



# REDUCING THE RISK

Building Skills to Prevent Pregnancy, STIs & HIV

# Lessons 7

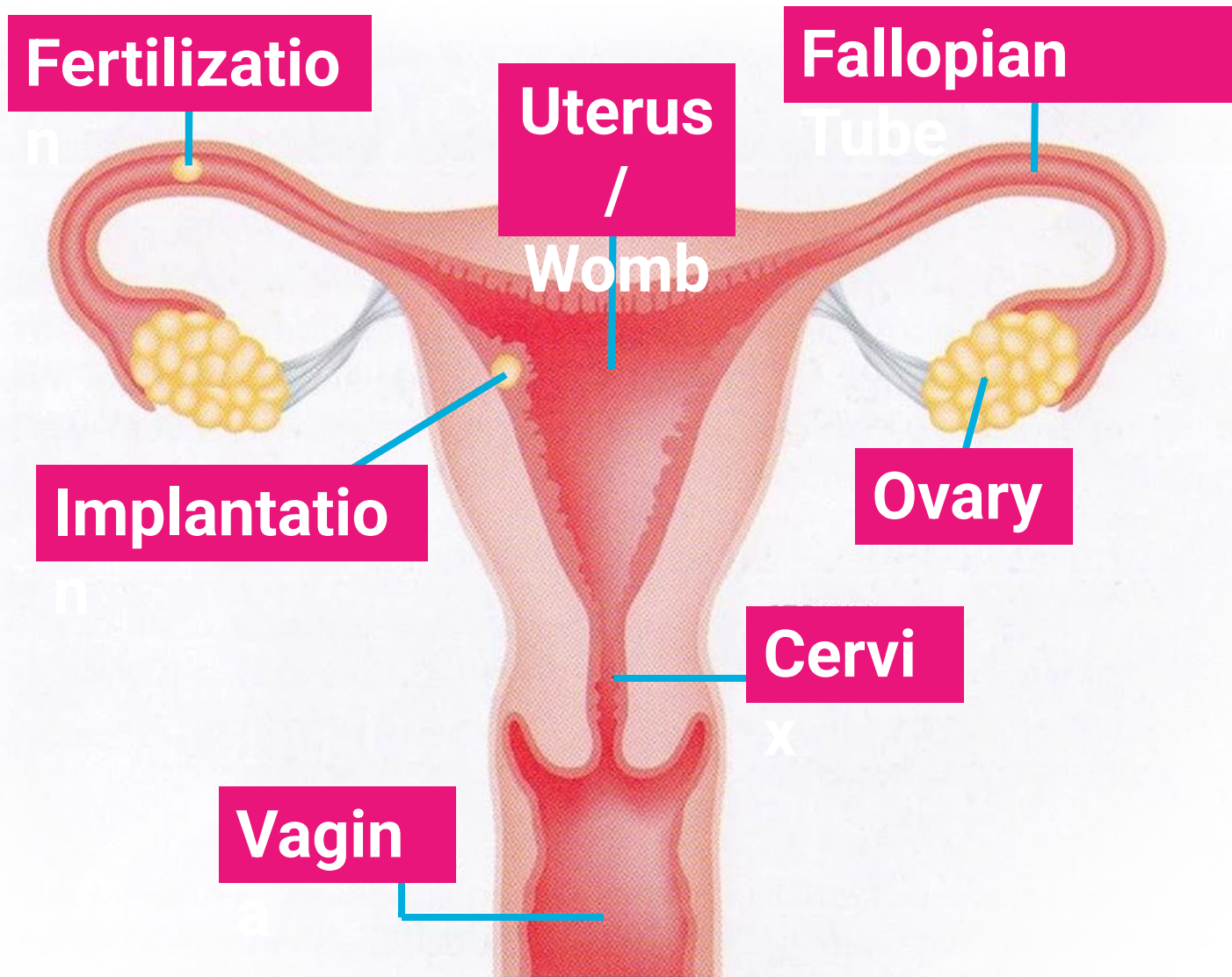
## Getting and Using Protection I



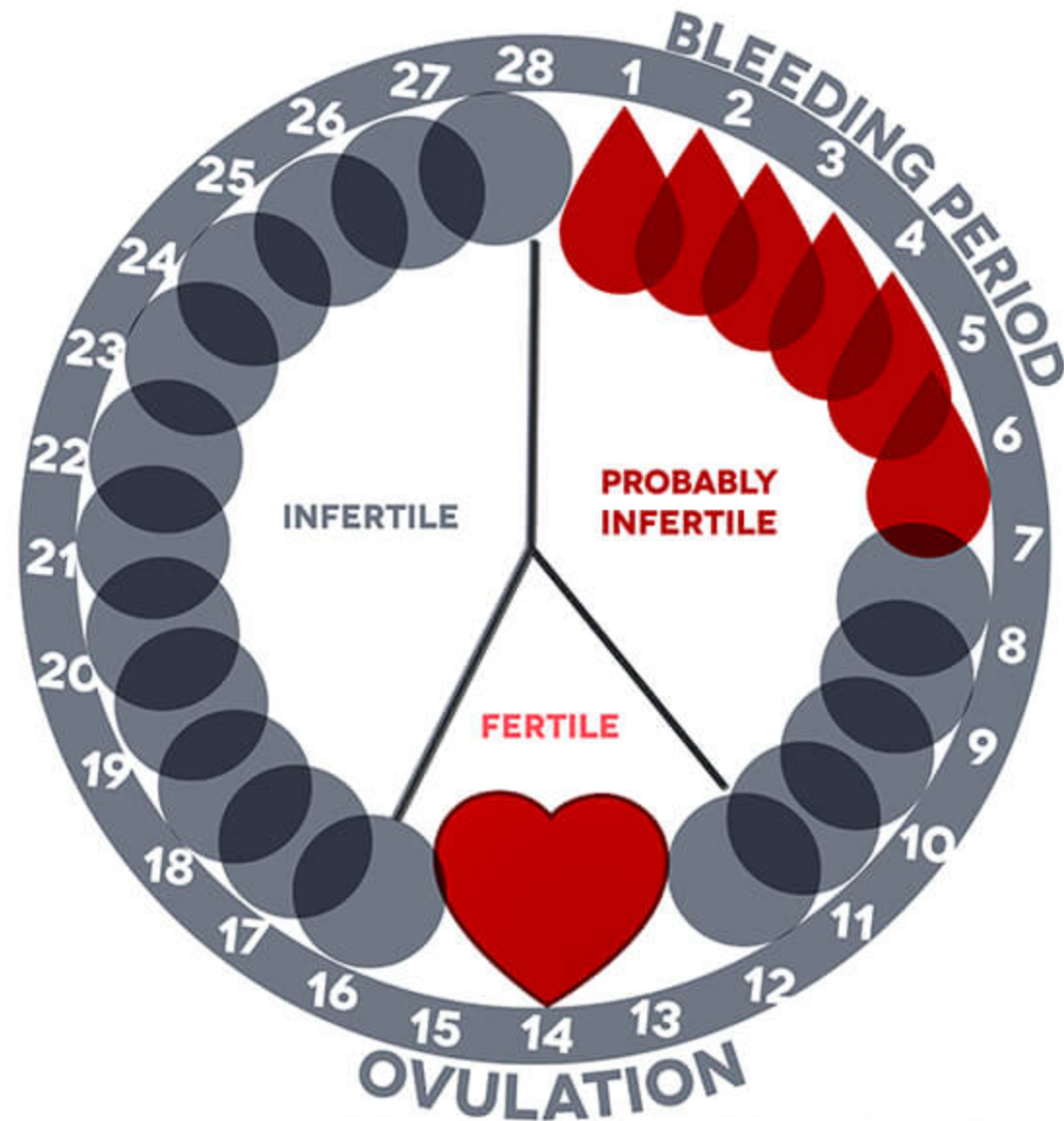
# Reproductive Systems



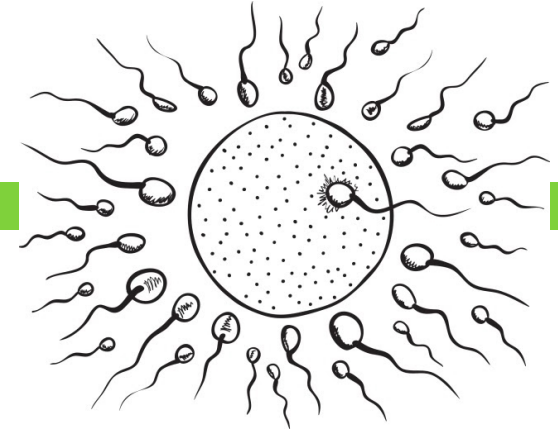
# Reproductive System



# Menstrual Cycle



# Fertility Time



Sperm lives in female  
reproductive system **3-7 Days**  
days

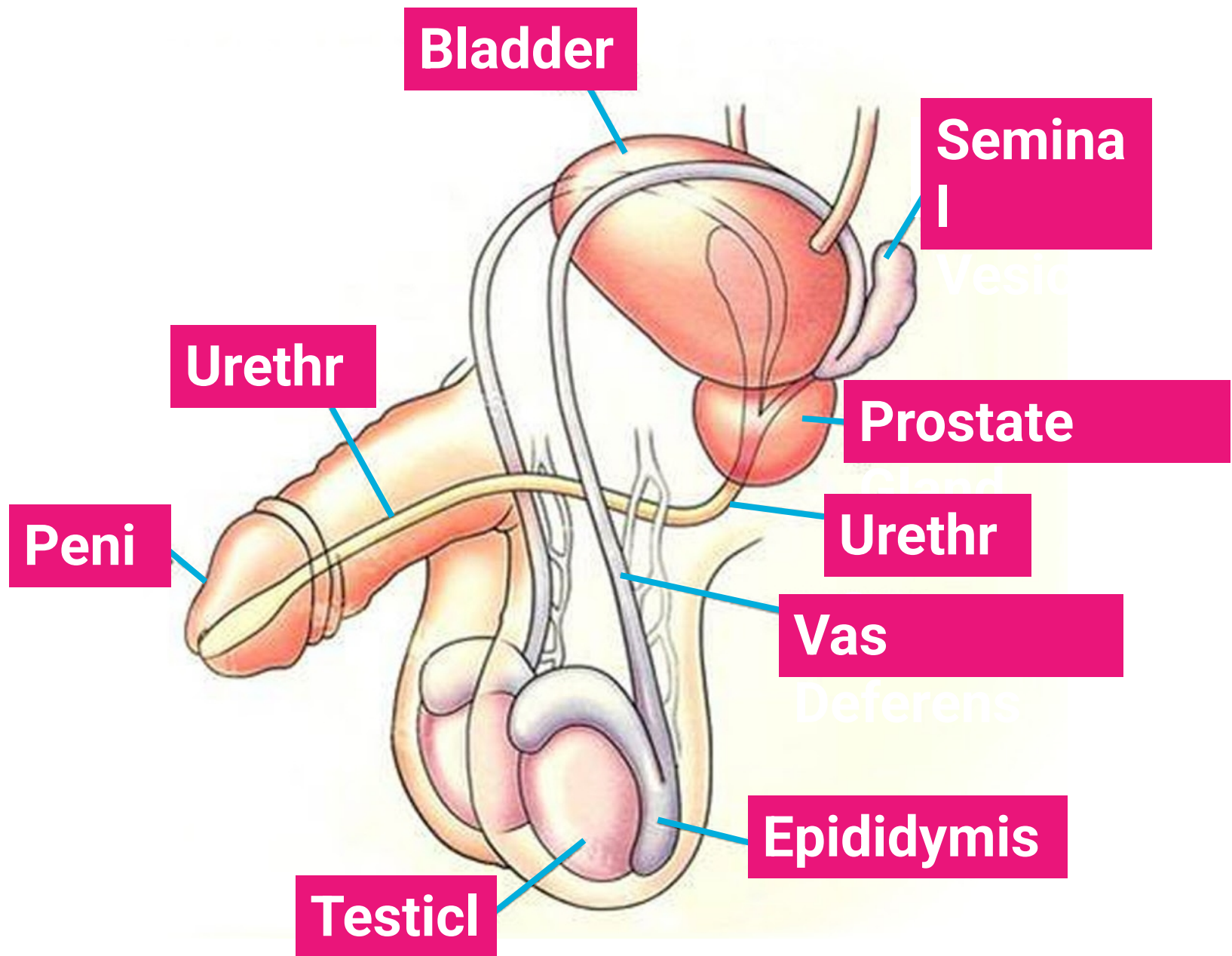
After Ovulation  
Egg lives 2-3 days

If you have unprotected sex a few days  
before, during, or after ovulation, pregnancy  
**CAN** occur.


# Reproductive System



# Reproductive System



# When considering what method to use, answer the following:



- **How effective is it at Preventing Pregnancy**
