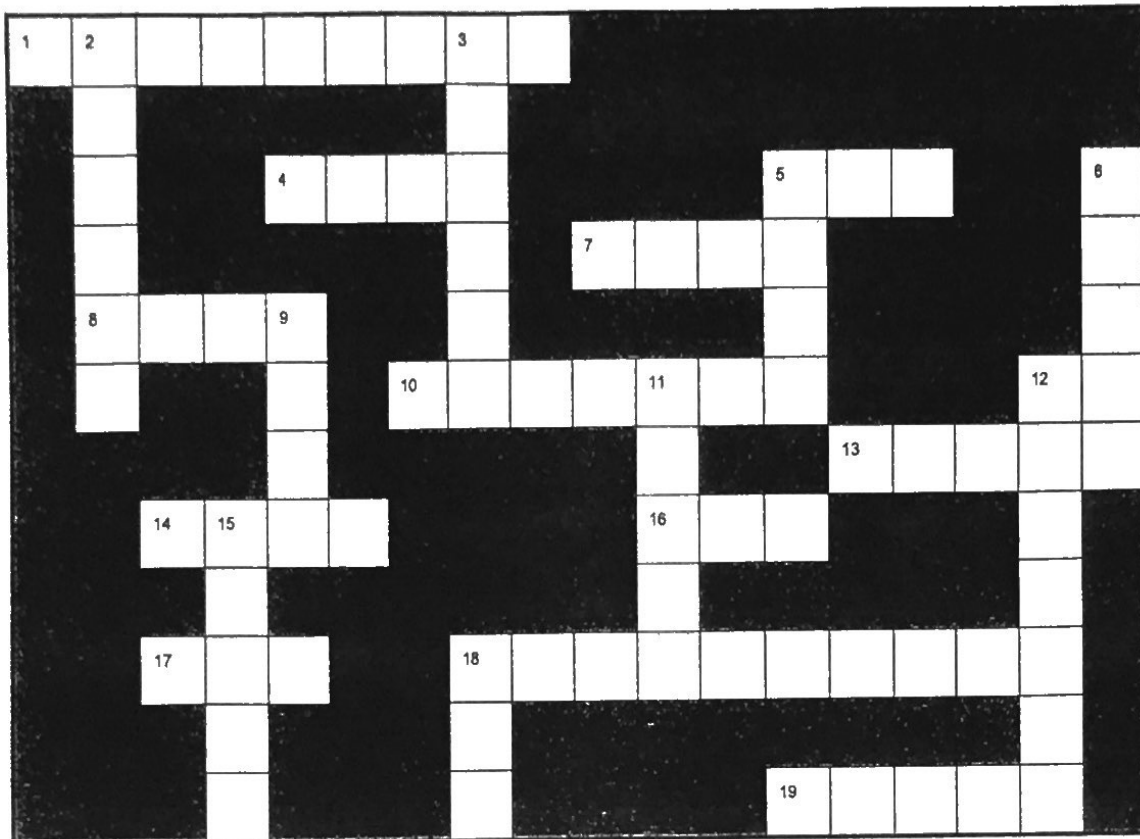
ABSTINENCE
 FEMALECONDOM
 MALECOMDOM
 PILL
 TUBALLIGATION

DEPROPROVERA
 HYSTERECTOMY
 NORPLANT
 RHYTHM
 VASECTOMY

DIAPHRAGM
 IUD
 PATCH
 SPONGE
 WITHDRAWAL

Birth Control Worksheet

Name _____ Date _____



ACROSS

1. Another name for Plan B is _____ contraception.
4. The brand name for the kind of birth control that people use up to 5 days after sex is _____ B.
5. Not all touch includes _____ and even sexual touch doesn't have to include intercourse.
7. People can use a condom _____ another method of birth control to increase their protection against pregnancy and also reduce their risk of giving or getting germs.
8. If a person is too embarrassed to _____ about birth control, they might be happier waiting to share sexual touch.

ACROSS, continued ...

10. Implanon is the brand name for birth control that a health care provider can _____ just under the skin of a woman's arm to protect her from pregnancy for three years.
12. If you have correct information, even if you don't need birth control yourself, you can _____ a health educator for your friends and family.
13. Every kind of birth control is _____ than having a baby.
14. _____ people would start a pregnancy within one year if they had intercourse and did not use any kind of birth control. Some would even start a pregnancy the very FIRST time they had intercourse.
16. If a couple wants to be extra careful, they may _____ two methods of birth control at the same time ... like condoms and a hormonal method (such as birth control pills).
17. People _____ start a pregnancy the first time they have intercourse. They _____ even start one WITHOUT intercourse, if sperm are ejaculated on the genitals.
18. _____ is the only 100% perfect birth control, if people do it all the time.
19. Hormones that a woman can take by mouth, to keep from releasing any eggs, are called birth control _____.

DOWN

2. It takes less than a _____ to put a condom on or in. It can also take less than a _____ to start a pregnancy. Think about it.
3. A _____ or "rubber" is worn over the penis. It keeps the sperm away from the egg. It also cuts down both people's risk from germs that can cause STDs (sexually transmitted diseases).
5. Depo is another name for a _____ a woman can get every 3 months to keep from getting pregnant.
6. Even the least effective birth control is _____ than not protecting each other ... and the ones we studied today were all at least 92% effective.
9. If a couple wants to wait until they are older to start a family or they already have enough _____ they need to abstain (not allow sperm inside the woman's vagina) or else use birth control.
11. It's a good idea for teens to talk with a trusted _____ about birth control, if they can.
12. Each family and religion has its own _____ about birth control. Now is a good time to talk about them.
15. Birth control pills stop eggs from being release from a woman's _____ so they can't get fertilized by a sperm cell.
18. People of any _____ can get birth control in most states.