Teens, Pregnancy, and Birth Control

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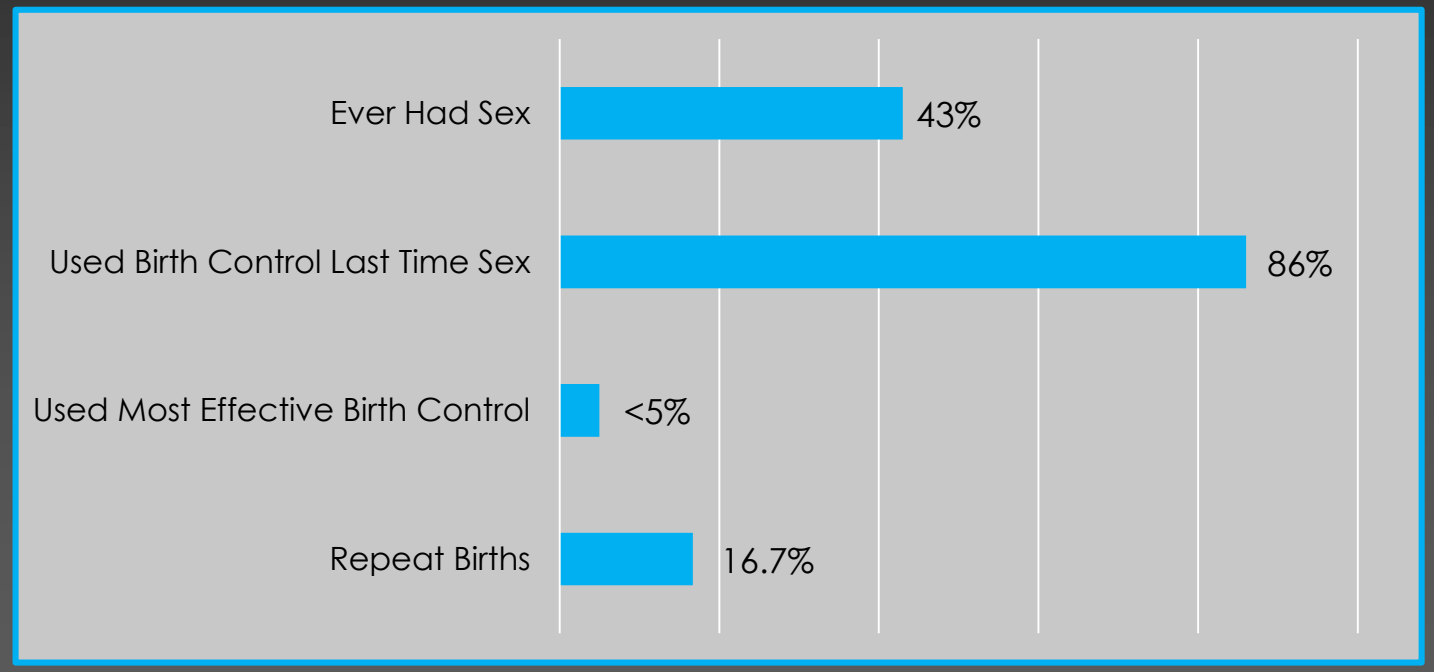
Statistics

- Teen birth rate declining
- Still higher than other western industrialized nations
- 229,715 babies born to 15-19 year olds in 2015

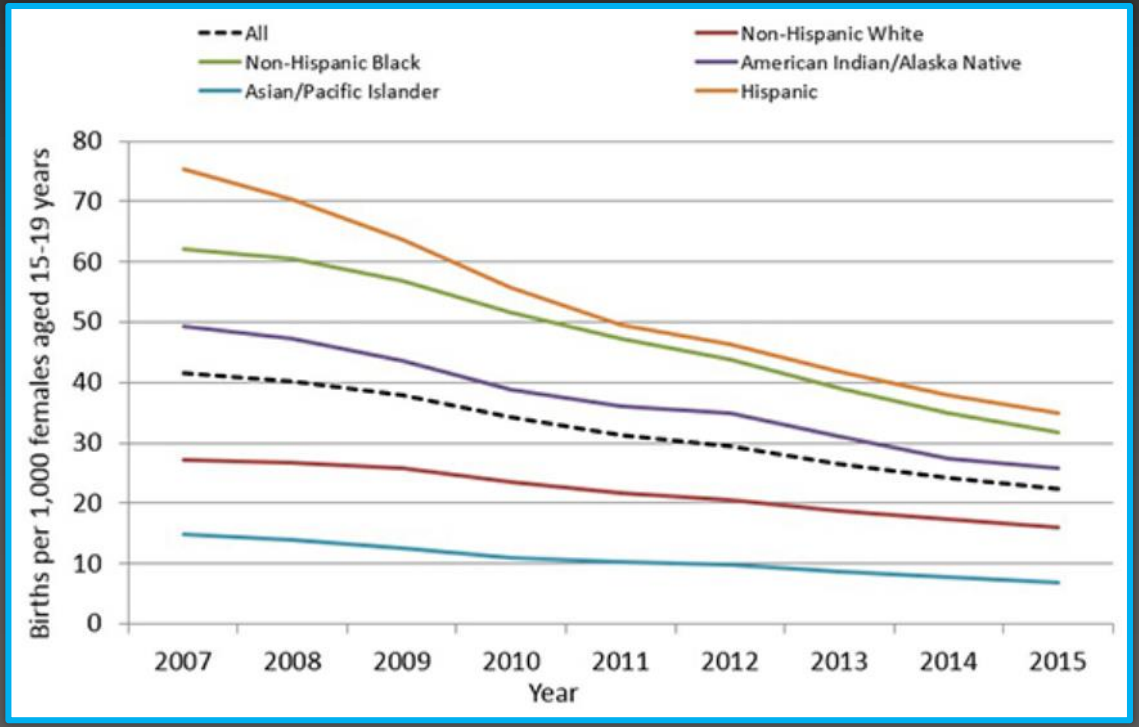
2015 Statistics for 15-19 year olds



Disparities

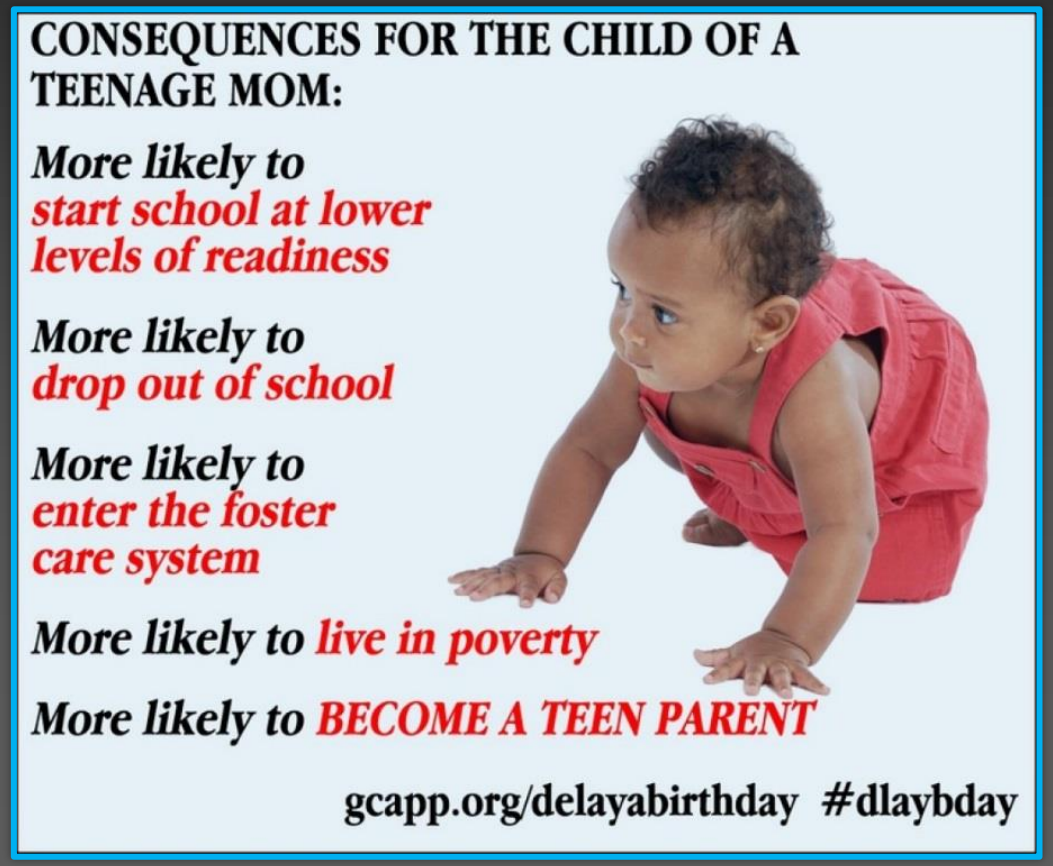
- Race and ethnicity
- Socioeconomic conditions
- Healthcare access
- Infant health problems

