



CONTRACEPTION & STD PREVENTION

INTRODUCTION

- PEOPLE MAY HAVE DIFFERENT RELIGIOUS OR PERSONAL BELIEFS AND VALUES REGARDING THE USE OF BIRTH CONTROL.
- TODAY WE'LL BE DISCUSSING THE FACTS.
- THIS INFORMATION CAN BE USED TO HELP YOU AND OTHERS (PARTNER, FRIENDS, FAMILY MEMBERS) TO MAKE INFORMED AND RESPONSIBLE DECISIONS ABOUT SEXUAL ACTIVITY AND FAMILY PLANNING.

Options



METHODS OVERVIEW

METHODS

- ABSTINENCE
 - NO SEX OF ANY KIND, INCLUDING VAGINAL, ANAL, OR ORAL
- BARRIER
 - BLOCKS SPERM FROM ENTERING THE UTERUS
 - REMOVABLE
 - NO HORMONES-OPTIONS FOR THOSE WHO CANNOT USE HORMONAL METHODS
- HORMONAL
 - USES HORMONES TO REGULATE OR STOP OVULATION
 - NEEDS DOCTOR PRESCRIPTION

METHODS

- INTRAUTERINE (IUD) METHODS

- SMALL T-SHAPED DEVICE THAT IS INSERTED INTO THE UTERUS
- COPPER AND HORMONAL IUD'S AVAILABLE
 - BOTH PROVIDE DIFFERENT TYPES OF PROTECTION
- MUST BE INSERTED BY HEALTH CARE PROVIDER

- NATURAL FAMILY PLANNING

- METHODS TO PREVENT PREGNANCY WITHOUT USING MEDICATIONS OR MEDICAL DEVICES
- INCLUDE WITHDRAWAL AND FERTILITY AWARENESS

METHODS

- STERILIZATION

- PREVENTS SPERM FROM BEING RELEASED INTO THE VAS DEFERANS OR EGG FROM BEING RELEASED INTO FALLOPIAN TUBES
- PERMANENT

- EMERGENCY CONTRACEPTION

- CAN BE USED IN CASES OF UNPROTECTED OR UNWANTED SEXUAL INTERCOURSE, INCLUDING SEXUAL ASSAULT, TO AVOID UNWANTED PREGNANCIES
- AVAILABLE OVER THE COUNTER AT A LOCAL PHARMACY
- PREGNANCY CAN OCCUR IF PILLS ARE TAKEN AFTER OVULATION

Abstinence

NEVER FAILS

THE **ONLY** 100% SURE WAY TO
AVOID STDS AND PREGNANCY



BARRIER METHODS

CONDOMS

EXTERNAL

- THIN LATEX OR POLYURETHANE SHEATH THAT COVERS PENIS TO COLLECT SEMEN AND PREVENT IT FROM ENTERING PARTNER'S BODY.
- SINGLE USE ONLY
- WHEN USED CORRECTLY AND CONSISTENTLY THEY CAN BE EFFECTIVE PROTECTION FROM PREGNANCY AND STDs.

PREGNANCY PROTECTION

82-98% EFFECTIVE

STD PROTECTION

79-97% EFFECTIVE



CONDOMS

INTERNAL

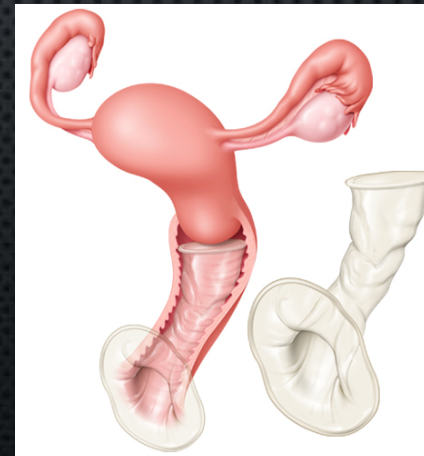
- FLEXIBLE POLYURETHANE POUCHES INSERTED INTO THE VAGINA BEFORE INTERCOURSE.
- BLOCKS SPERM FROM ENTERING THE UTERUS
- SINGLE USE
- WHEN USED CORRECTLY AND CONSISTENTLY CAN BE EFFECTIVE PROTECTION FROM PREGNANCY AND STDs.

