

Contraceptive Choices, 3rd Edition

Synopsis

Making an informed selection when considering birth control options means becoming knowledgeable about the diversity of contraceptive methods available, as well as their effectiveness and possible side effects. This informative program acquaints viewers with a wide range of birth control products and procedures, including nonprescription, prescription, and surgical methods. Beginning with a brief review of reproductive anatomy and conception, the program explains the general objective of all birth control methods. Specific methods are then discussed, with illustrations showing how each prevents pregnancy. These include prescription and nonprescription barrier methods, hormonal methods, IUDs, and both male and female sterilization. The advantages and disadvantages of each method are presented, along with their individual effectiveness ratings. The possible prevention of STDs by use of latex condoms is also addressed, as is the 100% effectiveness of abstinence in the prevention of both pregnancy and STD transmission. In conclusion, viewers are encouraged to fully evaluate their own particular needs before making a final decision.

Questions to ask before viewing

1. Review the following terms with students. Clarify any that are unfamiliar: ovulation, fertilization, conception, abstinence, STD.
2. Ask students what they already know about birth control methods.
3. What do you think are the advantages of using some type of birth control? Disadvantages?

Questions to ask after viewing

1. Following ovulation, once the egg has moved down the Fallopian tubes, what is the timeframe during which the egg can be fertilized by sperm? (48 hours)
2. What is the general objective of all contraceptive methods? (to prevent sperm from reaching the egg)
3. What are some things to consider when choosing a contraceptive method? (how the method works; effectiveness in preventing pregnancy; does it require a visit to a healthcare professional; does it provide protection against STDs; what are the side effects, if any)
4. How do barrier methods of birth control work in general? (They physically block sperm from reaching the egg.)

5.

6. Provide examples of the barrier method of birth control. (Non-prescription methods include spermicide, the contraceptive sponge, and male or female condoms. Prescription methods are the diaphragm or the cervical cap.)
7. How do hormonal methods of contraception work? What are their possible side effects? (Hormonal methods use chemicals similar to a woman's natural hormones. Such methods prevent the ovaries from releasing eggs and make it difficult for sperm to enter the uterus. Because these are hormonal, side effects include breast tenderness, weight gain, mood changes, nausea, or bleeding between periods, and more rarely, blood clots, heart disease, and high blood pressure.)
8. Provide examples of hormonal contraceptives. (birth control pills and patches, contraceptive injections, vaginal ring)
9. What is an IUD and how does it work? (IUD is an intra-uterine device that prevents pregnancy by causing a change in the lining of the uterus.)

10. What permanent procedures may also be used as a birth control method?
(vasectomy for men; cutting of the Fallopian tubes for women)
11. In your opinion, what are the advantages or disadvantages of abstinence?
(Answers will vary, however students should recall from the program the key point that abstinence is 100% effective in preventing pregnancy and the transmission of STDs.)

Annotation

The wide variety of contraceptive methods available today in both prescriptive and non-prescriptive form can be overwhelming. Understanding how each works, its effectiveness and possible side effects is critical to making an informed choice in birth control. This program takes a close look at the range of available methods, providing excellent guidelines for viewers to use in evaluating their own personal needs.

Length

17 Minutes

Subject Areas

Health & Guidance; Sex Education

Audience Level

Grades 9-12, Adult

Catalog Number

2907-EN-VID

Related titles in the AIMS collection

#8906-EN-VID: Teen Pregnancy: Having Babies Too Soon

#8155-EN-VID: Teen Contraception

#9974-EN-VID: Sexual Development

#9976-EN-VID: STDs and Sexual Responsibility

#2841-EN-VID: Chances, Choices, Changes

#8865-EN-VID: 50% Teen Sexual Abstinence

#8942-EN-VID: Too Far, Too Fast



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Discussion Guide

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Objectives

- To review the biological process of conception
- To explain how contraceptives work
- To examine the variety of contraceptive methods available and their effectiveness
- To explain possible side effects of various contraceptive methods
- To encourage viewers to think seriously before deciding which method is best for them
- To discuss the advantages of abstinence