Births per 1,000 Females Aged 15–19 Years, by Race and Hispanic Ethnicity, 2007-2015



CDC. *Teen Pregnancy: Teen Pregnancy in the United States*, 9 May 2017. https://www.cdc.gov/teenpregnancy/about/index.htm

Burdens of Teen Pregnancy

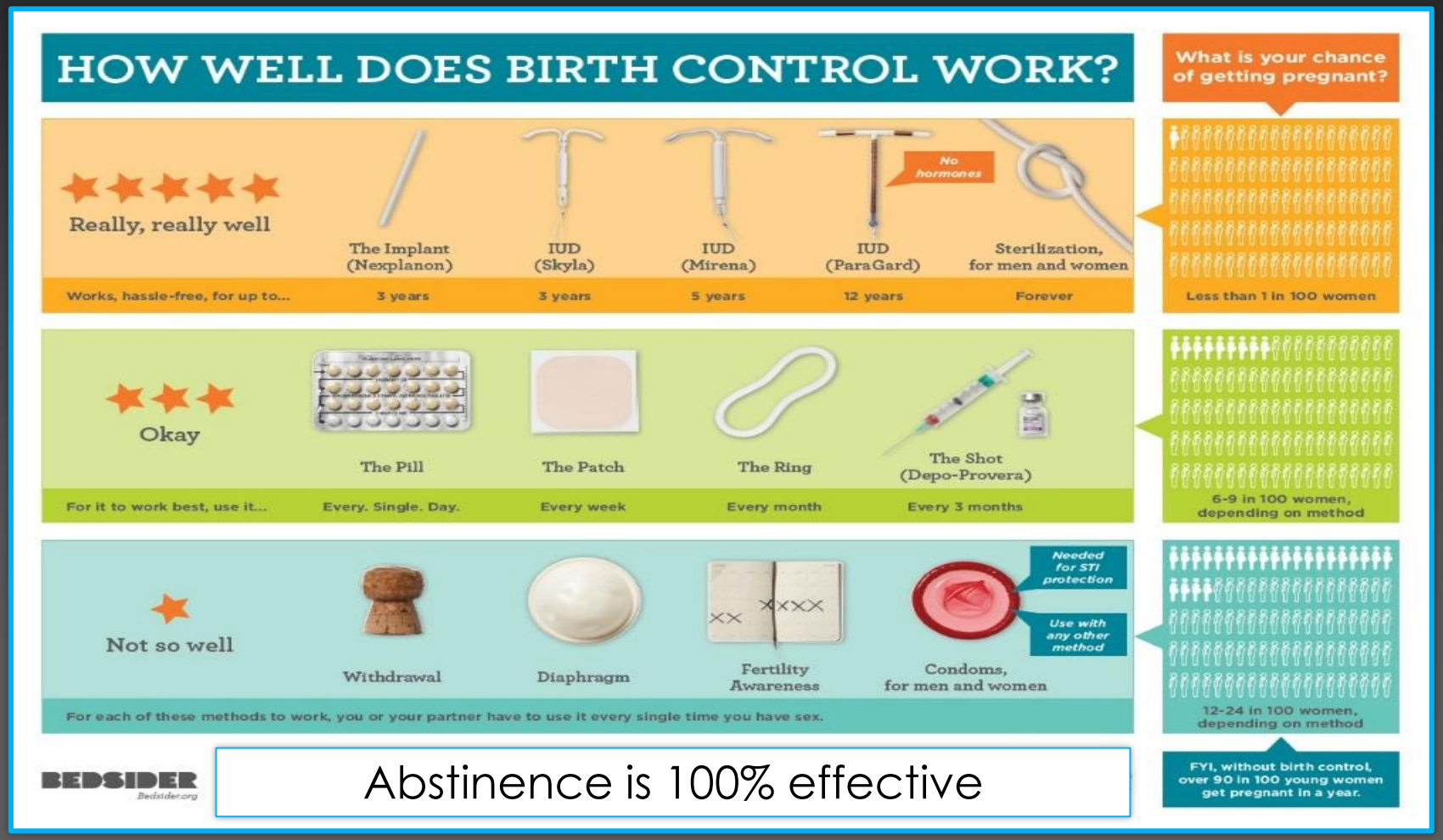


- $9.4 billion US taxpayer cost in 2010
  - Health care
  - Foster care
  - Lost tax revenue
  - Incarcerations
- 50% teen mothers receive high school diploma by age 22

Williams, Terry. HubPages. *Parental Factors that Contribute to Child Neglect*, 17 Dec. 2015. https://hubpages.com/family/Parent-Factors-in-Child-Neglect

Effectiveness of Birth Control Methods

NARAL Pro-Choice North Carolina. *Giving Thanks for Birth Control at UNC Chapel Hill,* 13 Nov. 2015. https://prochoicenc.wordpress.com/2015/11/13/giving-thanks-for-birth-control-at-unc-chapel-hill/



Abstinence is 100% effective

Abstinence

- Not having sex of any kind
- Free!
- Protects against STDs
- Will not get pregnant
- 100% effective

SlogansMotto.com. *Abstinence Slogans*, n.d. http://www.slogansmotto.com/abstinence_slogans/

Long-Acting Reversible Methods

- Implants
- Intrauterine devices (IUDs)

Painter, Kim. USA Today. *IUDs, Implants Generate New Enthusiasm and Some Worries,* 12 Oct. 2014. https://www.usatoday.com/story/news/nation/2014/10/12/iud-implant-birth-control/16857523/

Intrauterine Devices

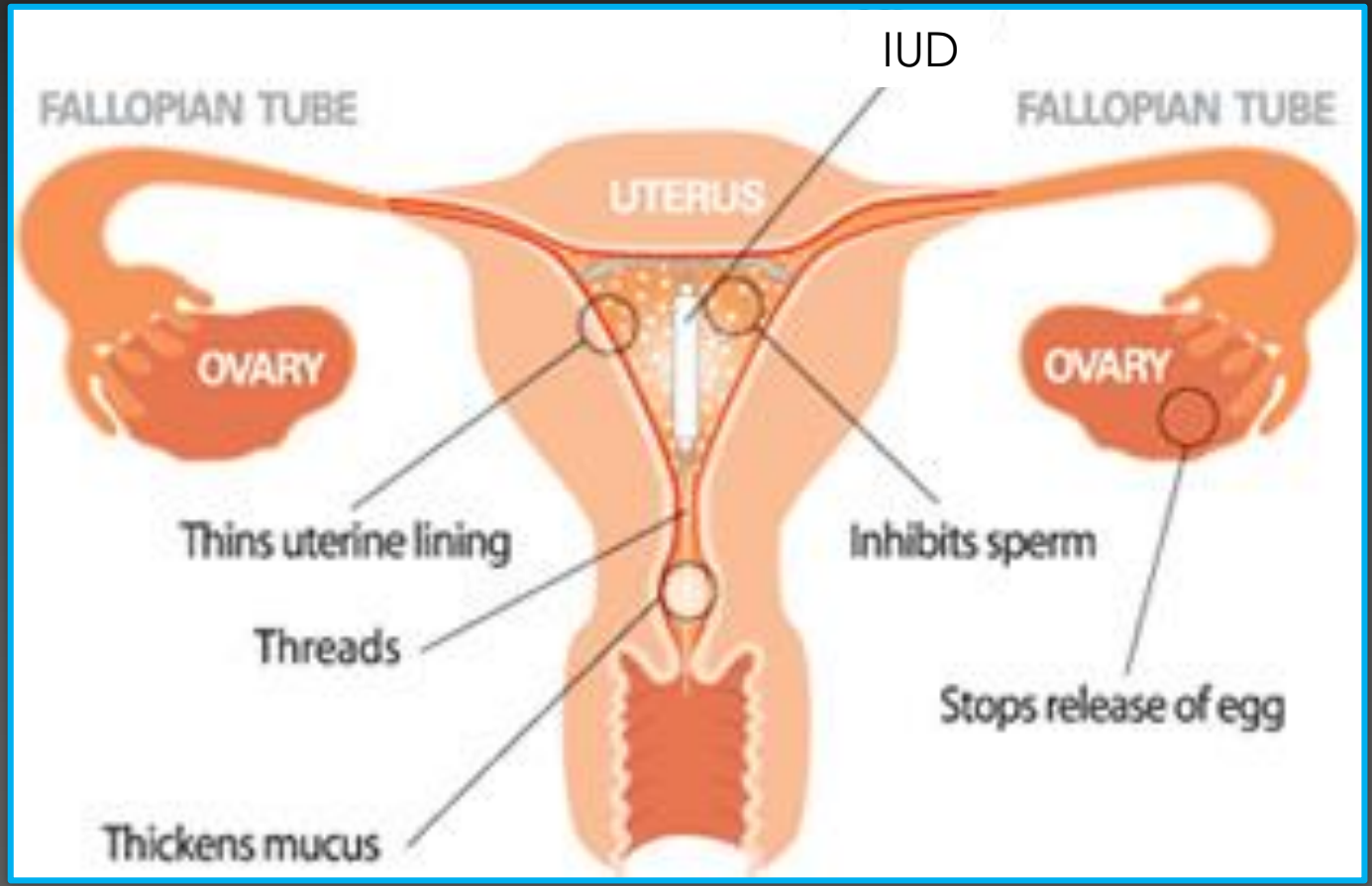
Advantages		Disadvantages	
Lasts for 3 - 12 years (depending on brand)	Paragard can act as an emergency contraceptive too	Does NOT protect against STDs	Needs to be inserted by a healthcare provider
Once inserted, requires no further action!	Hormonal IUDs lessen cramps and lighten your period	Insertion procedure can be uncomfortable	Paragard can cause heavier periods and menstrual cramping
Completely reversible - once it's removed, you can get pregnant again	Free or low-cost with insurance, or a single, up-front cost without	Cramping, spotting, mild irritation for first few months	Hormonal IUDs can affect mood, appetite