PREGNANCY PROTECTION

79-95% EFFECTIVE

STD PROTECTION

79-97% EFFECTIVE



CONDOMS

- TO BE EFFECTIVE, CONDOMS **MUST**:
 - BE USED CORRECTLY ACCORDING TO PACKAGE DIRECTIONS.
 - BE USED WITH **EACH** SEXUAL ENCOUNTER & EACH PARTNER.
- LATEX CONDOMS CAN CAUSE IRRITATION IN PEOPLE WHO ARE ALLERGIC TO LATEX. POLYURETHANE CONDOMS CAN BE USED IN THESE CASES.
- ANIMAL OR LAMBSKIN CONDOMS PROVIDE SOME PROTECTION AGAINST PREGNANCY BUT **Do Not** PROTECT AGAINST STDs.
- USING MULTIPLE CONDOMS AT ONE TIME OR BOTH INTERNAL & EXTERNAL CONDOMS IS DISCOURAGED AS IT CAN INCREASE FRICTION, LEADING TO TEARS OR BREAKAGE.
- AVAILABLE OVER THE COUNTER IN ANY GROCERY OR CONVENIENCE STORE.

DIAPHRAGM

- A SOFT SILICONE CUP THAT IS INSERTED INTO THE VAGINA BEFORE SEX AND IS REMOVED AFTER SEX.
- COVERS THE CERVIX AND ACTS AS A BARRIER, PREVENTING SPERM FROM ENTERING THE UTERUS AND JOINING AN EGG.
- THE DIAPHRAGM IS NOT “ONE SIZE FITS ALL.” REQUIRES A VISIT TO A HEALTH CARE PROVIDER TO BE FITTED CORRECTLY.
- WORKS BEST WHEN USED WITH SPERMICIDE.

PREGNANCY PROTECTION

88-94% EFFECTIVE

STD PROTECTION

0% EFFECTIVE



SPERMICIDE

- CONTAINS CHEMICALS THAT STOP SPERM FROM REACHING AN EGG.
- MUST BE INSERTED INTO THE VAGINA BEFORE SEXUAL ACTIVITY.
- COMES IN MANY FORMS, INCLUDING CREAMS, GELS, SPONGES, FOAMS, INSERTS, OR FILMS.
- CAN BE PURCHASED AT ANY DRUG OR CONVENIENCE STORE.
- MAY CAUSE IRRITATION OF THE PENIS OR VAGINA.

PREGNANCY PROTECTION

72-82% EFFECTIVE

STD PROTECTION

0% EFFECTIVE

*MAY RAISE THE RISK OF HIV





HORMONAL METHODS

BIRTH CONTROL PILLS

- THE HORMONES FOUND IN ORAL CONTRACEPTIVES KEEP OVARIES FROM RELEASING EGGS (OVULATION), AND/OR THICKEN CERVICAL MUCUS TO BLOCK SPERM FROM GETTING INTO THE UTERUS.
- TAKE ONE PILL A DAY AT THE **SAME** TIME **EVERY** DAY.
- CONTAIN DIFFERENT COMBINATIONS OF THE SYNTHETIC ESTROGENS AND PROGESTIN THAT INTERFERE WITH OVULATION.

PREGNANCY PROTECTION

91-99% EFFECTIVE

STD PROTECTION

0% EFFECTIVE



BIRTH CONTROL PILLS

- REQUIRES A VISIT TO A HEALTH CARE PROVIDER AND A PRESCRIPTION.
- SOMETIMES BIRTH CONTROL PILLS ARE ALSO USED TO TREAT ACNE OR MENSTRUAL IRREGULARITIES.
- SOME PEOPLE EXPERIENCE SIDE EFFECTS WHILE USING BIRTH CONTROL PILLS. THESE CAN INCLUDE:
 - NAUSEA
 - WEIGHT GAIN
 - HEADACHES
 - BLEEDING BETWEEN PERIODS
 - MOOD SWINGS
 - BREAST TENDERNESS



