

R. Pregnancy Prevention

Intermediate

Knows how to properly use birth control	www.kidshealth.org
Understands the risks of unprotected sex and sexually transmitted diseases/infections	www.kidshealth.org H-42 through 59
Knows the locations of the family planning office	PPCC-15
Knows the options for birth control (male and female)	PPCC-1; PPCC-26; www.kidshealth.org H-54 through 58

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Can you think of additional invalid reasons and misconceptions regarding parenthood?



(5b) *Are we aware of the potential risks of sexually transmitted diseases including HIV/AIDS?*

SEXUALLY TRANSMITTED DISEASES

Sexually Transmitted Diseases (STD's) are one of the risks you run when you have sex without the proper protection. There are a number of serious diseases that are spread by sexual contact - gonorrhea, syphilis, herpes, chlamydia, etc. Many of them can be quickly and efficiently cured by a doctor or clinician but become quite dangerous if they are not treated.

AIDS, which is a fatal, sexually transmitted disease, is discussed in the next section.

Here are some facts you should know about STD's:

- In America, more than 12 million people get an STD every year.
- One in eight teens will contract an STD every year.
- STD's (including the HIV virus which causes AIDS) can be spread through all manners of sexual contact. In terms of sexually transmitted diseases, sexual contact is described as any kind of intimate contact involving these four areas of the body: penis, vagina, mouth, or anus.
- You can be infected with an STD more than once and can even have more than one STD at the same time. Treatment for an STD does not make you immune from getting it again.
- You cannot develop immunity to any of these diseases, and there is no vaccine to prevent them. In the case of herpes, the disease is permanent and there is no cure.
- STD's cannot be contracted by sitting on toilet seats or touching door knobs. Most STD's need to occupy warm, moist places to survive, which is why they affect the areas they do and will not last long outside of/away from the human body.
- Statistically, the prime candidates for STD infection are between 15 and 24 years old and sexually active (often with more than one partner).
- STD's can affect men, women, and children. A pregnant woman can infect her baby.
- STD's can result in infertility or sterility if left untreated. It is important to get treatment even if the symptoms of the STD go away. The STD will remain

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transmissible and may continue to affect the body until it has been treated. NO STD will go away by itself.

- Your risk of getting an STD increases with the number of sexual partners you have.
- A person who has been diagnosed with an STD must contact all his or her sexual partners so that they, too, can get the necessary medical treatment. Symptoms of STD's may not always be noticed.
- It is important that women have regular doctor's check-ups and pap smears in order to detect pre-cancerous conditions or possible STD's.
- In Massachusetts, minors may be examined and treated for an STD without parental consent.

Prevention of STD's:

There is only one sure way to protect yourself against the risk of infection, and that is to have no sexual contact. Abstinence is the surest, safest, and most effective method of prevention. However, if you do have sex, you must protect yourself. Here are some recommendations. These are not guaranteed methods of preventing STD's, but if you use them in combination, you will lower your risk of infection.

- A male should use a latex condom (a "rubber" or "skin") during sexual intercourse, oral sex, and other forms of foreplay. If you are allergic to latex, you can use a polyurethane (a type of plastic) condom.
- A female can use the vaginally – inserted female condom. OR insist that her male partner use a latex condom. The male and female condoms should not be used at the same time – they pull each other off.
- A dental dam (a square piece of latex used by dentists), or plastic food wrap should be used when performing oral sex on a female. Do not reuse these items.
- A male should urinate and wash his genitals with hot, soapy water immediately before and following sex.

Protect yourself! This is not the time to be shy. Young adults (under age 25) are quickly becoming the fastest growing at-risk age group, currently accounting for up to 50% of all new cases of HIV infection in the U.S. Talk beforehand with your partner about the type(s) of protection you will both use. If he or she refuses to use protection, then you refuse to have sex. Do not allow yourself to be used. The risk is too great.

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SEXUALLY TRANSMITTED DISEASES

