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# Birth Control

## **Session 7:** Birth Control

### **Goals:**

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

### **Objectives:**

- Name 2 kinds of contraception
- Describe the proper use of 1 birth control method and where to get it
- Describe a birth control method that offers protection from STIs
- Know how to use a condom correctly

# 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 questions during class time as well.

## Anonymous Question Box Guidelines:

- Everyone must put a paper in the box. If students do not have a questions 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 t 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.

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# All About Birth Control

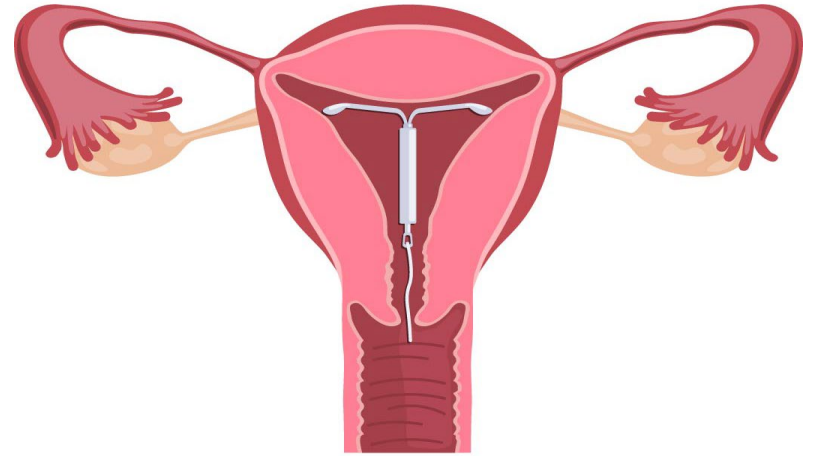
# Not Having Sex

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

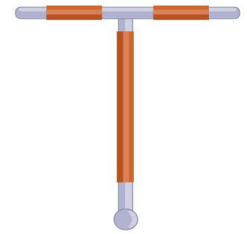


# The IUD

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



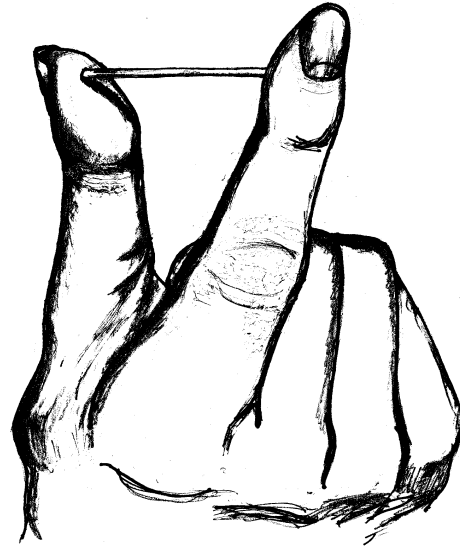
Hormonal IUD



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



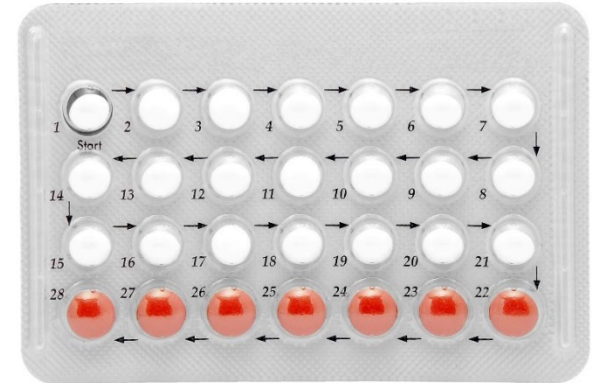
# The Patch

- 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





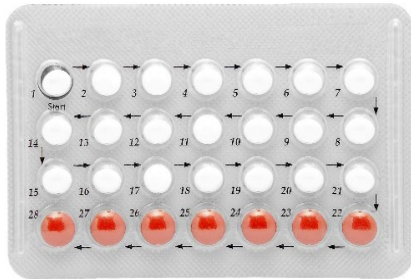
# Birth Control Grid

METHOD	EFFECTIVENESS	HOW TO USE IT
<p><b>Not Having Sex</b></p> 		
<p><b>IUD</b></p> 		
<p><b>IMPLANT</b></p> 		
<p><b>SHOT</b></p> 		
<p><b>RING</b></p> 		