CONTRACEPTIVE PATCH

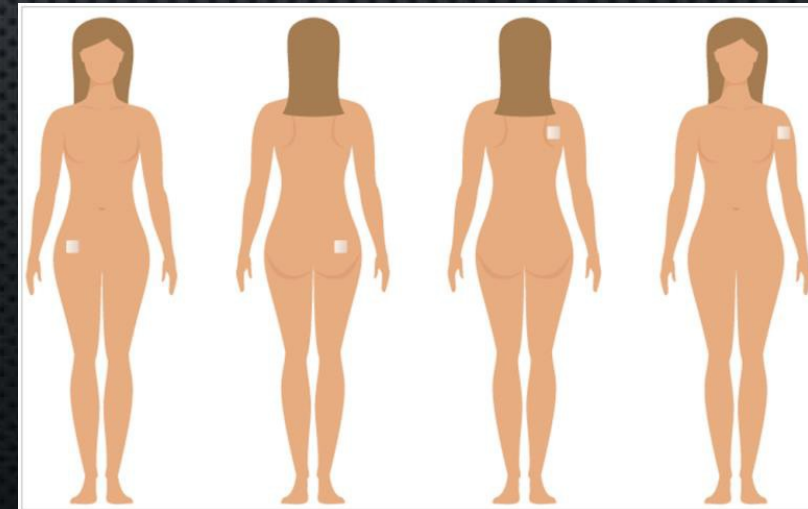
- THIN PLASTIC PATCH THAT STICKS TO THE SKIN AND RELEASES HORMONES THROUGH THE SKIN INTO THE BLOOD STREAM.
- HORMONES ON THE PATCH STOP THE OVARIES FROM RELEASING EGGS, AND PREVENT SPERM FROM TRAVELING INTO THE UTERUS BY THICKENING THE CERVICAL MUCUS.
- THE PATCH IS PLACED ON THE LOWER ABDOMEN, BUTTOCKS, OUTER ARM, OR UPPER BODY.
- A NEW PATCH IS APPLIED ONCE A WEEK FOR 3 WEEKS. ON THE 4TH WEEK THE PATCH IS REMOVED TO ALLOW FOR MENSTRUATION.

PREGNANCY PROTECTION

91-99% EFFECTIVE

STD PROTECTION

0% EFFECTIVE



CONTRACEPTIVE PATCH

- REQUIRES A VISIT TO A HEALTH CARE PROVIDER AND A PRESCRIPTION.
- SOME PEOPLE EXPERIENCE SIDE EFFECTS WHILE USING THE PATCH. THESE CAN INCLUDE:
 - SKIN IRRITATION AT THE APPLICATION SITE
 - BREAST TENDERNESS
 - HEADACHE
 - NAUSEA
 - BLEEDING BETWEEN PERIODS



INJECTABLE BIRTH CONTROL

- AN INJECTION OF PROGESTIN GIVEN IN THE ARM OR BUTTOCKS.
- KEEPS OVARIES FROM RELEASING EGGS AND THICKENS CERVICAL MUCUS TO BLOCK SPERM FROM GETTING INTO THE UTERUS.
- SHOT PROTECTS AGAINST PREGNANCY FOR 3 MONTHS AND MUST BE ADMINISTERED BY A HEALTH CARE PROVIDER EVERY 12 WEEKS.

PREGNANCY PROTECTION

94-99% EFFECTIVE

STD PROTECTION

0% EFFECTIVE



INJECTABLE BIRTH CONTROL

- HAS BEEN SHOWN TO LOWER BONE DENSITY
- SOME PEOPLE EXPERIENCE SIDE EFFECTS WHILE USING THE SHOT. THESE CAN INCLUDE:
 - NAUSEA & VOMITING
 - APPETITE CHANGES & WEIGHT GAIN
 - HEADACHES
 - BLEEDING BETWEEN PERIODS OR NO PERIOD
 - MOOD SWINGS OR DEPRESSION
 - BREAST TENDERNESS
 - MAY DELAY ABILITY TO BECOME PREGNANT AFTER STOPPING THE SHOT



VAGINAL RING

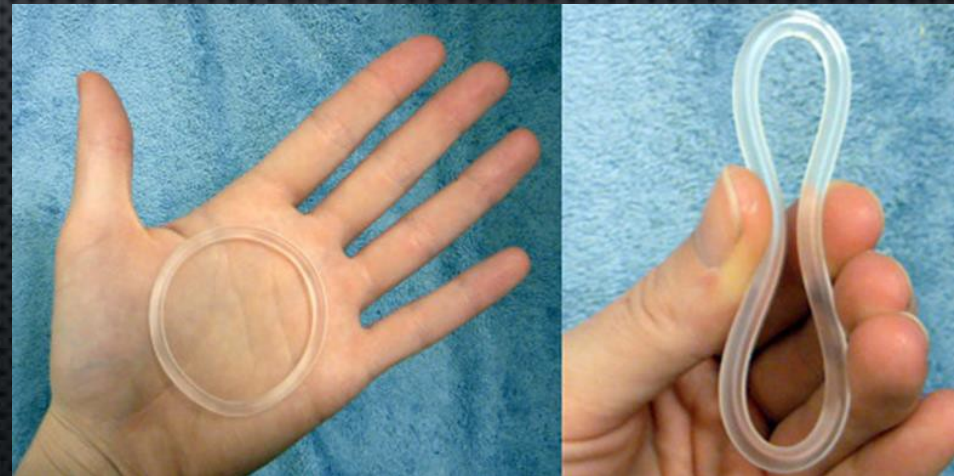
- THIN FLEXIBLE RING ABOUT 2 INCHES IN DIAMETER. IT DELIVERS A COMBINATION OF SYNTHETIC ESTROGEN AND PROGESTIN.
- RING IS INSERTED INTO THE VAGINA, WHERE IT CONTINUALLY RELEASES HORMONES FOR 3 WEEKS. IT IS REMOVED ON THE 4TH WEEK TO ALLOW FOR MENSTRUATION.

