

# Preventing an Unplanned Pregnancy

Essential Question	Learning Intention
How can we prevent an unplanned pregnancy?	I can identify various methods for preventing an unplanned pregnancy.

## Know Your Terms

### Abstinence

- \_\_\_\_\_ having sex

### Contraception






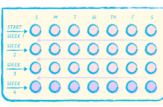









- The act of \_\_\_\_\_ pregnancy
- Can be a device, a \_\_\_\_\_, a procedure, or a \_\_\_\_\_, for example:
  - Abstinence is a contraception behavior
  - A Condom is a contraceptive device
- Another term for contraception is \_\_\_\_\_.

**Abstinence** is the most effective form of birth control. If two people don't have sex, sperm can't fertilize an egg and there's no possibility of pregnancy.

Anyone can practice abstinence at any time. You can become abstinent even if you've had sex in the past.



# What are Different Types of Contraception?

Method	What it does	Examples	Prescription needed?
Barrier	Prevents the sperm from reaching the egg	 External condom  Internal condom  Diaphragm  Cervical cap  Spermicide	<b>No.</b> Can be purchased without a prescription
Hormonal	Interferes with ovulation and/or fertilization	 Birth Control Pills  Implant  IUD  Ring  Injection  Patch  Emergency contraception	<b>Yes.</b> Requires a doctor's prescription. All hormone treatments have side effects; make sure to ask your doctor before using
Other Methods	other ways people use to avoid pregnancy	These methods include abstinence, withdrawal, and fertility awareness.  Abstinence  Withdrawal  Fertility awareness	

## Condoms

Condoms can only prevent an unplanned pregnancy if they are used correctly. Here are some ways to make sure condoms do what they are supposed to.



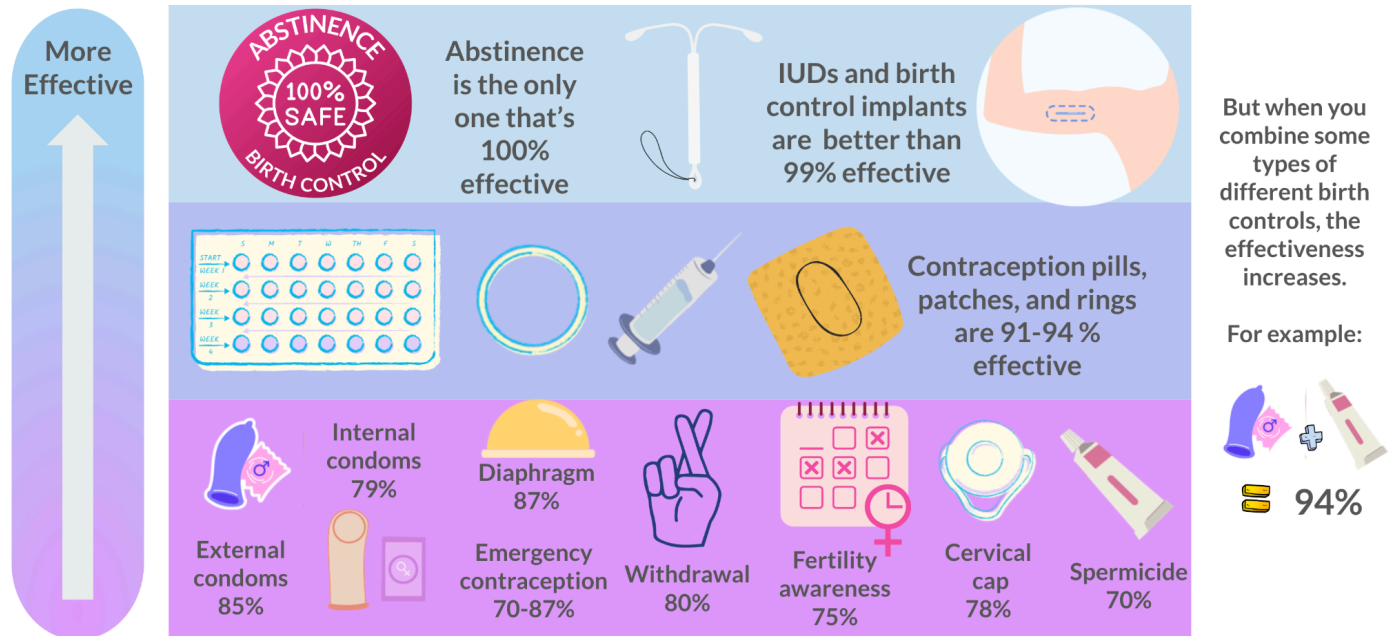
### YES

- Use a condom every time you have sex
- Put on a condom before having sex
- Read the package and check the expiration date
- Make sure there are no tears or defects.
- Store condoms in a cool dry place

### NO

- *DON'T* store condoms in your wallet, as heat and friction can damage them
- *DON'T* use oil-based products like baby oil, lotion, petroleum jelly, or cooking oil because they will cause the condom to break
- *DON'T* use more than one condom at a time
- *DON'T* reuse a condom

## Are some methods of birth control better than others?



### What do you know about birth control?

Use the images above, and the space below to identify three facts you now know about birth control.

### Exit Slip

- Write 2 questions you still have about the topic of preventing an unplanned pregnancy.
- Write 1 wish you have for a safe and healthy future.

### At-Home Connection

Share your exit slip with your parent/guardian or other trusted adult as a way to begin a conversation about preventing unplanned pregnancies.

**If you need resources or support for your sexual health...**

- Talk to a parent/guardian or other trusted adult
- Call 2-1-1
- Visit [211sandiego.org](https://211sandiego.org)