

Selecting a Birth Control Method

DIRECTIONS: Each couple considering birth control has different needs and preferences. Suggest one method each couple might consider and one method they should avoid.

Methods to consider:

Abstinence

Birth Control Pill

Ortho Evra Patch

Nuva Ring

Depo Provera Shot

Intrauterine Device (IUD)

Implanon Implant

Emergency Contraception (EC)

Condoms

A) John and Allison are college juniors. They have been together since their freshman year and talk about getting married someday. Before that, Allison wants to go to law school (four years) and John wants to get a Master's degree in Urban Planning (three years). They are committed and faithful. Allison is so busy she does not think she can remember to do something daily. Allison is a cigarette smoker who smokes a pack a day. Her friend had an abortion when they were in high school and she is fearful about having an unplanned pregnancy. When they do get married, John and Allison want to have a baby right away.

Suggested method for John and Allison:

_____ Rationale:

Method for John and Allison to avoid:

_____ Rationale:

B) Rene and Victor have been dating each other for almost a year. They are in the 9th grade and feel like all of their friends are having sex already. Rene and Victor like to make out and fool around but are not sure if they want to have sex yet. Rene is afraid of catching HIV (human immunodeficiency virus) and Victor's mom said she would kill him if he got a girl pregnant. They really like each other and want to stay together but both are getting pressure from their friends to lose their virginity with each other.

Suggested method for Rene and Victor:

_____ Rationale:

Method for Rene and Victor to avoid:

_____ Rationale:

C) Angie, at age 20 has had almost more than she can handle being a single parent. Her son Taylor is two years old and she works two jobs to make ends meet. Angie met Mike through work and they have started dating. Mike is good with Taylor, but neither wants another child right now. Angie would like to finish her college degree before thinking about getting pregnant again. She has used the shot and did not like not having her period every month. Both have been tested for STI's and are both negative. They have not yet discussed if this relationship is exclusive.

Suggested method for Angie and Mike:

_____ Rationale:

Method for Angie and Mike to avoid:

_____ Rationale:

D) Rob and Camille are still in high school. Rob is a senior and Camille is a sophomore. They are very serious about each other and have met each other's families. Camille talks openly with her parents about getting on birth control and they support her decision to have safe sex. Camille is sensitive to hormones (she was on the pill for irregular periods for a few months last year). Rob has had sex before dating Camille and contracted herpes from a previous partner. He was honest with Camille about this and she still wants to be with him, and have him be her first partner. Neither Rob nor Camille is ready to have children and want to avoid pregnancy until they are done with college and married.

Suggested method for Rob and Camille:

_____ Rationale:

Method for Rob and Camille to avoid:

_____ Rationale:

E) Jason and Kayla go to high school together and she has had a crush on him all year. At a party over the weekend Jason was dancing and flirting with Kayla, so when he asked her to go 'somewhere to talk', she thought they would finally hook up. Making out quickly got hot and heavy, and one thing led to another and they were having sex. Jason had a condom but he forgot to put it on. Kayla was too embarrassed to ask him to use protection and she was not on any birth control. Now two days later, Jason and Kayla are worried she could get pregnant.

Suggested method for Jason and Kayla:

_____ Rationale:

Method for Jason and Kayla to avoid:

_____ Rationale:

F) Maria and Luis have been dating for almost six months. Maria is in love with Luis and hopes they will get married someday. They have not had sex yet but Maria wants to have sex with Luis on their six month anniversary. Luis really likes Maria but he still has an ex-girlfriend, Felicia, he occasionally calls to hook up with no strings attached. With Felicia, Luis uses condoms but does not want to with his real girlfriend Maria. Maria does not know about Felicia. They are all 16.

Suggested method for Maria and Luis:

_____ Rationale:

Method for Maria and Luis to avoid:

_____ Rationale:

Answer Key: Selecting a Birth Control Method

A) Suggested method for John and Allison: IUD, implant

Reason: *These methods are long lasting (3-12 years) with a quick return to fertility once removed. Can be used by smokers.*

Method for John and Allison to avoid: Pill, patch, ring

Reason: *Allison would have trouble remembering to take a pill every day. All hormonal methods should not be used by smokers.*

B) Suggested method for Rene and Victor: Abstinence

Reason: *Neither is sure they are ready to have sex but are feeling pressure from their friends. Peer pressure is never a good reason to have sex if you do not want to!*

Method for Rene and Victor to avoid: Anything that involves having sex

Reason: *They do not really want to have sex yet, so even using condoms would be doing something they are not ready for.*

C) Suggested method for Angie and Mike: Pill, patch, ring, IUD AND condoms

Reason: *Angie and Mike want to be sure they do not have a pregnancy yet. Though both tested, either might still have other partners so condoms are a must.*

Method for Angie and Mike to avoid: Shot

Reason: *Angie used the shot before and did not like not having a regular period every month.*

C) Suggested method for Rob and Camille: Condoms

Reason: *Rob has herpes and condoms will offer Camille SOME protection.*

Method for Rob and Camille to avoid: Pill, patch, ring, shot, implant

Reason: *Camille is sensitive to hormones.*

E) Suggested method for Jason and Kayla: Emergency Contraception (EC)

Reason: *It is already too late to take something BEFORE having sex. EC is the only method that can be taken (up to) five days after to prevent pregnancy.*

Method for Jason and Kayla to avoid: N/A This can generate interesting class discussion

F) Suggested method for Maria and Luis: Abstinence or condoms

Reason: *Luis is not being honest with Maria and so they should wait to have sex until they have the same expectations of the relationship. Since Maria doesn't know about Felicia, insisting on condoms will protect her from diseases Luis may have.*

Method for Maria and Luis to avoid: Pill, patch, ring, shot etc. if not combined with condom

Reason: *Luis has another sexual partner, who could also have other partners.*