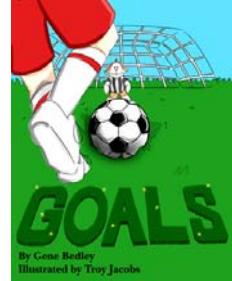


# Birth Control Presentation Goals

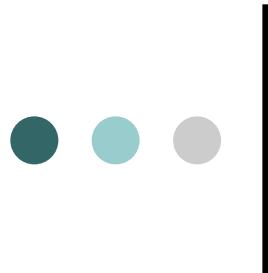


- Become familiar with various methods of birth control
- Explain that any method of birth control is more effective than not using a method of birth control
- Become knowledgeable about birth control resources at SHC



# Choosing a Contraceptive

- How well will it fit into your lifestyle?
- How convenient will it be?
- How effective will it be?
- How safe will it be?
- How affordable will it be?
- How reversible will it be?
- Will it protect against sexually transmitted infections?



# Becoming Sexually Active

- To have sex or not to have sex?
- Everybody has a need to be touched and loved
- We are unique individuals
- Our world is filled with overt sexual connotations
- But there are still decisions to be made about the who, what, when, where, why and if there will be sexual encounters

# Becoming Sexually Active

- Remember: sexual activity doesn't just happen, it is an on-going process of decision making



• • • | Male Condom



How to use:

- Check expiration date
- Check pillow factor - see if air leaks from package
- Pinch tip to leave room for ejaculate
- Roll down on penis towards base
- After intercourse, grab base of condom and withdraw from vagina

# Male Condom

- Tie condom up in a knot and dispose in trash
- Do not flush down toilet!
- Will clog toilet or float back to the top
  
- Has to be stored in cool, dry place or latex will break down
- If placed on penis inside out, throw it because pre-cum might be on it
- 97% effective if used correctly





# Male Condom

- No novelty condoms! Use a trusted brand
- Use polyurethane/animal skin if allergic to latex (animal skin not effective against STDs, have pores)
- Never use Vaseline, mineral oil, massage oil, cold cream or other oil-based products as lubricants w/male condoms (will break down latex)
- Use water-based lubricants like Astroglide or KY Jelly

