

# Brittney Learns About Family Planning

By Meghan Mabe



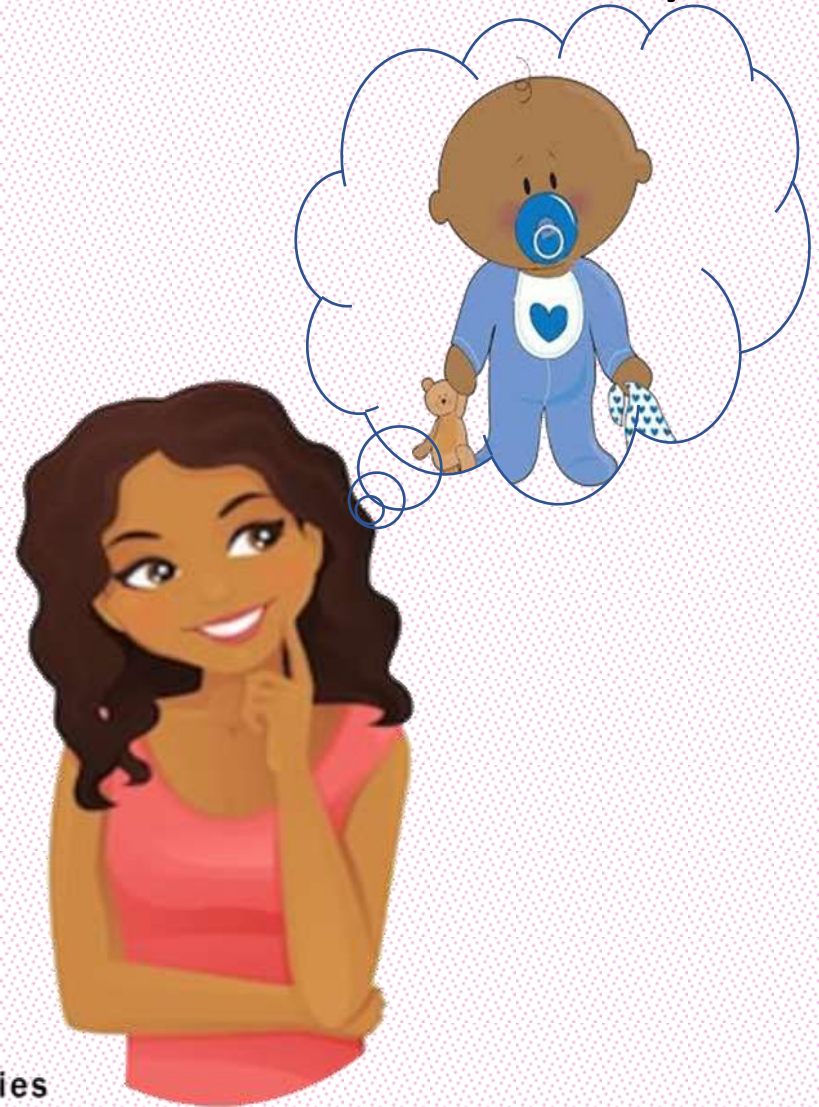
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# When you want to wait to start a family.

Brittney is a young woman. She wants to have a baby, but she also wants to wait to start a family.

She doesn't know what to do. Her friend tells her about Family Planning as it worked for her.



# What is family planning?

**Family planning** allows couples to plan the spacing and timing of their children's births by using contraception.

Brittney decides to see her doctor to talk about family planning.



# How do you plan a family?

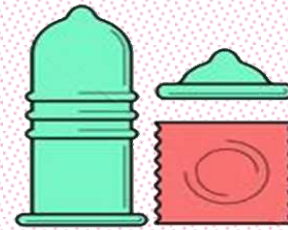
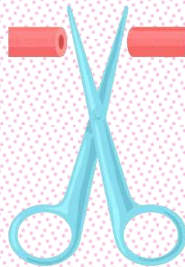
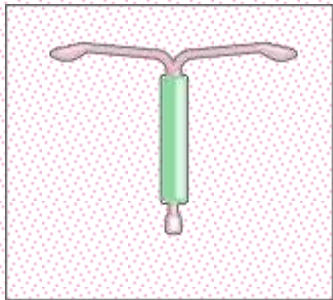
Brittney's doctor tells her that family planning is good for everyone's health. There are many different options for birth control depending upon your needs.