IUD.com. *Advantages and Disadvantages of the IUD*, 2017. https://www.iud.com/advantages-disadvantages

- Tiny "t" shaped plastic device inserted in uterus
- Changes uterine lining
- More than 99% effective
- Four kinds:
  - ParaGard
  - Mirena
  - Skyla
  - Liletta

Intrauterine Devices

HealthBulletin.co. *Most Women Misunderstand IUD Birth Control,* 22 Feb. 2013. http://healthdepots.blogspot.com/2013/02/most-women-misunderstand-iud-birth.html



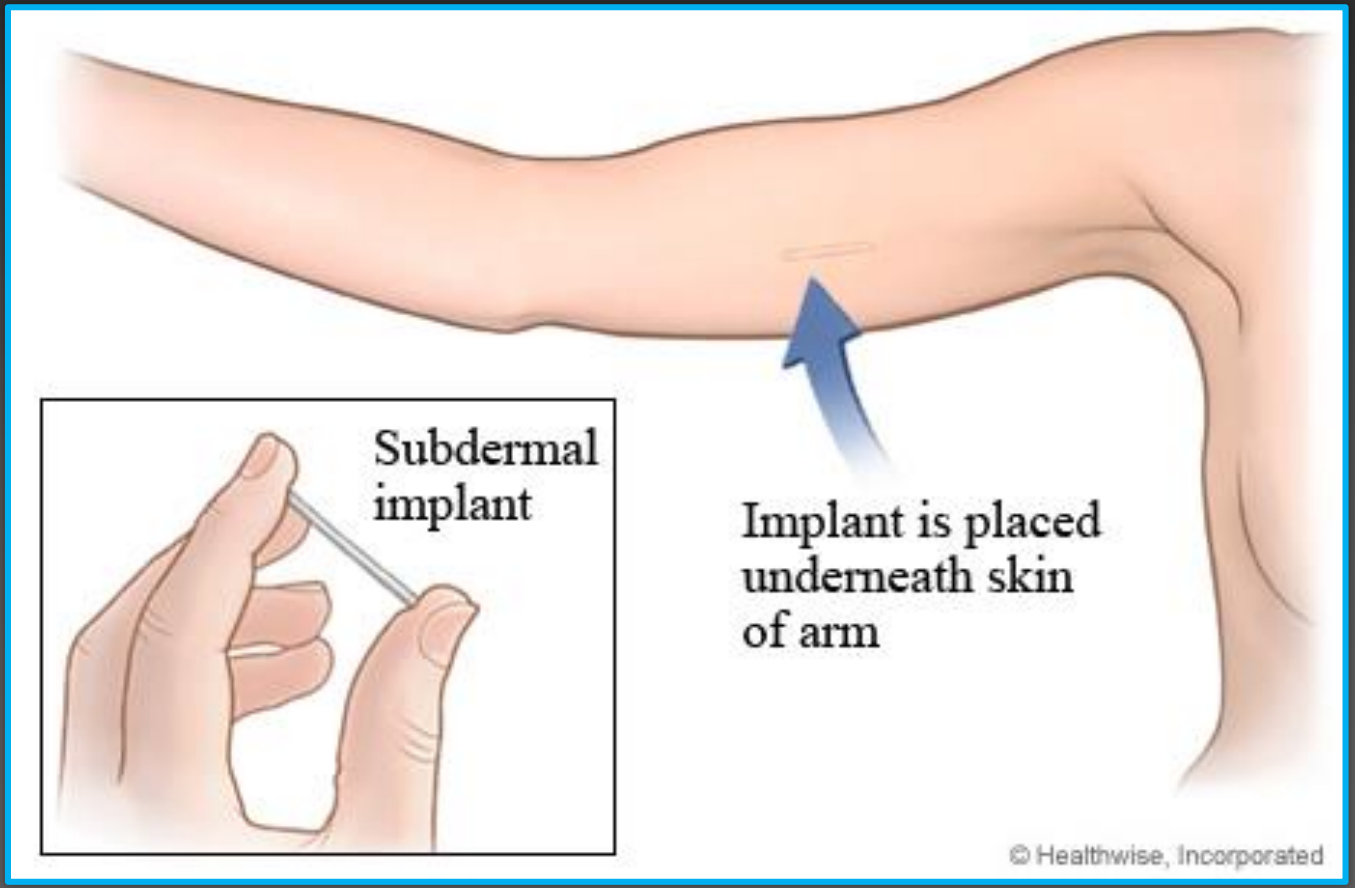
Implants

Advantages	Disadvantages
• May be left in place up to 3 years • Private and mostly hidden	• Does not protect against STDs • May cause irregular bleeding, heavy periods, or no periods

- Tiny plastic rod inserted in upper arm
- Releases hormones to prevent pregnancy
- Over 99% effective

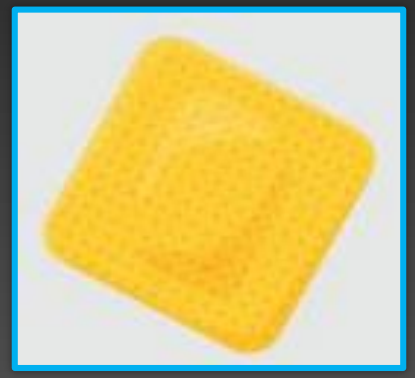
Implants

Marshall, Dr. Sarah. WebMD. *Subdermal Implant for Birth Control,* 22 May 2015. https://www.webmd.com/sex/birth-control/subdermal-implant-for-birth-control



Hormonal Methods

- Pill
- Patch
- Shot
- Ring



Southern Hills Hospital & Medical Center. *Choosing a Safe and Effective Birth Control Method to Suit Your Lifestyle*, 12 Jun. 2017. https://southernhillshospital.com/about/newsroom/choosing-a-safe-and-effective-birth-control-method-to-suit-your-lifestyle

The Pill

Advantages	Disadvantages
• Periods may be more regular • Cramps may be less painful • Can improve PMS	• Does not protect against STDs • May cause irregular bleeding

- Most common birth control method
- Take one pill every day at same time
- Releases hormones to prevent pregnancy
- About 91% effective

The Pill

Borreli, Lizette. Medical Daily. *Birth Control Pill May Alter Woman's Brain Structure; Are There Real-World Consequences?* 7 Apr. 2015. http://www.medicaldaily.com/birth-control-pill-may-alter-womans-brain-structure-are-there-real-world-consequences-328304

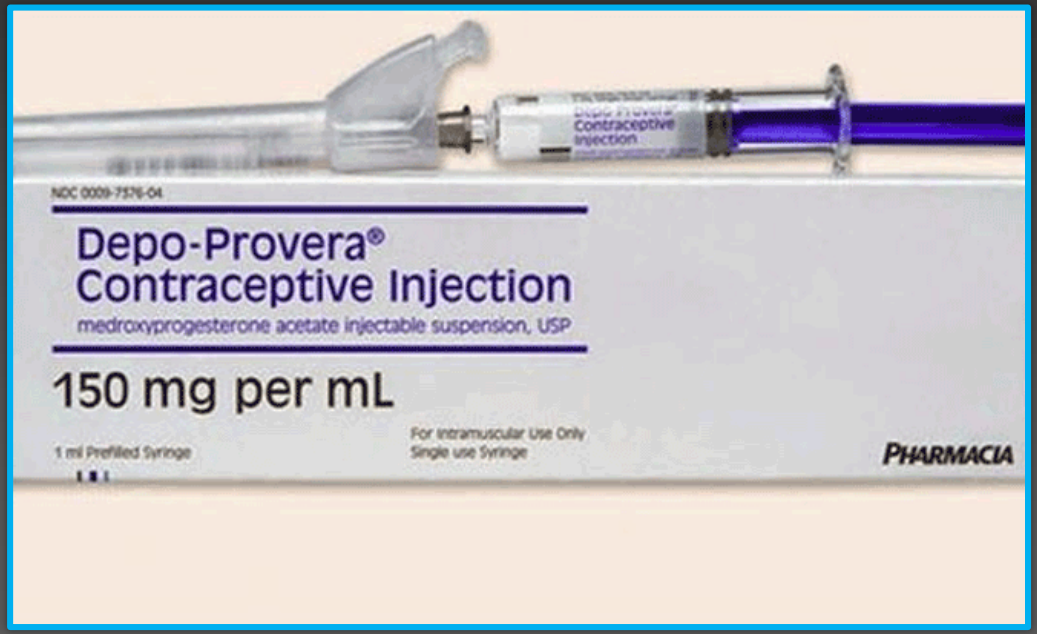
Bedsider. *Which Birth Control Pill is Right for Me?* 21 Feb. 2017. https://www.bedsider.org/features/89-which-birth-control-pill-is-right-for-me