# Male Condom



## Advantages:

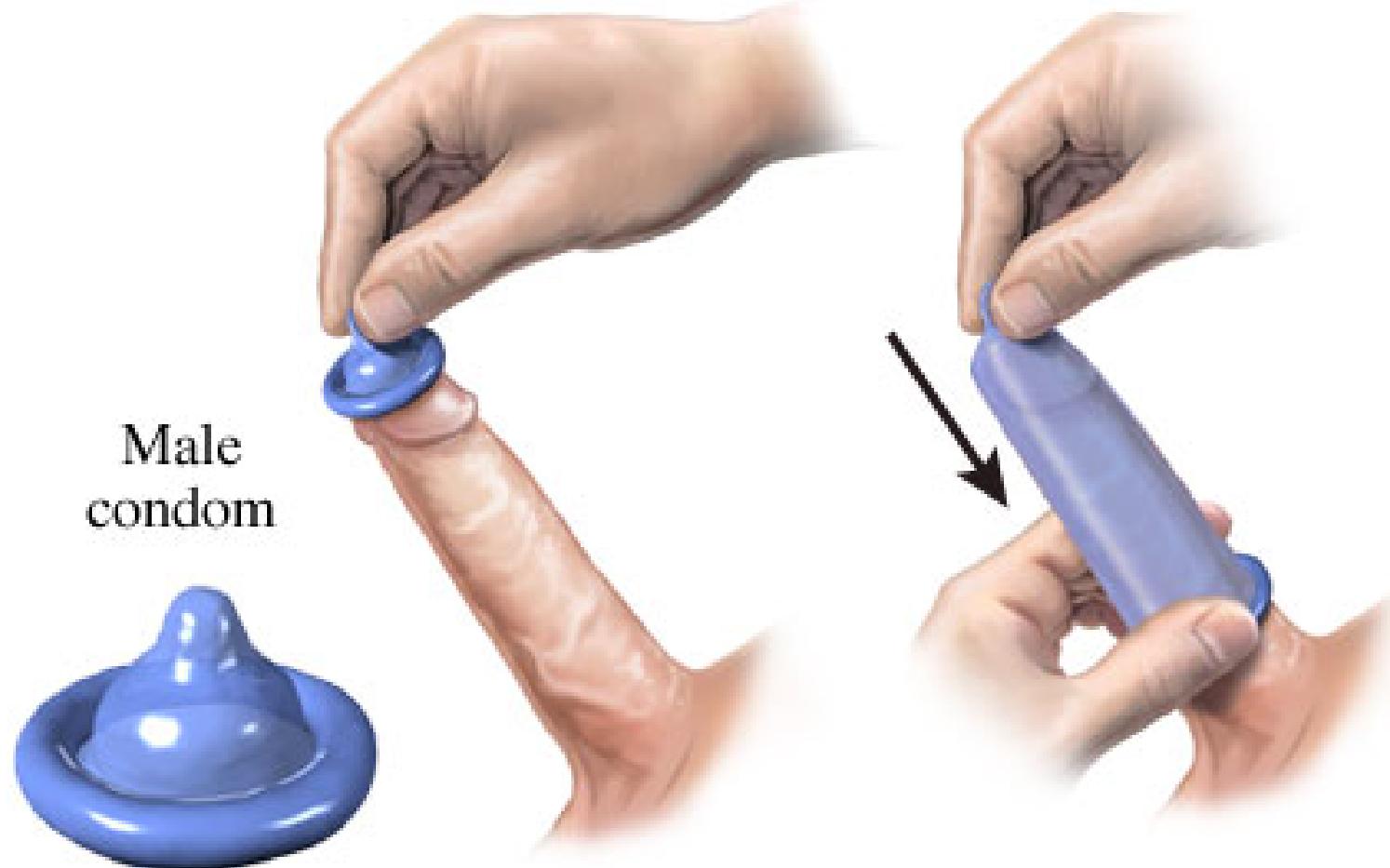
- Polyurethane and latex (not animal skin) provide good protection against most STDs
- Cheap and easy to find, don't need prescription

## Disadvantages:

- Can break if not used correctly
- Can leak if not withdrawn correctly
- Cannot be used w/oil-based lubricants



# Male Condom



# Female Condom

## How to use:

- Squeeze inner ring into a figure 8
- Insert in vagina as far as possible
- Hold outer ring as penis is inserted
- Twist after ejaculation & pull out
- 90-95% effective
- Made of polyurethane so not as stretchy as male condom
- Cannot be used simultaneously w/male condom



# Female Condom

## Advantages:

- Protects against STDs
- Can get it w/o prescription
- Good alternative to latex condoms
- Can insert up to 8 hrs before intercourse



## Disadvantages:

- Outside ring can slide inside vagina during intercourse
- Penis can slip around side of condom
- Awkward to use at first
- Must be removed right after intercourse to prevent semen leakage

# Spermicides

- Vaginal foam & insert
- Insert & film
- Kills sperm on contact (chemical)
- Foam is good for 1 hour or 1 ejaculation/act of sex
- Can be used with male condom



## How to use foam:

- Looks like can of mousse
- Push down on can w/insert
- Insert the insert into vagina as far back as possible
- Wait 20 min to dissolve
- Good for 3 hours/1 act of sex

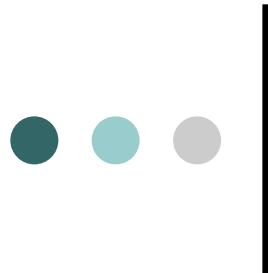


# Spermicides

- Foam is good for 1 hour or 1 ejaculation/act of sex
- Can be used with male condom

## How to use film:

- Looks like listerine strip
- Fold into 4, insert into vagina
- Wait 20 min to dissolve
- Good for 3 hours/1 act of sex



# Spermicides

- Vaginal irritation if used 2x in 1 hour

## Advantages:

- Can buy at any drugstore w/o prescription
- Can provide lubrication for intercourse

## Disadvantages:

- Some irritate vaginal walls, increase susceptibility to STI and HIV infection
- Have to follow directions carefully - allow time for spermicide to dissolve and spread