Let's talk about the different methods!

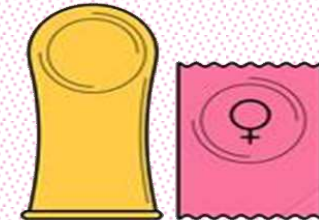




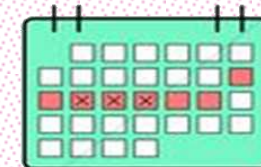
These are some of the different types of birth control. There are pros and cons with each one. Let's talk about them!



male condom



female condom



# What is Oral Contraception?

Oral contraception is commonly called the pill. The pill is taken once a day by mouth. It's recommended that you take the pill about the same time everyday.





# The Pill

## Pros of the Pill

- 99.9% effective when taken correctly
- Can make periods lighter
- Can stop periods
- Reversible (can stop at any time)



## Cons of the Pill

- Must be taken correctly
- Can cause hormonal issues
- Can increase blood pressure
- Does NOT protect against STIs
- Requires a prescription
- Can be expensive



# What is Depo-Provera?

Depo-Provera, or a contraceptive injection, is another method of birth control. The contraceptive injection is a hormone shot which is given every three months, stops ovulation and prevents pregnancy.







# Contraceptive Injection

## Pros of Contraceptive Injection

- Failure rate less than 1%
- Injection every 3 months
- Lessens menstrual bleeding
- Reversible (can stop at any time)
- Decreases period cramps
- Low maintenance



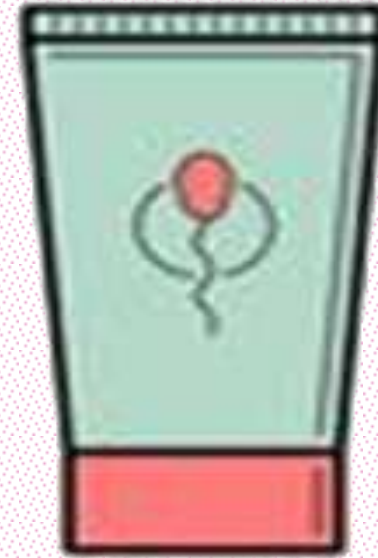
## Cons of Contraceptive Injection

- Does NOT protect against STIs
- Frequent doctors visits
- Period irregularity
- Can take months to regain fertility once stopped
- Requires a prescription



# Spermicide

Spermicide is a contraceptive gel that is applied to the vagina before sex. The gel prevents sperm from reaching the egg.





# Spermicide

## Pros of Spermicide

- Does not require a prescription
- No hormone side effects
- Easy and inexpensive



## Cons of Spermicide

- Not very effective when used alone
- Does NOT protect against STIs
- Higher failure rate than other methods



# What is Coitus Interruptus?

Brittney's doctor told her about Coitus Interruptus which is basically having the male "pull out" before ejaculation.

