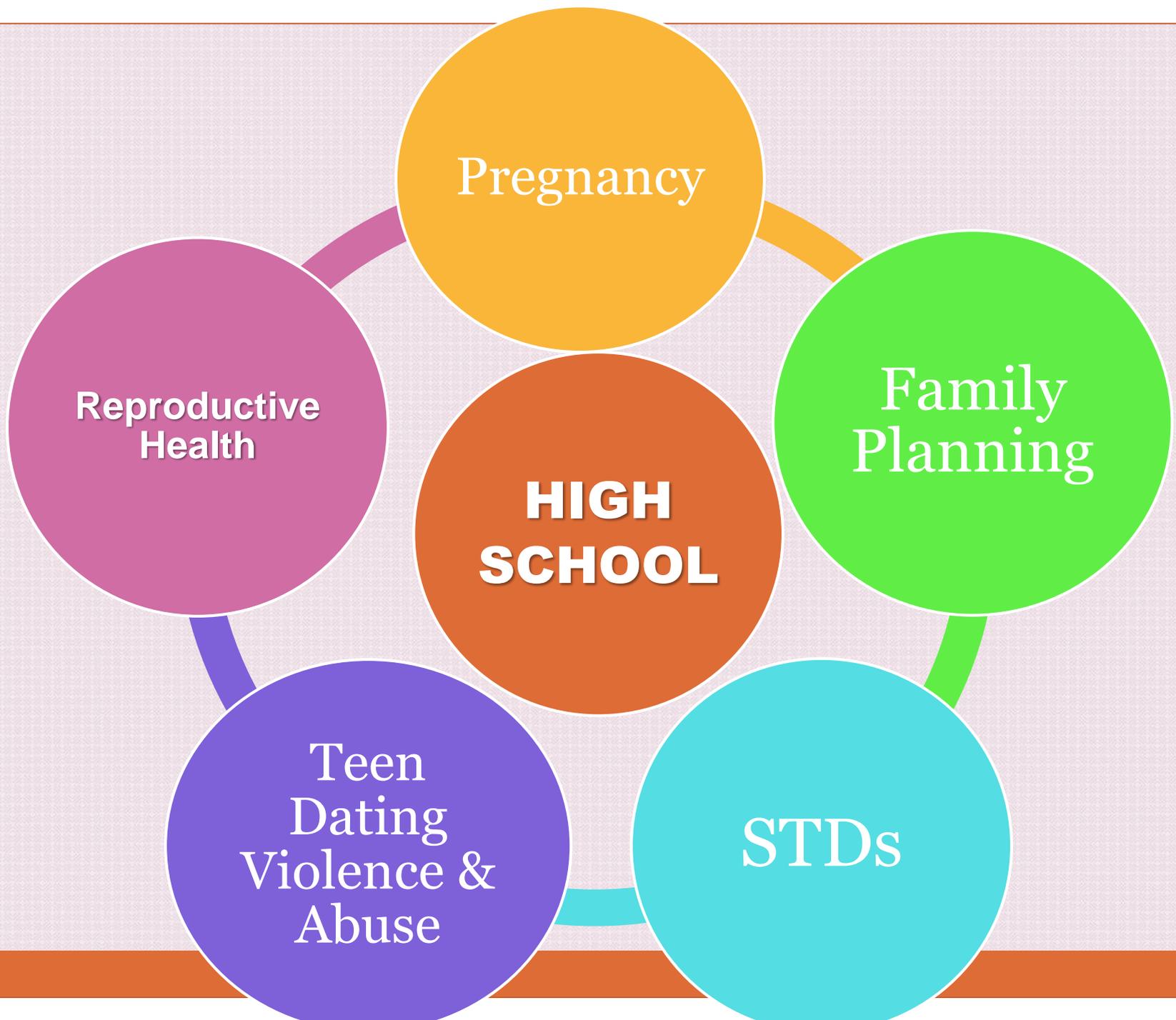


HIGH SCHOOL

FAMILY PLANNING

The mission of Polk County Public Schools is to provide high quality education for all students.



ESSENTIAL QUESTIONS:

1. Which family planning methods are Most effective and least effective?
2. What are some of the factors that influence failure rates for various contraceptive methods?

Who can you talk with about
family planning?



