

# Contraception Options

A series of horizontal stripes in various colors (yellow, green, blue, dark blue, orange, red, white, green) are located at the bottom of the slide.

# Making a decision about sex...

- \* Adult decision/responsibility w/ adult consequences
- \* Consider personal & family values
- \* Talk with partner beforehand
- \* Discuss STI protection and contraceptive use prior to sexual activity
- \* STI testing
- \* Never decide this under the influence of any type of drug!

# Effectiveness Rates

## Typical Use

"real world" use

people make mistakes  
or do not use the  
method the same or  
correctly every time

## Perfect Use

when used perfectly  
every single time

# Things to consider...

1. Effectiveness
2. Cost
3. Comfort level
4. Local availability

Planned Parenthood

"Choosing a method for you"

<http://www.plannedparenthood.org>

# Which of these prevents STI's...

Abstinence

Male Condom

Vasectomy

Sponge

Spermicides

Breastfeeding

Natural Family Planning

The Implant

IUD

Emergency Contraception

Female Condom

Withdrawal

The Pill

The Patch

Diaphragm

Cervical Cap

Hysterectomy

The Shot

Vaginal Ring

Female Sterilization

# Answer

Both condoms

Abstinence

20 options and only 3 protect!!!

# Two types of contraceptives

1. Non-hormonal
2. Hormonal

# Non-Hormonal

- ~Abstinence
- ~Withdrawal
- ~Male Condom
- ~Female Condom
- ~Sponge
- ~Spermicides
- ~Diaphragm
- ~Cervical Cap
- ~Natural Family Planning
- ~Breastfeeding



# Abstinence

The act of not having sex - oral, vaginal or anal

Cost: FREE

Benefits: NO regrets

Effectiveness: 100%

# Withdrawal(Coitus Interruptus)

When a man pulls his penis out of the vagina prior to ejaculation

Cost: FREE

Effectiveness: 73%

Requires self-control & practice

Risk of pre-ejaculate

Does NOT protect against STI's

# Male Condom



- Worn on the penis
- Made of latex or alternative material
- Prevents STI's & pregnancy
- Used for vaginal, anal or oral sex
- Easy to get, safe and effective when used properly
- Cost: about 50 cents

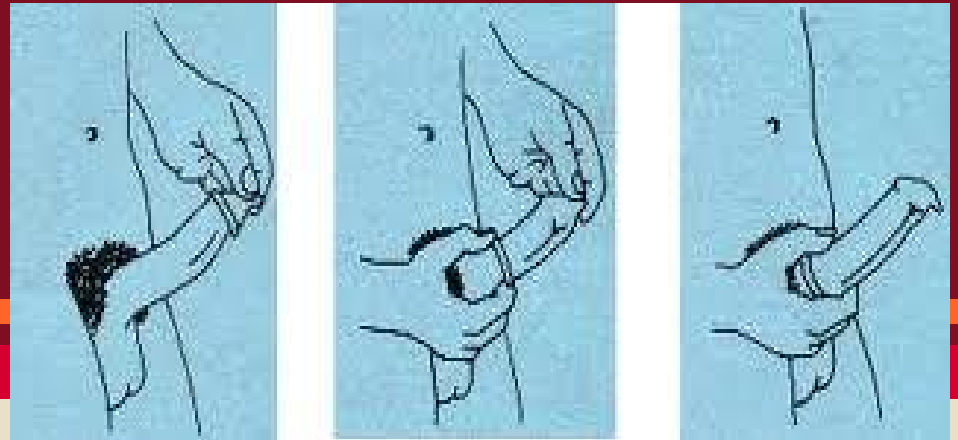
- Effectiveness: 85-98%
- Can be used alone or in combination with other methods
- Can be bought at stores, (drug, department & grocery) vending machines, gas stations...

