



# FAMILY PLANNING

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## IT'S YOUR CHOICE

When it comes to your reproductive  
health, you can decide (1) if and when  
you want to have kids, (2) how many

kids you want, and (3) the spacing between your kids. You can talk about your options with your partner, friends, family, and doctor, but in the end, it's up to you.

Planning this important part of your life involves thinking about your sexual activity. If for any reason you don't want to engage in sexual activity, you **always** have the right to say "no." How you express your sexuality is your choice.

If you choose to be sexually active with a male, it's important for both you and your partner to be responsible. Couples who don't use any form of contraception have an 80% chance of becoming pregnant each year.

Remember that if you have unprotected sexual intercourse, you can get pregnant even if you are on your period or just gave birth.

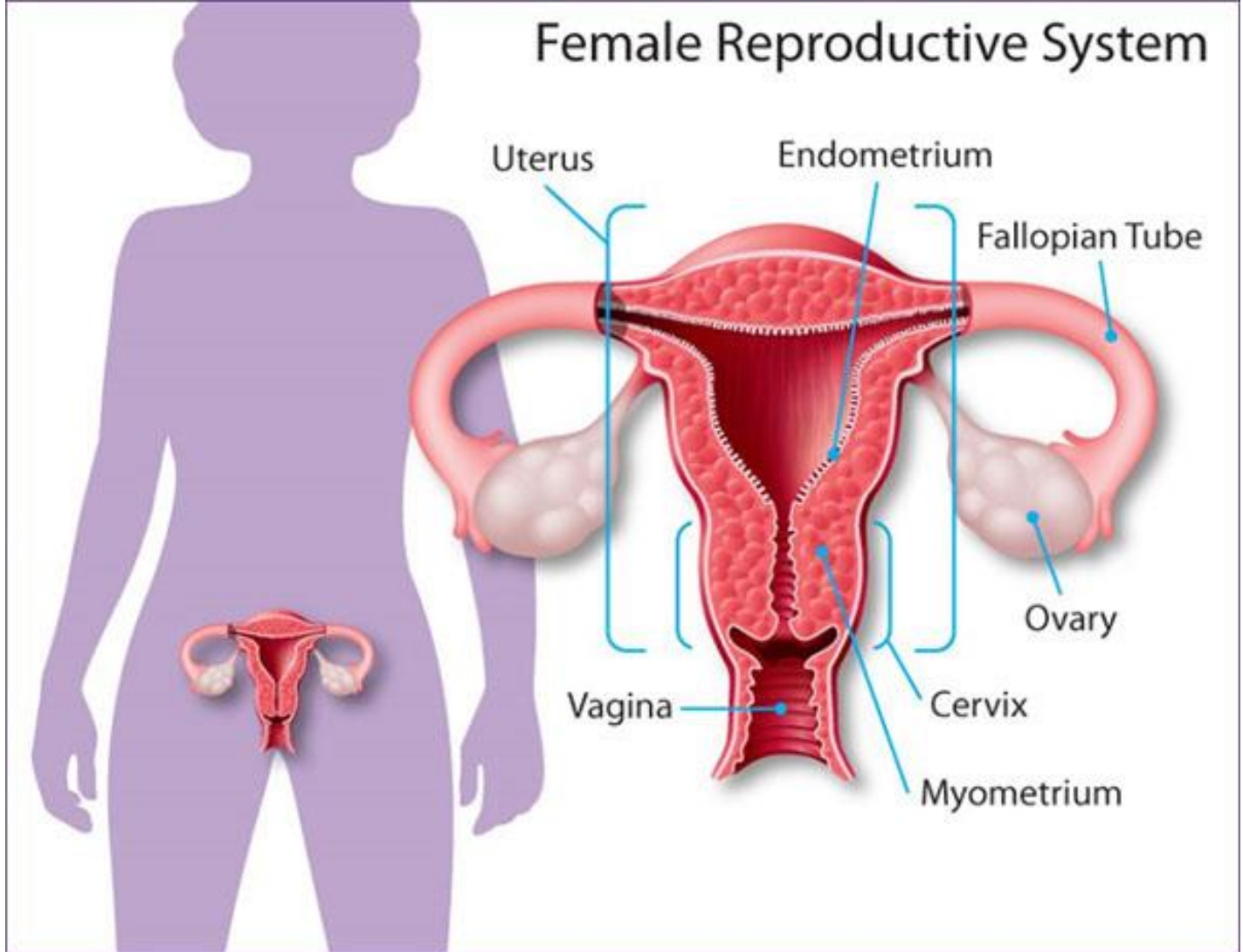
## BIRTH CONTROL

If you decide to have sexual intercourse, but don't want kids or want to have kids at a later time, there are many ways to prevent getting pregnant. Before choosing a birth control method, talk to your doctor about advantages, disadvantages, and possible health risks of each option. Talking to others who use birth control or consulting a reliable online resource may also help.