PREGNANCY PROTECTION

91-99% EFFECTIVE

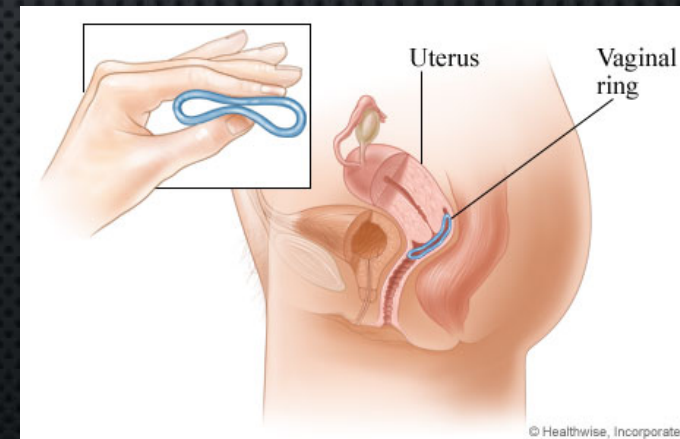
STD PROTECTION

0% EFFECTIVE



VAGINAL RING

- REQUIRES A VISIT TO A HEALTH CARE PROVIDER AND A PRESCRIPTION.
- IT CAN BE CHALLENGING TO REMEMBER TO REMOVE THE RING AFTER 3 WEEKS AND THEN INSERT A NEW RING AFTER THE ONE-WEEK BREAK.
- SOME PEOPLE EXPERIENCE SIDE EFFECTS WHILE USING THE RING. THESE CAN INCLUDE:
 - VAGINAL DISCHARGE
 - HEADACHES
 - BLEEDING BETWEEN PERIODS
 - BREAST TENDERNESS



IMPLANTABLE RODS

- MATCHSTICK-SIZED, FLEXIBLE, PLASTIC IMPLANT.
- A HEALTH CARE PROVIDER INSERTS THE ROD UNDER THE SKIN OF THE UPPER ARM.
- THE ROD RELEASES PROGESTIN AND CAN REMAIN IMPLANTED FOR 3-4 YEARS.
- OVARIES WILL STOP RELEASING EGGS; THICK CERVICAL MUCUS FORMS AND BLOCKS THE OPENING OF THE UTERUS; THE LINING OF THE UTERUS THINS, WHICH KEEPS A FERTILIZED EGG FROM ATTACHING.

PREGNANCY PROTECTION

99% EFFECTIVE

STD PROTECTION

0% EFFECTIVE



IMPLANTABLE RODS

- SOME PEOPLE EXPERIENCE SIDE EFFECTS WHILE USING THE IMPLANT. THESE CAN INCLUDE:
 - NAUSEA
 - WEIGHT GAIN
 - OVARIAN CYSTS
 - HEADACHES
 - IRREGULAR BLEEDING OR NO PERIOD
 - BREAST TENDERNESS
 - PAIN OR BRUISING WHERE IT WAS INSERTED





INTRAUTERINE METHODS

COPPER IUD

- A SMALL T-SHAPED DEVICE CONTAINING COPPER THAT IS INSERTED INTO THE UTERUS BY A HEALTH CARE PROVIDER.
- THE COPPER CAUSES AN INFLAMMATORY REACTION THAT PREVENTS SPERM FROM REACHING AN EGG.
- CAN REMAIN IN THE BODY FOR UP TO 12 YEARS.

