Family Planning Methods

Which Do You Choose?
Abstinence

- The only method that is 100% effective.
- Delay sexual activity until financially, emotionally, and physically ready for the responsibilities of childbearing.

Advantages
- It protects you from STDs and pregnancy.

Disadvantages
- Coping with peer pressure
Barrier Methods: Male Condom

- Interrupt coitus briefly to cover the erect penis
- 86% to 97% effective

Advantages
- Affordable
- No major side effects concerns
- Reduces the spread of STD’s

Disadvantages
- Some men are allergic to latex
- Those with spermicide may cause irritation
- Easily torn or damaged
Barrier Methods: Female Condom

- A thin sheath or pouch worn by a women during sex
- Helps to prevent pregnancy and STDs
- 79% to 95% effective
- 17 cm (6.5 inches) length
- $6.50 a pack

Advantages
- Use only when needed
- Does not have the side effects of hormone methods

Disadvantages
- Could experience reaction or allergy to latex
- Inserting can be inconvenient and tear or damage to the condom may go unnoticed
Barrier Methods: Spermicide

- Foams, creams, gels and suppositories inserted in vagina prior to intercourse
- 72% effective
- Should be used with a condom, diaphragm, or cervical cap

Advantages
- Over the counter with no major health complications
- Easy to use and carry, may use only when needed

Disadvantages
- Can be messy
- May irritate or cause allergic reactions
- No protection against STDs
Barrier Methods: Diaphragm

- Insert in the vagina over the cervix before intercourse and keep in place for 8 hours after
- Can be washed and reused
- Cost about $30-50 every two years when replaced

Advantages
- can be used only when necessary
- few health problems

Disadvantages
- Doctor’s appointment required to determine size needed
- may irritate vagina or have an allergic reaction
- Possible risk of Toxic Shock Syndrome
- Doesn’t protect from STDs
Barrier Methods: Cervical Cap

- Insert over the cervix before intercourse and keep in place 8 hours after. Used with a spermicide
- Appointment for a fitting is needed at a clinic or doctor’s office
- $30 – 50
- Effectiveness varies from 84 – 96%

Advantages
- Can be used only when necessary
- Little or no health problems

Disadvantages
- May irritate vagina
- Strong odors or vaginal discharge
- Allergic reaction (rare)
- Could cause Toxic Shock Syndrome
Hormonal Methods: Birth Control Pills

- A pill taken daily that contains artificial hormones and prevents pregnancy.
- 95-98% effective
- $20-$50 a month

Advantages
- simple and easy to use
- Less bleeding and cramping during cycle
- Less chance of PID (Pelvic Inflammatory Disease)

Disadvantages
- Does not protect against STDs
- Side effects are: mood swings, blood clots, nausea, weight gain, and irregular menstrual bleeding.
- Must remember to take it at the same time every day
- Not good for women who smoke or are over 35
Hormonal Methods: Hormonal Injections

- Hormones given through a shot by a physician monthly or once every three months
- Up to 99% effective

Advantages
- Simple and easy to use
- Less bleeding and cramping during cycle
- Less chance of PID (Pelvic Inflammatory Disease)

Disadvantages
- May cause irregular bleeding
- Scheduling Doctor’s office visits
Hormonal Methods: Nuva Ring

- Flexible doughnut shaped ring inserted into the vagina where it releases hormones
- $30.00 - $45.00 A month

Advantages
- Simple to insert and remove monthly

Disadvantages
- Doesn’t protect against STDs
- SIDE EFFECTS: Irregular menstrual bleeding, May cause mood changes, May cause blood clots, May cause vaginal infections
- Not good for women who smoke or are over 35
Hormonal Methods: Implant

- Implant that can be worn for up to five years (Previously known as Norplant)
- Becomes effective within 24 hours of implantation
- Thickens your cervical mucus creating a barrier for sperm

Advantages
- Offers continuous protection against pregnancy for 5 years
- Women who are breast feeding can safely use Norplant

Disadvantages
- headaches/ migraines, anxiety, weight gain, menstrual irregularities, increases in acne
- May experience a delay in fertility if remove early
Hormonal Methods: Hormone Patch

