Tutorial Purpose

This tutorial will show youth-supporting professionals how to use Activate’s “Helping Young People Choose the Birth Control Method Right for Them” resource.
Birth Control Methods Guide

• Instructions for using the guide
• Background information
• Reflective questions
• Conversation starters
• Birth Control Methods Matrix

Background: Birth Control Methods and Birth Control Method Choice
• Information about each birth control method listed in the Birth Control Methods Matrix
• Glossary of key terms
Resource Development

- Identified a need for a resource on birth control methods
- Reviewed the literature on factors that influence birth control choices
- Sought input from youth-supporting professionals and young people
- Had the resource reviewed by medical and public health experts

Background: Birth Control Methods and Birth Control Method Choice
## Tutorial Modules

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<tr>
<th>Module 1:</th>
<th>Using the Reflective Questions in the Birth Control Methods Guide</th>
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<td>Module 2:</td>
<td>Using the Conversation Starters in the Birth Control Methods Guide</td>
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<td>Module 3:</td>
<td>Using the Birth Control Methods Matrix in the Birth Control Methods Guide</td>
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<td>Module 4:</td>
<td>Using the Birth Control Methods Information Booklet</td>
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**Background:** Birth Control Methods and Birth Control Method Choice
Learning Objectives

After completing this module, you will know about:

• Factors that influence young people’s choices about birth control.

• Different categories of birth control methods.

• Different birth control methods within each category.
Research on Choosing a Birth Control Method

Background: Birth Control Methods and Birth Control Method Choice
Choosing a birth control method is an extremely personal decision

• No one method is right for everyone.

• Young people need medically accurate information about the full range of birth control options.
What factors influence young people’s birth control choices?

Young people prioritize these factors differently.

- Method Attributes: Side effects, effectiveness, cost, effort, & user control
- Peer and Social Influences: Factual and experiential information from peers, family members, & health care providers
- Contextual Factors: Reproductive history, relationship characteristics, previous contraception experiences, & attitudes toward pregnancy

Background: Birth Control Methods and Birth Control Method Choice
What are the limitations of the research on birth control method choice?

**Research primarily focused on cisgender women**
- Cisgender men have largely been excluded, although some studies have examined the role that partners play in contraceptive decision making.

**Limited research involving LGBTQ+ young people**
- Many researchers assume incorrectly that LGBTQ+ individuals are not at risk for pregnancy.

**Limited research involving Activate’s populations**
- Few studies look at factors important to Activate’s populations.
- Challenges include small and nonrepresentative samples of youth who have experienced the child welfare or justice systems, homelessness, or disconnection from work and school.

*Background: Birth Control Methods and Birth Control Method Choice*

*Cisgender woman*: Identifying as a woman and assigned female at birth
*Cisgender man*: Identifying as a man and assigned male at birth
*Non-binary*: Identifying as neither a woman or a man
Several factors influence the birth control choices made by Activate’s populations:

- Experiences of family and friends
- Responses of partners
- Ease of maintenance
- Side effects
- Insurance coverage
- Pregnancy attitudes

Background: Birth Control Methods and Birth Control Method Choice
What are the different categories of birth control young people can choose from?
### Birth Control Categories

<table>
<thead>
<tr>
<th>Category</th>
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<tbody>
<tr>
<td>Long-term reversible</td>
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<tr>
<td>Short-term hormonal</td>
</tr>
<tr>
<td>Short-term barrier</td>
</tr>
<tr>
<td>Short-term behavioral</td>
</tr>
<tr>
<td>Permanent</td>
</tr>
</tbody>
</table>

**Knowing about the full range of birth control options available to young people is important for youth-supporting professionals.**

Background: Birth Control Methods and Birth Control Method Choice
Long-Term Reversible Birth Control Methods

- Most effective methods of birth control
- Can be removed at any time
- Invisible to a partner or others
- Last for several years
- Inserted or injected into the user’s body by a healthcare provider