PREGNANCY PROTECTION

99% EFFECTIVE

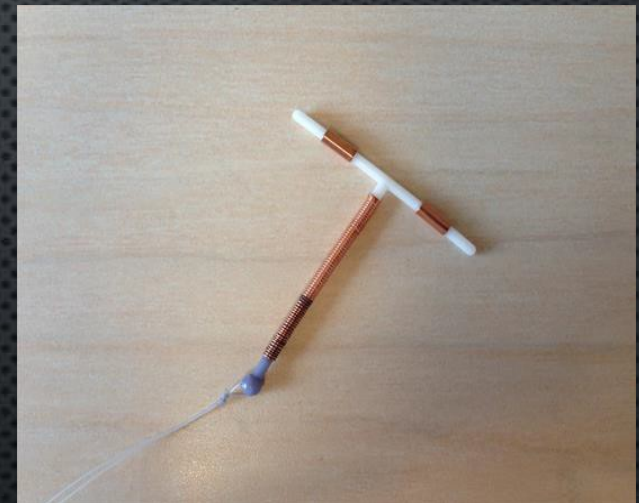
STD PROTECTION

0% EFFECTIVE



COPPER IUD

- SOME PEOPLE EXPERIENCE SIDE EFFECTS WHILE USING THE IMPLANT. THESE CAN INCLUDE:
 - PAIN WHEN THE IUD IS INSERTED
 - CRAMPING OR BACKACHES
 - IRREGULAR BLEEDING OR PERIODS
 - HEAVIER PERIODS OR WORSENING MENSTRUAL CRAMPS



HORMONAL IUD

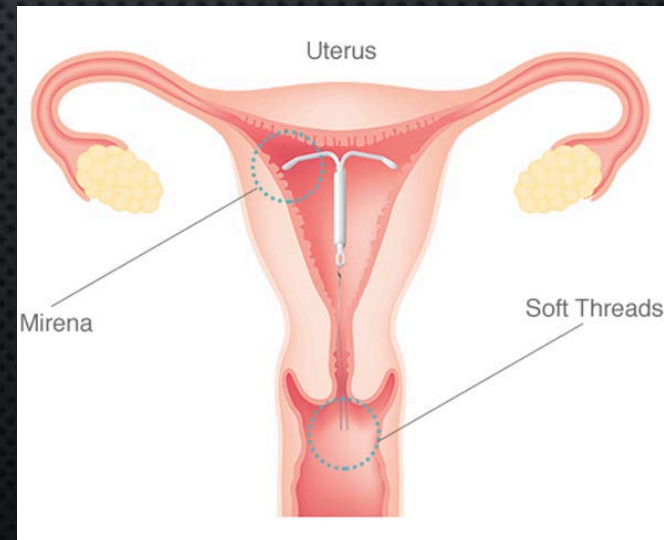
- A SMALL PLASTIC T-SHAPED DEVICE CONTAINING HORMONES THAT IS INSERTED INTO THE UTERUS BY A HEALTH CARE PROVIDER.
- CONTINUOUSLY RELEASES PROGESTERONE INTO THE UTERUS, CAUSING THICKENING OF THE CERVICAL MUCUS. THIS INHIBITS SPERM FROM REACHING AND FERTILIZING AN EGG. ALSO THINS UTERINE LINING AND PREVENTS OVARIES FROM RELEASING EGGS.
- CAN REMAIN IN THE BODY FOR 3-7 YEARS, DEPENDING ON THE TYPE.

PREGNANCY PROTECTION

99% EFFECTIVE

STD PROTECTION

0% EFFECTIVE



HORMONAL IUD

- SOME PEOPLE EXPERIENCE SIDE EFFECTS WHILE USING THE IMPLANT. THESE CAN INCLUDE:
 - PAIN WHEN THE IUD IS INSERTED
 - CRAMPING OR BACKACHES
 - IRREGULAR BLEEDING OR PERIODS

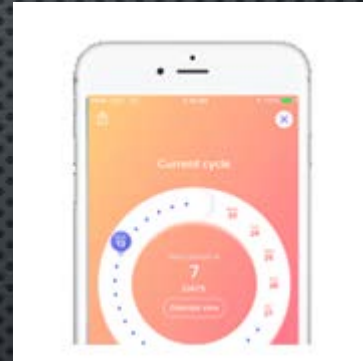


NATURAL FAMILY PLANNING

- METHODS OF PREVENTING PREGNANCY FOR THOSE WHO DO NOT WISH TO USE MEDICATIONS OR DEVICES.

- FERTILITY AWARENESS. PREDICT FERTILE DAYS BY:

- TAKING TEMPERATURE DAILY
- CHECKING VAGINAL MUCUS FOR CHANGES
- KEEPING A RECORD OF MENSTRUAL CYCLES



- AVOID SEX OR USE CONDOMS DURING FERTILE DAYS
- LACTATIONAL AMENORRHEA METHOD (LAM) FOR BREASTFEEDING MOTHERS
 - EXCLUSIVITY BREASTFEED BABY EVERY 4 HOURS DURING THE DAY AND 6 HOURS AT NIGHT.
 - STOPS OVULATION NATURALLY
 - CAN ONLY BE USED FOR 6 MONTHS AFTER DELIVERY OR UNTIL MENSTRUATION RETURNS.

