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
Birth Control Methods Information Booklet

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

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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

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## Tutorial Modules

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

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

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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.
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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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. 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?
Key Takeaways

Use the Birth Control Methods Guide to:

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