**This method is NOT reliable nor recommended as effective birth control!**





# Coitus Interruptus

## Pros of Coitus Interruptus

- Free
- No side effects
- No prescription or doctors visits



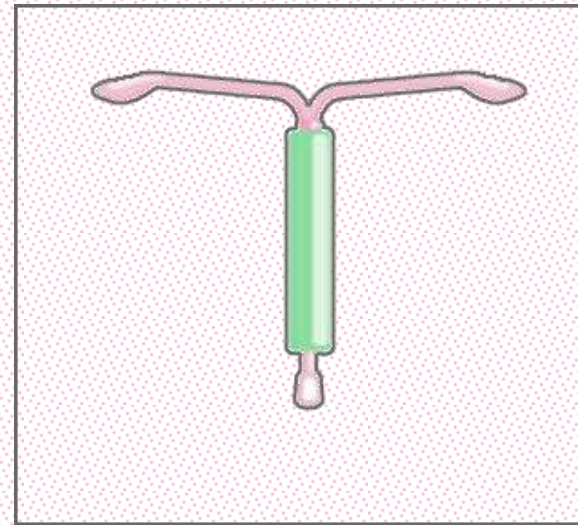
## Cons of Coitus Interruptus

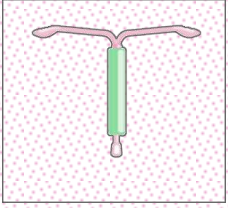
- Requires self-control
- Possibility of pre-ejaculation
- Does NOT protect against STIs
- 18% failure rate



# What is an Intrauterine Device?

Brittney asked her doctor about the Intrauterine Device, or IUD. The IUD is a “T-shaped” device that is inserted into the uterus. The device stops sperm from reaching the egg, which prevents pregnancy.





# IntraUterine Device: IUD

## Pros of The IUD

- Reversible (can be removed at any time)
- Extremely low maintenance
- More than 99.9% effective
- Can last 12 years



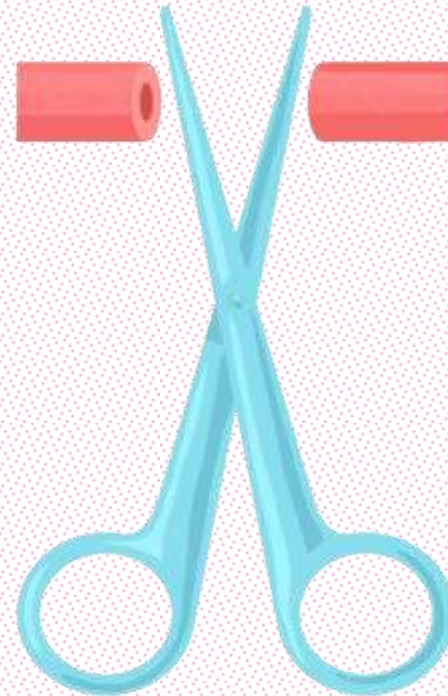
## Cons of the IUD

- Requires medical insertion
- May be costly
- Possibility of painful insertion
- Can cause Pelvic Inflammatory Disease (PID)
- May cause irregular periods
- Does NOT protect against STIs



# What is Surgical Sterilization?

Surgical Sterilization is a permanent form of birth control. This procedure needs to be seriously considered before choosing this method. The procedure can be performed on either the man or woman.







# Surgical Sterilization

## Pros of Surgical Sterilization

- Is 99.9% effective
- Does not affect one's sex drive
- No hormonal effects
- Very low maintenance
- Requires only one doctor's visit
- It is permanent



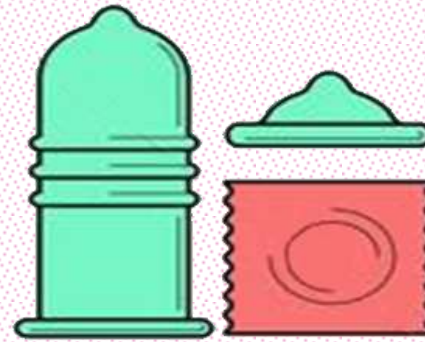
## Cons of Surgical Sterilization

- Does NOT prevent STIs
- Can have complications if reversed
- Reversal surgery is expensive and may not be possible

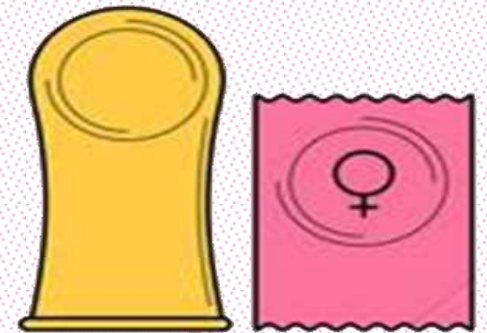


# What about condoms?

There are condoms for both males and females. Condoms are frequently used as a birth control method which prevents the sperm from entering the vagina.



