

Vocabulary words

- STD
- Abstinence
- Penis
- Vagina
- Spermicide
- Birth Control Pills
- The Shot

The Basics of Birth Control Methods

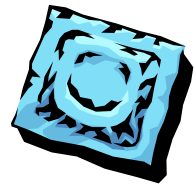
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Have you ever heard your friends say: “I cannot get pregnant if I take a bath right after I have sex.” or “I cannot get pregnant the first time I have sex.”? These ideas are not true. Every time a man and a woman have sex without the right protection, there is a chance that the woman can get pregnant. There is also the chance that you can get a sexually transmitted disease or STD.

Here is some important information on ways to prevent a pregnancy. You will be learning about **birth control methods**. Some of the most common ones are:

Abstinence: The best way to prevent a pregnancy or an STD is to not have sex. But, if this is not an option for you and your partner, there are other options.

Condoms: Condoms are thin latex caps that cover a man’s penis during sex. If you are thinking about using condoms, think about this:



- They cost about \$2 to \$6 for a pack of three.
- You do not need a prescription to buy them.
- You can find them at most convenience stores, grocery stores, or pharmacies.
- They can be very effective, when you use them every time you have sex.
- They will work better if you use them with another birth control method like a spermicide.
- They can also protect you against STDs.

Spermicide: It is a product that comes in cream, gel, foams and suppositories. It is placed in a woman’s vagina before having sex. Other things you need to know:

- Spermicides cost about \$8 per package.
- You do not need a doctor’s prescription to buy spermicides.
- You can buy spermicides in most grocery stores and pharmacies.
- Spermicides work better if you use them together with another birth control method, like a condom.
- Spermicides DO NOT protect you against STDs.

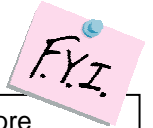
Birth Control Pills: These are pills that women take every day to prevent pregnancy. If you want to use birth control pills, think about this:

- You need to take a birth control pill every day.
- You need a doctor’s prescription to buy birth control pills.
- Birth control pills may cost you \$15-\$50 a month.
- Birth control pills work well in preventing a pregnancy when you use them, but they do not protect you from STDs.



The Shot: The shot is just as good as the pill. You DO NOT need to remember to take it every day. If you are thinking about getting the shot, you need to know:

- You will need to make an appointment at a clinic so that a nurse or doctor can give you the shot every three months.
- The shot can cost anywhere between \$35-\$75.
- The shot does not protect you against STDs.



If you want to know more about other birth control methods contact your local Planned Parenthood Clinic or any other Health Center. To find a center near you, go to:
<http://www.plannedparenthood.org/health-center/index.htm>

For more information in Spanish, go to:
<http://www.plannedparenthood.org/esp/temas-de-salud/anticoncepcion-24040.htm>

Along with these methods, there are many others. Ask your doctor about them and how effective they are.

Other tips for both women and men are:

- When choosing a birth control method, ask yourself the following:
 - ✓ Will it protect me against STDs?
 - ✓ How easy or hard is it to use?
 - ✓ How effective is it?
 - ✓ Can I afford it?
- Use a condom every time you have sex.
- To get better protection, you can use two forms of birth control. For example, you could take the pill along with using a condom.
- Talk to your partner about using a condom every time you have sex.

Vocabulary & Definitions

- STD:** These letters stand for **Sexually Transmitted Diseases**. This refers to a number of infectious diseases that you can get any time you have unprotected sex with a person who already has an STD. Examples of some STDs are: chlamydia, gonorrhea, herpes, and HIV/AIDS, etc.
- Abstinence:** This means not having any kind of sex. Using this method can prevent pregnancy and STDs.
- Penis:** This is a man's sexual and reproductive organ. It is in the form of a tube and carries urine and semen out of the body.
- Vagina:** This is a woman's sexual and reproductive organ. The vagina is like a canal that stretches to let the penis enter during sex.
- Spermicide:** A spermicide is a chemical product. It either kills the sperm or stops sperm from moving so that it cannot enter the vagina. Spermicides are placed in the vagina before having sex.
- Birth Control Pills:** These pills have hormones that prevent women from releasing an egg every month (ovulation), so that pregnancy will not happen.
- The Shot:** This is a shot women can get every three months to prevent pregnancy. Like the pill, it contains hormones that prevent the body from releasing an egg every month.



The Basics of Birth Control Methods Practice Worksheet

Name: _____

Date: _____

➤ **Let's Read!**

María is a teenager. She is very concerned about her relationship with her boyfriend, José. They have been dating for three months, and José wants to have sex with her. She refuses to do it because José does not want to use a condom. José tells María that he does not like condoms, because he cannot feel anything during sex with one on. He tells her that she has nothing to worry about; she can trust him. María is very confused and scared, and does not know what to do. She knows that in the past, José has had sex with other girls. She does not want anything bad to happen to her.

1. What can happen to María if she decides to have sex with José without protection?

2. What do you think María should do?

➤ **What do you think Pedro should do?**

Read the following story.