# Sponge

- Circular sponge with divet in the middle
- Water activates the foam on it
- Acts as barrier & spermicide
- Loop at top
- Sperm can live up to 6 hrs in vagina
- 85-90% effective

# Sponge

## How to use:

- Wet with water
- Insert into vagina
- To remove, insert finger into loop
- Leave in for 6 hrs after intercourse
- Can be worn for up to 30 hrs after insertion



# Sponge

## Advantages:

- No special fitting required
- Disposable after each use
- Doesn't affect hormones
- Doesn't interfere w/sexual spontaneity

## Disadvantages:

- May cause vaginal irritation
- Must be removed
- Cannot be used by people who are allergic to sulfites or polyurethane





# Ortho-Evra (the Patch)

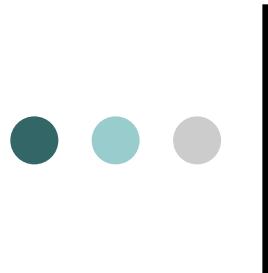
## How to use:

- Place patch on skin (butt, stomach, upper outer arm, or upper torso)
- Hormones (synthetic estrogen and progestin) transferred through skin
- Replace every week
- 4th week, don't put a patch on = get period

• • • | Ortho Evra (patch)



Requires a medical exam &  
prescription



# Ortho-Evra (patch)

## Advantages:

- Don't have to remember to take it every day

## Disadvantages:

- Only comes in one color
- Can be seen
- Can cause slight irritation because of adhesive material
- May be less effective for women who weigh > 198 pounds

# Nuva Ring

## How to use:

- Squeeze into figure 8, insert for 3 wks
- Releases hormones (synthetic estrogen & progestin) into vaginal walls
- Insert/remove from vagina once a month





# Nuva Ring



## Advantages:

- Effective immediately
- Easy to confirm it is in place

## Disadvantages:

- Does not protect against STI's
- Side effects: nausea, headaches, vaginal discomfort
- Cannot be used by smokers

# The Pill

- 2 basic types: combination pills (estrogen and progestin) and progestin-only pills

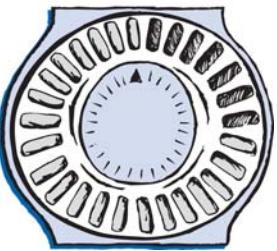
## How to use:

- Take these pills at same time each day regardless of sexual activity

## Different colored pills:

- One colored pill has hormones
- Other colored pill (no hormones) = get period for that week





# The Pill

- Some people don't like remembering to take the pill every day
- If you miss a pill, use a back up method for the next week
- After 1 week of taking the pill correctly, can have unprotected sex (however, keep in mind STDs)
- Requires medical exam & prescription

# The Pill

## Advantages:

- Periods more regular
- Reduce cramps
- Lighten/shorten period



## Disadvantages:

- No protection against STI's
- Side effects: nausea, headaches, moodiness
- May be slightly less effective for overweight women

# Implanon (Norplant)

## Advantages:

- Lasts for 3 yrs
- 99.9% effective

## Disadvantages:

- Can be slightly painful to remove
- Causes build up of scar tissue
- Period may stop, irregular bleeding





# Depo-Provera (shot)

- Intramuscular shot of artificial hormone, progestin every 3 months
- Synthetic progestin: suppresses ovulation and controls it
- Effective 24 hrs after 1st injection if given in first 5 days of normal menstrual period
- Inhibits secretion of hormones that stimulate ovaries, prevents ovulation

# Depo-Provera



## Advantages:

- Once get shot, don't have to take birth control for 3 months
- Protects against ovarian cancer
- Regulates period, reduces cramps and acne

## Disadvantages:

- No protection against STI's, weight gain, irregular periods, depression, spotting b/t periods, nausea
- Linked to osteoporosis (>2 yrs, calcium pills)



# Cervical Cap



## How to use:

- Insert spermicide in the middle, insert into vagina
- Sits on cap of cervix, suctions onto cervix
- 7 different sizes
- Acts as barrier against sperm
- To remove: clean with soap & water
- Store

# Cervical Cap

## Advantages:

- 48 hr wear

## Disadvantages:

- Doesn't protect against STI's
- Must stay in place for 6 hrs after intercourse
- Needs to be washed thoroughly w/soap & water



