

Learning about Birth Control: Understanding the Options

Part I: Googling Better to find reliable sources of information

1) Use Google and search for: **Donald Trump**

Search term	# of results
Donald Trump	226,000,000
Donald Trump impact	53,000,000
Donald Trump impact Canada	12,300,000
Donald Trump impact Canada site:.edu	65,900

Note: using **site:.edu** means searching only for sites that end in .edu
NOTE: the most reliable sites for educational research are **.edu or .org**. Avoid using .com or .net websites, where possible. They may be unreliable!

2) Use Google and search for:

Search term	# of results
What is the reason why the sky is blue?	114,000,000
Reason sky blue	40,900,000

What are 2 skills you learned from these simple google search activities?

Be specific More words means more websites

3) TIPS for search terms during research:

- ★ Use more specific terms to get more specific results.
- ★ Eliminate use of “filler” words (eg. of, the, is, are, does etc). Google searches for these words to make your search less specific.
- ★ Don’t ask questions... they use filler words that confuse your search (eg what, where, when, who, why) Only use keywords related to your desired search results.
- ★ Limit your search to types of intellectual websites (eg .edu, .org) and stay away from commercial websites (eg. com)
- ★ Use Google tricks to get more specific results for your search (see **Google Like a Boss** above)

GOOGLE

like a boss

Everybody knows how to “Google”, but not everyone knows how to be a true genius of it.
Here are simple yet effective ways of maximizing your Google search... like a boss!

“”

Quotation Marks

Use quotes to search for an exact word or set of words. This is useful for searching quotes and song lyrics.

“To be or not to be”

—

Dashes

Put a dash before a word that you want to exclude in your search.

jaguar -animal

~

Tilde

Use a tilde before a term to include results with its synonyms

Christmas ~desserts

site

site:query

Use **site:** to search within a specific website

site:nytimes.com

link

link:query

Use **link:** to search for sites that link to the specified site url

link:creattica.com

..

Two Periods

Use **two periods** between two numbers to express range of things like date, measurements and prices.

movies 1950..1970

rel

related:query

Use **related:** to find sites that are related to the specified site

related:appstorm.net

Reference

www.google.com/insidesearch/tipstricks

Part 2: Researching Birth Control Methods using great Google Searching

Use what you’ve learned from Part 1 to find reliable information about Birth Control methods. Complete the chart below.

