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QUESTION: What is the only method of birth control, other than abstinence, that also prevents STIs?

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QUESTION: Name 3 hormonal methods of birth control.

ANSWER: Condoms

Both male and female condoms provide good protection from STIs and HIV.

POSSIBLE ANSWERS:

- Ring
- Injection (depo)
- Birth control pill
- Birth control patch

Hormonal birth control use hormones that naturally occur in a woman's body to prevent her from ovulating. If ovulation does not occur, pregnancy cannot occur.

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QUESTION: TRUE OR FALSE: Birth control pills provide protection against STIs.

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QUESTION: TRUE OR FALSE: Pregnancy cannot occur if a woman's body does not ovulate (release an egg).

ANSWER: FALSE

Birth Control Pills, or any hormonal birth control, do not provide protection from STIs. The only method that can provide protection from STIs are condoms.

ANSWER: TRUE

Pregnancy occurs when sperm meets an egg. In order for this to happen, the ovary must release the egg so the sperm can fertilize it.

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QUESTION: Spermicides are used to:

- a. To treat sexually transmitted infections in men
- b. To stop an egg from being released
- c. To kill sperm to help prevent pregnancy
- d. None of the above

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QUESTION: What is this and what does it prevent?



Refer to
W2A

ANSWER: c. to kill sperm to help prevent pregnancy.

Spermicides come in several forms i.e. foam, jelly, film, and contain a chemical that kills sperm. Spermicides do not provide any protection from STIs and should always be used with a condom.

ANSWER: Vaginal Contraceptive Ring

It is used to prevent pregnancy but it provides no protection against STIs.

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QUESTION: What is this and what is it used with for dual protection?



Refer to
W2B

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QUESTION: Birth control methods you can buy at a drugstore without a prescription are:

- a) Emergency contraception/Plan B®
(also known as the 'morning after pill')
- b) Condoms
- c) Spermicides
- d) All of the above

ANSWER: Male condoms

It is used with hormonal contraceptive methods (birth control pill, vaginal contraceptive pill, birth control patch, birth control injection, Mirena® IUDs) for best protection against both STIs and pregnancy.

ANSWER: d.) All of the above.

These items can be purchased at a drugstore without a prescription. You need to speak to a pharmacist to buy emergency contraception or Plan B®.

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QUESTION: What is this? What should it be used with to prevent pregnancy and STIs?



Refer to
W3B

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QUESTION: What is this? When should it be used?



Refer to
W3A

ANSWER: Birth Control Pill

It should be used with condoms for dual protection against pregnancy and STIs.

ANSWER: Emergency Contraception (EC) also known as Plan B® or the “morning after pill”.

It is used as soon as possible, up to five days after unprotected sex (or if primary method of contraception fails- e.g. condom breaks) to prevent pregnancy. You can buy this at the drugstore, walk-in, or Sexual and Reproductive Health clinic.

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QUESTION: Which of the following is not a way to test for STI?

- a. DNA test
- b. Urine test
- c. Swabs
- d. Blood test
- e. Visual exam by doctor

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QUESTION: TRUE OR FALSE:
A urine test is a common way to test for STI in males.

ANSWER: a. DNA tests

Health professionals will decide with you the best test based on your sexual history.

ANSWER: TRUE

Urine test (pee-in-a-cup) is the most common STI testing in males. Penile swabs and blood tests can also test for STI when necessary.

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QUESTION: TRUE OR FALSE:
You should take a break from birth control pills after a few years.

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QUESTION: What is this? When should it be used?



Refer to
W4A

ANSWER: FALSE

This is a common myth. It is safe and healthy to be on birth control pills for many years.

ANSWER: Dental Dam

It is used as a barrier method to cover the genital area during oral sex to prevent STIs.

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QUESTION: Other than abstinence, what is the most recommended method of birth control?

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Question: What is this? How should it be used?



Refer to
W4B

**ANSWER: Dual Protection -
Condoms AND hormonal birth control**
Every time sexual activity takes place,
dual protection is the best recommended
method for adolescents. This gives
protection from STI as well as pregnancy.

ANSWER: Female Condom

It is inserted in the female's vagina
before vaginal sex and removed after sex.
A new one should be inserted before each
sexual intercourse.

Note: not to be used with a male condom as
it increases the risk of both types of
condoms breaking.

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QUESTION: Jenny and Justin had sex last night. Their condom broke, which was the only method of birth control used. After getting emergency contraception, what more could they do to reduce the future risk of pregnancy?

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QUESTION: Jenny and Justin had sex last night. Their condom broke, which was the only method of birth control used. What could they do to prevent a pregnancy?

ANSWER: Use dual protection- a hormonal method of birth control like the pill, patch, ring, or injection, AND a condom every time.

This provides protection from pregnancy and STIs.

ANSWER:

Go to a pharmacy, walk-in, or Sexual and Reproductive Health clinic as soon as possible to get emergency contraception (also known as the morning after pill & Plan B®). Emergency contraception is MOST effective within the first 24 hours but is effective up to 5 days after unprotected sexual intercourse.

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CALM

CALM QUESTION: What is this instrument and what is it used for?



Refer to
I5CALM

ANSWER: Speculum

It is used during a vaginal exam so the health professional can see inside the female's vagina and take samples (Pap test and STI testing) if needed.