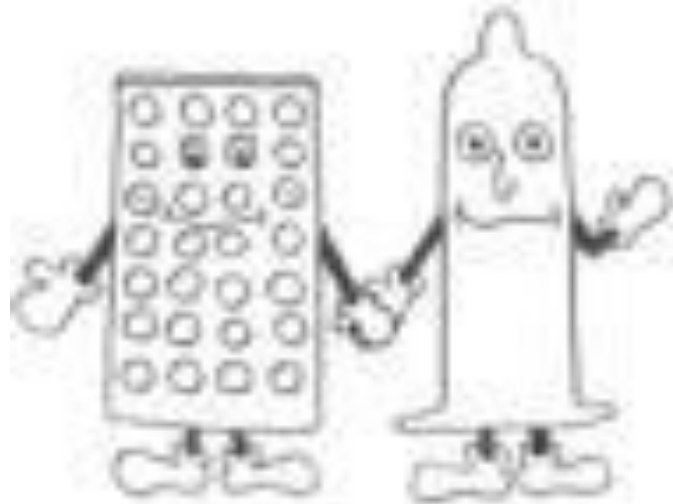


# Birth Control For Teens

What every teenager should know before considering a sexually active lifestyle.



# Guidelines for Sex Partners

- Have each other's consent.
- Never use pressure.
- Be honest.
- Protect each other.
- Guard against pregnancy and STIs.
- Be clear with each other about what you want and don't want to do.
- Respect each other's limits.
- Accept responsibility for your actions.

# Hormonal Birth Control Methods

- **How It Works**

- Introduce hormones into the body
- Examples are Estrogen and Progesterone

- These hormones work to prevent pregnancy in three ways:

- Increase cervical mucous.
- Prevents release of the egg.
- Prevents implantation of the fertilized egg.

# The Shot — Depo-Provera

## How It Works:

- Clinician will give you a shot (upper arm) of the hormone progestin every 12 weeks.
- Prevents release of egg.
- Thickens cervical mucus to keep sperm from joining egg.

**Effectiveness = 97–99.7%**

- **Not effective against STDs.**



# The Shot — Depo-Provera

## Advantages

- Prevents pregnancy for 12 weeks.
- Doesn't need to be taken daily.
- May reduce menstrual cramps and anemia.
- Helps prevent cancer of the endometrium (lining of the uterus).
- Can be used while breastfeeding.

## Disadvantages

- May cause temporary bone thinning.

# The Shot — Depo-Provera

## Side Effects

- Include: irregular/late periods, weight gain, headaches, depression, abdominal pain, hair loss, increased facial/body hair, skin rash, nervousness, or spotty skin.
- Cannot be reversed until medication wears off (up to 12 weeks).
- May cause delay in getting pregnant.

**Cost** = \$50 for each injection.

# The Pill

## How It Works

- Prescribed by a physician.
- Take one pill once a day.
- Contain estrogen and/or progestin.
- Prevent release of egg.
- Thickens cervical mucus.

**Effectiveness = 92–99.7%**

- **Not effective against STDs.**



# The Pill

## Advantages

- Convenience.
- Less menstrual cramping and menstrual flow - periods become regular.
- Reduces the risk of pelvic inflammatory disease.
- Reduces acne.
- Reduces risk of ovarian and endometrial cancers, noncancerous growths of the breast, and ovarian cysts.

## Disadvantages

- Must be taken daily, at the same time every day.



# The Pill

## Side Effects

- Include irregular bleeding, loss of monthly period, weight gain or loss, nausea, breast tenderness, changes in mood, headaches, and other discomforts.
- Rare but serious health risks, including blood clots, heart attack, and stroke.
- Will increase smokers risk of heart attack, blood clots, and stroke.

**Cost = \$20–\$35**

# The Patch — Ortho-Evra

## How It Works

- A thin plastic patch on the skin of your buttocks, stomach, upper outer arm, or upper torso.
- Once a week for three weeks in a row.
- Use a new patch each week.
- Do not use a patch for the fourth week.
- Protects against pregnancy by releasing estrogen and progestin.

**Effectiveness = up to 99.7%**

- **Not effective against STDs.**



# The Patch — Ortho-Evra

## Advantages

- Protects against pregnancy for one month.
- Nothing to put in place before vaginal intercourse.
- No pill to take daily.

## Disadvantages

- Skin reaction.
- May not be as effective for women who weigh more than 198 pounds.

# The Patch — Ortho-Evra

## Side Effects

- Researchers assume the risks of using the patch are similar to those of using the pill.
- Will increase smokers risk of heart attack, blood clots, and stroke.
- Pregnancy can happen if an error is made:
  - Becomes loose or falls off for more than 24 hours.
  - The same patch is left on the skin for more than one week.

**Cost** = \$30–\$35 for monthly supply of patches.

# The Ring — NuvaRing

## How It Works

- Insert a small, flexible ring deep into your vagina for three weeks in a row and take it out for the fourth week.
- Protects against pregnancy by releasing estrogen and progestin.

