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**Grade 8**

Learning Activity

# Birth Control Methods

Learning Outcome

**W-8.14** Identify and describe basic types of contraceptives; such as abstinence, condoms, foam, birth control pills.




# Birth Control Methods

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Use what you have learned about birth control to complete this chart.

Method	Is a prescription needed?	Can anyone buy it in a drugstore?	List two advantages of this method	What is the effectiveness rate with typical use?	Does it provide protection from STIs?
Abstinence 					
Birth Control Injection 					
Birth Control Patch 					






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Method	Is a prescription needed?	Can anyone buy it in a drugstore?	List two advantages of this method	What is the effectiveness rate with typical use?	Does it provide protection from STIs?
Birth Control Pill 					
External Condom 					
Implant 					



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Method	Is a prescription needed?	Can anyone buy it in a drugstore?	List two advantages of this method	What is the effectiveness rate with typical use?	Does it provide protection from STIs?
<p>Internal Condom</p> 					
<p>IUD</p> 					
<p>Pulling Out (Withdrawal)</p>					






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## Answer Key

Method	Is a prescription needed?	Can anyone buy it in a drugstore?	List two advantages of this method	What is the effectiveness rate with typical use?	Does it provide protection from STIs?
Abstinence 	No	No	Answers will vary, could include: <ul style="list-style-type: none"> <li>• Nothing to buy, no prescription needed</li> <li>• Is 100% effective if used correctly</li> <li>• Also gives STI protection</li> </ul>	100% (perfect use)	Yes
Birth Control Injection 	Yes	No	Answers will vary, could include: <ul style="list-style-type: none"> <li>• One injection lasts 12 weeks</li> <li>• Might decrease period cramps or PMS</li> <li>• Periods might be lighter or not happen</li> </ul>	94%	No
Birth Control Patch 	Yes	No	Answers will vary, could include: <ul style="list-style-type: none"> <li>• Periods might be lighter, more regular</li> <li>• Might decrease period cramps</li> <li>• One patch lasts for 1 week</li> </ul>	91%	No






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Method	Is a prescription needed?	Can anyone buy it in a drugstore?	List two advantages of this method	What is the effectiveness rate with typical use?	Does it provide protection from STIs?
Birth Control Pill 	Yes	No	Answers will vary, could include: <ul style="list-style-type: none"> <li>• Periods might be lighter or more regular</li> <li>• Might decrease period cramps</li> <li>• Might help decrease acne</li> </ul>	91%	No
External Condom 	No	Yes	Answers will vary, could include: <ul style="list-style-type: none"> <li>• Easy to find in stores</li> <li>• Protects against STIs</li> <li>• Small and easy to keep on hand</li> </ul>	82%	Yes
Implant 	Yes	No	Answers will vary, could include: <ul style="list-style-type: none"> <li>• Can last up to 3 years</li> <li>• May decrease period cramps</li> <li>• Periods may be lighter or not happen at all</li> </ul>	99.9%	No





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Method	Is a prescription needed?	Can anyone buy it in a drugstore?	List two advantages of this method	What is the effectiveness rate with typical use?	Does it provide protection from STIs?
Internal Condom 	No	Yes	Answers will vary, could include: <ul style="list-style-type: none"> <li>• Protects against STIs</li> <li>• Can be put in up to 8 hours before sex</li> <li>• Can be used with any type of lubricant</li> </ul>	79%	Yes
IUD 	Yes	No	Answers will vary, could include: <ul style="list-style-type: none"> <li>• Can work for 3-10 years</li> <li>• May decrease period cramps</li> <li>• Periods might be lighter or more regular</li> </ul>	99%	No
Pulling Out (Withdrawal)	No	No	Answers will vary, could include: <ul style="list-style-type: none"> <li>• Available in any situation</li> <li>• Better than using no birth control</li> <li>• Free</li> </ul>	78%	No



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