NATURAL FAMILY PLANNING

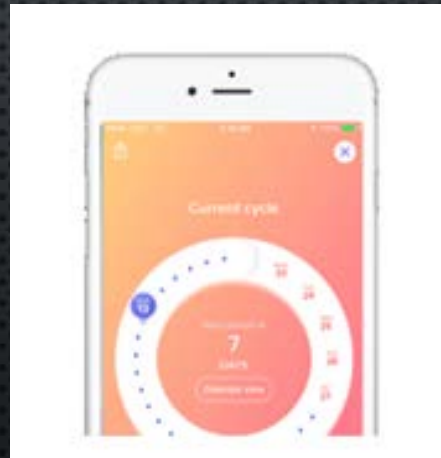
- DOES NOT WORK WELL FOR THOSE WITH IRREGULAR MENSTRUAL CYCLES.
- TAKES A LOT OF WORK TO TRACK AND REMEMBER.

PREGNANCY PROTECTION

76-95% EFFECTIVE

STD PROTECTION

0% EFFECTIVE



WITHDRAWAL (PULL OUT METHOD)

- PULLING THE PENIS OUT OF THE VAGINA BEFORE EJACULATION, PREVENTING SEMEN FROM ENTERING THE VAGINA.
- NOT ALWAYS EFFECTIVE BECAUSE PRE-EJACULATE CONTAINS SPERM AND CAN ENTER THE VAGINA.
- DOES NOT WORK IF THE PENIS IS NOT PULLED OUT IN TIME.
- TAKES A LOT OF SELF CONTROL TO DO IT CORRECTLY EVERY TIME.

PREGNANCY PROTECTION

78-96% EFFECTIVE

STD PROTECTION

0% EFFECTIVE



STERILIZATION

VASECTOMY

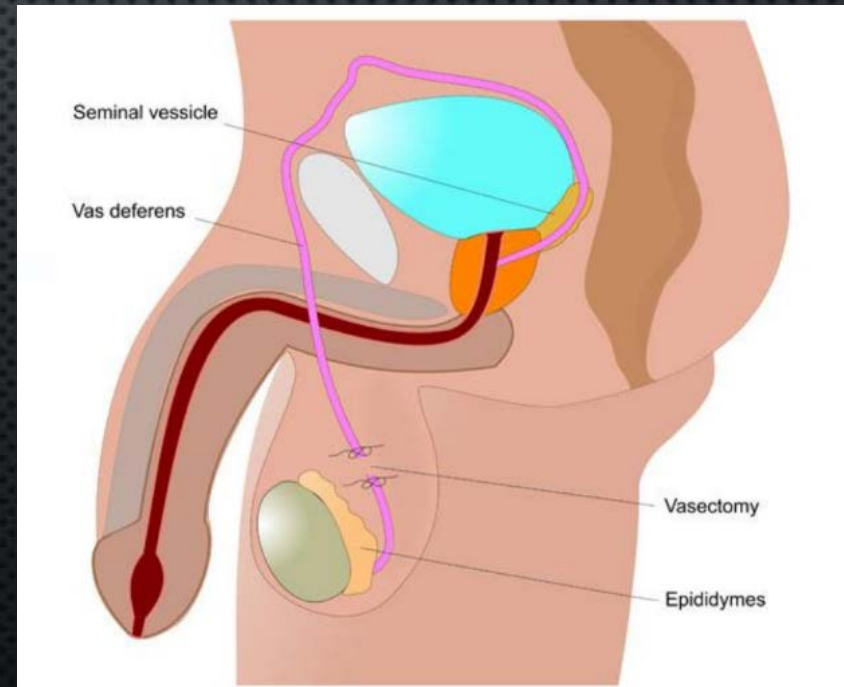
- SURGICAL PROCEDURE PERFORMED BY A HEALTH CARE PROVIDER.
- WORKS BY BLOCKING OR CUTTING THE VAS DEFERENS, THE TUBE THROUGH WHICH SPERM PASSES.
- PERMANENT. INDIVIDUAL MUST BE CERTAIN THAT THEY DON'T WANT A PREGNANCY AT ANY POINT IN THE FUTURE.

