



OVERVIEW

BIG IDEA

No contraception method is foolproof, but correct use of can greatly reduce risk of pregnancy. Condoms are the only method for reducing risk of contracting STIs.

OBJECTIVE

4.6 Compare the efficacy of various contraceptive methods.

AGENDA

1. Discussion
2. Effectiveness Chart
3. Contraceptive Use Data
4. Pros & Cons Chart

HOMEWORK

Provide an evidence-based recommendation of contraceptive methods for a patient in a clinical scenario.

LESSON 4.6

Contraception

SUMMARY:

This lesson follows the abstinence lesson by providing students with accurate and unbiased information on various contraceptive methods. Students will engage in discussion, analyze a CDC chart comparing efficacy of various methods, interpret data on various racial groups' use of these methods, and create a chart with the advantages and disadvantages of various methods.

STANDARDS:

NHES 1.12.7: Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors.



MODULE 4: SEXUAL HEALTH LESSON 4.6

Contraception

Obj. 4.6: Compare the efficacy of various contraceptive methods

DO NOW Why might contraception be a controversial issue?

DISCUSS In Illinois, the following law regulates birth control accessibility for minors:

BIRTH CONTROL: Doctors may provide birth control services and information to minors (under the age of 18 years), without the consent of parents or guardians, if they are married, a parent, pregnant, or referred for birth control services by a physician, clergyman, or a planned parenthood agency, or where a serious health hazard would be created by the failure to provide such services.

1. Why would some people support this law?
2. Why might some people disagree with this law?

NEW INFO Read the following facts about preventing pregnancy and STIs.

- For sexually active people who do not use birth control, the chance of the woman getting pregnant is 85-90% in the first year.
- A pregnancy can happen the 1st time a girl has sex.
- Abstinence is the only 100% effective method for preventing pregnancy.
- Condoms are the only birth control that also provide protection against STIs.
- Choosing to have sex is a choice that requires careful thought.
- If you do choose to become sexually active, there are a number of ways to protect yourself from pregnancy and STI's.
- A provider can help you choose a method(s) that is most appropriate for you.

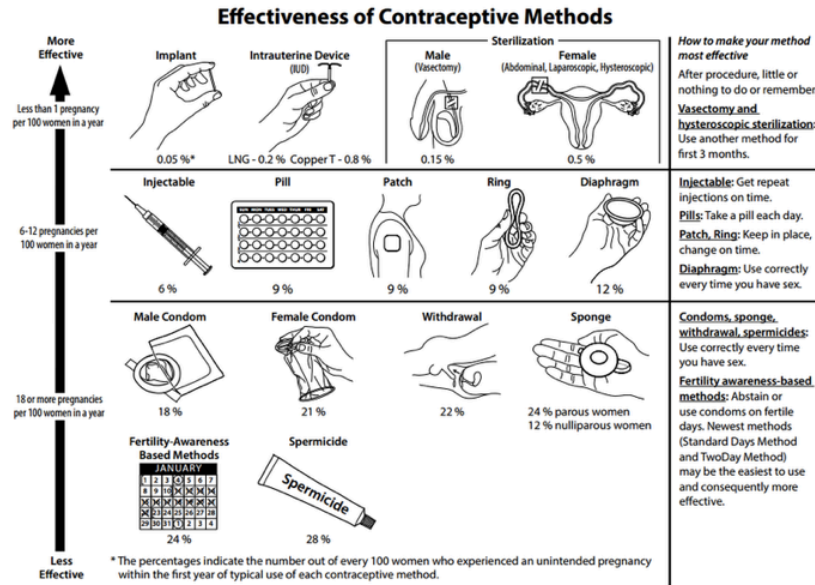
DO NOW: Follow up questions: Do you believe schools should adopt abstinence-only or comprehensive sexual education? Why? What potential risks might there be in providing education on contraception? (ex: inaccurate information; reducing likelihood of students to seek medical advice; giving teens a false sense of reassurance) What are the benefits of providing education on contraception? (ex: build awareness and understanding of options; provide a foundation and level of comfort with the subject so teens are more comfortable talking to parents and health care practitioners, giving teens an accurate sense of the risks still involved even when contraception is used— failure rates, etc.)

DISCUSS: Emphasize to students that they CAN get confidential services regarding birth control, STIs, pregnancy testing, etc. (although it's often easiest through agencies like Planned Parenthood), however the law can be confusing so it's important to ask a trusted adult or someone from an agency that works in these areas what the best way to seek out these services. Often, students will not have a close relationship with their doctor (unfortunately), but that is the most direct route if they do have one, or feel comfortable seeking out a physician.

NEW INFO: Emphasize the point: Oral contraception does not provide STI protection! (And repeat, repeat, repeat!)



Examine the diagram below, detailing different method of contraception and their various efficacies. Use the information to answer the questions below.



- Besides abstinence (which is 100% effective), which methods of contraception is most effective?
- For users of **male condoms**, how many out of every 100 women would experience an unintended pregnancy within the first year of typical use?
- For users of the **pill**, how many out of every 100 women would experience an unintended pregnancy within the first year of typical use?
- Which two methods are least effective when used exclusively?
- For users of the **withdrawal method**, how many out of every 100 women would experience an unintended pregnancy within the first year of typical use?