Background: Birth Control Methods and Birth Control Method Choice
Examples of Long-Term Reversible Birth Control Methods

- Levonorgestrel intrauterine system (LNG IUD)
- Copper T intrauterine device (IUD)
- Implant

Background: Birth Control Methods and Birth Control Method Choice
Short-Term Hormonal Birth Control Methods

- Use hormones to prevent pregnancy
- Not quite as effective as long-term reversible methods
- Dispensed by a healthcare provider or pharmacist
- Require the user to routinely take an action (i.e., take a pill or insert a device)

Background: Birth Control Methods and Birth Control Method Choice
Examples of Short-Term Hormonal Birth Control Methods

- Contraceptive ring
- Transdermal contraceptive patch
- Oral contraceptives ("the pill")
- Injection or "shot"
- Emergency contraceptive pill

Background: Birth Control Methods and Birth Control Method Choice
Short-Term Barrier Birth Control Methods

- Block sperm from fertilizing an egg
- Hormone-free
- Must remember to use before/during each instance of intercourse
- May require appointments for device fitting
- Condoms also prevent STIs
- Lower efficacy than hormonal and long-term reversible methods

Background: Birth Control Methods and Birth Control Method Choice
Examples of Short-Term Barrier Birth Control Methods

- Diaphragm
- Cervical Cap
- Sponge
- Spermicide/contraceptive gel
- Internal (female) condom
- External (male) condom

Background: Birth Control Methods and Birth Control Method Choice
Short-Term Behavioral Birth Control Methods

- User alters behavior to prevent pregnancy
- Zero cost
- Largest gaps in failure rates between perfect and typical use
- Do not require a visit to a healthcare provider or pharmacy

Background: Birth Control Methods and Birth Control Method Choice
Examples of Short-Term Behavioral Birth Control Methods

- Fertility-based awareness
- Withdrawal
Permanent Birth Control Methods

- Require a surgical procedure
- Highly effective at preventing pregnancy
- Non-reversible

Background: Birth Control Methods and Birth Control Method Choice
Examples of Permanent Birth Control Methods

- Tubal ligation or “tying tubes”
- Vasectomy

Background: Birth Control Methods and Birth Control Method Choice
## Five Categories of Birth Control Methods

<table>
<thead>
<tr>
<th>Category</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td><strong>Long-term reversible</strong></td>
<td>• Most effective reversible birth control method</td>
</tr>
<tr>
<td></td>
<td>• Last for several years</td>
</tr>
<tr>
<td></td>
<td>• Removable at any time</td>
</tr>
<tr>
<td><strong>Short-term hormonal</strong></td>
<td>• Use hormones to prevent pregnancy</td>
</tr>
<tr>
<td></td>
<td>• Effective but not as effective as long-term reversible methods</td>
</tr>
<tr>
<td><strong>Short-term barrier</strong></td>
<td>• Prevent pregnancy by blocking sperm from passing through the cervix</td>
</tr>
<tr>
<td></td>
<td>• Less effective than long-term reversible or hormonal methods</td>
</tr>
<tr>
<td><strong>Short-term behavioral</strong></td>
<td>• Require users to engage in specific behaviors to prevent pregnancy</td>
</tr>
<tr>
<td></td>
<td>• Less effective than long-term reversible or hormonal methods</td>
</tr>
<tr>
<td><strong>Permanent</strong></td>
<td>• Permanently prevent pregnancy</td>
</tr>
<tr>
<td></td>
<td>• Highly effective</td>
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</tbody>
</table>
Key Takeaways

• Birth control choices can be influenced by method attributes, peers and social influences, and contextual factors.

• There’s limited research on birth control choice among young people who are not cisgender women.

• There are major categories of birth control methods, ranging from short-term to permanent.
Background: Birth Control Methods and Birth Control Method Choice
Citations (continued)


Background: Birth Control Methods and Birth Control Method Choice
For more information, contact Activate at activatecenter@childtrends.org

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Background: Birth Control Methods and Birth Control Method Choice