What’s Your Contraception IQ?

1. Which contraceptive method offers the best protection against pregnancy and STDs?
   A. Abstinence    B. Injectable contraceptives    C. Condoms

2. T/F Oral contraceptive users typically gain weight.

3. T/F About 1 in 10 young people (age 15-24) reports having had unprotected sex because of the use of alcohol or other drugs.

4. What percentage of women say they can’t trust men to take responsibility for contraception?
   A. 25%    B. 50%    C. 75%

5. The male condom is 98% effective with perfect use (2% Failure Rate). However, the failure rate increases to ___% with typical use.
   A. 5%    B. 10%    C. 15%
Definitions

• Conception: fusion of ovum and sperm

• Pregnancy: implantation of embryo

• Contraception
  – Agent that can prevent conception (ovulation and/or fertilization)
  – Agent that can prevent implantation of the embryo
  – Protects against sexually transmitted infections (STIs)
Contraceptive Methods

• **Barrier** – physically blocks sperm from reaching the egg

• **Hormonal** – prevents ovulation and/or thickens cervix to inhibit movement of sperm and/or thins uterine lining to prevent implantation
  – Intrauterine Device (IUD) – biochemical changes

• **Natural** – naturally prevents egg from meeting the sperm

• **Surgical** – permanent
Effectiveness of Contraception:  
Failure Rate and Continuation Rate

• Difficult to measure accurately
  – Depends on characteristics of user – “Actual Use”

• Failure Rate
  – Hormonal and surgical methods and IUD have lowest failure rates
  – Barrier methods have best STD protection
  – Abstinence has best rate in both areas!

• Continuation Rate
  – IUD has highest rate
  – Pill, Patch, Ring, Implant (all Hormonal) next best
Choosing Contraceptive Methods

- Effectiveness
- Cost and accessibility
- Convenience and comfort level
- Permanence
- STD protection
- Type of relationship
- Religious and personal beliefs