



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

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:

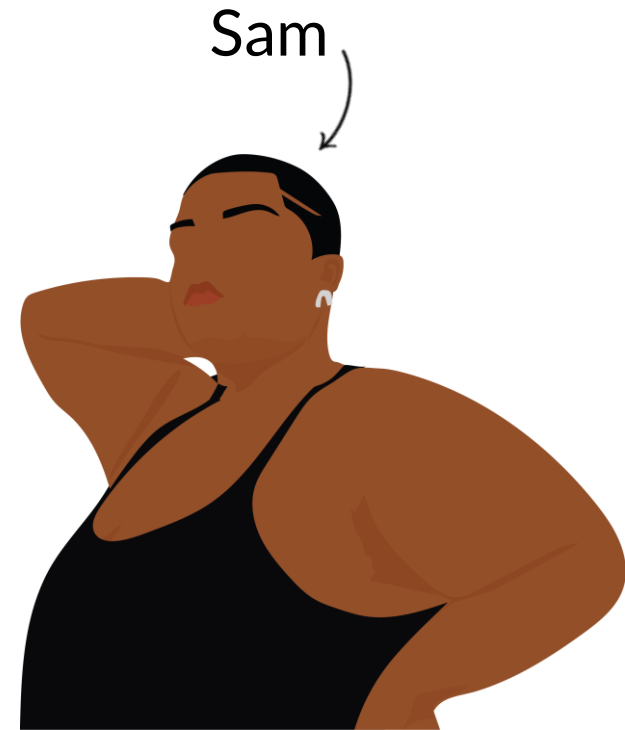
- Use the Information Booklet to provide young people with medically accurate information about birth control methods.
- Use the Information Booklet to compare different birth control methods.

Using the Information Booklet



Example for Using the Birth Control 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)

What is it?	Pill that combines estrogen and progestin
What type of method is it?	Hormonal
What brands are available?	Kariva, Reclipsen, Solia, Yasmin, and Yaz
Who can use it?	Individuals with uteruses
How is it used?	Taken by mouth at the same time every day
Can it be reused?	No
How long does it last?	1 day
Does it require an appointment with a health care provider?	Yes—Healthcare providers in some states allow telehealth appointments, and in some states, the health care provider can be a pharmacist
Does this method require a prescription?	Yes—In some states, health care providers will prescribe the combined birth control pill via an app or telehealth appointment Some states allow pharmacists to prescribe the combined birth control pill or to dispense the combined birth control pill to individuals without a prescription ¹¹
Does it prevent STIs?	No
Can you get pregnant in the future if you use this method now?	Yes
What % of users are likely to get pregnant within the first 12 months with typical use?	7%
What % of users are likely to get pregnant within the first 12 months with perfect use?	0.3%
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 period; 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



Oral Contraceptive Pill (Progestin only)

What is it?	Progestin-only pill
What type of method is it?	Hormonal
What brands are available?	Aygestin, Camila, Errin, Heather, Jencycla, Jolivette, Nora-Be, Ortho-Micronor, Nor-QD, Heather, Jencycla, Norlyroc, Deblitane, Sharobel, Lyza, Norlyda, Tulana, Incassia, Lyleq (Norethindrone) Orval (Norgestrel) Slynd (Drospiridone)
Who can use it?	Individuals with uteruses
How is it used?	Taken by mouth at the same time every day
Can it be reused?	No
How long does it last?	1 day
Does it require an appointment with a health care provider?	Yes—Health care providers in some states allow telehealth appointments and, in some states, the health care provider can be a pharmacist
Does this method require a prescription?	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 ¹²
Does it prevent STIs?	No
Can you get pregnant in the future if you use this method now?	Yes
What % of users are likely to get pregnant within the first 12 months with typical use?	7%
What % of users are likely to get pregnant within the first 12 months with perfect use?	0.3%
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 Slynd has a 24-hour window in which to take a missed pill
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

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