

premeditated and implies that sex is planned rather than a spontaneous activity. Most of these girls believe that sex is all right if it is not planned. This may often play a role in adolescents delaying contraception, waiting for a relationship that is “close enough.” A close relationship would allow adolescents to accept and acknowledge their sexual activity.

The choice of a safe and effective contraceptive method must be suited to the individual (Table 16-1). The choice is based on preference after the adolescent is informed of the benefits and disadvantages. Motivation is necessary for most methods. For example, the pill is effective if used correctly, but the adolescent must remember to take the pill at approximately the same time every day. For many young women, a medroxyprogesterone injection (Depo-Provera) is an ideal choice because it is extremely effective and is administered every 12 weeks, but side effects such as weight gain and decreased bone mineralization may make it undesirable. Sexually active adolescents need to know that contraceptive devices other than condoms do not prevent STIs. Condom use is still important and must be discussed with all sexually and non-sexually active adolescents.

TABLE 16-1

Advantages and Disadvantages of Contraceptive Methods in Adolescents

Method	Advantages	Disadvantages
Behavioral Methods		
Abstinence	100% effective in preventing STIs and pregnancy	Peer pressure to conform Relatively high failure rate from noncompliance
Withdrawal (coitus interruptus) Withdrawal of penis before ejaculation	No medical visit necessary	High failure rate Some seminal fluid often released before ejaculation Ejaculate at vaginal orifice may enter vagina No STI protection
Calendar method Refrain from intercourse during fertile period (time of ovulation)	Teaches adolescent girls about their menstrual cycle Encourages couple participation	High failure rate Requires a regular, predictable menstrual cycle (irregular menses are common for first 2 years after menarche) No STI protection
Barrier Methods		
Condom	Minimal side effects Easy to use	Requires consistent use Requires premeditated intent for sexual union