# Emergency Contraception

- “Morning-after pill”
- Brand name, Plan B



- Prevents ovulation or fertilization

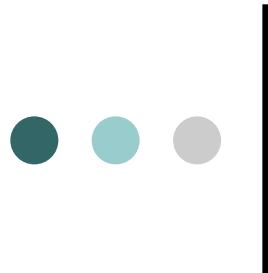
## How to use:

- Taken orally
- Taken after unprotected sexual intercourse
- Licensed for up to 5 days after sexual intercourse

# Emergency Contraception

- Very time sensitive
- Used immediately, 95% effective
- Used after 5 days, 75% effective
- 1-888-NOT-2-LATE, 24 hr hotline
- Dial in zip code, nearest clinic pops up
- Not to be used as method of birth control





# Emergency Contraception

## Advantages:

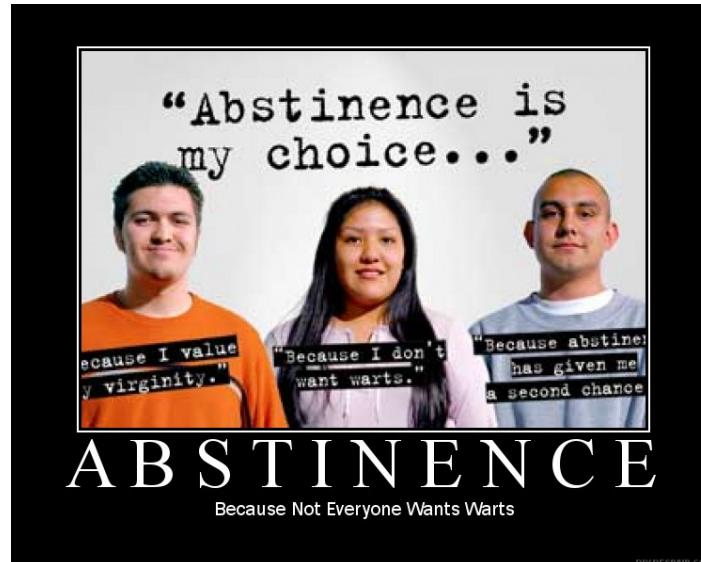
- Can stop you from getting pregnant if you have unprotected sex

## Disadvantages:

- Doesn't protect you from STDs, including HIV
- Side effects: nausea, vomiting, abdominal pain, fatigue, headache, dizziness, and/or breast tenderness

# Abstinence

- Everyone defines it differently
- Oral sex/anal sex/vaginal sex
- Abstaining from all of the above = 100% effective method in preventing STI's and pregnancy





# Abstinence



## Advantages:

- No medical/hormonal side effects
- No cost
- Delay physical & emotional risks  
w/sexual relationships

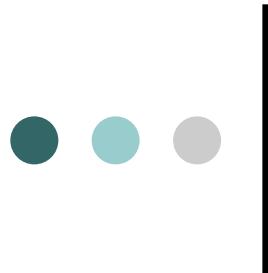
## Disadvantages:

- Only works if you don't have sex of any kind

# Withdrawal (Coitus Interruptus)

- A man withdraws his penis from a woman's vagina before ejaculation
- Success rate: w/typical use, 27/100 women pregnant in 1 yr, w/perfect use, 4/100 women become pregnant in 1 yr





# Withdrawal (Coitus Interruptus)

## Advantages:

- None, if a man withdraws early, sperm can still live in pre-ejaculate so still a chance of pregnancy.

## Disadvantages:

- Does not protect against STDs, including HIV.
- Stressful method to rely on, women have to rely on men to withdraw and men have to remember to withdraw prior to ejaculation
- Not very effective method of birth control

# Sterilization



## Advantages:

- Can be permanent form of birth control
- No lasting side effects

## Disadvantages:

- Doesn't protect against STDs
- Reversal of procedure not always successful
- Not recommended for people who possibly want children in the future



# Conclusion

- Birth control is a big responsibility and a decision which should be well thought about before it is made
- 1st step in process of obtaining birth control: admitting to oneself that one is sexually active
- This is sometimes the most difficult step to take.

# Conclusion

- No method is perfect
- Sexual health counseling is available through the Student Health Center for your needs and questions