  - ▣ **0% – 100%**
  
- **Can it help protect against STIs/STDs**
  - ▣ **Yes or No**

# Caution!

## Correct Use

- ☐ Read and understand all instructions
- ☐ Follow instructions
- ☐ Use 100% of the time

## Correct Time

- ☐ You feel comfortable
- ☐ You've talked to your partner about STDs and pregnancy
- ☐ You have birth control available

# Hope or Using No Birth Control

0% Effective Preventing Pregnancy

Doesn't prevent

- How effective is it at Preventing Pregnancy
  - ▣ 0% effective
  - ▣ In 1 year of unprotected sex, 90% of couples will have a pregnancy
- Can it help protect against STIs/STDs
  - ▣ No



# Withdrawal

75% Effective Preventing  
Pregnancy  
Doesn't prevent

- ❑ Man withdraws (pulls out) penis from vagina before ejaculation
- ❑ Drawbacks:
  - ❑ Not very effective because sperm can live in pre-ejaculate, even with early withdrawal, there is chance of pregnancy.
  - ❑ Stressful



# Rhythm

75% Effective Preventing Pregnancy  
Doesn't prevent

- Keep track of menstrual cycle, body temp., vaginal mucus  
Have sex only during “safe” (infertile) days.
- Drawbacks: Predicting ovulation is difficult. Sperm can live inside woman's body for days. **Difficulty in method means many accidental pregnancies.**