*How does your body prepare for pregnancy?*

To best understand your birth control options, it's important to first


















understand how your body prepares for pregnancy. The menstrual cycle is usually 21-35 days, and it begins with the shedding of your uterine lining, which you probably call your "period." After your period, a hormone in your body helps to develop an egg in your ovary (shown below). This egg is released when another hormone spikes in your body. The released egg waits in your fallopian tube (shown below) to meet a sperm cell.



If the sperm cell, from the male, combines with the egg, from the female, the egg is fertilized. This is the first step in creating a baby. If the egg is not fertilized, it's shed with your uterine lining during your period. Birth control works by preventing the release of eggs, stopping these eggs from being fertilized or inhibiting implantation.

Since these methods focus on prevention of pregnancy, most of them will not help to prevent Sexually Transmitted Infections (STIs). You can find more information on the best ways to prevent STIs during oral and vaginal sex by talking to your OB/GYN or primary care doctor.

A list of various birth control options, and some pros and cons are listed. All the rates of effectiveness (obtained from Bedsider.org) are based on typical use. Below is a chart that has a more detailed description of advantages and disadvantages.

																	
effectiveness	★	★	●	●	●	●	◐	◐	◐	◐	◐	◐	◐	◐	★	★	◐
side effects	●	●	●	●	●	●	★	★	★	★	★	★	★	★	★	★	◐
do me now	★	★	★	★	★	★	●	◐	●	●	●	●	●	◐	★	◐	●
STI prevention	✖	✖	✖	✖	✖	✖	✖	★	★	✖	✖	✖	✖	✖	✖	★	✖
hormone-free	◐	✖	✖	✖	✖	✖	★	★	★	★	★	★	★	★	★	★	◐
easy to hide	★	★	★	●	●	●	●	◐	◐	●	●	●	◐	◐	★	◐	●
easy to get	●	●	●	●	●	●	●	★	★	●	★	●	★	★	◐	●	●
mistake-proof	★	★	★	●	●	●	◐	◐	◐	◐	◐	◐	◐	◐	★	●	●
cost	◐	◐	◐	◐	◐	◐	●	●	●	●	★	●	★	★	●	★	●
effort	★	★	★	●	●	◐	●	◐	◐	◐	◐	●	◐	◐	★	●	●
health benefits	★	★	★	★	★	★	●	●	●	◐	◐	◐	◐	◐	●	●	◐
reduces periods	●	★	★	★	★	★	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	◐
party-ready	★	★	★	★	★	●	◐	★	★	◐	◐	◐	◐	◐	★	◐	◐
safe for new moms	★	★	★	✖	✖	✖	✖	★	★	✖	◐	✖	✖	●	★	◐	★

★ great

● pretty good

◐ decent

✖ not at all

★ great    👍 pretty good    👍 decent    ✖ not at all

# ABSTINENCE

◇ Practiced by avoiding sexual intercourse

◇ Pros:

- 100% effective
- No cost

- ◇ Cons: difficult to practice continuously

## THE PILL

- ◇ Contains hormones that keep your egg from being released or prevent your egg from attaching to your uterine wall
- ◇ Available as either (1) estrogen and progestin or (2) progestin only
- ◇ 91% effective with typical use
- ◇ Pros:
  - Do not need to prepare before sex



- Benefits include lighter/shorter periods, improved acne, protection against some cancers

◇ Cons:

- Requires a prescription
- May be less effective if you're overweight, take certain antibiotics/antifungals, or have had GI issues like diarrhea or vomiting
- May cause side effects
- May cause mood changes

- Can increase your risk of heart disease if you smoke and are older while using the Pill

## DIAPHRAGM AND CERVICAL CAP

- ◇ Rubber cup that fits over the cervix to prevent the sperm from fertilizing the egg
- ◇ Before inserting the cap over the cervix, a cream or jelly is used inside the cup to kill sperm, and it can be inserted up to six hours before sex
- ◇ 88% effective (diaphragm) and 71-86% effective (cap) with

# typical use

## ◇ Pros:

- Can be used by almost all women
- May protect against some STIs

## ◇ Cons:

- May cause side effects, such as discomfort
- Must be inserted before sex



## FEMALE CONDOM

- ◇ Pouch that lines the vagina
- ◇ 79% effective with typical use
- ◇ Pros:
  - Easy to get

- May protect against some STIs

◇ Cons:

- Must be inserted immediately before sex

## MALE CONDOM

- ◇ Fits over the penis to stop the sperm from entering the vagina
- ◇ Some condoms are coated with spermicide, which kills male sperm, to better prevent pregnancy
- ◇ 82% effective with typical use
- ◇ IHS doesn't give out male

condoms, but you can purchase them at your local convenience store

◇ Pros:

- Protects against STIs
- Easy to get

◇ Cons:

- Must be put on immediately before sex

## CHEMICAL BARRIERS

- ◇ A sperm-killing foam, cream, or tablet inserted into the vagina before sex

◇ 72% effective with typical use

◇ Pros:

- Easy to get
- Reduces STIs

◇ Cons:

- Must use immediately before sex
- May cause side-effects

*If you have unprotected sex or you think your contraceptive method may have failed, you can take the morning-after pill (available at the Sisseton convenience store or Walmart) or have a doctor insert an IUD within 5 days to prevent pregnancy.*

## IMPLANT (NEXPLANON)

- ◇ Small rod inserted under the skin in the upper arm that slowly releases a hormone to prevent an egg from being released
- ◇ Over 99% effective with typical use
- ◇ This method is provided by IHS.



## ◇ Pros:

- Can be effective for 3-5 years
- Low maintenance
- No preparation required before sex

## ◇ Cons:

- May cause side effects, including irregular periods
- Must see a doctor to get



## CONTRACEPTIVE INJECTION (DEPO- PROVERA)

- ◇ Prevents an egg from being released
- ◇ Lasts for 12 weeks – 9 months

- ◇ 94% effective with typical use
- ◇ You can get this shot for free from IHS or buy SubQ Depo and give yourself the shot.
- ◇ Pros:
  - Low maintenance
  - No preparation required before sex
- ◇ Cons:
  - Requires a prescription or must see a doctor to get
  - Side effects
  - The method itself may be

painful

- Must remember every three months to get another shot

## FERTILITY AWARENESS METHODS

- ◇ Modifying your sexual activity based on observing your physical changes, including the texture of your cervical mucus and your basal body temperature
- ◇ Your IHS OB/GYN doctors and nurses can answer any questions you might have about how to practice this.
- ◇ 76-88% effective with typical use

◇ Pros:

- No cost
- No preparation required before sex
- No special equipment or prescriptions required

◇ Cons:

- Must avoid sex for at least 8 days every month
- Can be time consuming and requires daily effort

PATCH

- ◇ Hormones (estrogen and progestin) delivered through a patch on the skin, preventing an egg from being released
- ◇ Patch placed on skin each week for three weeks, then no patch for the fourth week
- ◇ 91% effective with typical use
- ◇ Pros:
  - Relatively low maintenance
  - No preparation required before sex
- ◇ Cons:
  - Requires a prescription

- Less effective if overweight or on certain medications
- May cause side effects (similar to the Pill)
- May cause mood changes
- Can increase your risk of heart disease if you smoke while using



## VAGINAL RING (NUVARING)

- ◇ Hormones (estrogen and progestin) delivered through a flexible plastic ring, inserted in the vagina
- ◇ Inserted and left in for three weeks, then taken out for the fourth week



◇ 91% effective with typical use

◇ Pros:

- May reduce anemia and Premenstrual Syndrome
- Relatively low maintenance
- Has a lower dose of hormones than other hormonal methods, which may mean less side effects

◇ Cons:

- May cause side effects
- Requires a prescription

# INTRAUTERINE DEVICE (IUD)

- ◇ Inserted into uterus by IHS OB/GYNs
- ◇ Hormonal IUDs release a small amount of progestin to thicken your cervical mucus, making it more difficult for sperm to reach the egg and by preventing implantation
- ◇ Non-hormonal IUDs, made of plastic and copper, kill sperm within the uterus so that it can't fertilize your egg.
- ◇ >99% effective

## ◇ Pros:

- Effective for 3-6 years (hormonal) and up to 12 years (non-hormonal)
- Low maintenance
- No preparation before sex

## ◇ Cons:

- May cause side effects
- May increase risk of STIs
- Must see a doctor to get

PERMANENT  
STERILIZATION

- ◇ Closing or blocking your fallopian tubes through (1) tubal ligation, which requires surgery, or (2) tubal implants, which are insertions placed, non-surgically, in your fallopian tubes to block them
- ◇ Your partner can get a vasectomy to block sperm from leaving the penis.
- ◇ >99% effective
- ◇ Call IHS for an appointment, or have this discussion with your OB/GYN at your prenatal visits to incorporate this into your birth plan

◇ Pros:

- Effective indefinitely
- No preparation before sex

◇ Cons:

- Irreversible
- May require surgery and must see a doctor to get