**PATCH**



**PILL**



**CONDOM**



**INTERNAL CONDOM**



**EMERGENCY CONTRACEPTIVE**



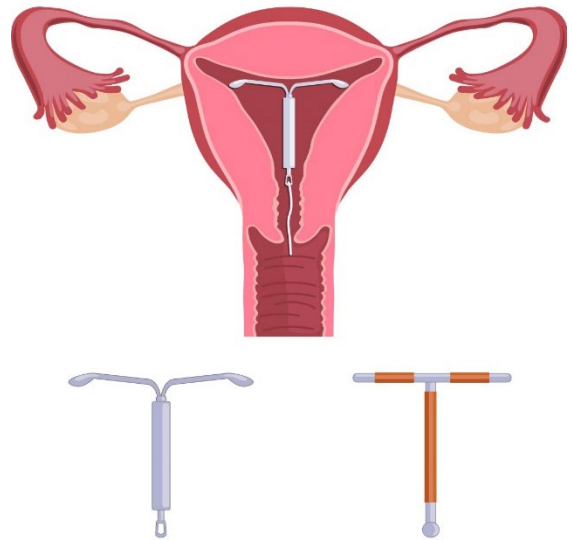


## Appendix G.7: Birth Control

### NOT HAVING SEX



### I.U.D.



### IMPLANT



### SHOT



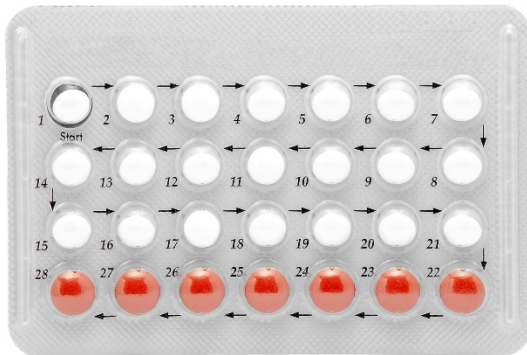
## VAGINAL RING



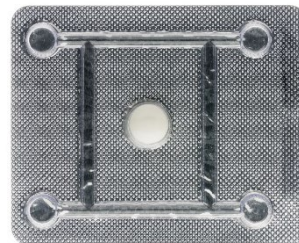
## PATCH



## BIRTH CONTROL PILLS



## EMERGENCY CONTRACEPTION



## CONDOM



## INTERNAL CONDOM



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# Condom Instructions

# Condom Instructions

## Step 1: Store condoms in a cool, dry place

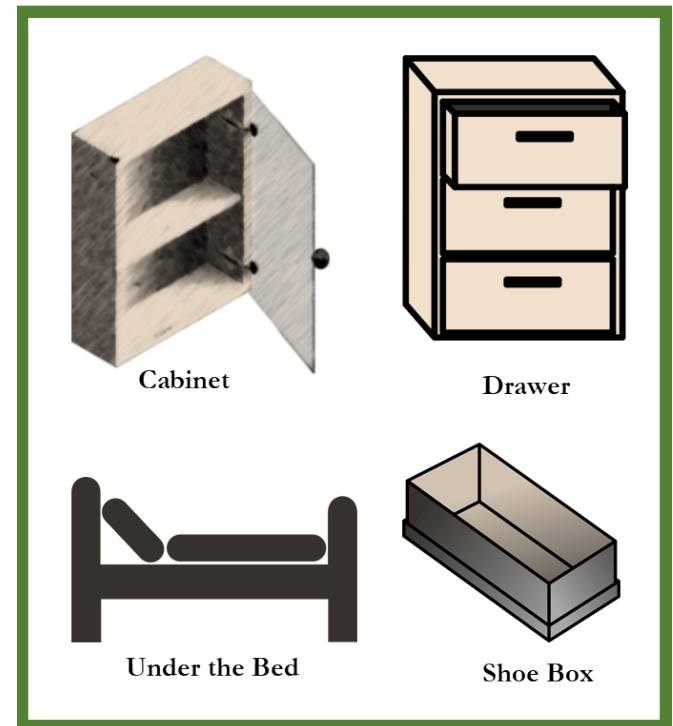
### Where to **NOT** store condoms



# Condom Instructions

## Step 1: Store condoms in a cool, dry place

Where to **store** condoms



# Condom Instructions

Step 1: Store condoms in a cool, dry place

**Step 2: Ask for consent!**



# Condom Instructions

Step 1: Store condoms in a cool, dry place

Step 2: Ask for consent!