# Hormonal Birth Control

**Doesn't  
prevent  
STDs/STIs**

Works by preventing ovulation, and thickening cervical mucus. Thickened mucus blocks sperm and keeps it from joining with an



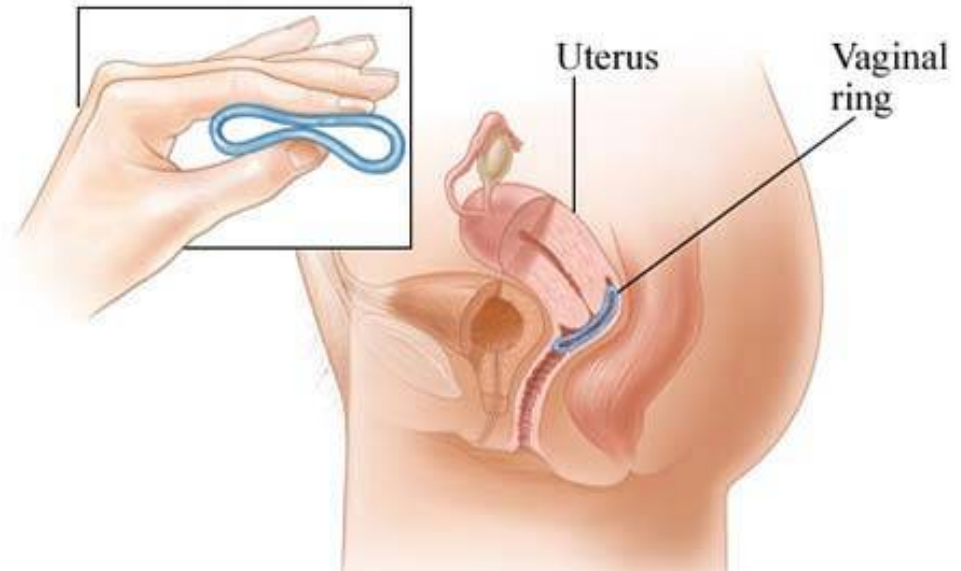
# Hormonal Birth Control

Doesn't  
prevent



Hormonal Patch  
Placement

**Change once a  
week**



Nuvaring  
Placement

**Change every 3  
weeks**

**99% Effective  
Preventing Pregnancy**

**Doesn't prevent  
STDs/STIs**



**The Pill:** Take one pill at the **same time every day**. \$0 (with insurance)  
\$20 per month (without insurance)



**The Patch:** Place an adhesive patch on the hip or lower back. Change once a week. \$0 (with insurance)

Up to \$150 (without insurance)



**The Ring:** Place flexible ring in vagina. Sits around the cervix. Remove after three weeks. \$0 (with insurance)



# Depo-Provera (Birth Control Injection)

94% Effective Preventing  
Pregnancy  
Doesn't prevent

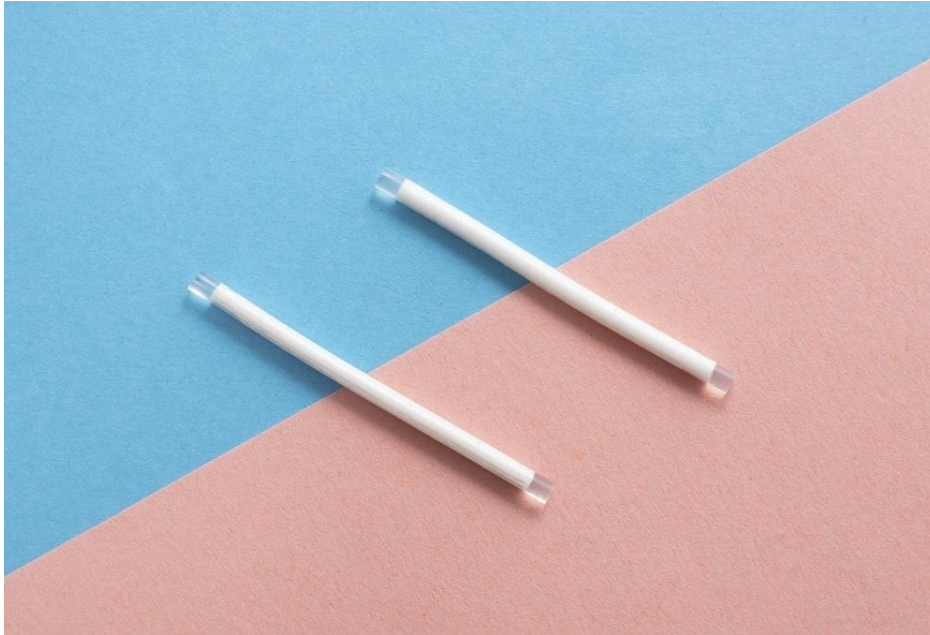


- Injection of hormone progestin every 3 months into arm
- Benefits: Lighter periods and less to remember.
- Drawbacks: **irregular periods** (after one year, may stop completely), possible weight gain, depression, calcium depletion in bones.
- \$0-\$150 every 3 months



