Helping Young People Choose the Birth Control Method Right for Them

Resource Tutorial
Module 1: Using the Reflective Questions in the Birth Control Methods Guide
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

Module 1: Using the Reflective Questions in the Birth Control Methods Guide
• Information about each birth control method listed in the Birth Control Methods Matrix

• Glossary of key terms
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
## Tutorial Modules

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

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Module 1: Using the Reflective Questions in the Birth Control Methods Guide
Learning Objectives

After completing this module, you will know how to:

• Assess your readiness to talk with young people about choosing a birth control method.

• Prepare for a conversation about birth control methods with a young person.
## Seven Tips for Youth-Supporting Professionals

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<th>Tip</th>
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<td>1. Be comprehensive and clear in discussions about sexual and reproductive health.</td>
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<td>2. Explain confidentiality and reporting requirements.</td>
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<td>3. Use inclusive, gender-neutral language.</td>
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<td>4. Customize interactions with youth based on context and individual needs.</td>
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<td>5. Honor and respect youth requests and decision making.</td>
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<td>6. Use positive mannerisms and body language.</td>
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<td>7. Build safe physical and emotional environments (in-person and virtually).</td>
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Module 1: Using the Reflective Questions in the Birth Control Methods Guide
Using the Reflective Questions

Module 1: Using the Reflective Questions in the Birth Control Methods Guide
Example for Using the Reflective Questions

• Marina works at a transitional housing program for youth.

• Julia, a 17-year-old resident who is gender-fluid*, confided in Maria that they are interested in using birth control but don’t know what their options are.

• Marina does not feel prepared to talk with Julia about their birth control options.

How might Marina use the Birth Control Methods Guide in this situation?

*Gender-fluid describes someone whose gender identify is not fixed. A gender-fluid person might identify as a man one day and as a woman the next.
What can Marina do?

Use the reflective questions on page 4 of the Guide to prepare for this conversation.

Before Starting a Conversation with Young People about Choosing Birth Control

We recommend reflecting on the following five questions before starting a conversation about birth control with a young person:

1. Is your location one in which the young person will feel safe and you can have a private conversation?
2. Will you feel comfortable having a conversation about choosing a birth control method with this young person?
3. Are you prepared to listen to the young person and avoid being judgmental?
4. Have you built enough rapport with the young person to ask sensitive questions?
5. Do you believe you are the best person to have this conversation with the young person?
What can Marina do?

Use the reflective questions on page 4 of the Guide to prepare for this conversation.

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4. Have you built enough rapport with the young person to ask sensitive questions?
5. Do you believe you are the best person to have this conversation with the young person?
What can Marina do?

Review Activate’s *Seven Tips for Youth-Supporting Professionals for Talking with Youth about Sexual and Reproductive Health*
What can Marina do?

Review Activate’s *Using Trauma-Responsive, LGBTQ+ Affirming Care to Connect Young People to Sexual and Reproductive Health Services*

Module 1: Using the Reflective Questions in the Birth Control Methods Guide
What can Marina do?

Review Activate’s **Key Concepts to Guide Professionals Working with LGBTQ+ Youth**

**Module 1: Using the Reflective Questions in the Birth Control Methods Guide**

This document briefly reviews gender and sexual identities and provides foundational knowledge and key terms specific to working with LGBTQ+ youth. We recommend that youth-supporting professionals review this information before reading the resource titled “Using Trauma-Responsive, LGBTQ+ Affirming Care to Connect Young People to Sexual and Reproductive Health Services.” This product is not meant to be all-encompassing—there are many ways that people in the LGBTQ+ community, across cultures, relate to and understand gender and sexual identities. There is also a glossary along with additional resources and citations for more information.

**LGBTQ+ affirming care** is an approach to care that is respectful, supportive, empowering, and informed by the unique needs and experiences of individuals who identify as LGBTQ+; a population that encompasses multiple expressions of gender and sexuality.

There are many different genders and ways in which people see and relate to their gender. **Gender** begins as an identifier assigned at birth that determines someone’s social and legal status and determines how they are organized and treated in different settings, including but not limited to family, school, and doctors’ offices. People are taught different behaviors and expectations based on their assigned gender very early on in life, which can make it difficult for them to disentangle their gender identity from their assigned gender.7

**Gender identity** is an internal sense of self that helps people situate themselves in a world with varying expectations for each gender. Someone’s gender identity can align with a binary gender (man or woman), be outside the binary (non-binary), shift between different genders (gender fluid), or be something else altogether.22 Gender identity is different from **sexual identity**, which refers to who someone is sexually and/or romantically attracted to.22 Sexual identities may include identities like lesbian, gay, bisexual, pansexual, queer, and asexual. People with different gender expressions may have any sexual identity. You should avoid assuming all young people with whom you engage are straight, engage in particular types of sex, have the same sexual and reproductive health needs, or live their lives the same way.
Key Takeaways

Use the Birth Control Methods Guide to:

• Assess your readiness to talk with young people about choosing a birth control method.

• Become comfortable talking to a young person about birth control.
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