The Shot

Advantages	Disadvantages
• Only 4 shots per year • Private and hidden • May lighten or stop periods over time	• Does not protect against STDs • May cause irregular bleeding initially

- Given every 12 weeks by medical provider
- Prevents ovaries from releasing an egg
- About 94% effective

The Shot



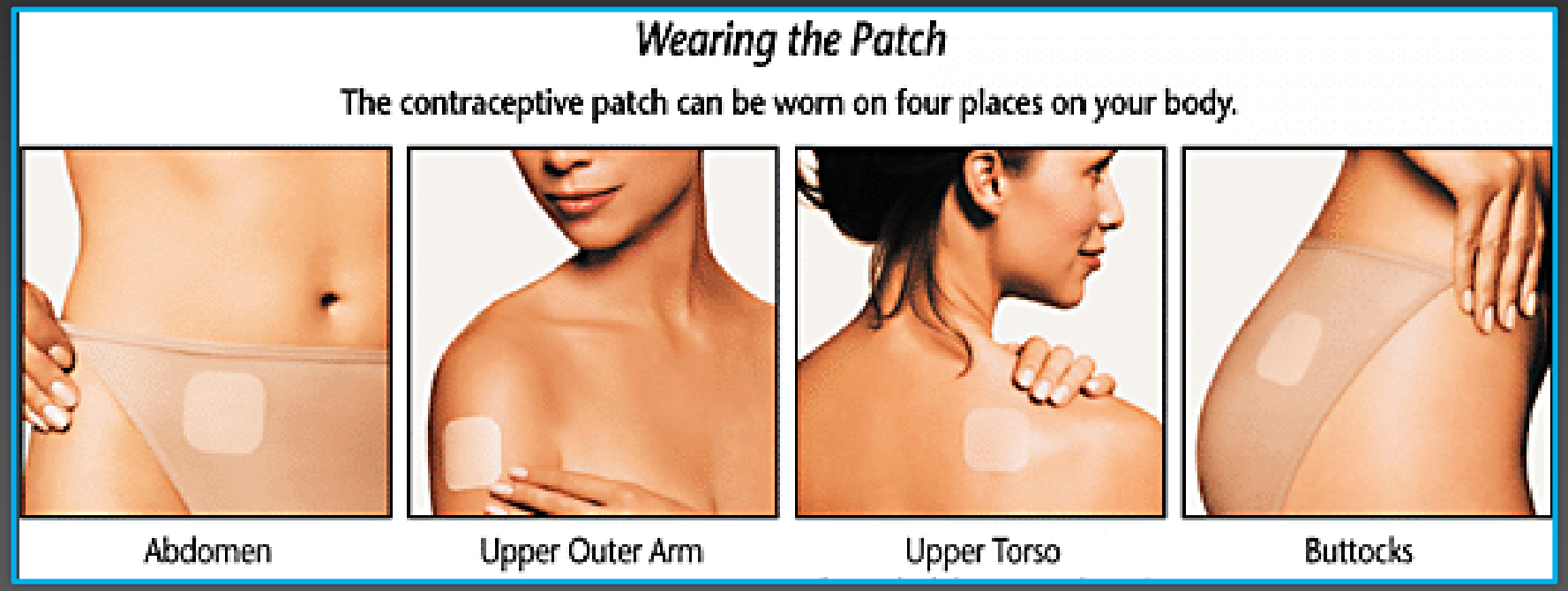
Women's Health Advice. *Birth Control Injections,* n.d. http://www.womens-health-advice.com/birth-control/injections.html

The Patch

Advantages	Disadvantages
• Periods may be more regular and less painful • Only once weekly	• Does not protect against STDs • May cause spotting initially

- New patch applied every week
- Releases two hormones to prevent pregnancy
- About 91% effective

The Patch



Setaysha, Oceana. Stay at Home Mum. *Birth Control Patch 101,* 13 Mar. 2017.
https://www.stayathomemum.com.au/my-kids/birth-control-options/birth-control-patch-101/

The Ring

Advantages	Disadvantages
• Periods may be more regular and less painful • Easy to use	• Does not protect against STDs • May cause spotting initially

- Thin, plastic ring inserted in vagina monthly
- Hormones released to prevent ovulation
- About 91% effective

The Ring

Intimate Health Help. *Deciding on Birth Control: The Birth Control Ring,* 16 Sep. 2012.
http://intimatehealthhelp.net/deciding-on-birth-control-the-birth-control-ring/

Barrier Methods

Princeton Midwifery Care. *Birth Control- How Well Does it Work?* 4 May 2015. https://www.princetonmidwiferycare.com/news-articles-blog/contraceptive-birth-control-effectiveness

Male Condoms

Advantages	Disadvantages
• Prevent pregnancy and STDs • Easy to get and use	• Can break • Can slip off

- Thin covering worn over penis
- Change with each new sex act
- Prevents semen from entering vagina
- About 85% effective

Male Condoms

Open package

Place over tip of penis and pinch end

Unroll entire condom

Hicks, Dr. Rob. WebMD. *Men's Health Guide: Condoms*, 1 Mar. 2017. https://www.webmd.boots.com/men/guide/condom-types

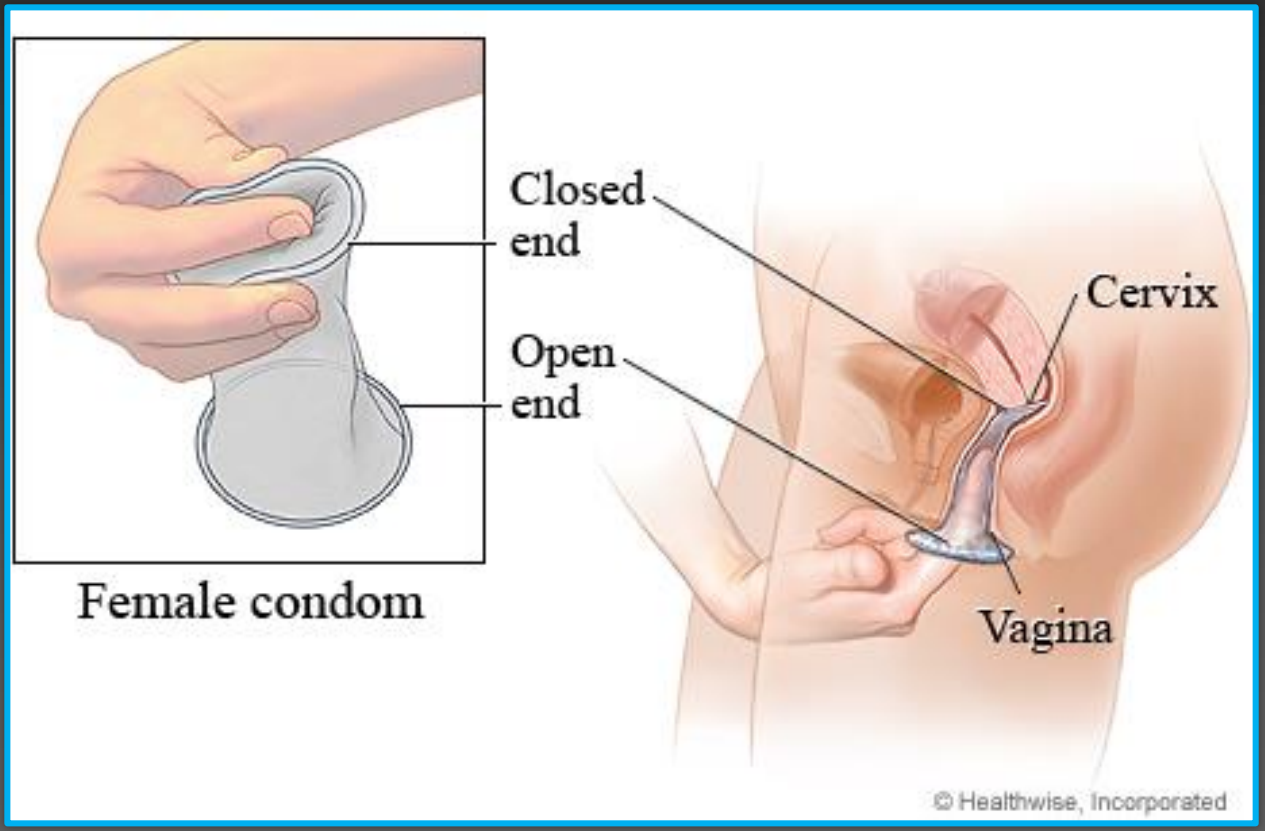
Female Condoms

Advantages	Disadvantages
• Prevent pregnancy and STDs • Easy to get and use	• May cause irritation • Can slip inside vagina