# Arm Implant (Nexplanon, Implanon)

99% Effective Preventing  
Pregnancy  
Doesn't prevent



- Thin flexible plastic implant the size of match, inserted under skin of upper arm
- Contains Progesterone
- Protects against pregnancy for 3-5 years

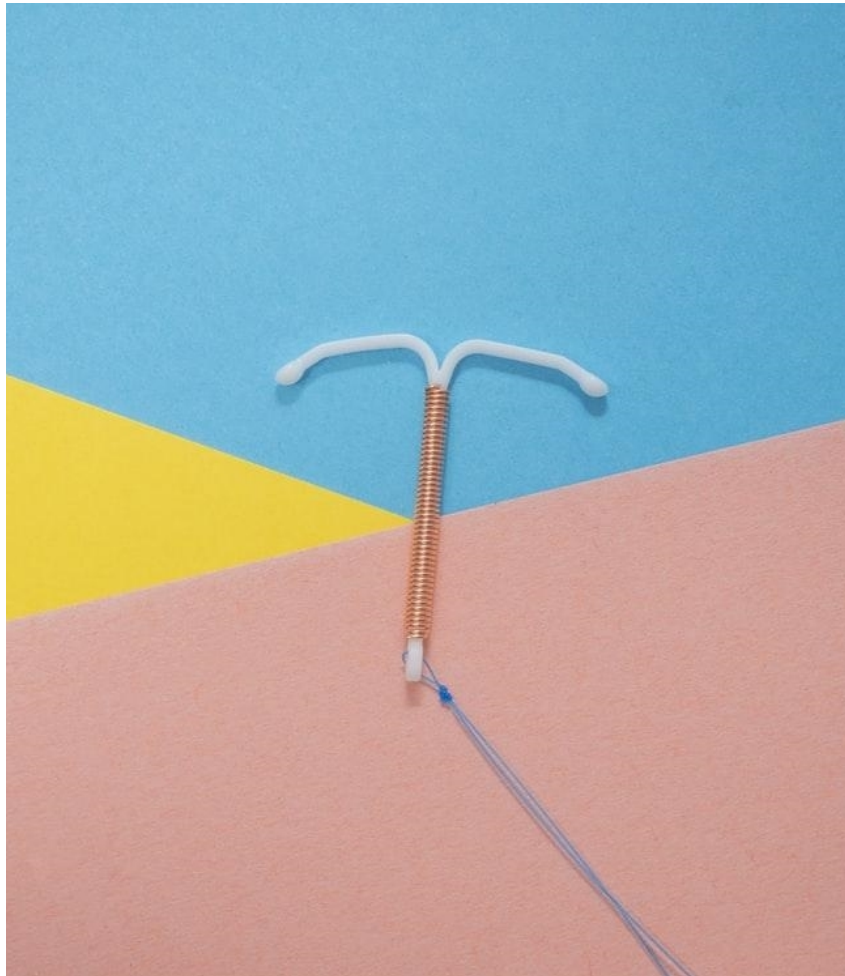
•Benefits: Only have to think about birth control every 3 years.