# Male Condom Continued

- Must be stored properly: no extreme heat or cold, light or air
- Don't put in pants pockets, wallets or glove box
- Inspect packaging before use
- Check expiration date
- Only use with water-based lubricants(KY gelly)

# Application

1. Inspect package
2. If not circumcised, pull back foreskin
3. Pinch the air out of the condom tip while placing on the penis and leave a 1/2" space at the tip to collect semen
4. Roll down penis and smooth out bubbles
5. Lubricate outside



# Removal

1. Pull out before penis softens
2. Hold condom against the base of the penis while pulling out of the vagina
3. Discard condom and wash penis with soap and water before any other sexual activity

Video: <http://www.youtube.com/watch?v=11LFPWyghy8>

# Novelty Condoms

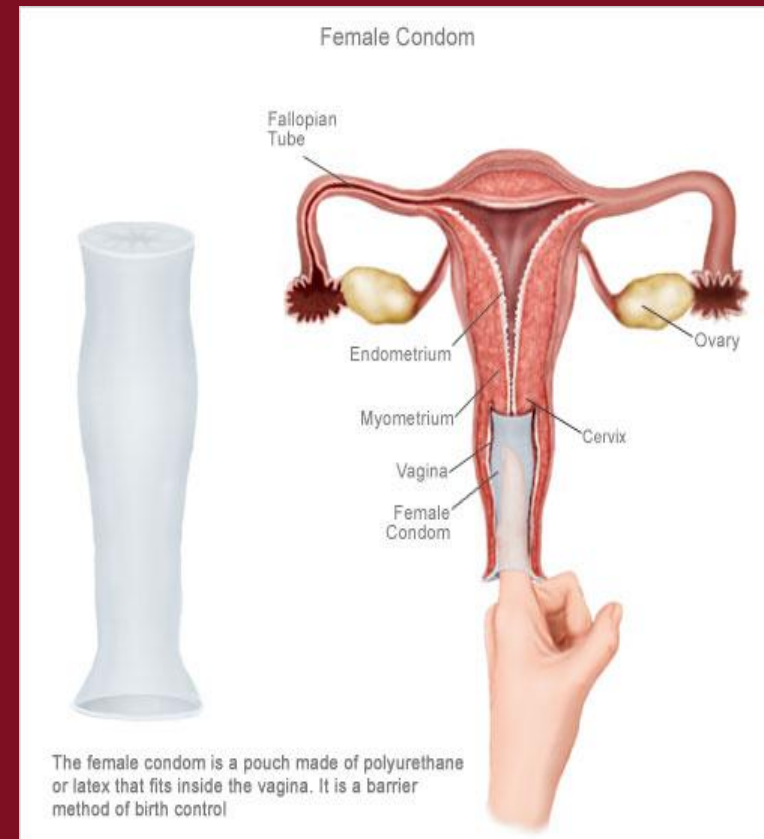
Not designed for STI or pregnancy prevention

\*\*For entertainment purposes only



# Female Condom

- Placed in the vagina to protect against STI's & pregnancy
- Has rings at top & bottom for placement
- Very hard to find
- About \$4 each - one time use
- 79-95% effective