**Effectiveness = up to 99.7%**

- **Not effective against STDs.**



# The Ring — NuvaRing

## Advantages

- Protects against pregnancy for one month.
- Nothing to put in place before vaginal intercourse.
- No pill to take daily.
- Does not require a "fitting" by a clinician.

## Disadvantages

- Increased vaginal discharge.
- Vaginal irritation or infection.
- May not be suitable for women who have weak pelvic muscles or chronic constipation.

# The Ring — NuvaRing

## Side Effects

- Researchers assume the risks of using the patch are similar to those of using the pill.
- Will increase smokers risk of heart attack, blood clots, and stroke.
- Don't use the ring with another vaginal contraceptive.

**Cost** = \$30–\$35 monthly for ring.

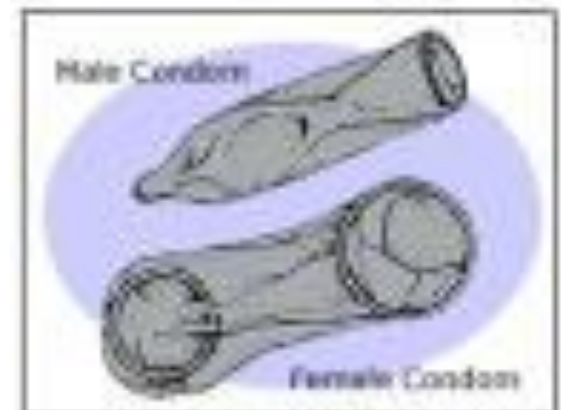
# The Male Condom

## How It Works

- Covers the penis before intercourse with a sheath made of thin latex or plastic to keep sperm from joining egg.
- Lubricate condoms with spermicide.

**Effectiveness = 85–98%**

- Latex condoms reduce the risk of STDs.





# The Male Condom

## Increase your protection

- Do not use oil-based lubricants, like Vaseline, baby oil, or massage oils.
- Use correctly.
- Lubricate with water-based lubricant, like K-Y jelly.
- Use spermicides for increased contraceptive effectiveness.

# The Male Condom

## Advantages

- Inexpensive and easy to buy.
- Latex condoms are the best method for sexually active people to protect against STDs.
- A variety of condoms are available.

## Disadvantages

- Uncooperative partners.
- Latex allergies – polyurethane and sheepskin.
- Breakage.
- **Cost** = \$.50 and up

# The Female Condom

## How It Works

- A plastic pouch with flexible rings at each end — must be inserted into your vagina.

## Effectiveness = 79-95%

- Latex condoms reduce the risk of STDs.

## Cost

- \$2.50 for female condom.
- \$8 for applicator kits of foam and gel.
- \$4–\$8 for refills.

# Female Condom

## Advantages

- Easy to buy in drugstores, supermarkets, etc.
- Erection unnecessary to keep in place.
- Can be used by people allergic to latex or spermicide.

## Disadvantages

- May irritate vagina or penis.
- May slip into vagina during intercourse.
- May be difficult to insert.

# Methods Not Recommended For Teens...

## **Tubal sterilization**

- Permanently blocks a woman's tubes where sperm join egg.

## **Vasectomy**

- Permanently block a man's tubes that carry sperm.
- Removes the vas deferens.

**Effectiveness = 99.5–99.9%.**

- **Not effective against STDs.**

# Methods Not Usually Recommended For Teens...

## **Withdrawal**

- Pulls out ejaculation to keep sperm from joining egg.
- Effectiveness = 73–96%.

## **The IUD (Intrauterine Device)**

- Small Plastic device inserted into the uterus.
- Contains copper or hormones.
- Prevents fertilized egg from implanting in uterus.

Effectiveness = 99.2–99.9%

# Emergency Contraception

- **Emergency contraception pills**
  - reduce the risk of pregnancy if started within 120 hours of unprotected sex.
  - They work best when taken within 72 hours
  - Can reduce the risk of pregnancy from 75 to 89%.
  - Nausea, vomiting, and cramping are common side effects

# Emergency Contraception

## Don't use emergency contraception if:

- You are pregnant.
- You are allergic to the medication.
- Consult your clinician about what kind of emergency contraception pills may be best for you.

## Cost

- Costs between \$8 and \$35.
- The cost of a visit, tests, and an exam ranges between \$35 and \$170.
- Medicaid covers costs in some cases.



# Continuous Abstinence

## How It Works

- Abstain from sexual intercourse:
  - Vaginal, anal, and oral.
  - Keeps sperm from joining egg.

**Effectiveness = 100%**

# Continuous Abstinence

## Advantages

- no medical or hormonal side effects
- is endorsed by many religious groups

## Disadvantages

- People may find it difficult to abstain.
- Women and men often end their abstinence without being prepared to protect themselves against pregnancy or STDs.

# Continuous Abstinence

## Advantages for teens

- Postpone risks.
- Safe sex

**Health advantages.** Women who abstain until their 20s are less likely to:

- get sexually transmitted infections,
- become infertile,
- develop cancer of the cervix.