•Drawbacks: Procedure to remove, possible headaches, weight gain, nausea



# IUD (Intrauterine Device)

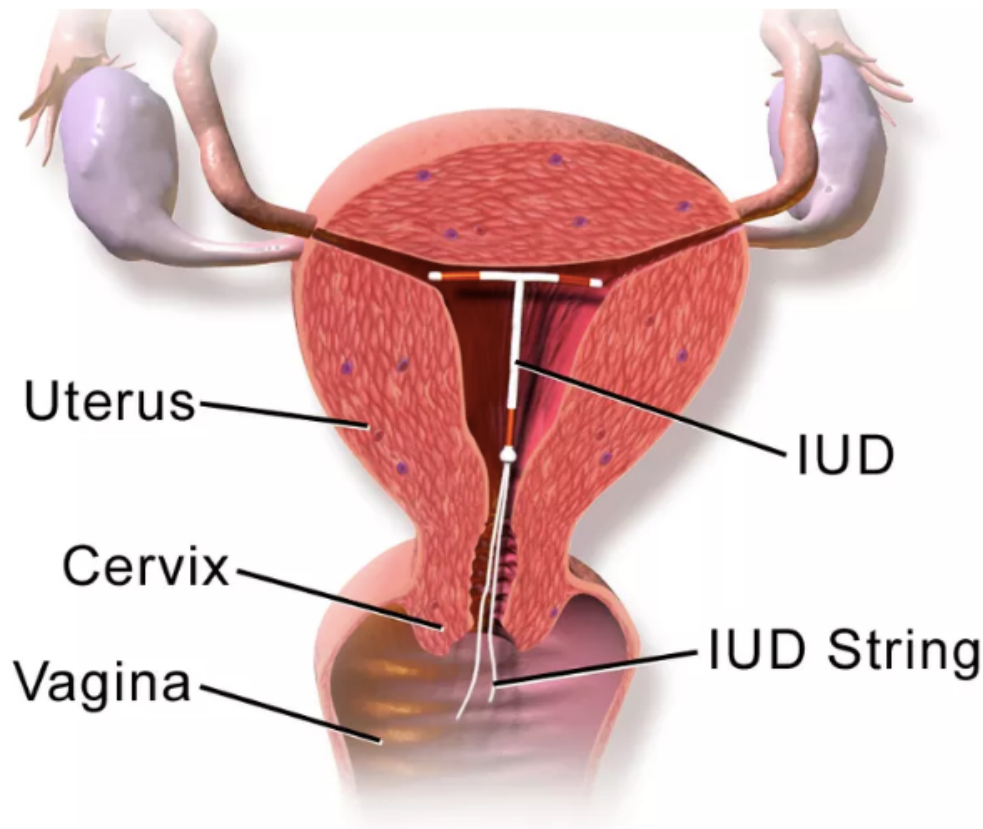
99% Effective Preventing Pregnancy  
Doesn't prevent



- Small T-shaped device inserted into the uterus by doctor
- ParaGard **effective for 10 years**; plastic & copper; affects sperm movement
- Mirena **effective for 5 years**; plastic with hormones; works like other hormonal birth control (prevents ovulation, changes cervical mucus)

# IUD (Intrauterine Device)

99% Effective Preventing Pregnancy  
Doesn't prevent



- Benefits: Long term protection. Mirena may decrease or stop periods.
- Drawbacks: Possible heavier periods, spotting, cramping, difficult insertion for those who haven't had children

# Condoms





# External/ Male Condom

- 85-90% effective preventing pregnancy

Helps protect against  
STDs



- Drawbacks: Can leak or break
- Easy to find and inexpensive (Free - \$20)
  - Health Department, Family Health Services, Grocery/Drug Store

- A polyurethane or latex sheath covers penis and collects semen, preventing sperm from entering vagina.





# Guidelines for Effective Condom Use

- ❑ Use only latex condoms, FDA approved for STI/Disease Prevention
- ❑ Make sure package is intact and expiration date is OK
- ❑ Do not store condoms where exposure to heat or sunlight might occur
- ❑ Open package carefully, avoiding tears or puncture by fingernails
- ❑ Do not test it for holes with air or liquid, as this may tear it

# Condom Use Cont.

- ❑ Never use two condoms, or re-use a condom
- ❑ If lubricant is used, never use oil or petroleum-based products such as Vaseline
- ❑ Always use water-based products, such as K-Y jelly or contraceptive foam
- ❑ Determine which way the condom unrolls, but do not unroll it before putting it on
- ❑ Hold ½ inch tip of condom to squeeze out air, leaving room for semen (many come with a reservoir tip)