- Thin patch placed on fatty tissue for three weeks each month
- + 99% effective

Advantages
- Easy to apply as part of daily routine

Disadvantages
- Possible Side Effects: - Mood swings, blood clots, nausea, irregular menstrual bleeding, and weight gain
- May develop skin irritation or sensitivity at patch site
- Not good for women who smoke or are over 35
IUD – Interuterine Device: Copper and Hormone Based

- Placed into the uterus by a physician to prevent pregnancy
- Lasts one – ten years and costs $250.00+
- 99.2%-99.9% effective

**Advantages**
- always in place, less chance of tubule pregnancy

**Disadvantages**
- Doesn’t provide protection against sexually transmitted diseases including HIV and AIDS
- May Increase bleeding and cramps
- Menstrual cycles may become more painful
- Possible risk to future fertility
- Increase risk of infections
Natural or Fertility Awareness: Rhythm

- Also known as the calendar method
- This is a Natural Family Planning Method
- You must chart menstrual cycles on a calendar
- 53 – 80% effective

Advantages
- No side effects or health issues
- Completely natural and free

Disadvantages
- Largest side effect… PREGNANCY
- Illness or stress can alter cycle
- Intercourse must be avoided for 6-8 days around ovulation
Natural or Fertility Awareness Basal Temperature

- A woman is instructed to take her body temperature, called her basal body temperature before rising each morning.
- A specialized basal body thermometer is used and results are recorded on a graph or chart along with noting the days of menstruation and sexual activity.
- $10-$12

Advantages
- 98% effective in preventing pregnancy if used perfectly.
- Free and can be stopped at any time.
- Helps you to be aware of cycle.

Disadvantages
- Requires effort and work.
- Failure rate as high as 15% is not used perfectly.
Natural or Fertility Awareness: Analysis of Cervical Mucus

- Also called the ovulation method
- Women takes sample of her mucus everyday for a month
- Six days before ovulation, mucus is affected by estrogen and becomes clear and elastic.

Advantages
- Free
- Can be stopped at any time
- Helps women to be aware of their cycle

Disadvantages
- Failure rate is 20% per year
- Requires effort and work
- Intercourse must be avoided for 6-8 days around ovulation
Permanent or Sterilization: Tubal Ligation

- Permanent procedure performed on a woman where Fallopian tubes are cut and tied, burned shut, or clamped.
- Eggs can no longer get to the sperm.
- 99.9% effective (in rare cases tubes reconnect or clamp fails)

Advantages
- No further use of birth control is needed

Disadvantages
- No STD protection
- Invasive surgical procedure with post-surgery discomfort and healing of weeks.  Cost of surgery
- Difficult to reverse if pregnancy is desired in the future
**Permanent or Sterilization: Vasectomy**

- This is a permanent procedure done on a man.
- Sperm are not expelled after this procedure.
- 99.9% effective if male follows doctors orders and returns for follow up visits (in rare cases tubes reconnect or clamp fails)

**Advantages**
- No further use of birth control is needed

**Disadvantages**
- No STD protection
- Minimally invasive surgical procedure with post-surgery discomfort and healing of several days. Cost of surgery
- Difficult to reverse if pregnancy is desired in the future
**Ineffective Methods: Withdrawal**

- Involves removing the penis before ejaculation
- Objective is to keep the sperm from entering the vagina
- Natural Family Planning Method

**Advantages**
- Free

**Disadvantages**
- Pregnancy could occur anytime that the penis and the vagina come in contact
- Doesn’t protect against STD’s or pregnancy
- Withdrawal is not effective as some sperm leak prior to ejaculation
Ineffective Methods: Douching

- Is not a method of birth control
- Involves washing the vagina by spraying a cleaning solution into the vagina after intercourse

No Advantages

Disadvantages
- Pushes sperm deeper into the vagina increasing the risk of pregnancy
- Increases the risk of Pelvic Inflammatory Disease
- Increases the risk of ectopic pregnancy
- Increases the risk of vaginal yeast infections
What is your decision?

- Abstinence solves all the major problems needed to make life more productive until you are ready to make these life decisions.
- Understanding and controlling your sexual desires is a lifelong process.