**Step 3: Check package & expiration date**



# Condom Instructions

Step 1: Store condoms in a cool, dry place

Step 2: Ask for consent!

Step 3: Check package & expiration date

**Step 4: Open carefully with hands**



# Condom Instructions

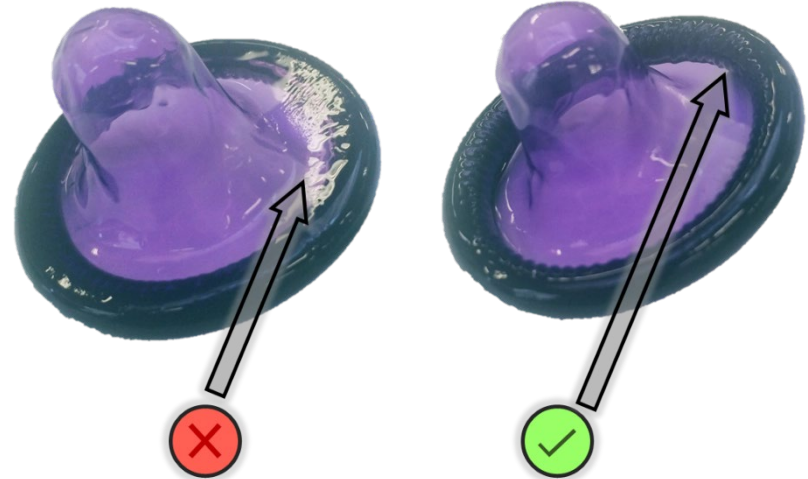
Step 1: Store condoms in a cool, dry place

Step 2: Ask for consent!

Step 3: Check package & expiration date

Step 4: Open carefully with hands

**Step 5: Check direction of condom**



# Condom Instructions

Step 1: Store condoms in a cool, dry place

Step 2: Ask for consent!

Step 3: Check package & expiration date

Step 4: Open carefully with hands

Step 5: Check direction of condom

**Step 6: Pinch the tip and roll to base**

# Condom Instructions

Step 1: Store condoms in a cool, dry place

Step 2: Ask for consent!

Step 3: Check package & expiration date

Step 4: Open carefully with hands

Step 5: Check direction of condom

Step 6: Pinch the tip and roll to base

**Step 7: Remove carefully without spilling**

# Condom Instructions

Step 1: Store condoms in a cool, dry place

Step 2: Ask for consent!

Step 3: Check package & expiration date

Step 4: Open carefully with hands

Step 5: Check direction of condom

Step 6: Pinch the tip and roll to base

Step 7: Remove carefully without spilling

**Step 8: Tie a knot and throw in trash**



# Condom Instructions

Step 1: Store condoms in a cool, dry place

Step 2: Ask for consent!

Step 3: Check package & expiration date

Step 4: Open carefully with hands

Step 5: Check direction of condom

Step 6: Pinch the tip and roll to base

Step 7: Remove carefully without spilling

Step 8: Tie a knot and throw in trash

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# Condom Steps Matching Game