# Condom Use Cont.

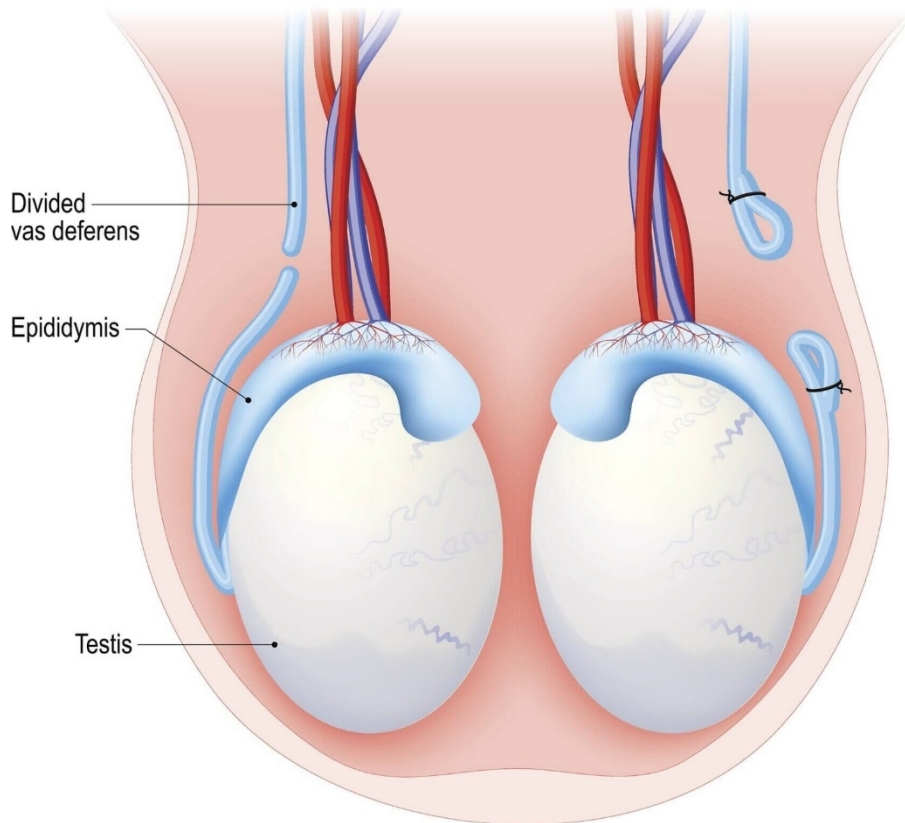


- ❑ Roll condom all the way down to the pubic hair
- ❑ Do not pull at the condom while unrolling it
- ❑ Pull the penis out immediately after ejaculation, holding onto the rim of the condom, preventing spillage of semen
- ❑ Remove the condom away from your partner's body, and dispose of it in a sanitary manner

# Permanent Methods

99% Effective Preventing Pregnancy  
Doesn't prevent

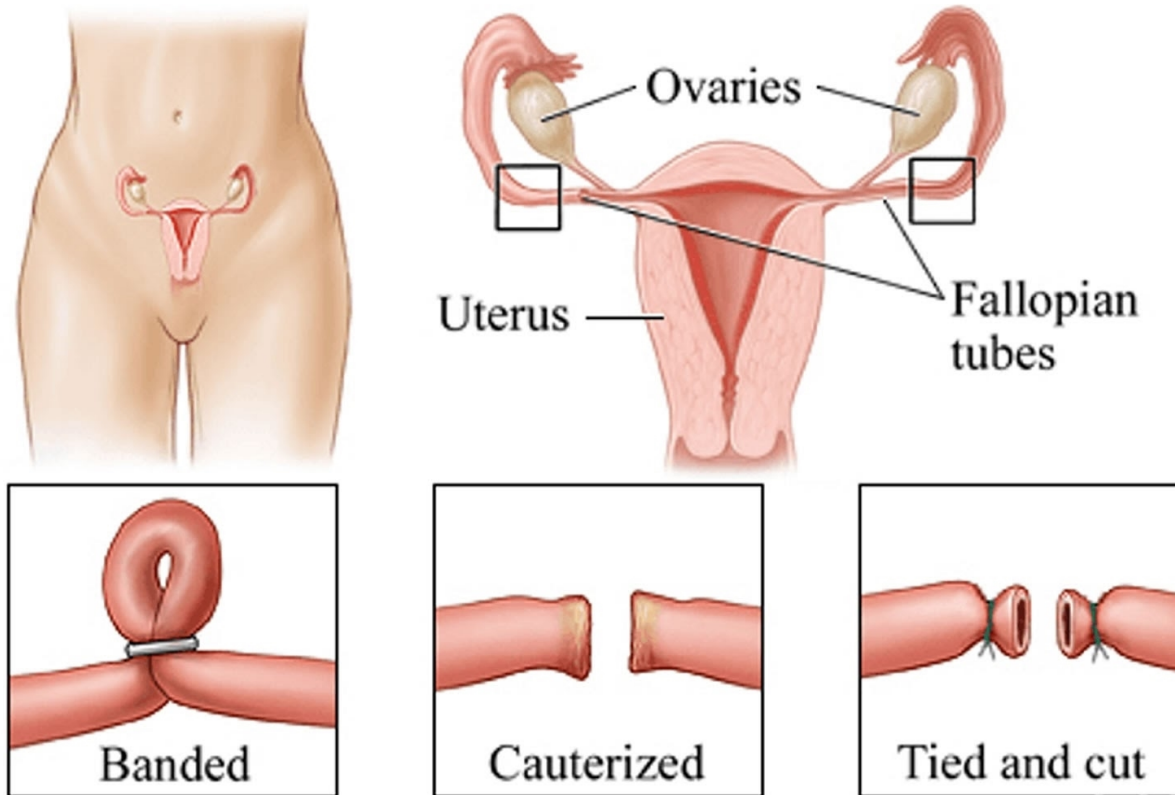
## VASECTOMY



- **Vasectomy**
  - ▣ Tubes that transport sperm to semen (Vas deferens) are blocked or tied through the scrotum
  - ▣ Performed by a doctor at a Office/Clinic

