

TOPIC

Pregnancy Prevention

AUDIENCE

College Students

TIME NEEDED

45 minutes

HEALTHY PEOPLE 2030 OBJECTIVES

- Family planning - Reduce the proportion of unintended pregnancies - FP-01
- Family planning - Reduce pregnancies in adolescents - FP-03
- Family planning - Increase the proportion of adolescent females at risk for unintended pregnancy who use effective birth control
- Adolescents - Increase the proportion of adolescent males who used a condom the last time they had sex

LEARNING OBJECTIVES

By the completion of the program,

1. At the completion of this lesson, at least 80% of participants will be able to list two contraceptive methods and their respective effectiveness during the post-test.
2. At the completion of this lesson, at least 80% of participants will be able to list two pregnancy prevention resources that are available at or around their college campus on the post-test.

MATERIALS NEEDED

- WIFI
- Computer
- PowerPoint
- Email Access
- Model/pictures
- Video from YouTube
- Appendices A and B (If in person, enough copies for each student. If virtual, sent via email before presentation or through the chat during presentation)

PREPARATION

Prior to beginning the lecture, presenters will load a PowerPoint presentation. Also, presenters will have both worksheets and video loaded onto screen. Presenters will make sure chat is open.

PROCEDURE

1.) Introduction (5 minutes)

Powerpoint Slides 1, 2 and 3:

- 1.) Introduce yourself and the topic.
- 2.) The objectives today are that at the completion of this lesson plan, participants will be able to list two contraceptive methods during the post-lecture test. Also, at the completion of this lesson plan, participants will be able to list two resources that are available at or around the college campus on the post-test.
- 3.) Take two minutes to reflect and think about what pregnancy prevention methods they already know. Ask them after two minutes to share their ideas in the chat on Zoom.
 - a.) Thank the students for sharing what they think and tell them *“You may already know about some of the prevention methods I’m going to discuss today and I hope to build and expand their knowledge”*

Powerpoint Slides 4: (5 minutes)

- 1.) Talk about the importance of pregnancy prevention among college students and point out a few statistics: Why is it important to address pregnancy prevention among college students?
 - a.) Students suffer increased emotional and financial stress, which can hurt their academic performance
 - b.) Unplanned births account for nearly 1 in 10 dropouts among female students and 7% of dropouts among students overall
 - c.) 61% of women who have children after enrolling in college do not finish their education.
- 2.) Give background information
 - a.) Since peaking in 1991, teen pregnancy in the U.S. has declined by more than half.
 - b.) Progress has been slower among older teens (age 18-19) and unplanned pregnancy among unmarried young adults in their 20s remains stubbornly high, with important implications for colleges. .
 - c.) The impact on students is significant—61 percent of community college students who have children after enrolling do not finish their education, which is 65 percent higher than for women who do not have children while in college.
- 3.) *“Next, we will be talking about contraception by starting with a video about the different contraceptive methods”.*

PowerPoint slides 5-10: (15 minutes)

- 1.) Show video explaining and showing each contraceptive method:

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- a.) <https://www.youtube.com/watch?v=KyU880oHSxM&t=96s> (0:55 to 3:42)
- 2.) Introduce the five methods in the lecture
 - a.) These methods will be discussed because they are the most popular and some of the most effective methods to prevent pregnancy.
 - b.) Condoms:
 - i.) Used externally and placed on a penis to prevent semen from entering into the vagina.
 - c.) Birth control pills:
 - i.) Taken orally once a day.
 - ii.) They work to stop ovulation and thicken the cervical mucus.
 - d.) IUD:
 - i.) Inserted into the uterus. Some use hormones and some are hormone free but use copper instead.
 - ii.) Can last three to five years.
 - e.) Implant:
 - i.) Inserted into the arm. It uses hormones to stop ovulation and thicken cervical mucus.
 - ii.) Can last three years.
 - f.) Emergency Contraceptive:
 - i.) Taken orally up to five days after unprotected intercourse. They use hormones to stop ovulation.