Disease	How it is Spread	Symptoms in a Woman	Symptoms in a Man	Risks if Not Treated
Gonorrhea <i>Cause:</i> bacteria	Sexual contact.	Pus-like vaginal discharge, vaginal soreness, low abdominal pain, painful urination	Pus-like discharge from the penis.	Sterility, scar tissue. Women: Pelvic Inflammatory Disease (inflammation of the tubes), blindness in newborn.
Syphilis <i>Cause:</i> spirochete	Sexual contact congenital.	Rashes appearing almost anywhere on the body, including palms of hands and soles of feet. Chancre (lesion) on or in vagina, anus, or mouth. Loss of facial or scalp hair in patches.	Rashes or hair loss in the same pattern as in women. Chancre on or around penis.	Brain damage, paralysis, heart disease. A pregnant woman can pass syphilis to her baby causing a variety of birth defects including damage to skin, bone, eyes, liver, and teeth.
Herpes Simplex II <i>Cause:</i> virus	Direct contact with virus in blisters or with virus being shed and no blisters.	Painful, fluid-filled blister (or cluster of blisters) on, in, or around vagina. Often accompanied by swollen glands in groin area. Painful urination and fever.	Same as in women, only on or around penis.	Genital herpes is caused by a virus and cannot be cured. Eventually, the blisters and infection will get better. The infection will return. Flare-ups may be caused by stress and fatigue. Genital herpes may be passed from an infected pregnant woman to her newborn during birth, causing infant death or neurological damage.
Non-specific urethritis (called NGU, NSU) <i>Causes:</i> chlamydia, bacteria & others	Sexual contact.	Symptoms similar to those caused by gonorrhea.	Occasionally, heavy pus-like discharge. More frequently a mild watery discharge.	Women: Pelvic Inflammatory Disease. Male: Chronic urinary tract infection. Possible sterility in men and women.
Trichomonas Vaginalis (called Trich) <i>Causes:</i> protozoan	Sexual contact.	Heavy, frothy, often yellow, foul-smelling vaginal itching, often severe and continuous.	Most often none, occasionally mild discharge from the penis.	Skin irritation and gland infection. Cervical tissue may be damaged.
Monilial Vaginitis (yeast infection) <i>Cause:</i> fungal	Sexual contacts and non-sexual conditions, i.e. antibiotics, diabetes, pregnancy, birth control pills.	Women: cheesy discharge, itching, scratching.	Usually no symptoms.	Secondary bacterial infection from scratching. Infection of newborn in untreated mother.
Venereal Warts <i>Cause:</i> virus	Sexual contact, hands to sex organs.	Wart-like growths. Sometimes with itching and irritation.	Same.	The openings of the vagina, penis, and rectum may be blocked.
Pediculosis Pubic (crabs) <i>Cause:</i> louse	Sexual contact, occasionally from bedding and clothing.	Intense itching. Crabs and eggs attached to pubic hair.	Same.	Skin infection from scratching.

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Pelvic Inflammatory Disease (PID)

PID is the most common serious infection involving a woman's reproductive system (the fallopian tubes and/or ovaries). Some sexually transmitted diseases (STD's) cause the development of PID. If it is not treated quickly, PID can damage the reproductive system, limiting or ending a woman's ability to have children.

Any of the following can be symptoms of PID (the first three are especially important):

- Abdominal pain or tenderness
- Increased menstrual cramps
- Pain in lower back
- Change in menstrual cycle (period)
- Bleeding much greater than usual during menstruation
- Vaginal bleeding at times other than menstruation.
- Nausea, loss of appetite, and vomiting
- Vaginal discharge
- Burning during urination
- Chills
- Fever

If you think you might have PID, call your doctor or go to a clinic or hospital emergency room. Don't wait! Tell the doctor what your symptoms are and what you think you might have.

Hepatitis B

Hepatitis B, inflammation of the liver, is highly contagious virus, more prevalent than HIV, that is transmitted through exchange of bodily fluids, (including saliva), sexual activity, sharing dirty needles, razors, toothbrushes, nail clippers, and unclean tools for body piercing or tattooing. It can cause serious liver damage, and potentially death, if not treated properly.

According to statistics from the Centers for Disease Control (CDC), there are an estimated 1.25 million Americans currently chronically infected with the disease, resulting in 6,000 deaths per year from liver disease, including liver cancer.

As of October 1999, the CDC reports that the three major groups at risk for contracting Hepatitis B are:

- Sexually active heterosexuals.
- Men who have sex with men.
- Injection drug users.

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Hepatitis B

Common symptoms are:

- Rashes.
- Jaundice
- Fatigue.
- Nausea and/or vomiting
- Bodily and/or abdominal aches
- Loss of appetite.

Less common symptoms include:

- Dark urine
- Light-colored stools.
- Jaundice.
- Generalized itching.
- Altered mental state, stupor, or coma.

However, a large number of people are infected with the disease have no symptoms at all, and are unaware of their ability to transmit it to others.

Prevention

This disease is prevented in two ways:

Hepatitis B is prevented through consistent use of latex condoms and dental dams when engaging in sexual activity, and by refusing to share needles. In addition, choose not to share razors, toothbrushes, nail clippers, or unclean tools for tattooing and body piercing. Even kissing can place you at risk of contracting this highly contagious disease.

There is a vaccine for Hepatitis B. It is given in a series of three shots. It is effective in both preventing you from contracting the disease, as well as helping you manage with the disease should you be living with it. If you are among one or more of the high-risk groups listed above, plan to take action immediately to protect yourself from this disease.