# Permanent Methods

99% Effective Preventing Pregnancy  
Doesn't prevent



- **Tubal ligation**
  - ▣ Fallopian tubes are blocked or cut so that sperm and egg cannot unite.
  - ▣ Performed by doctor at office/hospital
  - ▣ \$0-\$6000

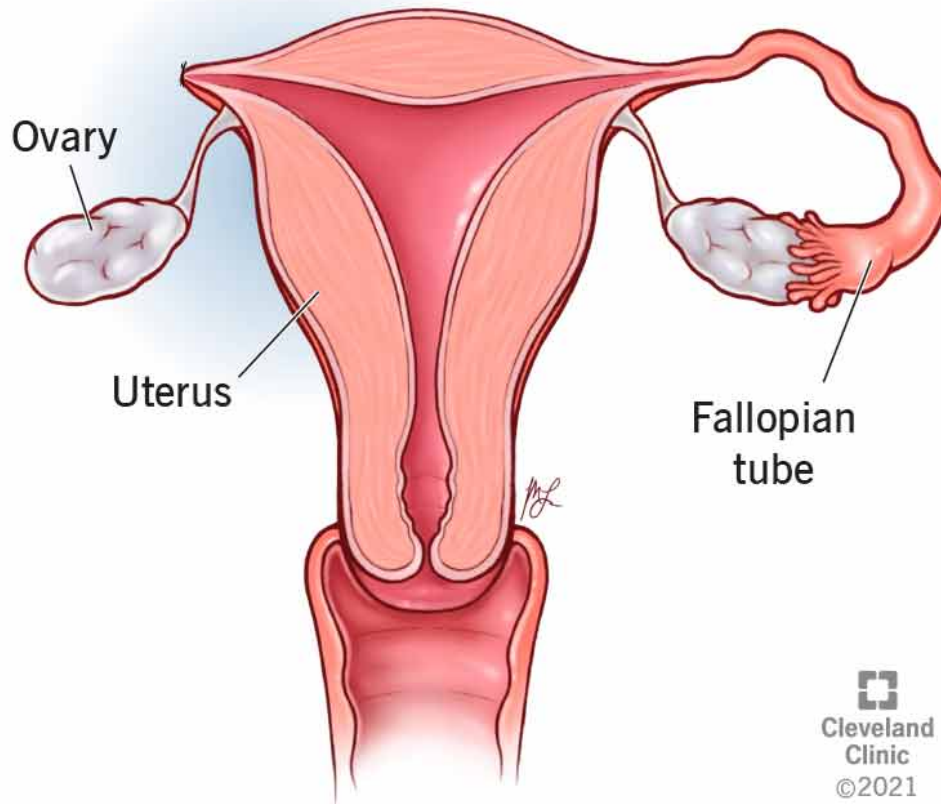


# Permanent Methods

VERY Effective Preventing Pregnancy  
Doesn't prevent

## Salpingectomy

### Unilateral Salpingectomy



## □ Salpingectomy

- Fallopian tubes are removed so that sperm and egg cannot unite.
- Performed by doctor at office/hospital
- \$3,000-\$13,000

# Plan B

**85% Effective Preventing Pregnancy**  
**WITHIN 24 HOURS of sex**  
**Doesn't prevent**

- Emergency birth control pills taken within 5 days after sex to prevent pregnancy.
- Contains the hormone progestin.
- Not for use as regular birth control.
- Not an abortion pill
- Consider using Plan B if had sex in last 5 days and:
  - Didn't use birth control.
  - Condom broke.
  - Missed two or more birth control pills in a row or started pack late
  - Late for depo shot
  - Forced to have sex



# Plan B

85% Effective Preventing Pregnancy

WITHIN 24 HOURS of sex  
Doesn't prevent

- ❑ Prevents ovulation – keeps ovaries from releasing eggs.
- ❑ Thickens cervical mucus, blocking sperm from joining with egg.
- ❑ Will not work if you are already pregnant. Are not abortion pills.
- ❑ Sooner taken, the better chance of preventing pregnancy. Within 5 days at most. Within 24 - 72 hours is best.
- ❑ Might need more than 1 pill depending on weight
- ❑ Pharmacy- must ask for it
  - \$40-50
- ❑ Amazon
  - \$7.0 per pill. Must order ahead of time to have on

# Abstinence or Not Having Sex

**100% Effective Preventing**

**Pregnancy  
Prevents**

- ❑ Not having sex (oral, vaginal, or anal)
- ❑ Can start or use again at any time
- ❑ You can choose to be abstinent whenever you want, even if you've had sex before
- ❑ Works by not sharing semen or vaginal fluid from one person to another
- ❑ 100% Effective
- ❑ Talk with your partner
- ❑ \$0
- ❑ Also protects against STDs

# Dual Use

Use a hormonal or long term method **and** a condom

Good for  
Preventing  
Pregnancy

Good for  
Preventing  
STDs