Pedro is 15 years old and thinks he is ready to have sex. He would like to know what he should do to protect himself. You are a health educator at the Migrant Health Center. What can you tell Pedro to think about when choosing the right birth control method?

3. Write your ideas in the space below:

➤ **Now, listen up!**

Listen carefully to your teacher's instructions.

Questions	Answers		
1	Yes <input type="radio"/>	No <input type="radio"/>	
2	Birth Control Pills <input type="radio"/>	Condoms <input type="radio"/>	Spermicides <input type="radio"/>
3	Birth Control Pills <input type="radio"/>	Spermicides <input type="radio"/>	Condoms <input type="radio"/>
4	Condoms <input type="radio"/>	Birth Control Pills <input type="radio"/>	The Shot <input type="radio"/>
5	By combining two birth control methods <input type="radio"/>		By not having sex <input type="radio"/>

Lesson Plan

The Basics of Birth Control Methods

Materials needed	Handouts	Estimated time
<ul style="list-style-type: none"> • Dry erase board and dry erase markers • Pencils 	<ul style="list-style-type: none"> • “The Basics of Birth Control Methods” Lesson • “Listening Activity” Handout • Skills Practice Worksheet • Pre-post workshop survey 	<ul style="list-style-type: none"> • 1 Hour

NOTE TO INSTRUCTOR: To accommodate the literacy levels and educational experiences of the participants, oral and/or group activities may be substituted for reading, writing, skills practice, and survey activities.

Elements	Activities	Notes
Preparation	<ul style="list-style-type: none"> • Introduce the topic Time: 5 minutes • Conduct the Pre-Test Time: 5 minutes • Introduce the new vocabulary Time: 5 minutes 	<ol style="list-style-type: none"> 1. Have you heard about birth control methods? What have you heard? 2. What are the things you think about when choosing a birth control method? <ul style="list-style-type: none"> • Distribute Pre-Test, and ask students to turn it in when it is complete. • Write the vocabulary words on the board, and ask the students to read them aloud. Ask the students if they know what they mean. Provide students with the definitions. Use “The Basics of Birth Control Methods” Lesson.
Instructions	<ul style="list-style-type: none"> • Read the lesson on “The Basics of Birth Control Methods” Time: 10 minutes • Identify the vocabulary words in the lesson Time: 5 minutes • Distribute and review the <i>skills practice worksheet</i> with the students, and ask them to complete it Time: 25 minutes 	<ul style="list-style-type: none"> • Instructor leads guided reading of topic. • Students identify the vocabulary words by circling them in the lesson. • Activity 1: Students have 10 minutes to complete this activity. • Activity 2: Place students in groups of two. Ask students to read the given situation (5 minutes). After they have finished, provide them with 5 more minutes to come up with advice for Pedro. Advise students to consider Pedro’s financial and personal situation before they choose the proper birth control method. Randomly choose some students to share their ideas. • Activity 3: Students have 5 minutes to answer this activity.
Concept Check	<ul style="list-style-type: none"> • Conduct Post Test Time: 5 minutes 	<ul style="list-style-type: none"> • Students complete Post Test.

Listening Activity
The Basics of Birth Control Methods

Listening Activity
Now, listen up!

Purpose: To practice listening comprehension

Time: 5 minutes

1. Tell your students that in this activity they will practice their listening comprehension skills.
2. Let them know that you are going to ask them five questions twice. They can use the Health Lesson to get the correct answer if they need it.
3. Let them know that after you finish reading the question for the second time, you will give them time to respond.
4. Let them know that some questions may have more than one correct answer.
5. At the end, check the students' answers to make sure they are correct. If some students do not have the right answer, invite other students to participate in the discussion until the information is clear.

Now, listen up!

1. Can a woman prevent a pregnancy if she takes a bath after having sex?
2. What is the birth control method that can protect you from most STDs?
3. What birth control methods can you buy without a prescription?
4. Which birth control method is most affordable?
5. What can you do to better protect yourself against pregnancy and STDs?

Questions	Answers		
1	Yes <input type="radio"/>	No <input checked="" type="radio"/>	
2	Birth Control Pills <input type="radio"/>	Condoms <input checked="" type="radio"/>	Spermicides <input type="radio"/>
3	Birth Control Pills <input type="radio"/>	Spermicides <input checked="" type="radio"/>	Condoms <input checked="" type="radio"/>
4	Condoms <input checked="" type="radio"/>	Birth Control Pills <input type="radio"/>	The Shot <input type="radio"/>
5	By combining two birth control methods <input checked="" type="radio"/>		By not having sex <input checked="" type="radio"/>



Circle the correct answer.

1. Can a woman get pregnant even if it is the first time she has had sex?

Yes

No

2. There are several ways not to get pregnant. Which of the following will stop a woman from getting pregnant?

a. condoms

b. abstinence

c. birth control pills

d. all of the above

3. Where can you buy condoms and spermicide?

grocery stores

at the post office

4. *Abstinence* is the best way to prevent pregnancy and STDs.

True

False

5. Can using a condom every time you have sex protect you from STDs?

Yes

No

Total Correct: _____

What are some things you need to think about when picking a birth control method? (not scored) _____