Treatment

After exposure to the virus, the vaccine, along with shots of immune globulin, work to strengthen you immune system and fight off the disease. Effective treatment also includes a lot of rest, a good diet, no use of alcohol or other drugs, and appropriate medical supervision of your progress.

With the right interventions, the disease may become suppressed enough that you can resume full functioning. However, Hepatitis B is considered a chronic disease that can recur. If left unmanaged or untreated, serious liver damage could result in the need for a liver transplant, or even death.

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Résources -- Sexually Transmitted Diseases

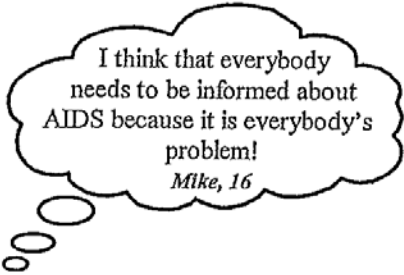
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HIV/AIDS

Talking about HIV/AIDS might be scary for many of you. Nobody really wants to think about being sick or dying. However, it is important to talk and to learn about HIV and AIDS in order to stay healthy.

Fact: More than 80 percent of all AIDS cases occur among individuals under 29 years of age.

Since the incubation period between infection with HIV and the onset of AIDS averages ten years, many 20-29 with AIDS were probably infected as teenagers. Knowing about the virus, the disease, and the ways it is spread will help you prevent infection. If you utilize your knowledge about HIV/AIDS in addition to the personal skills (decision making and communication skills) we talked about earlier, you will be able to protect yourself. So, let's take a closer look at the basic facts of HIV/AIDS.



I think that everybody needs to be informed about AIDS because it is everybody's problem!

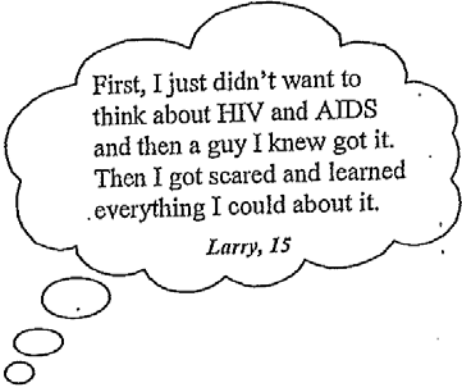
Mike, 16

Basic Facts About HIV/AIDS

- AIDS (Acquired Immune Deficiency Syndrome) is caused by a virus called HIV (Human Immunodeficiency Virus).
- This virus weakens the body's immune system, destroying its ability to fight infection.
- The virus allows other infections (such as pneumonia or cancer) to attack the body.
- AIDS damages the brain and the nervous system.
- The HIV/AIDS virus is present in blood, semen, and vaginal secretions of anyone who has been infected.
- You cannot tell by anyone's appearance whether or not they have HIV or AIDS. Many people who are infected look and feel fine.
- The disease incubation period (the span of time before it becomes an active disease) can take from several months to more than ten years.

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- HIV/AIDS is not a gay disease. It affects people regardless of color, age, and sexual orientation. AIDS is a serious problem for all people of all ethnic groups. The disease has affected more than 10,000,000 people worldwide, most of them heterosexual.
- At this time, AIDS is a fatal disease. There is no known cure or vaccine. Many new drugs called protease inhibitors (a mixture of anti-virus drugs, a.k.a. the "drug cocktail") do an excellent job of suppressing the virus and slowing its ability to break down the immune system. However, these drugs do not work for all people. A sizeable number of people have found the sheer number of pills, plus the mandatory schedule for taking them, to be an extremely difficult regimen to follow. There are also a number of people who have found the drug cocktail to have little to no effect on the disease's impact to their body. Keep In Mind: Even if you can tolerate the mixture of drugs and suppress the presence of HIV in the blood, you can still pass the virus on to your sexual partner(s). As of this writing, a carrier of the virus cannot be cured of the disease.



First, I just didn't want to think about HIV and AIDS and then a guy I knew got it. Then I got scared and learned everything I could about it.

Larry, 15

Stages of HIV/AIDS Infection

1. HIV infected. The virus is present in the bloodstream but does not show up in tests for up to six months. It CAN BE TRANSMITTED at this stage!
2. HIV positive or Seropositive: The antibodies to the virus are detectable by a blood test.
3. Symptomatic (formerly called AIDS Related Complex or ARC): The immune system weakens, allowing opportunistic diseases or infections to take hold.

Full-blown AIDS: A total or near-total immune system shutdown occurs which leaves the person susceptible to any disease or infection.

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Although the span of time between HIV infection and full-blown AIDS has increased dramatically in the last decade for gay men, this period is significantly shorter for populations affected later in the epidemic (IV-drug users, women, and people of color).