- Strong, thin tube-shaped pouch inserted into vagina
- Prevents sperm from reaching egg
- About 79% effective

Female Condoms

WebMD. *Barrier Methods of Birth Control*, 22 May 2015. https://www.webmd.com/sex/birth-control/barrier-methods-of-birth-control



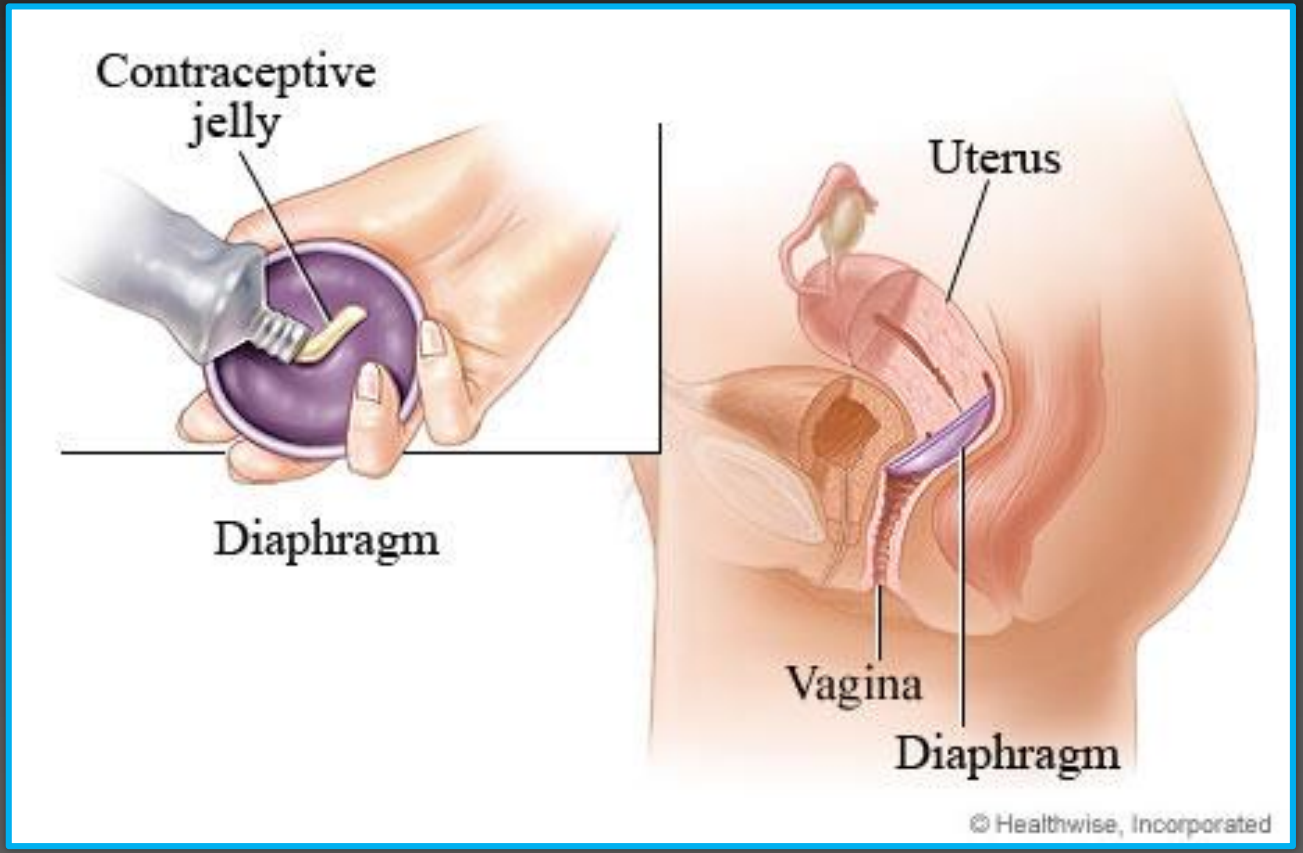
Diaphragm

Advantages	Disadvantages
• Can be placed up to 6 hours before sex • May remain in place up to 24 hours • Inexpensive • Reusable for years • Easy to hide	• Does not protect against STDs • May be difficult and messy • Increased risk of bladder infections • Must be left in place for 6-8 hours after sex

- Soft silicone cup covering cervix
- Use with spermicide
- Prevents sperm from reaching egg
- About 88% effective

Diaphragm

WebMD. *Barrier Methods of Birth Control*, 22 May 2015. https://www.webmd.com/sex/birth-control/barrier-methods-of-birth-control



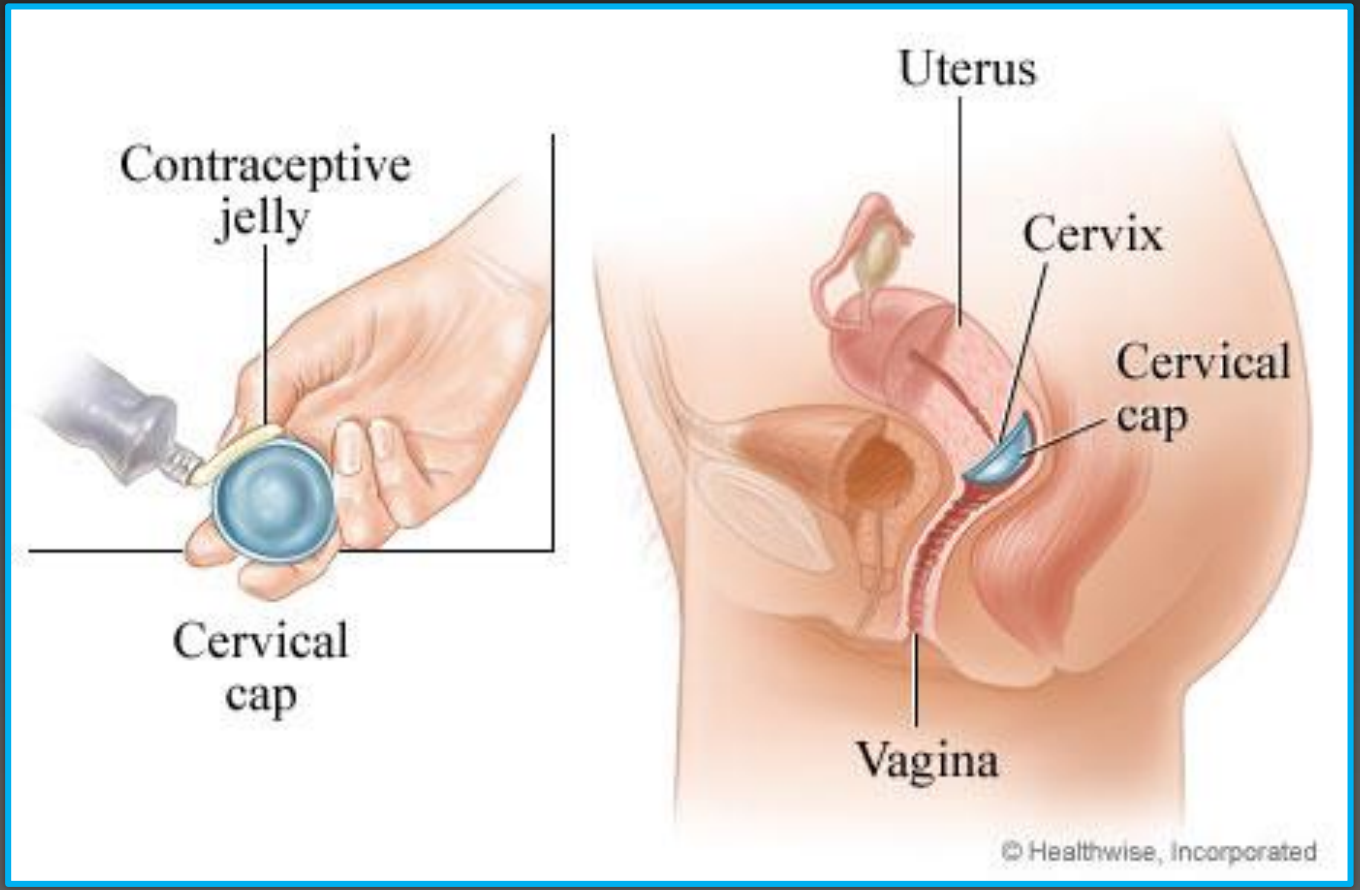
Cervical Cap

Advantages	Disadvantages
• Can be placed up to 6 hours before sex • May remain in place up to 48 hours • Inexpensive • Reusable for years • Easy to hide	• Does not protect against STDs • May be difficult and messy • Increased risk of bladder infections • Must be left in place for 6-8 hours after sex

- Small, soft silicone cup covering cervix
- Use with spermicide
- Prevents sperm from reaching egg
- Up to 86% effective

Cervical Cap

WebMD. *Barrier Methods of Birth Control*, 22 May 2015. https://www.webmd.com/sex/birth-control/barrier-methods-of-birth-control