PARENT
MEDICAL PROVIDER
PHARMACIST

FAMILY PLANNING VOCABULARY

Abstinence - the voluntary refraining from an activity; usually used to describe avoidance of sexual activity; the deliberate avoidance of a given activity; usually associated with self-restraint from hunger, pleasure or craving

Birth control - control or limitation of the number of children born, especially by preventing or lessening the frequency of pregnancy (as by the use of contraceptives or by avoiding sexual contact)

Contraception - the control of fertility to prevent conception/fertilization by keeping sperm and ovum apart or the prevention of conception or pregnancy by voluntary and artificial means

Fertile - able to reproduce (to bear children)

Over-the-counter - refers to medications that can be purchased without a prescription



Have you thought about how many children you might want in the future?

What are some reasons why a married couple might choose to delay having children?

What do you think is the most effective method of family planning?

Questions to ask your Health Care Provider.

- ✓ How does this work?
- ✓ How do I use it?
- ✓ How well does this method work?
- ✓ What are the most common side effects?
- ✓ How much does it cost?
- ✓ Where can I obtain it?
- ✓ If I decide to discontinue this method of family planning is there anything I should know?



THINGS TO CONSIDER

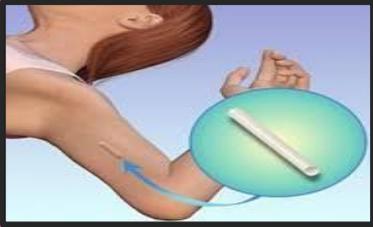
Birth Control Methods
Ranked from Most Effective
to Least Effective

#1

ABSTINENCE

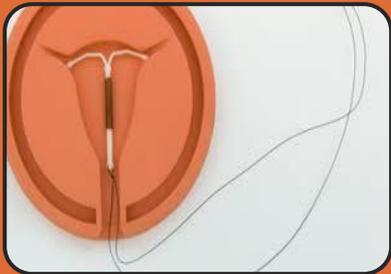
Abstinence
100%
Effective

Sources: [cdc.gov/reproductivehealth/contraception](https://www.cdc.gov/reproductivehealth/contraception/); [fda.gov/birthcontrol](https://www.fda.gov/birthcontrol/)



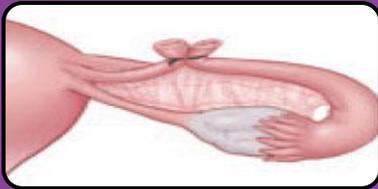
Implant:

Perfect Use: >99%/Typical Use: >99%



Intrauterine Device (IUD):

Perfect Use: >99%/Typical Use: >99%



Tubal Ligation: Sterilization for Women

Perfect Use: >99%/Typical Use: >99%



Vasectomy: Sterilization for men

Perfect Use: >99%/Typical Use: >99%



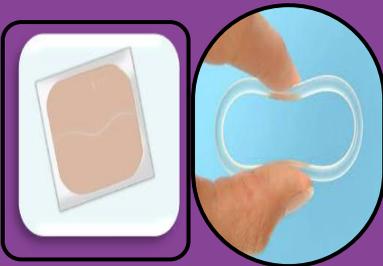
Shot/Injection: Birth Control Injections/Depo-shots

Perfect Use: >99%/Typical Use: 94%



Oral Contraceptives: Birth Control Pills

Perfect Use: >99%/Typical Use: 91%



Patch/Vaginal Ring

Perfect Use: >99%/Typical Use: 91%



Diaphragm with Spermicide

Perfect Use: >94%/Typical Use: 88%



Sponge (Cervical) with Spermicide
Perfect Use: 80-99%/Typical Use: 76-88%



Male Condom
Perfect Use: 80-99%
Typical Use: 76-88%

Latex condoms reduce the risk of transmitting STIs by providing a barrier against the source of the infection. However, they do not completely eliminate the risk of pregnancy and STIs.



Female (Internal) Condom
Perfect Use: 95%/Typical Use: 79%



Spermicide: Contraceptive Gel, etc.
Perfect Use: 82%/Typical Use: 72%



Cervical Cap with Spermicide
Perfect Use: 74%/Typical Use: 60%

Other methods=Natural Methods

Fertility Awareness-Based Methods And Other Forms

Fertility Awareness/Rhythm Method

Typical use effectiveness could vary from 77%-98%

Effectiveness varies: Failure rates are 2-23%

Withdrawal

Effectiveness is estimated at about 74-78%

High Failure Rate

What is Emergency Contraception?

- Can prevent pregnancy if regular contraception is not used or fails. Can also be used in the case of sexual assault.
- Should be used as soon as possible, or within 5 days after unprotected sex. (72-120 hours after)
- Is not to be used as a regular form of birth control.
- Does not provide protection against STDs.
- Is available over the counter, or from a health care provider.
- Associated with cost and side effects

Why do contraceptives fail?