PowerPoint Slide 11 (5 minutes)

- 1.) Put “Definition Challenge” worksheet in Zoom chat and ask students to take 5 minutes to complete.
 - a.) After the five minutes is up, ask for volunteers to unmute and talk or type their answers in the chat. Elaborate and go over the correct answers if they haven't been stated.

PowerPoint slides 12-19 (10 minutes)

- 1.) Give the costs for each method:
 - a.) Condoms:
 - i.) From \$2 to 20 a box.
 - b.) Birth control pills:
 - i.) From \$0 a month with insurance up to \$50 a month without insurance.
 - c.) IUD:
 - i.) From \$0 with insurance to \$1,300 without insurance.
 - ii.) However, IUDs can last up to 10 years. So without insurance, the cost breakdown would be about \$130 a year. If you have insurance, they will most likely cover some of that cost.
 - d.) Implant:
 - i.) From \$0 with insurance to \$1,300 without insurance.

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- ii.) However, IUDs can last up to 5 years. So without insurance, the cost breakdown would be about \$250 per year. If you have insurance, they will most likely cover some of that cost.
- e.) Emergency contraceptive:
 - i.) From \$40 to 50.
- 2.) Explain effectiveness of each method and how some can be potentially ineffective if used incorrectly.
 - a.) Condoms: 98% effective.
 - i.) Can be less if improperly put on or stored improperly.
 - b.) Birth Control Pills: 91% effective.
 - i.) Can be less if skipped or not taken at similar times.
 - ii.) Some medicines can reduce effectiveness.
 - c.) IUD: More than 99% effective.
 - d.) Implant: 99% effective.
 - e.) Emergency contraceptives:
 - i.) Taken within 3 days of unprotected sex: 89% effective.
 - ii.) Taken within 5 days of unprotected sex: 75% effective.
- 3.) Take a quick two minute knowledge check:
 - a.) Ask students to type in the chat:
 - b.) How much does emergency contraceptives usually cost?
 - i.) \$40 to \$50
 - c.) Which birth control method can be less effective if used incorrectly?
 - i.) Condoms (incorrectly put on) and birth control pills (inconsistently taken)
- 4.) Provide some pros and cons of each method.
 - a.) Condoms:
 - i.) Pro: It's the best protection against STIs; can be used on demand; hormone free.
 - ii.) Con: It can tear or come off during sex if not used properly; some people are allergic to latex condoms
 - b.) Birth control pills:
 - i.) Pro: Highly effective when used correctly; permits sexual spontaneity and doesn't interrupt sex; some pills may even reduce heavy and painful periods and/or may have a positive effect on acne, bad side effects.
 - ii.) Con: Forgetting to take your pill means it won't be as effective; it can only be used by women; is not suitable for women who can't take oestrogen-containing contraception; it does not protect against STIs.
 - c.) IUD:
 - i.) Pro: very effective, doesn't need to be take daily, doesn't interrupt sex and is long lasting.
 - ii.) Con: Irregular bleeding and spotting occurs in the first six months of use; requires a trained healthcare provider for insertion and removal; does not protect against STIs.
 - d.) Implant:
 - i.) Pro: Highly effective; doesn't interrupt sex; is a long-lasting, reversible contraceptive option.

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- ii.) Con: Requires a trained healthcare provider for insertion and removal; sometimes there can be irregular bleeding initially; does not protect against STIs.
- e.) Emergency contraceptive:
 - i.) Pro: Easily accessible to most, sold at drugstores, no prescription needed.
 - ii.) Con: Less effective if taken too late after unprotected sex, some options are ineffective if the woman is over a certain weight, can be expensive for one pill. It also does not protect against STIs.

Conclusion

Powerpoint slide 20-22: (10 minutes)

- 1.) Wrap up the presentation.
 - a.) Review each method discussed today and recommend they consult a health care provider when choosing which would be best for them.
- 2.) Give resources for the students and their addresses.
 - a.) <Insert local resources here>
- 3.) Post-test:
 - a.) Send the post-tests to students via the zoom chat.
 - b.) Give students 5-7 minutes to complete the test.
 - c.) Go over correct answers and ask them to send their completed worksheet to one of the facilitators via email (provide email address).
- 4.) Thank them for their time.
- 5.) Take time to ask if they have any questions.