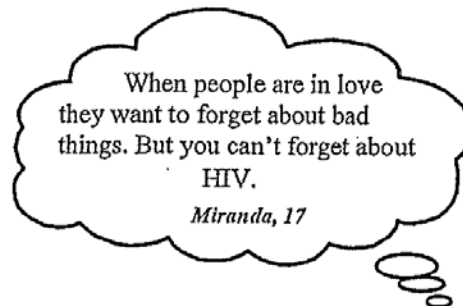
What Are The Symptoms?

Many of the early symptoms of AIDS or AIDS-related illnesses are very similar to the symptoms of common minor illnesses, like a cold or the flu. AIDS and AIDS-related illnesses, however, are much more severe and last much longer.

Symptoms include:

- Feeling very tired every day for at least one month
- Losing your appetite and losing weight for no reason
- Swollen glands (lymph nodes) in your neck, under your ears, in your armpits, and in the groin area which last for at least one month.
- Fevers above 100 degrees, night sweats, and chills which last from several days to several weeks
- Diarrhea that lasts for more than two weeks
- Thrush, a thick white coating in the mouth (not just the tongue) which lasts for weeks.
- A dry cough (not from smoking) that lasts for more than two weeks and shortness of breath.
- Weakness in your arm and leg on one side of your body; coordination problems
- Constant headache, changes in memory or vision
- Easy bruising, purple bumps or blotches on the skin, or unexplained bleeding from any part of the body.

If you think you have any of these symptoms, call your doctor or clinic for an appointment.

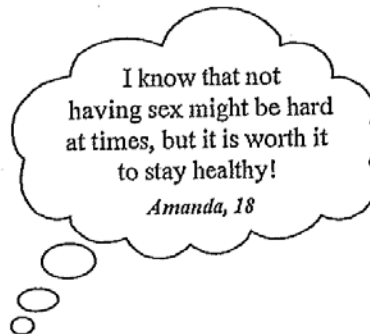


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How Is HIV/AIDS Spread?

There are three ways the virus is spread:

- Having sex of any kind with a person who is infected with the virus. Any exchange of blood, semen, or vaginal discharge can spread the virus. Using condoms and dental dams significantly decrease the chance of infection, but it cannot entirely eliminate the risk of spreading the disease.
- Sharing needles, syringes, cookers, or cotton balls for drug injections.
- HIV-infected mothers can pass the virus on to their babies during pregnancy or birth. The risk to the unborn child can be significantly decreased if the pregnant mother uses AZT, an anti-virus drug.



How To Protect Yourself Against HIV/AIDS

Use your communication skills, decision making skills, and values to say **NO** to sex and drugs. Abstinence is the only 100% effective way to protect yourself from getting HIV/AIDS.

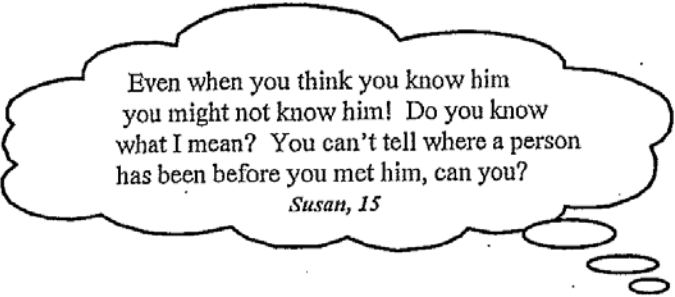
If you should have sex, play it safe (or safer -- there is no such thing as safe sex). You should discuss the danger of AIDS with your partner. Talk about what you are feeling; get to know one another. You'll feel less nervous and more in-control. Talk about what protection you'll use. Remember the responsibility is not hers or his; it's yours!

- Use latex or polyurethane condoms, for men or women. They will greatly lower your risk of becoming infected with the AIDS virus. (Sheepskin condoms won't work. They cannot prevent the virus from spreading).
- Male and female condoms must not be used at the same time; they pull each other off.

Drinking alcohol and using drugs can make you do things you'll be sorry about later. They also weaken your immune system making you more vulnerable to HIV infection.

Don't share any needles or syringes. Any infected blood, even a drop left in the needle, could enter your bloodstream and, as a result, infect you with the virus.

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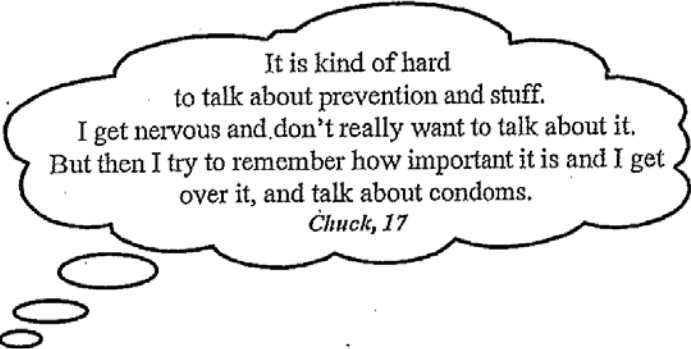


Even when you think you know him
you might not know him! Do you know
what I mean? You can't tell where a person
has been before you met him, can you?