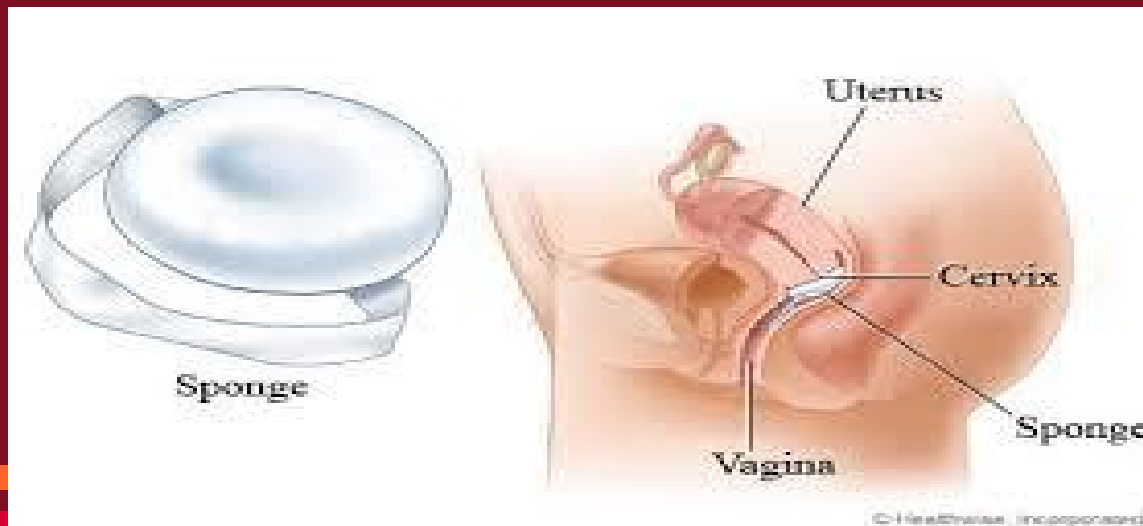


# Sponge

- \*Made of plastic foam w/ spermicide
- \*Inserted into vagina, up to cervix to block sperm & prevent pregnancy
- \*One-time use
- \*Available over-the-counter & online
- \*Less effective for those who have given birth vaginally
- \*76-91% effective
- \*Cost: \$9-15 for a pack of 3

# Sponge Use

- Inserted up to 24 hours before intercourse
- Must stay in place for 6 hours after intercourse
- Can be in place up to 30 hours



# Spermicides

- No longer encouraged due to risks of infection due to tissue erosion/damage
- A chemical product that stops sperm from moving
- Available over-the-counter as a gel, foam, cream, film or suppository
- 71-85% effective
- Does NOT prevent STI's
- Cost: \$4-8

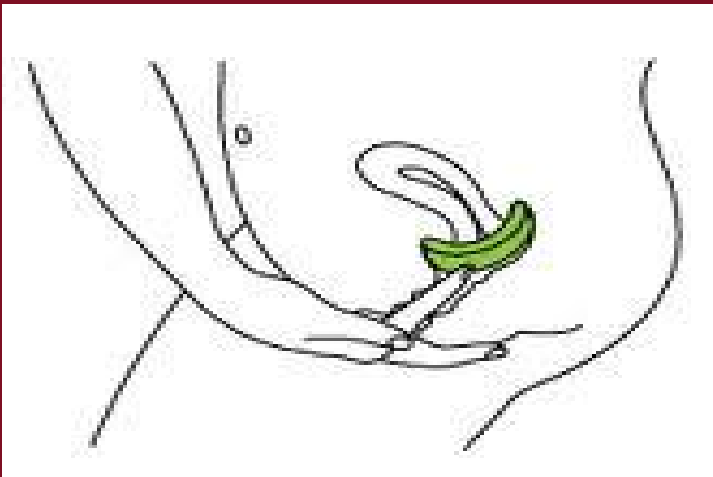


# Diaphragm

- A silicone dome-shaped cup that covers the cervix
- Blocks sperm from entering uterus
- MUST be used with spermicide
- 88-94% effective
- Available by prescription only - fitted to you
- Last up to 2 years
- Cost: \$15-75

# Diaphragm Continued

- Must stay in place 6 hours after intercourse
- Up to 24 hours before removal
- No STI protection
- 88-94% effective



# Diaphragm video

<https://www.youtube.com/watch?v=1-iOyZvd8qI>

# Cervical Cap



- ~A silicone "sailor" cap that fits over cervix
- ~MUST be used with spermicide
- ~Blocks sperm from entering uterus
- ~Available through prescription only - 3 sizes
- ~Lasts up to 2 years
- ~71-86% effective
- ~Left in place 8 hours & up to 48 hours
- ~Cost: \$60-75

# Natural Family Planning

- Calculate ovulation to prevent pregnancy
- Goal is to avoid presence of sperm on fertile days(7)
- Can be used alone or with other methods
- 3 Types
  1. Temperature Control
  2. Cervical Mucous Method
  3. Calendar Method



# Temperature Method

- Woman takes temperature every morning
- Body temp. is low at the beginning of the menstrual cycle, rises with ovulation until next period
- Unprotected sex is avoided until 3 days after ovulation



# Cervical Mucous Method

- Monitor cervical mucous for changes that indicate ovulation
- Mucous can change amount, color, sticky, tacky, slippery, stretchy and thickness
- Avoid unprotected sex when change is seen

# Calendar Method

- Track # of days in menstrual cycle to calculate fertile days
- Effective for regular menstrual cycles
- Should NOT be used alone

## -Example: Standard Days Method

### The Standard Days Method

- A color-coded string of beads, called Cycle Beads™, are used to help women keep track of the days of their menstrual cycle.



