



ACTIVATE

THE CENTER TO BRING ADOLESCENT
SEXUAL & REPRODUCTIVE HEALTH RESEARCH
TO YOUTH-SUPPORTING PROFESSIONALS

*Helping Young People Choose the
Birth Control Method Right for Them*

Resource Tutorial

Module 2: Using the Conversation Starters
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

Helping Young People Choose the Birth Control Method Right for Them: A Guide for Youth-Supporting Professionals

Amanda M. Griffin, Colleen Schlecht, Emma Pliskin, and Amy Dworsky

Introduction

"Helping Young People Choose the Birth Control Method Right for Them: A Guide for Youth Supporting Professionals" (the Guide) is a research-informed resource designed for professionals who work with young people who experience the child welfare or justice systems, homelessness, or disconnection from school and work. It is intended to facilitate a conversation that centers young people's birth control preferences, needs, and priorities. The guidance it offers was informed by research and conversations with young people who have lived expertise and with youth-supporting professionals. By using this resource, youth-supporting professionals can empower all young people, regardless of their gender or sexual identity, to choose the birth control method that is right for them.

The Guide includes three sections that are meant to be used together:

1. Instructions for Using the Guide
2. Background
3. Conversation Starters and Birth Control Methods Matrix

"[A Birth Control Methods Information Booklet](#)" (Information Booklet) provides detailed information about all the birth control methods included in the birth control methods matrix. It also includes a glossary of terms. Professionals can use this resource to learn about birth control methods they are not familiar with and can share the information with young people to empower them to choose the birth control method that is right for them.

Instructions for Using the Guide and the Information Booklet

Familiarize yourself with the questions, statements, and birth control methods matrix in the Conversation Starters and Birth Control Methods Matrix ahead of talking with a young person. For additional guidance, read Activate's "[Seven Tips for Youth-Supporting Professionals for Talking with Youth about Sexual and Reproductive Health](#)."

1. Review the Background section which summarizes the research informing this Guide.
2. Reflect on the questions at the top of page 4 before starting a conversation about birth control with a young person.
3. Record the young person's responses or have the young person record their responses to the five conversation-starter questions at the bottom of page 4.

Activate: The Collective to Bring Adolescent Sexual and Reproductive Health Research to Youth-Supporting Professionals aims to bridge the gap between research and practice in support of the Office of Population Affairs' mission to prevent teen pregnancy and promote adolescent health. Activate translates research into practice by creating research-based resources for use by professionals who support young people who experience the child welfare and/or justice systems, homelessness, and/or disconnection from school and work (i.e., opportunity youth).

Birth Control Methods Information Booklet

- Information about each birth control method listed in the Birth Control Methods Matrix
- Glossary of key terms

Helping Young People to Choose the Birth Control Method Right for Them

Birth Control Methods Information Booklet

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Glossary of Key Terms¹⁶

This glossary of terms may help you understand the information contained in this booklet. It can also be used to explain the information in this booklet to young individuals.

Barrier birth control methods prevent pregnancy by blocking sperm from passing through the cervix. Examples include condoms, diaphragms, foam, sponges, and cervical caps.

Basal body temperature method is a fertility awareness-based birth control method that involves tracking body temperature over time to predict ovulation.

Birth control is any behavior, device, medicine, or procedure used to prevent pregnancy—also known as contraception.

Cisgender refers to a person whose gender identity matches the sex they were assigned at birth.

Cervical mucus monitoring is one fertility awareness-based birth control method that involves tracking changes in the appearance and quantity of cervical mucus.

Cervix is the narrow, lower part of the uterus, with a small opening that connects the uterus to the vagina.

Contraception is any behavior, device, medicine, or procedure used to prevent pregnancy—also known as birth control.

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

Tutorial Modules

Background: Birth Control Methods and Birth Control Method Choice

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

Module 2: Using the Conversation Starters in the Birth Control Methods Guide

Module 3: Using the Birth Control Methods Matrix in the Birth Control Methods Guide

Module 4: Using the Birth Control Methods Information Booklet

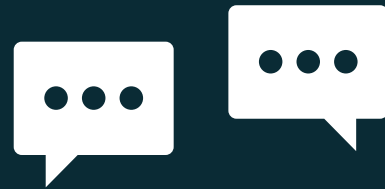
Learning Objectives

After completing this module, you will know how to:

- Start a conversation with young people about choosing a birth control method.



Conversation Starters



Example for Using the Conversation Starters

- Damilola is a case manager at a program for youth who are disconnected from school and work.
- Damilola recently learned that Ty, a 19-year-old young woman with whom she has worked for two years, is sexually active.
- Damilola wants to talk with Ty about birth control methods but doesn't know how to start the conversation.



 **What might Damilola do in this situation?**

What can Damilola do?

- Use the conversation starters on page 4 of the Guide to begin the conversation.
- Ask about Ty's interest in having a child in the future.

Questions to Start Conversations about Choosing Birth Control

You can use these questions to begin a conversation about choosing birth control. Questions 1 and 2 ask young people to describe their interests in having children in the future and their current birth control choices. Questions 3 to 7 ask young people to think about their ability to access birth control.

Some questions may be particularly relevant for young people involved with the child welfare and/or justice systems, experiencing homelessness, and/or disconnected from work and school. The birth control choices of these young people may also be affected by factors not reflected in these questions. For example, because young people experiencing homelessness may not have health insurance or a health care provider, they may choose a method that is inexpensive and available over the counter.²² Likewise, the methods that young people in foster care choose may depend on whether they are living in a foster home, a group care setting, or their own apartment.

1. Do you see yourself having a child (or another child) in the future? If so, when?
2. What, if any, form of birth control are you currently using? Why did you choose that form of birth control?
3. Do you have someone you can count on to help you access birth control?
4. What barriers might make it difficult for you to access birth control?
5. Do you have a health care provider you feel comfortable going to?
6. Do you have transportation to a health care provider?
7. Do you have health insurance?

What can Damilola do?

- Use the conversation starters on page 4 of the Guide to begin the conversation.
- Ask Ty if she has a healthcare provider she feels comfortable going to.

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6. Do you have transportation to a health care provider?
7. Do you have health insurance?

Key Takeaways

Use the Birth Control Methods Guide to:

- To start a conversation with young people about choosing a birth control method.

For more information, contact Activate at

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