Susan, 15

Gays & Lesbian Youth and HIV/AIDS

For sexual-minority youth, HIV infection is compounded by additional issues not faced by their heterosexual peers. The need to hide their orientation, the lack of positive adult role models, the low self-esteem that tends to be more severe for sexual minority youth than for their heterosexual peers, and the belief that disclosure of their orientation could lead to abandonment, abuse, and/or eviction from their homes, schools, and/or churches can all lead to sexual acting-out as a way of feeling good, needed, or loved.



It is kind of hard
to talk about prevention and stuff.
I get nervous and don't really want to talk about it.
But then I try to remember how important it is and I get
over it, and talk about condoms.

Chuck, 17

HIV Testing

The way to determine whether or not someone is HIV positive or negative is through a blood test. The blood test can be administered at clinics, through doctors' offices, or at anonymous test sites. The results usually take 2 weeks. The test determines whether or not HIV antibodies are found in the blood tested. If there are antibodies present, the test is positive and the virus can be spread. However, because it can take the body up to six months (and in very rare exceptions, up to a year) to make the antibodies, the test is only accurate if administered 6 months after a possible exposure to HIV. For more information, refer to the list of Resources at the end of the section.

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True or False

Take a few minutes to answer "True" or "False" to the following statements, using what you know and what you have learned about HIV and AIDS.

1. ___ Most people who are infected with the AIDS virus look and feel fine.
2. ___ You can get AIDS from even one sexual experience.
3. ___ If you donate blood, you might get AIDS.
4. ___ If you have sex using contraceptive foam, jelly, or cream without a condom (rubber), you will not be protected against the AIDS virus.
5. ___ Babies can be born with the virus if the mother is infected.
6. ___ The only way to know if a person is infected with HIV is through a blood test.
7. ___ You'll be safe from the AIDS virus if you only have sex with someone of the opposite sex.
8. ___ Working or going to school with someone who has AIDS is dangerous because you might catch the virus from him/her.
9. ___ A negative result on an HIV antibody test proves that you do not have the virus and you never will.
10. ___ You cannot get infected with the AIDS virus through swimming pools, showers, or bathrooms shared with people who have AIDS.
11. ___ Using the male and female condom at the same time increases the effectiveness of both.

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BIRTH CONTROL/STD PREVENTION

METHOD	PROS	CONS	COST	EFFECTIVENESS	STD PROTECTION?
Continuous Abstinence	Only 100% safe & effective method of birth control & STD prevention. No side effects.	May be affected by peer pressure	NONE	100%	YES
Condoms					
Unlubricated	Easy availability. Effective STD prevention.	Might tear. Ineffective if used incorrectly or with oil-based lubricant (Vaseline).	25¢/ea.	90%	YES
Lubricated	Easy availability. Effective STD prevention.	Might not stay in place. Ineffective if used incorrectly or with oil-based lubricant.	50¢/ea.	90%	YES
Sheepskin	Easy availability.	No STD prevention.	\$2.50/ea.	90%	NO
Female Condom	STD protection. Easy availability. Effective in STD prevention. Gives females more control.	Possible difficulty with insertion. Might not stay in place.	\$2.50/ea.	72-97%	YES
Spermicidal Cream, Jelly, Foam	Easy availability.	Possible irritations. Ineffective STD prevention. Should be used with a condom.	\$8.00	72-97%	NO

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METHOD	PROS	CONS	COST	EFFECTIVENESS	STD PROTECTION?
Norplant	6 Capsules inserted in a female's arm that protects against pregnancy for 5 years..	Does not protect against STDs. Medical procedure is needed for insertion. Possible hormonal side effects include headaches, depression, weight gain.	\$500-\$600 Usually covered by Medicaid	99.9%	NO
Depo Provera	Hormone shot which protects against pregnancy for 12 weeks.	No STD prevention. Possible side effects include weight gain, headaches, and depression.	\$30 -75 per shot Usually covered by Medicaid	99.7%	NO
Pill	Can help protect against certain cancers, pelvic inflammatory disease and ovarian cysts. Can help menstrual cramps & acne.	No STD prevention. Must be taken daily to be effective. Rare health risks like heart attack & stroke.	\$8-25 per month Usually covered by Medicaid	99.9%	NO
Diaphragm or Cervical Cap	Can last for several years.	No STD prevention. Needs to be fitted to a woman's body. Needs to be used with spermicidal jelly or cream to be an effective form of birth control. Might cause irritations. Might be difficult to use.	\$20 plus \$8 for spermicidal jelly or cream.	82 - 94%	NO