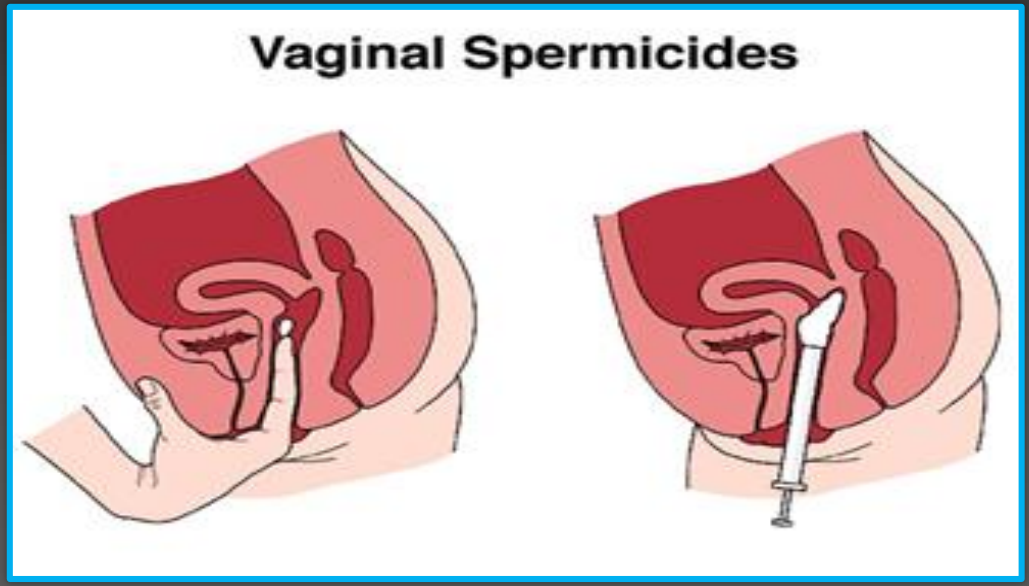
Spermicides

Advantages	Disadvantages
• Easy to hide • Easy to obtain • Can be inserted up to one hour before sex	• Does not protect against STDs • Can cause irritation

- Inserted in vagina before sex
- Contains chemicals that kill sperm
- Only about 71% effective

Spermicides

Cuda Kroen, Gretchen. NPR. *What Spermicide Users Should Know, But Often Don't,* 6 Feb. 2012. https://www.npr.org/sections/health-shots/2012/02/06/146343080/what-spermicide-users-should-know-but-often-dont



Virinchi Hospitals. *Spermicide,* n.d. http://qa.virinchihospitals.com/livehealthy/investigations/spermicide

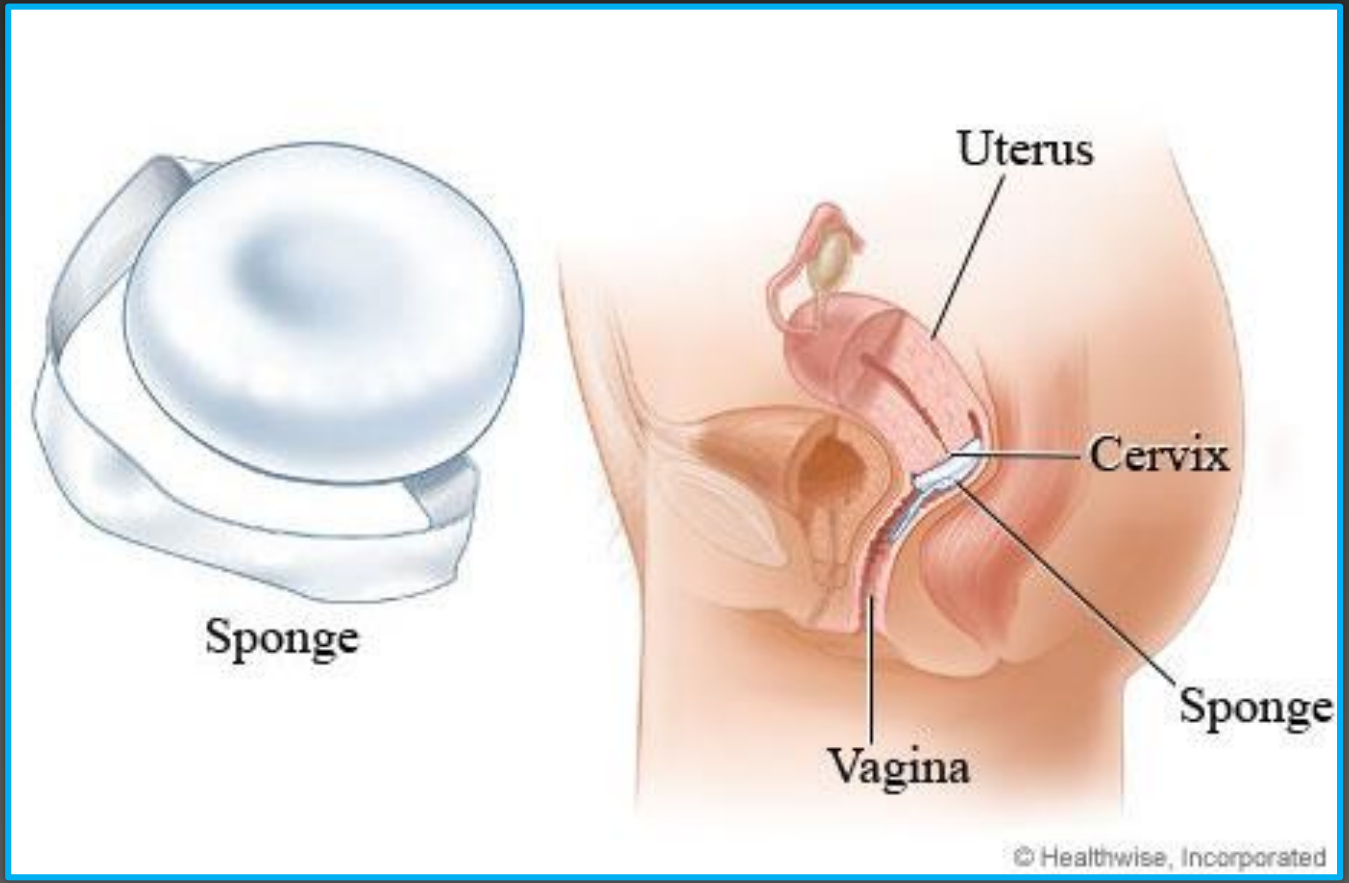
Sponges

Advantages	Disadvantages
• Easy to get • Easy to hide • Can be used multiple times in 24 hour period	• Does not protect against STDs • Must leave in place for 6 hours after sex

- Small piece of foam with spermicide inserted in vagina
- Contains chemicals that kill sperm
- Blocks cervix to prevent sperm from reaching egg
- Only about 76% effective

Sponges

WebMD. *Barrier Methods of Birth Control*, 22 May 2015. https://www.webmd.com/sex/birth-control/barrier-methods-of-birth-control



Other Methods

Dreamstime. *Contraception Methods,* n.d. https://www.dreamstime.com/stock-illustration-contraception-methods-icon-set-birth-control-constructor-c-creating-your-own-design-infographics-templates-vector-illustration-image57869721

Fertility Awareness/Natural Planning

Advantages	Disadvantages
• Free • No hormonal side effects • Permitted by many religions and cultures	• Does not protect against STDs • May be difficult to calculate menstrual cycle • Only works if cycle regular

- Knowing fertile time of the month
- Abstaining during this time
- Only about 76% effective

Fertility Awareness/Natural Planning

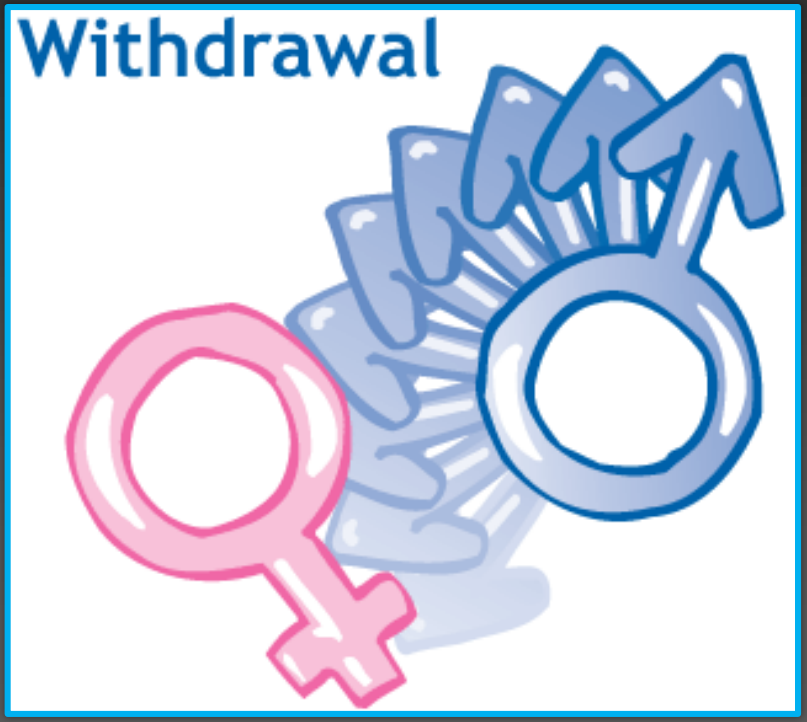
BirthControl.com. *Fertility Awareness Methods (FAM Birth Control)*, 2017.
https://www.birthcontrol.com/options/fertility-awareness-method/