PREGNANCY PROTECTION

99% EFFECTIVE

STD PROTECTION

0% EFFECTIVE



TUBAL LIGATION (“TUBES TIED”)

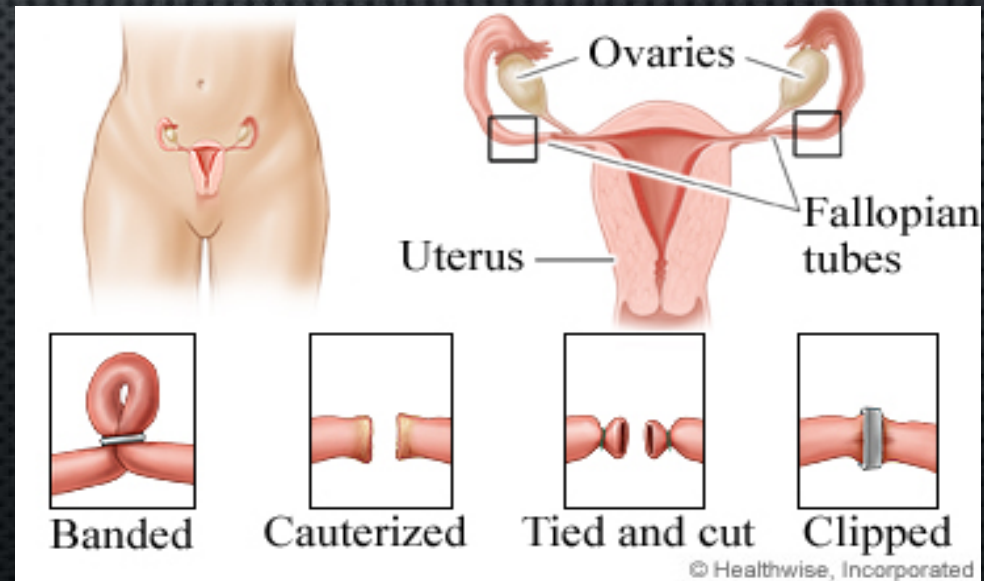
- TUBAL LIGATION IS A SURGICAL PROCEDURE, PERFORMED BY A HEALTH CARE PROVIDER, THAT PERMANENTLY CLOSES OR BLOCKS THE FALLOPIAN TUBES.
- STOPS EGGS FROM TRAVELING FROM THE OVARIES TO THE FALLOPIAN TUBES.
- INDIVIDUAL MUST BE CERTAIN THAT THEY DON’T WANT A PREGNANCY AT ANY POINT IN THE FUTURE.

PREGNANCY PROTECTION

99% EFFECTIVE

STD PROTECTION

0% EFFECTIVE



EMERGENCY CONTRACEPTION (EC)

- HORMONAL PILLS TAKEN AS A SINGLE DOSE OR TWO DOSES 12 HOURS APART.
- INTENDED FOR USE IN THE EVENT OF UNPROTECTED OR UNWANTED SEXUAL INTERCOURSE, INCLUDING SEXUAL ASSAULT.
- PILLS CAN DELAY OR INHIBIT OVULATION FOR AT LEAST 5 DAYS TO ALLOW SPERM TO BECOME INACTIVE. ALSO CAUSES THICKENING OF THE CERVICAL MUCUS TO INTERFERE WITH SPERM FUNCTION.
- SHOULD BE TAKEN AS SOON AS POSSIBLE AFTER SEXUAL INTERCOURSE OR ASSAULT.
- SHOULD NOT BE USED AS A REGULAR CONTRACEPTIVE METHOD.
- WILL NOT TERMINATE AN ALREADY EXISTING PREGNANCY.

PREGNANCY PROTECTION

54-94% EFFECTIVE

STD PROTECTION

0% EFFECTIVE



EMERGENCY CONTRACEPTION (EC)

- SOME PEOPLE EXPERIENCE SIDE EFFECTS WHILE USING EMERGENCY CONTRACEPTION. THESE CAN INCLUDE:
 - STOMACH UPSET OR NAUSEA
 - HEADACHES
 - IRREGULAR BLEEDING
 - BREAST TENDERNESS
 - DIZZINESS
 - FATIGUE



BIRTH CONTROL DISCUSSION



- COMMUNICATION & BOUNDARIES:
 - IT'S IMPORTANT THAT PARTNERS DISCUSS AND AGREE ON BIRTH CONTROL OR CONDOM USE **PRIOR** TO ENGAGING IN SEXUAL ACTIVITIES.
 - IT'S OK TO WALK AWAY FROM A RELATIONSHIP IF A PARTNER DOES NOT WANT TO USE BIRTH CONTROL OR A CONDOM.
- HOW DOES A PERSON DECIDE WHETHER TO USE BIRTH CONTROL AND WHICH METHOD TO USE?
 - TALK TO A PARENT, HEALTH CARE PROFESSIONAL, COUNSELOR, & PARTNER
 - ASK:
 - WHAT ARE MY OPTIONS?
 - AM I READY FOR PARENTHOOD?
 - DO I WANT TO DEAL WITH A POTENTIAL PREGNANCY OR STD?
 - WHAT OPTIONS FIT WITH MY LIFESTYLE, HEALTH NEEDS, AND PERSONAL VALUES?