# Breastfeeding

- If a woman exclusively breastfeeds, the body will not make the hormone that is necessary for ovulation, thus preventing pregnancy
- Can be effective up to 6 months
- Only effective if woman is feeding every 4 hours or less

Current Events ?????

Contraception Options

# Hormonal Contraception

- ~The pill
- ~Intrauterine Device - IUD
- ~Vaginal Ring - NuvaRing
- ~The Patch - Ortho Evra
- ~Injection/Shot
- ~Implant
- ~Emergency Contraception

Only available by prescription!!!

# Hormonal Info.

How they work:

- Prevent ovulation
- Thicken cervical mucous (stop sperm)
- Thin uterine lining (inhibit implantation)

\*Can be less effective with the use of some medications

# Advantages & Disadvantages

## Improve:

Acne

Cramping

Period regulation

Heavy flow

PMS symptoms

- Spotting between periods
- Remembering routine
- Risk of strokes, blood clots, or heart attack
- Other side effects
- Do NOT protect against STI's



# The Pill

- Taken about the same time daily
- Come in 21 or 28 day packs
- Over 80 brands on the market
- 91-99% effective
- Cost: \$15-50 per month
- Require an annual physical exam in order to renew prescription
- Some over-the-counter meds. & prescriptions cannot be taken while on the pill

# The Pill Continued

- Come as combination pills (estrogen & progestin) or progestin only (mini-pill)
- If pills are taken late or missed risk of pregnancy increases = use backup methods
- Mini-pill needs to be taken within a 2 hour range, others a 3 hour range



# Intrauterine Device (IUD)

\* A small device, shaped like "T", inserted into the uterus by a trained healthcare professional

- Affect the way sperm move
- Alters the lining of the uterus
- Hormonal kinds prevent ovulation & thicken cervical mucous

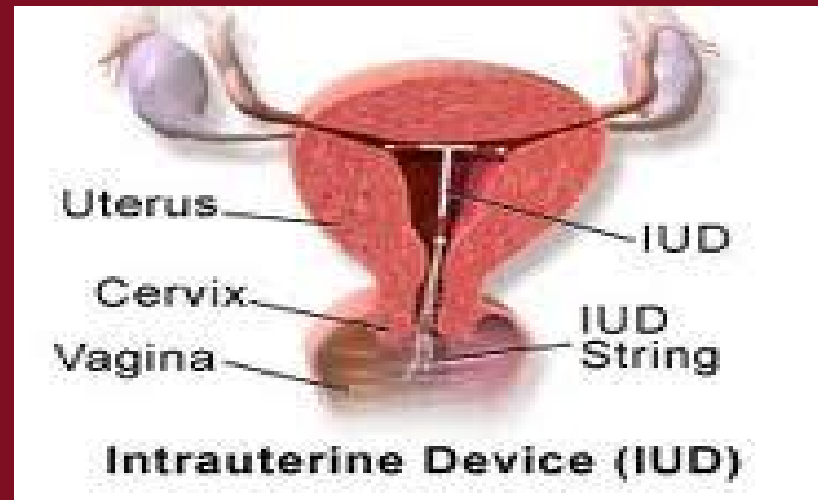
# IUD

## 3 Types

1. Paragard - copper=no hormones
2. Mirena - plastic w/ progestin
3. Skyla (new) - limited info

## Insertion Video:

<http://www.youtube.com/watch?v=FuPFbgSmoQQ>



# Benefits

- Can last 10-12 years(copper) 5 years for plastic
- Easily reversible with removal
- Cheapest cost over time - \$500-1000 & may be covered by insurance
- 99% effective

# Disadvantages

- Irregular periods & spotting 3-6 months
- Copper - heavier cramping & flow
- Potential slip or dislodgement
- Risk of infection w/ insertion
- Need to check string placement regularly
- Does not protect against STI's

# Vaginal Ring(NuvaRing)

- Flexible-hormonal containing ring inserted into the vagina by a woman around the cervix
- Left in place for 3 weeks, then removed and left out for 1 week
- Can be used continuously
- 91-99% effective
- Cost: \$15-70 per month
- No STI protection
- Restrictions w/certain conditions



# The Patch(Ortho Evra)

- Small, thin, plastic, waterproof patch that sticks to the skin
- Changed weekly for 3 weeks, then off for 1 week
- 91-99% effective
- Weight restrictions - not over 198 lbs.
- Cost: \$15-70 per month(prescription only)
- No STI protection
- Worn on lower back, hips or back of shoulder