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METHOD	PROS	CONS	COST	EFFECTIVENESS	STD PROTECTION?
IUD (Intrauterine Device)	Can protect against pregnancy for up to eight years after physician inserts device in the uterus.	No STD prevention. Chance of tubal infection and puncture of uterus wall. Might increase cramps. Medical procedure needed for insertion and removal.	\$150.00	98%	NO
Sterilization (Women)	Operation which blocks the tubes for permanent pregnancy prevention.	No STD prevention. Permanent procedure which should not be considered by anyone who might want to have children in the future. Chance of medical complications.	\$1,200 Usually at least partially covered by Medicaid or insurance.	99.7%	NO
Vasectomy (Men)	Operation which blocks the tubes which carry sperm for permanent pregnancy prevention.	No STD prevention. Permanent procedure which should not be considered by anyone who might want to have children in the future. Chance of medical complications.	\$300 Usually at least partially covered by Medicaid or insurance	99.7%	NO

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Source of information: Planned Parenthood, 1994, "Your Contraceptive Choices."

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METHODS THAT DO NOT WORK

Occasional Abstinence

If abstinence is not practiced continually, it loses its effectiveness in preventing pregnancy and STD's. Be realistic about yourself and your behaviors. If you think you are not able to abstain 100% for any reason, you should consider other birth control/STD prevention methods..

Withdrawal

Withdrawal is not an effective method of birth control or STD protection.

Douching

Douching immediately after sex is not a method which prevents STD's or pregnancy.

Natural Family Planning

This highly complex system of monthly calendars and body temperature has a very high likelihood of failure and does not protect against STD's.

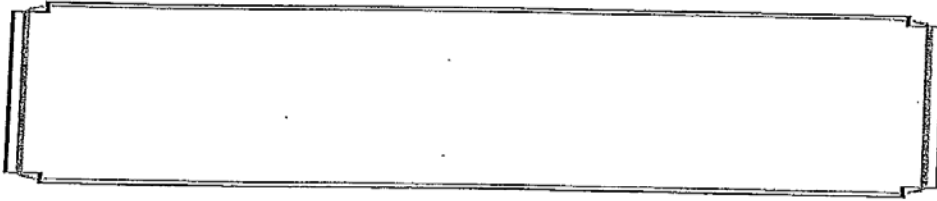
Chances, Wishing, and Hope

Relying on chances, wishes, or hopes will not prevent pregnancy or STD's. If you are sexually active and use no means of birth control or STD prevention, you must be prepared for pregnancy and disease. It can happen to you!

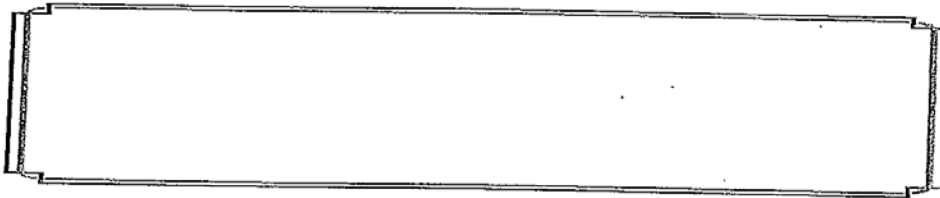
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After evaluating the previous charts, answer the following questions.

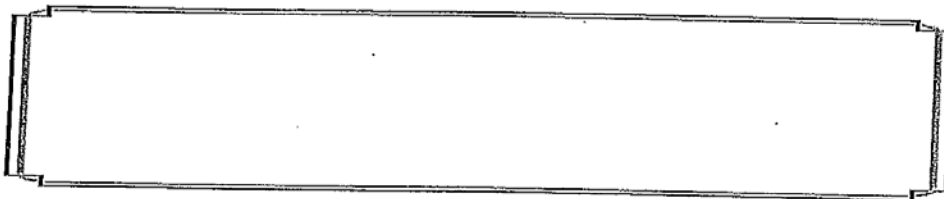
Which of the listed options prevent both pregnancy and STD's including HIV/AIDS?



Which of the listed options are easily accessible and easy to use for teens who are sexually active?



What would sexually active adolescents have to do to prepare themselves for pregnancy and STD prevention?



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Evaluate Your Risks



I am not at risk to contract a sexually transmitted disease or become pregnant/get someone pregnant because _____

I am at risk to contract an STD or to become pregnant/get someone pregnant because _____

I will use the following steps, _____

_____ to protect myself in the future because _____



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BIRTH CONTROL METHODS

The following is a list of birth control methods that may be used by women and/or men. These methods – or information about them - are available at Planned Parenthood of Southern New England's 19 health centers. If you see a method you are interested in using, ask us for more information!