BIRTH CONTROL DISCUSSION



- MANY OF THE CONTRACEPTIVE METHODS WE DISCUSSED ARE FOR FEMALES. WHAT ARE SOME WAYS MALES CAN PARTICIPATE AND BE INVOLVED IN CONTRACEPTIVE USE AND FAMILY PLANNING?
 - BE WILLING TO TALK ABOUT OPTIONS
 - HELP PAY FOR IT
 - GO TO THE DOCTOR WITH THEIR PARTNER
 - WEAR CONDOMS
 - REMIND PARTNER TO USE THEIR METHOD
 - BE SUPPORTIVE & RESPECTFUL

Abstinence

NEVER FAILS

THE **ONLY** 100% SURE WAY TO
AVOID STDS AND PREGNANCY

RESOURCES

- WHO CAN I TALK TO IF I (OR SOMEONE I KNOW) MIGHT BE PREGNANT OR HAVE AN STD?
 - TRUSTED ADULT (PARENT, GUARDIAN, RELATIVE, TEACHER, COUNSELOR, CLERGY)
 - COUNSELOR
 - SCHOOL NURSE
 - HEALTH CARE PROFESSIONAL
- WHERE CAN I (OR SOMEONE I KNOW) GO FOR TESTING OR HELP?
 - SALT LAKE COUNTY HEALTH DEPARTMENT (610 SOUTH 200 EAST, SECOND FLOOR, SALT LAKE CITY, UT). TESTING SERVICES AVAILABLE MON - FRI, 8:30 AM – 4 PM, CALL 385-468-4242, CONFIDENTIAL, SLIDING SCALE FEE OR FREE
 - PLANNED PARENTHOOD SOUTH JORDAN HEALTH CENTER (1091 WEST SOUTH JORDAN PARKWAY, W 10600 S SUITE 100, SOUTH JORDAN, UT), MON, TUES, THURS: 10 AM – 6 PM, WED: 10 AM – 6 PM, FRI: 11 AM – 6 PM, CALL 801-254-2052, CONFIDENTIAL, SLIDING SCALE FEE OR FREE
 - PLANNED PARENTHOOD WEST VALLEY HEALTH CENTER (1906 W 3600 S, WEST VALLEY CITY, UT), MON-THURS: 9 AM – 8 PM, FRI: 10:30 AM – 5 PM, SAT: 10 AM – 5 PM, CALL 801-973-9675, CONFIDENTIAL, SLIDING SCALE FEE OR FREE

RESOURCES

- WHERE CAN I (OR SOMEONE I KNOW) GO FOR TESTING OR HELP?
 - PLANNED PARENTHOOD SALT LAKE HEALTH CENTER (654 SOUTH 900 EAST, SALT LAKE CITY, UT), MON, TUES, THURS: 10 AM – 6 PM, WED: 10 AM – 6 PM, FRI: 11 AM – 6 PM, CALL 801-254-2052, CONFIDENTIAL, SLIDING SCALE FEE OR FREE
 - PLANNED PARENTHOOD METRO HEALTH CENTER (160 S 1000 E SUITE 120, SALT LAKE CITY, UT), MON-FRI: 8 AM – 5 PM, CALL 801-257-6789, CONFIDENTIAL, SLIDING SCALE FEE OR FREE
 - UTAH PRIDE CENTER (355 N 300 W 1ST FL SALT LAKE CITY, UT), MON-FRI 10 AM -6 PM, CALL 801-539-8800, CONFIDENTIAL, SLIDING SCALE FEE OR FREE
 - UTAH AIDS FOUNDATION (1408 SOUTH 1100 EAST SALT LAKE CITY, UT), MON & THURS 5-7 PM, CALL 801-487-2323, CONFIDENTIAL, SLIDING SCALE FEE OR FREE
 - COMMUNITY HEALTH CENTERS (OQUIRH VIEW CLINIC) (4745 S 3200 WEST TAYLORSVILLE, UT) MON-FRI 7 AM – 6 PM, CALL (801) 964-6214, CONFIDENTIAL, SLIDING SCALE FEE OR FREE
 - COMMUNITY HEALTH CENTERS (72ND STREET CLINIC) (220 W 7200 SOUTH STE A MIDVALE, UT) MON-FRI 7 AM – 6 PM, CALL 801-566-5494, CONFIDENTIAL, SLIDING SCALE FEE OR FREE
 - URBAN INDIAN CENTER (120 WEST 1300 SOUTH SALT LAKE CITY, UT) MON-FRI 8:30 AM – 5 PM, CALL 801-486-4877, CONFIDENTIAL, SLIDING SCALE FREE OR FREE