Withdrawal

Advantages	Disadvantages
• Free • No hormonal side effects	• Does not protect against STDs • May be difficult to pull out in time

- Pulling penis out of vagina before ejaculation
- Only about 78% effective

Withdrawal



Dolyan Descornet, Prof. Dr. Gayane. Women Health & Lifestyle. *Withdrawal Method*, n.d. https://www.women-info.com/en/withdrawal-method/

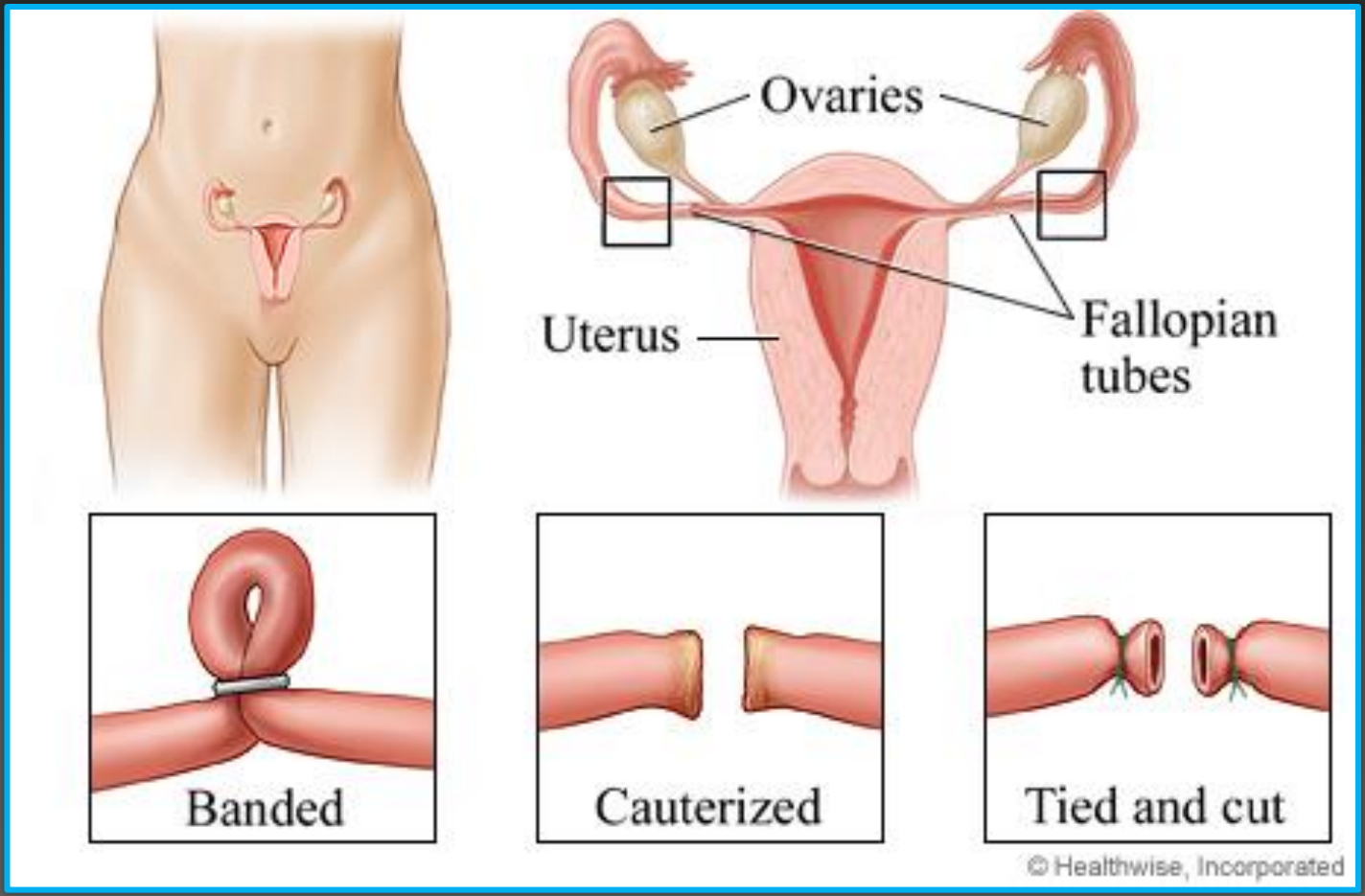
Tubal Ligation

Advantages	Disadvantages
• Hormone free • About 99% effective	• Does not protect against STDs • Permanent

- Surgical procedure for women
- Stops egg and sperm from meeting
- Not performed by most US doctors on those under 18 years old

Tubal Ligation

Marshall, MD, Sarah. WebMD. *Tubal Ligation Methods,* 22 May 2015. https://www.webmd.com/women/tubal-ligation-methods



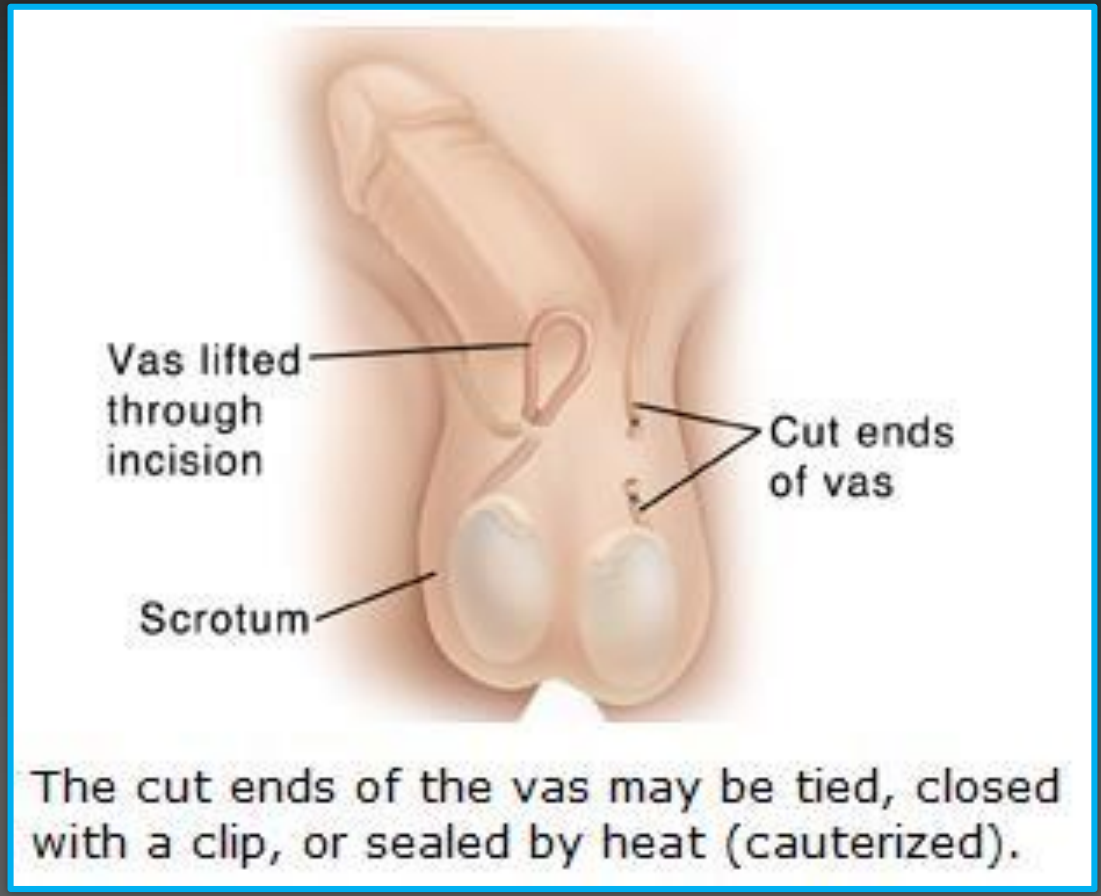
Vasectomy

Advantages	Disadvantages
• About 99% effective	• Does not protect against STDs • Permanent

- Surgical procedure for men
- Blocks tubes joining sperm with seminal fluid
- Not performed by most US doctors on those under 18 years old

Vasectomy

Mount Nittany Health. *Having a Vasectomy: Before, During, and After the Procedure*, n.d. https://www.mountnittany.org/articles/healthsheets/3800



Emergency Contraception

Advantages	Disadvantages
• Can provide protection after sex	• Does not protect against STDs • May be difficult to get • May be expensive

