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 4: Using the Birth Control Methods Information Booklet
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
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 Information Booklet to provide young people with medically accurate information about birth control methods.

• Use the Information Booklet to compare different birth control methods.
Using the Information Booklet
Sam is a 19-year-old young woman living in a homeless shelter for unaccompanied youth.

Sam tells her case manager, Lisa, that her doctor prescribed her birth control pills but that she is afraid to take them because she has heard that they can cause infertility or cancer.

Lisa wants to provide Sam with medically accurate information so Sam can make an informed choice about whether or not to take birth control pills.

How might Lisa use the Birth Control Methods Information Booklet in this situation?
What can Lisa do?

- Recognize that building rapport and a trusting relationship with Sam will help guide the conversation.
- Acknowledge Sam's fears.
- Express concern that some of what Sam has heard about birth control pills might not be medically accurate.
- Use the Information Booklet to provide Sam with medically accurate information about birth control pills, including side effects, risks, and benefits.
- Print out the relevant pages from the Information Booklet for Sam.
# Oral Contraceptive Pill (Combined)

<table>
<thead>
<tr>
<th>What is it?</th>
<th>Pill that combines estrogen and progestin</th>
</tr>
</thead>
<tbody>
<tr>
<td>What type of method is it?</td>
<td>Hormonal</td>
</tr>
<tr>
<td>What brands are available?</td>
<td>Kariva, Reciplsen, Solia, Yasmin, and Yaz</td>
</tr>
<tr>
<td>Who can use it?</td>
<td>Individuals with uteruses</td>
</tr>
<tr>
<td>How is it used?</td>
<td>Taken by mouth at the same time every day</td>
</tr>
<tr>
<td>Can it be reused?</td>
<td>No</td>
</tr>
<tr>
<td>How long does it last?</td>
<td>1 day</td>
</tr>
<tr>
<td>Does it require an appointment with a health care provider?</td>
<td>Yes—Healthcare providers in some states allow telehealth appointments, and in some states, the health care provider can be a pharmacist</td>
</tr>
<tr>
<td>Does this method require a prescription?</td>
<td>Yes—in some states, health care providers will prescribe the combined birth control pill via an app or telehealth appointment</td>
</tr>
<tr>
<td>Does it prevent STIs?</td>
<td>No</td>
</tr>
<tr>
<td>Can you get pregnant in the future if you use this method now?</td>
<td>Yes</td>
</tr>
<tr>
<td>What % of users are likely to get pregnant within the first 12 months with typical use?</td>
<td>7%</td>
</tr>
<tr>
<td>What % of users are likely to get pregnant within the first 12 months with perfect use?</td>
<td>0.3%</td>
</tr>
</tbody>
</table>

What are some of the side effects of using this method? Spotting between periods, nausea, breast tenderness, headaches, or change in sex drive; side effects typically lessen or stop after the first 2 to 3 months

What are the potential benefits of using this method? Lighter and more regular periods; reduced cramps or PMS; less or no acne; prevention of bone thinning, breast or ovary cysts, ectopic pregnancy, endometrial and ovarian cancers, and anemia

What are the less common risks associated with using this method? Rare but serious risks include high blood pressure, blood clots, heart attacks, or strokes

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# Oral Contraceptive Pill (Progestin only)

<table>
<thead>
<tr>
<th>What is it?</th>
<th>Progestin-only pill</th>
</tr>
</thead>
<tbody>
<tr>
<td>What type of method is it?</td>
<td>Hormonal</td>
</tr>
<tr>
<td>What brands are available?</td>
<td>Aygestin, Camila, Errin, Heather, Jencycla, Jolivette, Nora-Be, Ortho-Micronor, Nor-QD, Heather, Jencycla, Norlyroc, Debilirone, Sharobel, Lyza, Norlyda, Tulana, Incassia, Lyfeq (Norethindrone), Orval (Norgestrel), Orval (Norgestrel)</td>
</tr>
<tr>
<td>Who can use it?</td>
<td>Individuals with uteruses</td>
</tr>
<tr>
<td>How is it used?</td>
<td>Taken by mouth at the same time every day</td>
</tr>
<tr>
<td>Can it be reused?</td>
<td>No</td>
</tr>
<tr>
<td>How long does it last?</td>
<td>1 day</td>
</tr>
<tr>
<td>Does it require an appointment with a health care provider?</td>
<td>Yes—Health care providers in some states allow telehealth appointments and, in some states, the health care provider can be a pharmacist</td>
</tr>
<tr>
<td>Does this method require a prescription?</td>
<td>Yes—in some states, health care providers will prescribe the progestin-only birth control pill via an app or telehealth appointment; some states allow pharmacists to prescribe the progestin-only birth control pill or to dispense it to individuals without a prescription</td>
</tr>
<tr>
<td>Does it prevent STIs?</td>
<td>No</td>
</tr>
<tr>
<td>Can you get pregnant in the future if you use this method now?</td>
<td>Yes</td>
</tr>
<tr>
<td>What % of users are likely to get pregnant within the first 12 months with typical use?</td>
<td>7%</td>
</tr>
<tr>
<td>What % of users are likely to get pregnant within the first 12 months with perfect use?</td>
<td>0.3%</td>
</tr>
</tbody>
</table>

What are some side effects of using this method? Irregular bleeding, acne, breast tenderness, headaches, nausea, change in sex drive, and ovarian cysts; side effects typically lessen or stop after the first 2 to 3 months

What are the potential benefits of using this method? Lighter periods

What are the less common risks associated with using this method? None reported
What else can Lisa do?

• Encourage Sam to set up a follow-up appointment with her doctor.

• Use the Birth Control Matrix to help Sam explore other birth control methods that she might want to discuss with her doctor.

• Continue to check in with Sam.
Key Takeaways

Use the Birth Control Methods Information Booklet to:

• Provide young people with medically accurate information about birth control methods.

• Address young people’s questions about birth control methods.

• Compare different birth control methods.
For more information, contact Activate at activatecenter@childtrends.org

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