

It's Your Choice: Birth Control for Teens

Discussion Guide



AIMS MULTIMEDIA

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Synopsis

It's Your Choice: Birth Control for Teens is a 30-minute video with peer educators presenting information on all currently available contraceptives as well as upcoming methods. Interspersed are interviews with real teens, who give their opinions of these methods and share their experiences.

The video is fast-moving and succinct, and is intended to give thorough information about contraceptive methods. It provides enough information to help teens make a preliminary decision about which method is best for them.

However, it is not meant as a substitute for a more in-depth discussion about methods that require a visit to a health care provider.

Designed for teens, this video is appropriate for use in schools, with youth groups, and for in-clinic education.

What will students learn from watching this video?

Viewers will learn:

- How each birth control method works
- How to use each method
- Effectiveness of each method
- Side effects and health risks of each method
- Each method's ability to protect against ST1/HIV
- What teens think and how they feel about various methods

The video is divided into the following sections:

Hormonal Methods

- Oral Contraceptive Pills
- Depo-Provera
- The Birth Control Patch
- The Vaginal Ring
- Emergency Contraception (NOTE: Emergency Contraception, previously known as "the morning after pill," is not the same as RU486. It is not an "abortion pill" and does not interfere with a fertilized, implanted egg.)

Barrier Methods

- Diaphragm
- Condom
- Female Condom

Spermicides

Abstinence

Not Recommended for Teens

- IUD (Intrauterine Device)
- Withdrawal
- Fertility Awareness Methods
- Sterilization

Also discussed

- Sponge
- Monthly Shot
- Implanon

How to use the video

1. Show the video in its entirety and then lead a discussion or question and answer period. Viewers could be given blank sheets to fill in the facts of interest to them about each method.
2. Pause the video after each section (e.g. “Hormonal Methods”) and ask the viewers to think about or discuss questions such as those in the section below.

Sample questions for viewers to think about or discuss:

General

- What are some of your considerations? (cost, ability to purchase in a store vs. needing a prescription, effectiveness, ability to be spontaneous, side effects, STI/HIV protection, ease of use, etc.)

- Would you be able to use a method that requires planning or that you have to carry with you, or do you need a method that allows you to be spontaneous and totally private?
- Were you surprised by anything you learned? What surprised you? Why?
- Are males equally responsible for birth control? What could males do to help their partners with the female methods?

Hormonal Methods

- Can you remember to take a pill every day? Are there other things you do regularly at the same time each day that would help to remind you?
- How would you feel about receiving a shot once every 12 weeks?
- What kinds of side effects are acceptable to you and which ones would not be tolerable? (spotting, irregular bleeding, weight gain, etc.)
- Can you think of an easy way to remember to change your patch each week?
- Do you feel comfortable touching your vagina in order to insert the vaginal ring?
- Do you know if your state allows pharmacies to provide emergency contraception without a doctor's prescription?
- If you or your partner uses a hormonal method, how would you protect yourself from STIs/HIV?

Barrier Methods

- How would you feel about carrying a diaphragm or (female) condom?
- Do you feel comfortable touching yourself in order to insert the female condom/diaphragm?
- (Females) How would you feel about telling your partner that he needs to use a condom?
- (Males) How do you feel about taking the time to stop and put on a condom?

Spermicides

- How would you feel about touching yourself in order to insert a spermicide into your vagina?
- How do you feel about possible messiness or leakage from a spermicide?

Abstinence

- How do you feel about being abstinent? If you want to choose abstinence, what would you say if you felt pressured to have sex?
- If you have a regular partner, are you able to talk about the decision whether or not to have intercourse?

Not Recommended for Teens

The IUD, withdrawal, fertility awareness methods, and sterilization are generally not recommended for teens, but they should not be excluded since any one of these methods may work for an individual teen. If your teen students are interested in any of these methods, provide them with information and help them assess if one of these methods may be appropriate for them. Point out that none of these provide protection against STIs/HIV. Make sure they meet with a health care provider for more detailed information.

Coming Soon

- Sponge - How would you feel about touching yourself in order to insert the sponge into your vagina?
- Monthly Shot - How would you feel about receiving a shot once a month? (See other “Hormonal Method” questions.)
- Implanon - How would you feel about the surgical procedure required to insert the capsule(s)? (See other “Hormonal Method” questions.)

It's Your Choice: Birth Control for Teens

Length: 30 minutes

Subject Areas: Health and Guidance

Audience Level: Grades 9-12

Catalog Number: #2944-EN-VID

Related titles in the AIMS Collection

#2907 Contraceptive Choices, 3rd Edition

#2891 Urban Improv: Adolescent Sexuality

#2850 Risky Stuff

#2841 Chances, Choices, Changes

#2773 Fables from the New School: Teenage Pregnancy