- Must be taken ASAP after unprotected intercourse to prevent pregnancy
- About 89% effective

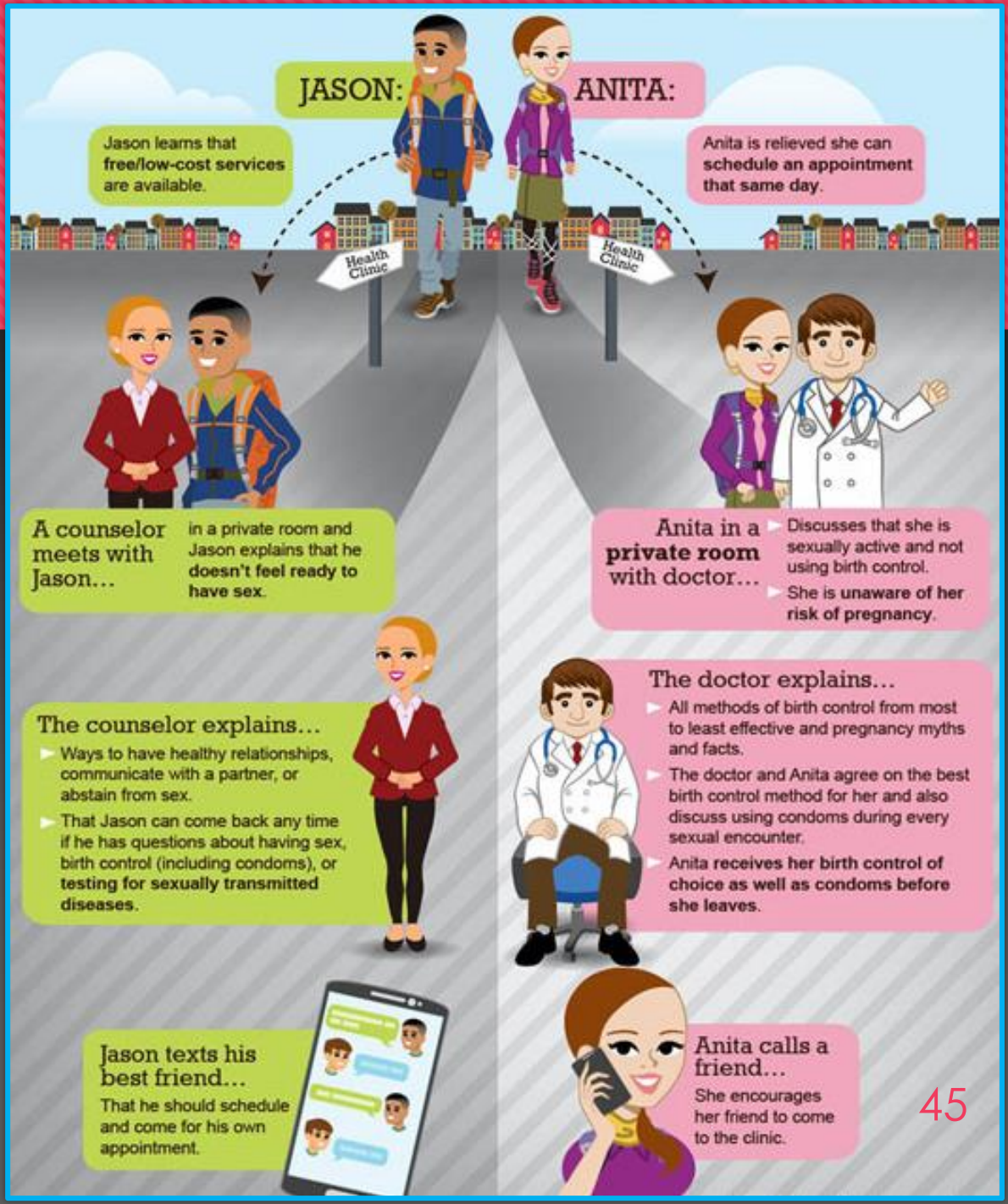
Emergency Contraception

Thompson, Kirsten and Belden, Peter. ARHP. *Thinking (Re)Productively; Counseling for Emergency Contraception: Time for a Tiered Approach*, Dec. 2014. http://www.arhp.org/publications-and-resources/contraception-journal/december-2014

Types of emergency contraception	How well does it work?	How soon do I have to use it?	How do I use it?	Where can I get it?
ParaGard IUD	Almost 100% effective (1st)	Within 5 days	It's placed in the uterus by a doctor or nurse Keeps working as super effective birth control.	From a doctor, nurse, or at a clinic Say it's for EC so you are scheduled quickly.
Ella	(2nd) Less effective if over 195 pounds. Try an IUD.	ASAP Works better the sooner you take it, up to 5 days.	Take the pill as soon as you get it Remember to use it every time you have unprotected sex.	From a doctor, nurse, or at a clinic Get an extra pack for future emergencies.
Plan B One-Step or a generic	(3rd) Less effective if over 165 pounds. Try ella or an IUD.	ASAP Works better the sooner you take it, up to 3 days.	Take the pill as soon as you get it Remember to use it every time you have unprotected sex.	At a pharmacy, no prescription needed Get an extra pack for future emergencies.

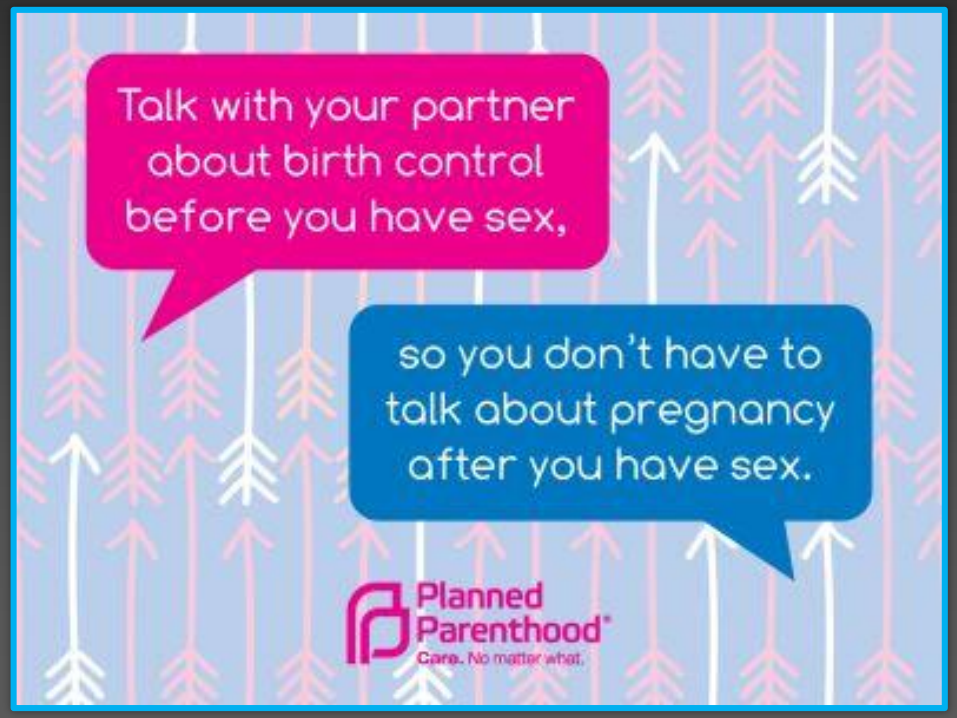
What Can Be Done

- Provide youth-friendly access to contraception and reproductive services
- Adult support and communication
- Early sexual and birth control education



CDC. *Vital Signs: Preventing Pregnancies in Younger Teens,* Apr. 2014. https://www.cdc.gov/vitalsigns/young-teen-pregnancy/index.html

What Teens Can Do



Planned Parenthood. *Teen Pregnancy Prevention Month: How Do You Know When You're Ready for Sex?* 2017. https://www.plannedparenthood.org/planned-parenthood-northern-new-england/for-teens/teen-pregnancy-prevention-month

- Abstain from sexual activity
- Resist peer pressure
- Be prepared
- Seek care for proper contraception
- Talk to a trusted adult
- Obtain sex information from reliable sources

References

Centers for Disease Control and Prevention. "Reproductive Health: Teen Pregnancy." *CDC.gov,* 29 Sep. 2017. https://www.cdc.gov/teenpregnancy/index.htm. Accessed 26 Oct. 2017.

Mayo Clinic. "Teens and Sex: Protecting Your Teen's Sexual Health." *MayoClinic.org,* 3 Aug. 2017. https://www.mayoclinic.org/healthy-lifestyle/sexual-health/in-depth/teens-and-sex/art-20045927?pg=1. Accessed 26 Oct. 2017.

Teens Health. "Birth Control Methods: How Well Do They Work?" *KidsHealth.org,* Nov. 2016. http://kidshealth.org/en/teens/bc-chart.html?WT.ac=t-ra#. Accessed 26 Oct. 2017.

Teen Source. "Birth Control." *TeenSource.org,* n.d. https://www.teensource.org/birth-control. Accessed 26 Oct. 2017.