- Using the method incorrectly
 - Don't understand how
 - Don't read instructions
 - Don't take on correct schedule
 - Forget to take
- Not used consistently (every time)
- Lack of cooperation from partner
- Interaction with other medications
- Lack of money to purchase
- Stop taking



100% EFFECTIVE!

FREE!

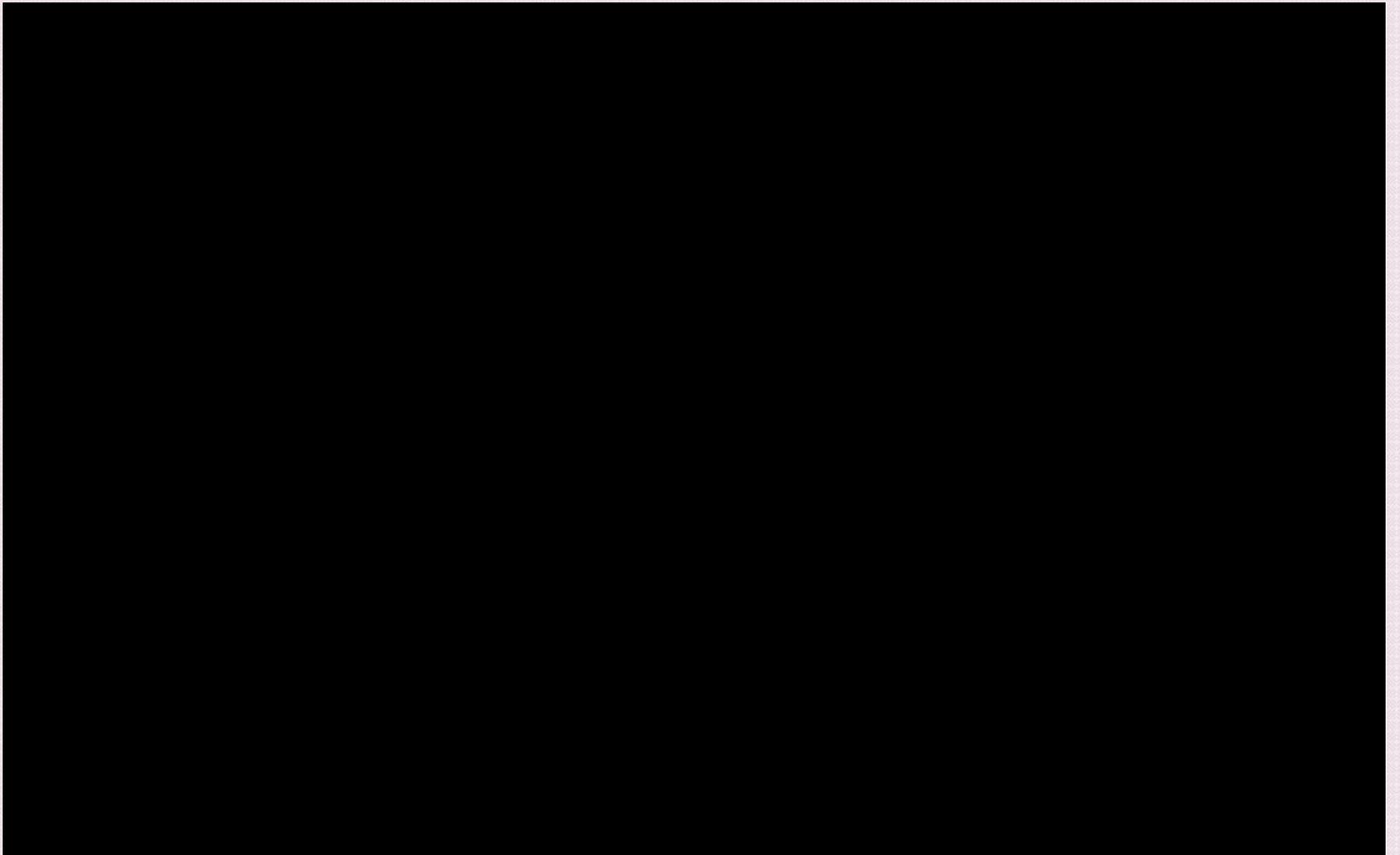
ABSTINENCE

PREVENTS STDs!

**BEST CHOICE FOR
TEENS!**

ESSENTIAL QUESTIONS:

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<https://youtu.be/Zx8zbTMTncs>