References

Centers for Disease Control and Prevention. (2016, August 12). *Condom effectiveness*.

<https://www.cdc.gov/condomeffectiveness/index.html>

Cleveland Clinic. (2020, July 21). *Birth control pills*.

<https://my.clevelandclinic.org/health/drugs/3977-birth-control-the-pill>

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<https://kidshealth.org/en/teens/contraception-emergency.html>

Planned Parenthood. (n.d.). *Birth control implants: Nexplanon information*.

<https://www.plannedparenthood.org/learn/birth-control/birth-control-implant>

Planned Parenthood. (n.d.) *IUD*.

<https://www.plannedparenthood.org/learn/birth-control/iud>

Power To Decide. (2015, July). Unplanned pregnancy among college students and strategies to address it. *The National Campaign to Prevent Teen and Unplanned Pregnancy*.

<https://powertodecide.org/sites/default/files/resources/primary-download/briefly-unplanned-pregnancy-college.pdf>

QueensLand Health. (2019, October 9). *9 types of contraception you can use to prevent pregnancy*.

<https://www.health.qld.gov.au/news-events/news/types-contraception-women-condoms-pill-iud-ring-implant-injection-diaphragm>

Women's Foundations. (2015, August 14). Addressing unplanned pregnancy prevention among college students. *The National Campaign to Prevent Teen and Unplanned Pregnancy*.

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<https://www.womensfoundationms.org/wp2020/wp-content/uploads/2019/07/Guide-for-Mississippi-Colleges-1.pdf>

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Appendix A

Definition Challenge

Instructions: Define how each of the following birth control methods is used or taken by writing your response in the corresponding box..

Method options:

- A. Condoms
- B. Birth control pills
- C. IUD
- D. Implant
- E. Emergency contraceptives

Pregnancy Prevention Method	How it's used or taken:
IUD	
Condoms	
Emergency Contraceptives	
Implant	
Birth Control Pills	

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Appendix A (answer key)

Definition Challenge

Instructions: Define how each of the following birth control methods is used or taken by writing your response in the corresponding box..

Method options:

- F. Condoms
- G. Birth control pills
- H. IUD
- I. Implant
- J. Emergency contraceptives

Pregnancy Prevention Method	How it's used or taken
IUD	Inserted into the uterus, can use either hormones or copper.
Condoms	External use, male condoms placed on a penis to prevent semen from entering into the vagina.
Emergency Contraceptives	Taken after unprotected sex to prevent pregnancy.
Implant	Inserted into the arm.
Birth Control Pills	Taken orally once daily

Appendix B

Post-Test Worksheet

Please fill out the following worksheet

1. Give two examples of birth control methods and their effectiveness:
 - a. _____
 - b. _____
2. Unplanned pregnancy accounts for nearly _____ in _____ dropouts among female college students
 - a. 1 in 5
 - b. 1 in 10
 - c. 1 in 100
 - d. 1 in 15
3. Which of the following is an example of a pregnancy prevention method that we did not discuss today?
 - a. Condoms
 - b. Emergency contraceptives
 - c. Birth control shot
 - d. Birth control pills
4. Which of the following loses its effectiveness in stopping pregnancy after five days after unprotected sex?
 - a. Condoms
 - b. IUD
 - c. Implant
 - d. Emergency contraceptives
5. Give two examples of resources available to you at or near campus.
 - a. _____
 - b. _____

Appendix B (Answer Key)

Post Test Answer Key:

1. Can be either: condoms (98% effective), Pills (91% effective), IUD (more than 99% effective), Implant (99% effective) or emergency contraceptives (89% effective after 3 days, 75% effective after 5 days)
2. B.
3. C.
4. D.
5. Can be any resource listed in the presentation.