

oregon **contraceptive** care

Birth Control Presentation Facilitator Guide

Time: 25 – 30 minutes

Purpose:

- Familiarize audience with available methods of birth control and their effectiveness.

Materials needed:

- PowerPoint presentation titled: "Birth Control Presentation 2014" and "CCare Overview Presentation 2014" if you want to provide information about where to get birth control in Oregon.
- Print sheets from "Birth Control Cards" PDF
- Computer and projector
- Screen
- Information about local clinic services or CCare pocket guides

Preparation:

- Review "Contraceptive Methods Overview" document to familiarize yourself with the available methods just in case some questions are asked that are not covered in the presentation. Remember to refer any questions you cannot answer to the local CCare provider or clinician (if you are not that person). Do not be shy to say you don't know all of the answers.
- Look at the Clinic Directory on the website and be prepared to direct participants to that page for clinics near them (ccare.oregon.gov).
- For more in-depth information about the birth control methods go to the CCare website birth control information page (<http://public.health.oregon.gov/HealthyPeopleFamilies/ReproductiveSexualHealth/OregonContraceptiveCare/Pages/tellmemore.aspx>)
- If you are not a CCare provider, contact your local CCare provider for local clinic information and CCare pocket guides to pass out.

Presentation:

What you see	What you say
Slide 1: Introduction	[Introduce yourself to the audience] Today we are going to talk about the variety of birth control methods and how effective they are.
Slide 2: Ideal Birth Control is . . .	Many people describe their ideal birth control as being one or more of these things listed. How would you describe your ideal method?

What you see	What you say
Slide 3: Birth Control	<ul style="list-style-type: none"> • Birth control methods prevent pregnancy • There are many different methods available • Some methods may work better than others at preventing pregnancy
Slide 4: How Effective?	<ul style="list-style-type: none"> • You may be wondering how effective each method is at preventing pregnancy. • We're going to play a quick game to test your knowledge about birth control! • I'm going to hand each of you a card with a birth control method on it. • Your job is to line up in order, from what you think is the least effective to most effective method. • We'll go over how you did at the very end. • Effectiveness percentages mentioned in this slideshow are based on "typical use" in the first year of use. • You may have also heard of "perfect use" effectiveness, which is how the method would work if used perfectly with no human error.
<i>Slide 5 – 20: Birth Control Activity</i>	<i>[NOTE: See notes on Playing the Game on last page]</i>
Slide 5: Spermicide	<ul style="list-style-type: none"> • Spermicide is typically only 72% effective, however it is often used with other methods such as condoms or diaphragms and this increases the effectiveness for pregnancy prevention. • Spermicide contains chemicals that "kills sperm."
Slide 6: Emergency Contraception Pills	<ul style="list-style-type: none"> • 75-89% effective, but varies depending on a woman's weight and the time it is taken. • It is more effective the sooner it is taken after unprotected sex, but you can take it up to 5 days after. • EC, or the "Morning After" pill, is a plan-b for when you have unprotected sex. Whether your condom breaks or you're in the heat of the moment and forget to use your birth control method of choice, EC has got your back! • There are several types of EC, including the IUD. Ask your health care provider which kind of EC will work best for you. • Oregon law requires all hospital emergency rooms to provide information about EC to victims of sexual assault and offer free EC on site.

What you see	What you say
<p>Slide 7: Fertility Awareness Methods</p>	<ul style="list-style-type: none"> • 76% effective. • Fertility awareness methods are popular for people who are trying to get pregnant by charting their fertility. As a birth control method however, it is less effective. • Everyone's cycle is different and could be irregular - also, sperm can live up to 5 days inside a woman so even if you have sex during a non-fertile period, those little guys can still be hanging around when the window opens and do their job. • There are several different methods. The image shown is CycleBeads, to help women with cycles between 26-32 days long.
<p>Slide 8: Withdrawal</p>	<ul style="list-style-type: none"> • 78% effective. • While many think that if a guy doesn't ejaculate directly inside a woman's vagina, she won't get pregnant, but this method is only 78% effective. Withdrawal is 96% effective if done correctly each time. With that being said, in the heat of the moment, pulling out may be like stopping a train in its tracks. VERY DIFFICULT. • You may have heard that pre-ejaculate carries viable sperm. While some studies have shown that some men's pre-ejaculate does indeed contain some sperm, the amounts are inconsistent and very, very small, making the risk of pregnancy little to none. With the withdrawal method – it's all about the timing.
<p>Slide 9: Female Condom</p>	<ul style="list-style-type: none"> • 79% effective. • Polyurethane is less likely to cause allergic reactions like latex condoms. • Inserted into the vagina and can be inserted up to 8 hours in advance. • For couples where the male does not wear a condom, the female condom is the only other method out there that will protect against both pregnancy and sexually transmitted infections.