# The Shot(Depo Provera)

- Injection into arm or buttocks
- Works for 3 months
- Administered by a healthcare provider
- 94-99% effective
- Cost: \$35-75 per shot
- No STI protection

# The Shot Continued

## Benefits

- No estrogen
- Little maintenance
- 50% of women stop having period

## Negatives

- Regular clinic visits
- Irregular bleeding
- Weight gain
- Some women have heavier bleeding
- No way to stop side effects

# The Implant(Nexplanon)

- Thin, flexible, plastic stick inserted under the skin in the upper arm
- Inserted by healthcare professional
- Progestin only
- Lasts 3 years
- 99% effective
- Cost: \$400-800
- Removal \$100-300



# Emergency Contraception

## "The morning after pill"

- Used to prevent pregnancy/prevents ovulation
- Available at pharmacy or by prescription
- Examples: *Elle, Plan B, Plan B 1 Step*
- Some birth control pills can be taken for same effectiveness
- Not used as birth control method - emergency

Plan B - available to everyone over-the-counter

Plan B 1 step - available over -the -counter to 17 and over

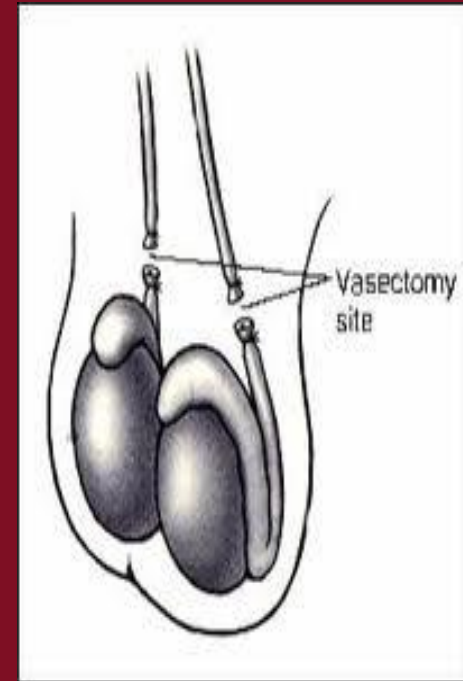
Elle - available by prescription only

# Surgical Methods

1. Vasectomy
2. Female Sterilization
3. Hysterectomy

# Vasectomy

- Permanent surgical procedure for men
- Closure/Blocking the vas deferens that carries the sperm
- Takes 3 months to clear sperm
- Still ejaculate semen=no sperm
- 99% effective
- Cost: \$350-1000 but may be covered by some insurances



# Female Sterilization

- Closure or blocking of fallopian tubes
- 99% effective
- Cost: \$1500-6000
- Will still have periods



## Non-Incision Method

- In-office procedure
- Done through vagina
- Insert placed into fallopian tubes & tissue grows around insert causing a blockage
- 3 months to be effective
- Fast recovery

## Incision Method

- Under anesthesia
- Incision through abdomen
- Fallopian tubes are either tied, clipped, cut, clamped, electrically treated or rings are applied
- Longer recovery
- Effective immediately

# Hysterectomy

- Removal of the uterus
- Usually done for other medical reasons -  
not as a form of birth control

# Family Planning Waiver

Wisconsin state law gives adolescents the right to access confidential family planning services. "The expectation of privacy in matters of reproductive health is so substantial that the U. S. Supreme Court has declared as a matter of constitutional law that reproductive privacy is a protected right, or liberty interest, of individuals regardless of age or marital status.

Family planning clinics may provide such care under WI Medicaid Family Planning Waiver Program, which allows women ages 15-44 to receive services. (parent/family income is not included)

# Journal

What are your reactions to the information presented to you about STI's and the Contraception Options available?

Current Events - Emily, Josh L., Kevin

Review activity

Unit Test - DON'T Worry!!!!

Tomorrow will be a work day

# Snowball Fight Review

Write down 1 review question on a of paper.

Crumple it up and throw it into the middle of the room.

# Test

Write a paragraph about 5 different things that you learned during this unit.

You must use complete sentences.

Write as much information about the topic as possible.

Write up should be at least a page long.