NEW INFO (cont.): Ask student to reflect upon the “What If’s” to effectively convey the risk involved in sex, even when contraception is used correctly:

WHAT IF... Condom breaks... A pill is missed... Patch falls off... You missed a shot... Ring falls out... Diaphragm slipped

READ: Ask students, WHICH of the methods on this chart are targeted at the male side of the equation. (Male condom, withdrawal, vasectomy—and abstinence, although it is not on this chart). While men can take part in helping a partner use the other methods of contraception (ex: asking about correct use of condoms on fertile days, Newest methods (Standard Days Method and TwoDay Method) may be the easiest to use and consequently more effective. Ask students their reactions and reflections on this fact. Ask about how this affects the relationship, and the outcomes that may result from sex.

- READ:**
- Answers:**
- Implant, IUD, & Male-Female Sterilization
 - 18
 - 9
 - Fertility-Awareness based methods and Spermicide
 - 22



Review the data in the graph below and answer the questions using both this data set and the Contraceptive Efficacy Chart on the previous page.

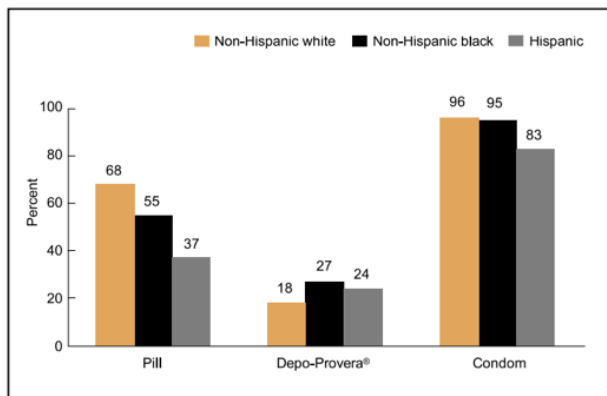


Figure 10. Percent of females 15–19 years of age who have ever had sexual intercourse, who have used the pill, the 3-month injectable (Depo-Provera®), and the male condom, by race and Hispanic origin: United States, 2002

1. Which racial group uses the condom as a contraceptive method the least frequently?
2. Which racial group uses the pill as a contraceptive method most frequently?
3. Which type of birth control (of these three methods) is the least commonly used among all races?
4. Of the three types of contraceptives in the graph above, which is the most reliable (use the chart from the previous page)?
5. Based on this data, which racial group is using the most reliable form of contraception most often?
6. Based on this data, which racial group is using the least reliable form of contraception most often?

THINK:

Source: http://www.cdc.gov/nchs/data/series/sr_23/sr23_024.pdf

THINK:

Answers:

- Hispanic
- Non-Hispanic white
- 3-month injectable (Depo-Provera) Shot (6%) vs. Pill (9%) and male condom (18%)
- Non-Hispanic black
- Non-Hispanic white



Using credible sites you find online, fill in the table below with at least one pro and con for each method of contraception. You may consider efficacy, lifestyle, ease of use, accessibility, side effects, affordability, and any other important factors. Remember, that everyone has unique needs or lifestyles, so in some cases a factor might be a pro for one person may be a con for another.

Category	Method	Pro	Con
Abstinence	Abstinence		
Withdrawal	Withdrawal		
Fertility Awareness	Family planning methods, Rhythm Method, TwoDay Method, Standard Days Method, etc.		
Barrier	Male Condom		
	Female Condom		
	Diaphragm/Cervical Cap		
	Spermicide		
Hormonal	Birth Control Pill		
	Vaginal Ring		
	Injectable (the Shot)		
	The Patch		
	Intrauterine Device (IUD)		
Sterilization	Tubal Ligation		
	Vasectomy		
Emergency	Plan B		

THINK: Remind students that there is no BEST form of birth control. While we obviously want the ones that fail the least or are most effective, other factors are important to for each individual (lifestyles, habits, goals for the future, relationship status, etc.)

One good websites to direct students to is:
<http://www.womenshealth.gov/publications/our-publications/fact-sheet/birth-control-methods.html>



Is there a specific contraceptive method that is best for teenagers? Why or why not?



Circle the correct answer for each multiple choice question below:

Which of the following methods of contraception is most effective in preventing pregnancy?

- a. Male condom
- b. IUD
- c. Birth Control Pill
- d. Abstinence

Which of the following methods of contraception is most effective in preventing the spread of STIs?

- a. The Shot
- b. Spermicide
- c. Condom
- d. Cervical Cap



You are a pediatrician and have a 17-year-old female patient at your clinic for a routine annual physical. During the course of the interview, she asks you about birth control options. She tells you that she has only had one partner, but neither she nor her partner have been tested for STIs. She is extremely busy with school and extracurricular activities, and has a hard time keeping track of everything in her life.

What contraceptive method(s) would you recommend for this patient? Why?

DISCUSS: This was probably already internalized by students, but it is good for them to repeat it in their own words. There is no SINGLE BEST form of contraception for teens who choose to be sexually active, but some are indeed better than others. Ultimately, it comes down to all those factors discussed before (lifestyle, etc.), and is an individual decision between the teen, his/her partner, and aided by the health care provider. This is also a good time to remind students that hormonal contraception does not protect against STIs, so when it is used it should be in conjunction with condoms.

ASSESS: Answers: 1.D; 2. C

HOMEWORK: The purpose of this homework is for students to review what they have learned and explain it (the teach back method).