



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 3: Using the Birth Control Methods
Matrix 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:

- Use the Birth Control Methods Matrix to help young people identify a birth control method that is aligned with their needs and preferences.

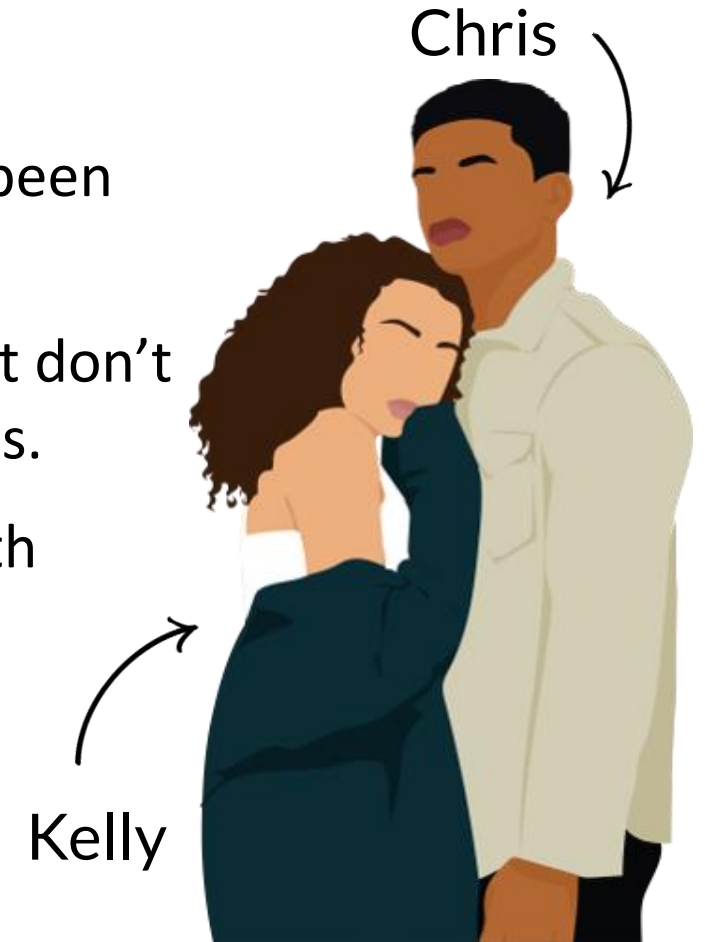


Using the Birth Control Methods Matrix



Example for Using the Birth Control Methods Matrix

- Kelly is an 18-year-old young woman in foster care who has been dating her boyfriend Chris for several months.
- They are sexually active and want to prevent a pregnancy but don't know much about birth control methods other than condoms.
- Kelly decides to ask her case manager Jenae about other birth control options.



How might Jenae respond in this situation?

What can Jenae do?

- Emphasize to Kelly that selecting a birth control method is a personal decision and that others should respect her choice.
- Remind Kelly that she will be supportive regardless of her decision.

Use the statements to identify birth control needs and preferences

	If agree, go to
1. I prefer a method that I can get without going to a health care provider.	<input checked="" type="checkbox"/> Column 1
2. I prefer to have a hormone-free method.	<input type="checkbox"/> Column 2
3. I would not feel comfortable inserting a birth control device inside my body.	<input type="checkbox"/> Column 3
4. I would not feel comfortable having a health care provider insert a birth control device inside my body.	<input type="checkbox"/> Column 4
5. I prefer a method that will be invisible to my partner.	<input type="checkbox"/> Column 5
6. I prefer a method that will last for more than a year.	<input type="checkbox"/> Column 6
7. I prefer a method that I only use or think about when I have sex.	<input type="checkbox"/> Column 7
8. I prefer a method that will permanently prevent pregnancy.	<input type="checkbox"/> Column 8
9. I prefer a method that also protects against STIs/HIV.	<input type="checkbox"/> Column 9
10. I need a method for someone with a penis/without a uterus.	<input type="checkbox"/> Column 10

Use the statements to identify birth control needs and preferences

	If agree, go to
1. I prefer a method that I can get without going to a health care provider.	<input type="checkbox"/> Column 1 <input checked="" type="checkbox"/>
2. I prefer to have a hormone-free method.	<input type="checkbox"/> Column 2 <input checked="" type="checkbox"/>
3. I would not feel comfortable inserting a birth control device inside my body.	<input type="checkbox"/> Column 3
4. I would not feel comfortable having a health care provider insert a birth control device inside my body.	<input type="checkbox"/> Column 4 <input checked="" type="checkbox"/>
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7. I prefer a method that I only use or think about when I have sex.	<input type="checkbox"/> Column 7
8. I prefer a method that will permanently prevent pregnancy.	<input type="checkbox"/> Column 8
9. I prefer a method that also protects against STIs/HIV.	<input type="checkbox"/> Column 9
10. I need a method for someone with a penis/without a uterus.	<input type="checkbox"/> Column 10










































































Use the Birth Control Method Matrix to...

Talk with Kelly about birth control methods listed under each statement she agreed with.

Birth Control Methods	Does NOT require going to a health care provider	Hormone-free	Does NOT require YOU to insert a device inside your body yourself	Does NOT require a health care provider to insert a device inside your body	Invisible to your partner	Lasts for more than one year	Need to think about each time you have sex	Permanently prevents pregnancy	Protects against STIs & HIV	For someone without a uterus
	1	2	3	4	5	6	7	8	9	10
Long-term reversible										
LNG IUD—T										
Copper T IUD										
Implant										
Short-term hormonal										
Injection or "shot"										
Oral contraceptives (combined)										
Oral contraceptives (progestin only)										
Transdermal contraceptive patch										
Contraceptive ring										
Emergency contraceptive pill										
Diaphragm / cervical cap										
Sponge										
Spermicide / contraceptive gel										
Internal ("female") condom										
External ("male") condom										
Short-term behavioral										
Fertility awareness-based methods										
Withdrawal										
Permanent										
Tubal ligation or "tying tubes"										
Vasectomy										

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Sponge										
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Fertility awareness-based methods										
Withdrawal										
Permanent										
Tubal ligation or "tying tubes"										
Vasectomy										

What else can Jenae do?

- Provide Kelly with more information about various methods using the Birth Control Methods Information Booklet.
- Share online resources like Bedsider and Planned Parenthood that provide information on how to access methods locally, along with up-to-date news related to sexual and reproductive health.
- Remind Kelly that choosing a birth control method is a personal decision, but she can share her decision with Chris so he can support her choice.

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

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Key Takeaways

Use the Birth Control Methods Matrix to:

- Help young people identify their needs and preferences in a birth control method.
- Help young people identify birth control methods aligned with those preferences and needs.

For more information, contact Activate at

activatecenter@childtrends.org

The tutorial was developed by the following Activate team members:

Amanda Griffin, Colleen Schlecht, Erin Carreon,
Asari Offiong, & Amy Dworsky

This project is supported by the Office of Population Affairs of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$1,092,000 with 100 percent funded by OPA/OASH/HHS.

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