What you see	What you say
Slide 10: Male Condom	<ul style="list-style-type: none"> • 82% effective. • There are all sorts of condoms out there: different colors, sizes, shapes etc. Although, one word of caution is don't use the flavored ones for intercourse. There is a chance of infection because of the sugars! • Latex –free condoms exist for those who are sensitive.
Slide 11: Diaphragm	<ul style="list-style-type: none"> • 88% effective. • The diaphragm is a small cup that is fitted to be placed around a woman's cervix. It should be placed a few hours before sex, with spermicide, and left in after sex for eight hours to make sure the spermicide does its job.
Slide 12: The Patch	<ul style="list-style-type: none"> • 91% effective. • This small patch is the size of a matchbook and is placed on the skin and lasts for a week. • It's also pretty adhesive so it won't fall off, even in the shower.
Slide 13: The Pill	<ul style="list-style-type: none"> • 91% effective. • Hormonal method of birth control. It is important to take the pill everyday, at the same time for it to work best. • If you miss a pill, take the missed pill as soon as you remember and resume your regularly scheduled program.
Slide 14: Vaginal Ring	<ul style="list-style-type: none"> • 91% effective. • This small ring is placed into the vagina for three weeks. • It is barely noticeable, if at all, by the female or male.
Slide 15: Depo-Provera® “The Shot”	<ul style="list-style-type: none"> • 94% effective. • The Depo-Provera shot is good for 3 months at a time.

What you see	What you say
Slide 16: IUD (ParaGard®)	<ul style="list-style-type: none"> • Over 99% effective. • ParaGard®, also known as the Copper IUD, lasts the longest of long-term methods. It lasts up to 10 years. • It contains no hormones, but may worsen bleeding and cramping associated with menstruation.
Slide 17: IUS (Mirena®)	<ul style="list-style-type: none"> • Over 99% effective. • The Mirena® releases a small amount of hormone progestin in the uterus. • It lasts up to 5 years and may give you lighter periods.
Slide 18: IUS (Skyla®)	<ul style="list-style-type: none"> • Over 99% effective. • Skyla® is the smallest IUS available and for women who have not had a child. • It releases a small amount of the hormone progestin. • It lasts up to 3 years.
Slide 19: Implant (Nexplanon®)	<ul style="list-style-type: none"> • 99.9% effective. • A small flexible rod, that releases a small amount of progestin hormone, is placed under the skin of the upper, inner arm. • It lasts up to 3 years.
Slide 20: Vasectomy	<ul style="list-style-type: none"> • 99.9% effective. • Simple surgery in which the tubes that carry sperm to the penis are cut and sealed. • Permanent method for men who are sure they do not want to have any children ever, or men who do not want to have any more children.
Slide 21: Which one is right for you?	<ul style="list-style-type: none"> • With so many different birth control methods, which one are you thinking is right for you?

What you see	What you say
<p>Slide 22: Resource - CCare</p>	<ul style="list-style-type: none"> • For more information about birth control you can contact your local clinic, or • Go to the CCare website www.ccare.oregon.gov for more information, including: <ul style="list-style-type: none"> • the clinic directory; • information about all of the birth control methods; • answers to reproductive health questions by health experts; • opportunities to test your knowledge, and • many other helpful links.
<p>Slide 23: Resource - Cover Oregon</p>	<ul style="list-style-type: none"> • Cover Oregon is the online marketplace where Oregonians can compare and enroll in health insurance that fits their needs and budget. • Many Oregonians, including those who are working, can also access financial help. • For more information about getting full health insurance coverage and Cover Oregon go to: www.coveroregon.com or call 1-855-268-3767.

Playing the Game

Hand out the birth control cards located in the “Birth Control Cards” folder to members of your audience. Have them look over their card and line up according to method effectiveness based on "typical use" from least to most effective. Take about 5 minutes for the group to line up in order.

After the group has lined up, use slides 4-18 to check answers. These slides contain the same methods as on the cards, in order of effectiveness.

The order can vary when the methods have the same effectiveness percentage (e.g., patch, pill, ring).

Here is the information in a chart:

Birth Control Method	Typical Use Effectiveness
Spermicide	72%
Emergency contraception	75 - 89%
Rhythm method	76%
Withdrawal	78%
Female condom	79%
Male condom	82%
Diaphragm	88%
The Patch	91%
The Pill	91%
The Ring	91%
The Shot	94%
IUD (ParaGard®)	99.9%
IUS (Skyla®)	99.9%
IUS (Mirena®)	99.9%
Implant	99.9%
Vasectomy	99.9%

Source: Cardea Services, 2012