ABSTINENCE...is not having any sexual intercourse that can result in pregnancy. This method avoids the use of medications or hormones and there is no financial cost.

THE BIRTH CONTROL PILL...contains hormones that prevent pregnancy by preventing the ovary from releasing an egg. They help to keep periods regular and decrease the cramps that some women have with their periods.. Pills must be taken each day at as close to the same time as possible to be effective. They do not provide protection from sexually transmitted infections.

THE MALE CONDOM...is a sheath made of latex, polyurethane or animal skin that covers the penis before intercourse to keep sperm from joining an egg. The latex condom provides the most protection from many sexually transmitted infections but the polyurethane condom can be used if you have a latex allergy. Planned Parenthood has free latex condoms in all of our health centers.

THE FEMALE CONDOM...is a latex lining inserted into a woman's vagina before vaginal intercourse. It prevents sperm from joining an egg. The method may be used by women whose partner is unwilling to use male condoms. It provides protection against most sexually transmitted infections.

DepoProvera; The shot ...is an injection (shot) of hormone given to a woman every 12 weeks. This hormone prevents the release of an egg from the ovary. Side effects may include weight gain and irregular bleeding. Contraception may last as long as six months after the last shot although women should consider themselves at risk for pregnancy once they miss one injection. It does not protect against sexually transmitted infections.

THE DIAPHRAGM OR FemCap...is a shallow cup shaped cap. This cap is placed in the vagina to cover the cervix each time the woman has intercourse to prevent sperm from meeting an egg. These methods are used along with spermicidal cream or jelly and must be left in place after intercourse. These methods may provide some protection from sexually transmitted infections.

EMERGENCY CONTRACEPTION (EC) ... is medication taken by a woman up to 120 hours after unprotected vaginal intercourse. It is more effective if taken within 72 hours. EC prevents a fertilized egg from implanting in the uterus. Planned Parenthood sells EC to have available at home in case you need to use it. It does not protect from sexually transmitted infections.

IMPLANON... is a flexible plastic rod the size of a matchstick that is put under the skin of your arm. It provides contraception for three years. Implanon contains the hormone progesterone and works by stopping the release of an egg from your ovary. It also thickens the mucus in your cervix to keep sperm from reaching the egg and changes the lining of your uterus to prevent a pregnancy from growing there. Possible side effects include irregular bleeding and weight gain. It does not protect from sexually transmitted infections.

THE IUD (INTRAUTERINE DEVICE) ...is a small plastic device placed in the uterus. The IUD contains copper or hormones that keep sperm from joining an egg. IUDs may be kept in place for 5-12 years depending on the type of IUD. It does not protect from sexually transmitted infections.

OVER



Client Information for Informed Consent

EMERGENCY CONTRACEPTION PILLS (ECPs)
(MORNING-AFTER PILLS)

ECPs help prevent pregnancy after unprotected vaginal intercourse. It may be that the condom broke. Or you didn't use birth control. Or you were forced to have sex.

A woman's body makes two hormones — estrogens and progestins. ECPs contain a progestin like the one made by your body. Certain birth control pills are also prescribed for emergency contraception. Some are progestin-only. Some combine both estrogen and progestin. Make sure you follow your clinician's instructions for taking them.

The hormone progestin helps to keep you from getting pregnant. It keeps eggs from leaving the ovaries. It makes cervical mucus thicker. This keeps sperm from getting to the eggs. In theory, ECPs could prevent a fertilized egg from attaching to the lining of the uterus. But that has not been proven.

Start your ECPs as soon as possible. The sooner you start, the better. Use them every time you have unprotected sex. ECPs reduce the risk of pregnancy by 75-89 percent if started within the first 72 hours after intercourse. They reduce the risk of pregnancy if started up to 120 hours — five days — after unprotected intercourse. You may ask for ECPs when you need them, or you may get them in advance. Getting them in advance will let you take them as soon as possible if you ever need to.

ECPs will not end a pregnancy. Don't use them if you are already pregnant. If you're not sure, you may want to have a pregnancy test. If you are pregnant, or if you become pregnant after taking ECPs, there is no evidence that they will harm the pregnancy.

Women who take ECPs do not seem to have the risks associated with combined hormone birth control pills. These rare but serious risks include blood clots, heart attack, and stroke. In fact, many experts believe that ECPs are so safe they should be available over the counter for all women no matter their age.

Possible side effects clear up quickly. They include

- dizziness, headaches, breast tenderness
- nausea
- vomiting — rare for progestin-only ECPs
- bleeding between periods — rare for progestin-only ECPs

Taking ECPs can affect your next period. It could be early or late, lighter or heavier, or shorter or longer. Or it could be the same as usual. You're more likely to have problems with your next period if you use ECPs more than once during your cycle.