Method	How do you use it?	What are the side effects of use?	Effectiveness for Pregnancy and STIs	How do you get it? How much does is cost?
Abstinence Source:	<ul style="list-style-type: none">No sex; you don’t have sex	<ul style="list-style-type: none">NoneEmotional distressBruised confidence	<ul style="list-style-type: none">100% proven guaranteed success	<ul style="list-style-type: none">Make the simple choice not to have sexual relations.It’s FREE!
Male Condom Source: Male Condoms. Retrieved 2017 November 28, from https://youngwomenshealth.org/2012/12/11/male-condoms/	<ul style="list-style-type: none">Worn over the penis	<ul style="list-style-type: none">Might get stuckSkin irritationMay be allergic to material	<ul style="list-style-type: none">100% when done correctly82% when done realistically	<ul style="list-style-type: none">Available at clinics, pharmacies, grocery stores, Walmart, corner stores, vending machines at clubs/ bars.Free to \$12 per dozen
Female Condom Source: Female Condom. Retrieved 2017 November 28, from https://www.plannedparenthood.org/learn/birth-control/female-condom	<ul style="list-style-type: none">Inserted into the vagina like a tampon	<ul style="list-style-type: none">IrritationMay be allergic to materialCan be difficult to insert	<ul style="list-style-type: none">95% effective when used correctly79% effective when used realistically	<ul style="list-style-type: none">Clinics and pharmacies.Approx. \$2 each.
Birth Control Pill-- "the Pill" Source:	<ul style="list-style-type: none">Swallow a tiny pill every day 20-28 days in advance	<ul style="list-style-type: none">Abnormal menstrual cycleNauseaHeadacheCould lead to death	<ul style="list-style-type: none">99% effective when used correctly91% effective when used realistically	<ul style="list-style-type: none">By prescription from woman’s doctor only.Approx. \$5-25 per month and up.
Diaphragm Source: Diaphragm. Retrieved 2017 November 29 from https://www.optionsforsexualhealth.org/birth-control-pregnancy/birth-control-options/barrier-methods/diaphragm	<ul style="list-style-type: none">A small dome-shaped cup placed high in the vagina that usually holds spermicidal jelly	<ul style="list-style-type: none">Requires a visit to the clinicIncreases risk of UTI	<ul style="list-style-type: none">94% effective when used correctly84% effective when used realistically	<ul style="list-style-type: none">By prescription from woman’s doctor only.\$35-55 each (re-usable)
Depo Provera-- "the Shot" Source: Birth Control Shot. Retrieved 2017 November 29 from https://www.plannedparenthood.org/learn/birth-control/birth-control-shot	<ul style="list-style-type: none">A doctor or nurse will administer the shot in a clinic	<ul style="list-style-type: none">Must get the injection every 12-13 weeksMissing the shot means losing protection from pregnancy	<ul style="list-style-type: none">99% effective when used correctly94% effective when used realistically	<ul style="list-style-type: none">Clinics and woman’s doctor.Approx. \$25-40 per month.
EVRA-- "the Patch" Source: Birth Control Patch. Retrieved 2017 November 29 from https://www.plannedparenthood.org/learn/birth-control/birth-control-patch	<ul style="list-style-type: none">Wear on a patch of skin for 3 weeksPut a new EVRA patch on every week	<ul style="list-style-type: none">Increases risk of:<ul style="list-style-type: none">Heart attackStrokeBlood clotsLiver tumorsDecreases bone density	<ul style="list-style-type: none">99% effective when used correctly91% effective when used realistically	<ul style="list-style-type: none">Prescription from woman’s doctor only.Approx. \$30-40 per month.
NuvaRing Source: Birth Control Ring. Retrieved 2017 November 29 from	<ul style="list-style-type: none">Inserted into vagina for three weeks	<ul style="list-style-type: none">SpottingBleedingDoesn’t work well with antibioticsNausea	<ul style="list-style-type: none">99% effective when used correctly91% effective when used realistically	<ul style="list-style-type: none">Prescription from woman’s doctor only.Approx. \$20-40 per month.

https://www.plannedparenthood.org/learn/birth-control/birth-control-vaginal-ring-nuvaring		<ul style="list-style-type: none">● Headache		
<p>Contraceptive Sponge Source: Birth Control Sponge. Retrieved 2017 November 29 from https://www.plannedparenthood.org/learn/birth-control/birth-control-sponge</p>	<ul style="list-style-type: none">● A small, round sponge inserted in the vagina before sex	<ul style="list-style-type: none">● Effectiveness decreases for women who have been pregnant before	<ul style="list-style-type: none">● 91% effective when used perfectly● 80% effective when used realistically	<ul style="list-style-type: none">● Pharmacies.● Approx. \$15.
<p>Vaginal Spermicide Source: Spermicide. Retrieved 2017 November 29 from https://www.plannedparenthood.org/learn/birth-control/spermicide</p>	<ul style="list-style-type: none">● A chemical placed high in the vagina to prevent sperm from reaching the egg	<ul style="list-style-type: none">● Must be used with a diaphragm● Irritation● Some people may be allergic	<ul style="list-style-type: none">● 82% effective when used perfectly● 72% effective when used realistically	<ul style="list-style-type: none">● Pharmacies.● Approx. \$10.
<p>ECP (Emergency contraceptive pill) Source: Emergency Contraception. Retrieved 2017 November 29 from https://www.plannedparenthood.org/learn/morning-after-pill-emergency-contraception</p>	<ul style="list-style-type: none">● A pill you ingest within 120 hours after having unprotected sex	<ul style="list-style-type: none">● Less effective with other birth control methods● Much less effective with other contraceptive pill● Must be taken within 120 hours● Much less effective when breastfeeding● Chance of upset stomach● Chance of nausea	<ul style="list-style-type: none">● Somewhat effective	<ul style="list-style-type: none">● Doctor or health care provider at walk-in clinic, hospital emergency dept., doctor's office, or clinic.● Approx. \$10-20 each pill.