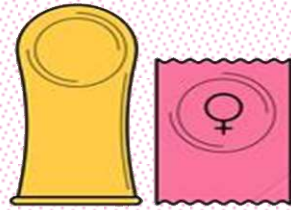
male condom



female condom



male condom



female condom

# Condoms

## Pros of Condoms

- Prevents STIs if used correctly
- Easy to use and find
- No hormonal side affects
- Doctor's prescription not required
- Inexpensive
- Provides extra lubrication



## Cons of Condoms

- Can cause allergic reactions
- Condoms can break
- Must use condoms each time



# What is a Contraceptive Patch?

Another form of birth control is the **contraceptive patch**.

The patch is a small sticky patch that releases hormones into your body through your skin to prevent pregnancy.





# Contraceptive Patch

## Pros of the Contraceptive Patch

- Reversible (can stop at any time)
- Works well if used correctly
- Can make periods lighter



## Cons of the Contraceptive Patch

- Requires a prescription
- Missing a patch/being late can cause pregnancy
- Does NOT prevent STIs



# What is a Vaginal Ring?

The **Vaginal Ring**, also called the NuvaRing, is a small, flexible, plastic ring that you insert into your vagina to prevent pregnancy.

The vaginal ring prevents pregnancy by continuously releasing hormones into your bloodstream.





# Vaginal Ring

## Pros of the Vaginal Ring

- 99% effective when used properly
- Can make periods lighter
- Easy to use



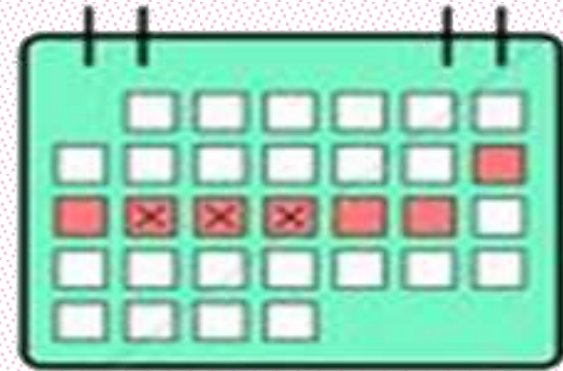
## Cons of the Vaginal Ring

- Can fall out
- Can cause hormone issues
- Does NOT prevent STIs
- Requires more maintenance
- Requires a prescription

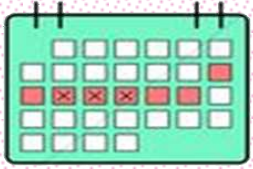


# What is the Calendar Method?

Some women have a regular menstrual cycle and have success using the **calendar method** for birth control. The woman must consistently track her period cycle and be aware of her period of fertility. This method is also called Fertility Awareness Method (FAM).







# Calendar Method

## Pros of the Calendar Method

- It is free
- No hormone issues
- No doctors or prescriptions



## Cons of the Calendar Method

- Must be extremely careful
- Irregular menstrual cycles are difficult to track
- Not always recommended
- Less effective than other methods



# It's Up to You!

Brittney is happy she found out about family planning and all the different options for birth control!

She also discovered that family planning is a personal decision and that she can choose the birth control method that is best for her.



# Resources

<https://www.mayoclinic.org/tests-procedures/withdrawal-method/about/pac-20395283>

Withdrawal method (coitus interruptus). Retrieved April 1, 2020

<https://www.plannedparenthood.org/learn/birth-control> Retrieved April 4, 2020

Stöppler, M. C. (2018, June 13). [https://www.medicinenet.com/surgical\\_sterilization/article.htm](https://www.medicinenet.com/surgical_sterilization/article.htm)

Surgical Birth Control: Hysterectomy & Tubal Ligation. Retrieved April 4, 2020

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