There are two other options. The copper IUD (intrauterine device) can also be used for emergency contraception. It reduces the risk of pregnancy if inserted within five days of unprotected intercourse. It may also be left in place for ongoing contraception. Or you can choose to "wait and see." We are happy to discuss all your options with you.

OVER

FAMILY PLANNING CLINICS – CONNECTICUT

Planned Parenthood of Connecticut is the grantee for State of Connecticut family planning funds. The family planning clinics provide reproductive health care services for males and females, including clinical exams, contraception information and prescriptions, emergency contraception, pregnancy testing and counseling, STD and HIV testing and counseling, and other reproductive health services. Some sites provide pregnancy termination services. To find your closest clinic, call (800)230-7526, (800-230-PLAN) and your call will be routed to the closest Planned Parenthood health center. Or go to the Planned Parenthood website.

BIRTH CONTROL/STD PREVENTION

METHOD	PROS	CONS	COST	EFFECTIVENESS	STD PROTECTION
Continuous Abstinence	Only 100% safe & effective method of birth control & STD protection No side effects.	May be affected by peer pressure	NONE	100%	YES
Condoms					
Unlubricated	Easy availability. Effective STD prevention.	Might tear. Ineffective if used incorrectly or with oil-based lubricant (Vaseline).	\$.50/ea	90%	YES
Lubricated	Easy availability. Effective STD prevention.	Might not stay in place. Ineffective if used incorrectly or with oil-based lubricant	\$.50/ea	90%	YES
Sheepskin	Easy availability.	No STD prevention	\$2.50/ea	90%	NO
Female Condom	STD protection. Easy Availability. Effective in STD prevention. Gives females more control	Possible difficulty with insertion. Might not stay in place	\$2.50/ea	72-97%	YES
Spermicidal Cream, Jelly, Foam	Easy availability.	Possible irritations. Ineffective STD Prevention. Should be used with a condom	\$8.00	72-97%	NO

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METHOD	PROS	CONS	COST	EFFECTIVENESS	STD PROTECTION
Norplant	6 Capsules inserted in a female's arm that protects against pregnancy for 5 years.	Does not protect against STDs. Medical procedure is needed for insertion. Possible hormonal side effects include headaches, depression, weight gain.	\$500-\$600	99.9%	NO
Depo Provera	Hormone shot which protects against pregnancy for 12 weeks.	No STD prevention. Possible side effects include weight gain, headaches, and depression.	\$30 - \$75	99.7%	NO
Pill	Can help protect against certain cancers, pelvic inflammatory disease and ovarian cysts. Can help menstrual cramps & acne.	No STD prevention. Must be taken daily to be effective. Rare health risks like heart attack & stroke.	\$8 - \$25 per month	99.9 %	NO
Diaphragm or Cervical Cap	Can last for several years.	No STD prevention. Needs to be fitted to a woman's body. Needs to be used with spermicidal jelly or cream to be an effective form of birth control. Might cause irritations. Might be difficult to use.	\$20 plus \$8 for spermicidal jelly or cream	82 - 94%	NO

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METHOD	PROS	CONS	COST	EFFECTIVENESS	STD PROTECTION
IUD (Intrauterine Device)	Can protect against pregnancy for up to eight years after physician inserts device in the uterus.	No STD prevention Chance of tubal infection and puncture of uterus wall. Might increase cramps. Medical procedure needed for insertion and removal	\$150.00	98%	NO
Sterilization (Women)	Operation which blocks the tubes for permanent pregnancy prevention.	No STD prevention. Permanent procedure Which should not be considered by anyone who might want to have children in the future Chance of medical complications.	\$1,200 Usually at least partially covered by Medicaid or insurance	99.7%	NO
Vasectomy (Men)	Operation which blocks the tubes which carry sperm for permanent pregnancy prevention	No STD prevention. Permanent procedure which should not be considered by anyone who might want to have children in the future Chance of medical complications	\$300 Usually at least partially covered by Medicaid or insurance	99.7%	NO

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METHODS THAT DO NOT WORK

Occasional Abstinence

If abstinence is not practiced continually, it loses its effectiveness in preventing pregnancy and STD's. Be realistic about yourself and your behaviors. If you think you are not able to abstain 100% for any reason, you should consider other birth control/STD prevention methods.

Withdrawal

Withdrawal is not an effective method of birth control or STD protection.

Douching

Douching immediately after sex is not a method which prevents STD's or pregnancy.

Natural Family Planning

This highly complex system of monthly calendars and body temperature has a very high likelihood of failure and does not protect against STD's.

Chances, Wishing, and Hope

Relying on chances, wishes, or hopes will not prevent pregnancy or STD's. If you are sexually active and use no means of birth control or STD prevention, you must be prepared for pregnancy and disease. It can happen to you!