

## Questions or Concerns? Contact:

- ❖ Your Tribal Clinic
- ❖ The National STD and AIDS Hotline  
English: 1-800-342-AIDS  
Spanish: 1-800-344-SIDA  
Deaf: 1-800-AIDS-TTY  
Teen: 1-800-440-TEEN
- ❖ CDC National Prevention Information Network (NPIN)  
Toll Free: 1-800-458-5231  
Fax: 1-888-282-7681  
TTY: 1-800-243-7012  
E-mail: [info@cdcnpin.org](mailto:info@cdcnpin.org)  
[www.cdcnpin.org](http://www.cdcnpin.org)
- ❖ American Social Health Association (ASHA)  
Toll Free: 1-800-783-9877  
[www.ashastd.org](http://www.ashastd.org)

### Quick Quiz!

(answers below)

1. Condoms protect you from:  
a. Most STDs    b. An unplanned pregnancy  
c. Both
2. **True** or **False**: Condoms expire after a certain amount of time.
3. **True** or **False**: A wallet is a good place to store a condom.
4. **True** or **False**: A female can get pregnant or get an STD before the male ejaculates.
5. What kind of lubricant should NOT be used with a latex condom?  
a. Silicone-based    b. Oil-based  
c. Water-based
6. What is the only foolproof way to avoid pregnancy and STDs?

ANSWERS: 1:C 2:T 3:F 4:T 5:B 6:Abstinence



### PROJECT RED TALON

The activities of Project Red Talon are funded by the Centers for Disease Control and Prevention (CDC). This project is designed to provide tribes in Idaho, Oregon, and Washington with education, training, and technical assistance for the prevention and treatment of STDs.

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## Sexually Transmitted Diseases

# Contraception Birth Control



### PROJECT RED TALON

*“Respecting Our Bodies and Relationships”*

**Northwest Portland Area  
Indian Health Board**

# What is Contraception?

Contraception is another word for Birth Control.

Women who are sexually active but who do not want to become pregnant should use some form of contraception.

There are many different types and styles of birth control available.

You should choose the kind of contraception that works best with your body and your lifestyle.

## Did You Know?

- Unprotected vaginal intercourse, even once, can lead to pregnancy
- Over the course of a year, 85% of women who don't use birth control for vaginal sex will become pregnant.
- 1 out of every 5 sexually active teen females will become pregnant this year.

### Quick Fact:

In the U.S., birth rates among Native teens rose 4% in 2006. This was the second largest increase among all ethnicity in the US.

Only 8% of AI/AN students reported using birth control pills during their last sexual encounter, compared to 18% of high school students nationally.

# Types of Contraception

## Abstinence

**Abstinence** - The practice of NOT engaging in sexual activities. It is the only 100% effective method of preventing pregnancy and STDs.

## Barrier Methods

**Male Condom** - A condom "catches" the ejaculate and prevents it from the entering a woman's body. Condoms help protect against STDs, and are made of latex, animal skin, or plastic.

**Female Condom** - A polyurethane condom that is inserted in the woman's vagina and prevents semen from reaching the uterus.

**Diaphragm** - A circular rubber dome that is filled with spermicidal jelly and placed over the cervix.

## Hormonal Methods

**Pills** - Taken orally, pills contain hormones that stop ovulation or change the lining of the uterus to prevent pregnancy. To be effective, pills must be taken at the same time every day!

**Ring** - Nuva Ring is a flexible ring that is inserted into the vagina and secretes progesterin and estrogen. It remains in the vagina for 3 weeks and then is removed for 1 week to allow for menstruation.

**Patch** - Ortho Evra is a thin sticky patch that is worn on the skin. Hormones (progesterin and estrogen) are released into the bloodstream. Women who smoke should not use the patch as it increases the risk of blood clots.

**Injections** - Depo-Provera is a shot of progesterin that is given every 12 weeks. The hormone shot prevents eggs from being released by the ovaries.

**IUC** - A new form of birth control is *Intrauterine Contraception* (ICU). It is a long-term birth control that releases low, steady amounts of progesterin for up to 5 years. It is recommended for women who have already had a child, as the cervix is more flexible to allow for easier insertion of the device. However, anyone can use Mirena.

## Non-Hormonal Methods

**IUD** - An Intrauterine Device (IUD) is a T-shaped device that is inserted into the uterus. It is hormone-free - made of copper. It is very effective at preventing pregnancy, and can be used for up to 10 years.

# Emergency Contraception

Emergency Contraception (also called EC, the "morning after pill," or Plan B) can prevent an egg from being fertilized if used within 3 days of unprotected sex. It does NOT induce a miscarriage.

Plan B can be purchased over-the-counter in Oregon and Washington. It should not be used on an every day basis, but can be used when:

- Contraception was not used
- Contraception was not used correctly
- The condom slipped or broke
- Withdrawal or the "pull out" method was used
- The sex was not consensual