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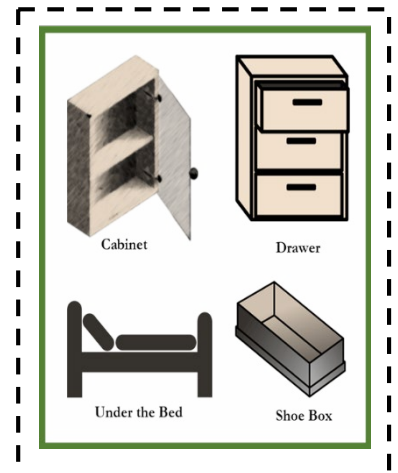
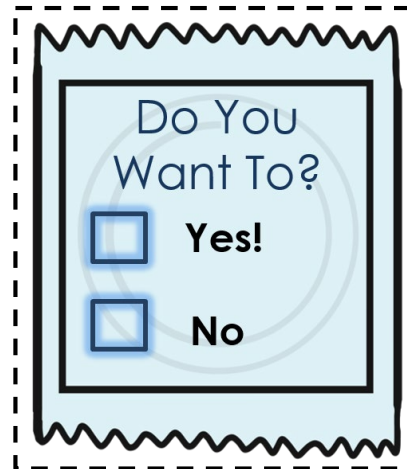
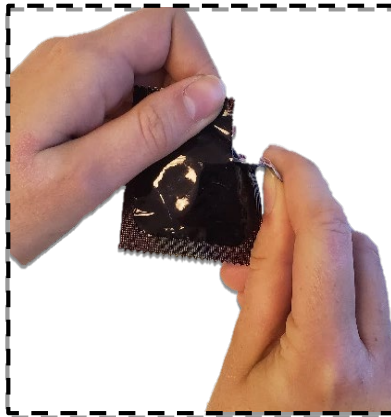
**Directions:** Place each picture into the correct box.







1. Store condoms in a cool, dry place	2. Ask for consent!	3. Check package & expiration date	4. Open carefully with hands
5. Check the direction it rolls	6. Pinch tip and roll to base	7. Remove carefully without spilling	8. Tie a knot and throw into trash



# Condom Steps Matching Game

**Directions:** Cut out the pictures along the dotted lines.



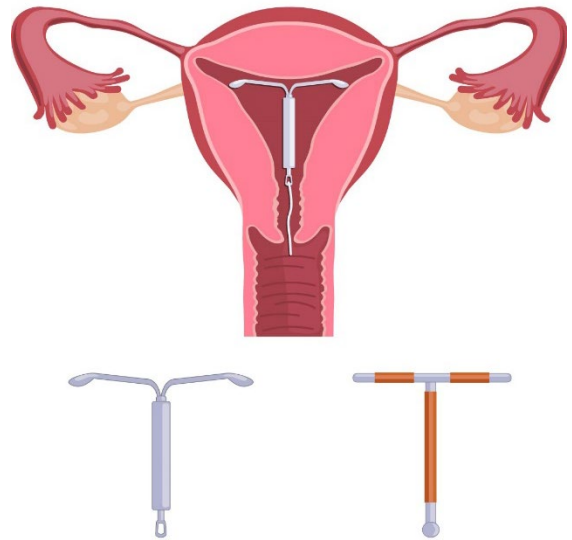
<b>Row 1</b>	<b>True</b> 	<b>False</b> 	<b>Not sure</b> 
<b>Row 2</b>	<b>No Sex (Abstinence)</b> 	<b>Condoms</b> 	<b>Not sure</b> 

## Appendix G.7: Birth Control

### NOT HAVING SEX



### I.U.D.



### IMPLANT



### SHOT



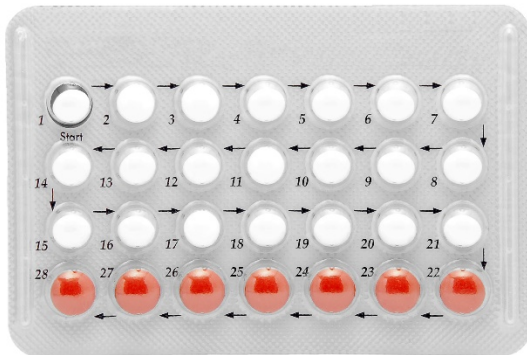
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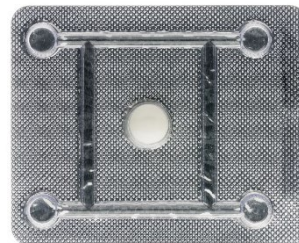
## PATCH



## BIRTH CONTROL PILLS



## EMERGENCY CONTRACEPTION





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