

U choose. U plan.

How old are you? _____

Do you already have a child or children? Yes No

↳ If yes, did you give birth in the last year? Yes No

Do you want to have a child or children in the future?

- No, I do not want to have a child or children in the future.
- Yes, I want to have a child or children in the future.
- I don't know if I want to have a child or children in the future.

When do you want to get pregnant?

- Sometime this year
- In the next 1-2 years
- In the next 3+ years
- I don't know when I want to get pregnant.

What do you want to do before you have a child or your next child?

Check all that apply.

- Finish high school
- Finish college
- Get a job/better job
- Get my own apt/house
- Become financially stable
- Get married/partnered
- I don't know
- Other _____

Which birth control method are you currently using? _____







	Which birth control methods have you already used?	Was there anything you disliked about this birth control method? Cost, side effects, too difficult, etc.	Which birth control methods do you want to talk about today?
IUD	<input type="radio"/>		<input type="radio"/>
Implant	<input type="radio"/>		<input type="radio"/>
Shot	<input type="radio"/>		<input type="radio"/>
Pill	<input type="radio"/>		<input type="radio"/>
Patch	<input type="radio"/>		<input type="radio"/>
Ring	<input type="radio"/>		<input type="radio"/>
Condom	<input type="radio"/>		<input type="radio"/>
Diaphragm	<input type="radio"/>		<input type="radio"/>
Sponge	<input type="radio"/>		<input type="radio"/>
Cervical Cap	<input type="radio"/>		<input type="radio"/>
Spermicide	<input type="radio"/>		<input type="radio"/>
Fertility Awareness	<input type="radio"/>		<input type="radio"/>
Withdrawal	<input type="radio"/>		<input type="radio"/>
Emergency Contraception	<input type="radio"/>		<input type="radio"/>
Abstinence	<input type="radio"/>		<input type="radio"/>
Other	<input type="radio"/>		<input type="radio"/>

How often do you use condoms to protect yourself from HIV/STDs?

- Always
- Sometimes
- Never

Quick Guide to Birth Control

Always use condoms to protect yourself from HIV/STDs

	Method (Brand)	How long it works	What you have to do	It may be right for you if you want	How effective it usually is
HIGHLY EFFECTIVE BIRTH CONTROL	Intrauterine Device (ParaGard, Mirena) 	1-10 years, taken out at any time	Go to your provider to have a soft plastic t-shaped device inserted into your uterus. Your provider can take it out for you at any time.	<ul style="list-style-type: none"> To prevent pregnancy for one or more years Ease of use, no maintenance Reduced or no periods (Mirena) Low to no hormones 	+99% Less than 1 in 100 women will get pregnant using this method this year
	Implant (Implanon, Nexplanon) 	1-3 years, taken out at any time	Go to your provider to have a soft plastic match-sized rod inserted under the skin of the arm. Your provider can take it out for you at any time.	<ul style="list-style-type: none"> To prevent pregnancy for one or more years Ease of use, no maintenance Low hormones 	+99% Less than 1 in 100 women will get pregnant using this method this year
EFFECTIVE BIRTH CONTROL	Shot (Depo-Provera) 	12 weeks	Go to your provider every 12 weeks for an injection.	<ul style="list-style-type: none"> To prevent pregnancy for 12 weeks 	94% 6 in 100 women will get pregnant using this method this year
	Vaginal Ring (NuvaRing) 	3 weeks	Insert a new ring at home every 3 weeks.	<ul style="list-style-type: none"> To prevent pregnancy for 3 weeks 	91% 9 in 100 women will get pregnant using this method this year
	Patch (Ortho Evra) 	1 week	Apply a new patch every week.	<ul style="list-style-type: none"> To prevent pregnancy for 1 week 	91% 9 in 100 women will get pregnant using this method this year
	Pill (many brands) 	1 day	Take a pill at the same time every day.	<ul style="list-style-type: none"> To prevent pregnancy for 1 day 	91% 9 in 100 women will get pregnant using this method this year

DON'T SEE WHAT YOU WANT? ASK YOUR PROVIDER FOR ADDITIONAL METHODS. Did you have unprotected sex in the last five days? Talk to your provider about Emergency Contraception.