



BIRTH CONTROL

how to decide on a method that's right for you

Understanding your goals and what is important to you can be a good place to start.

WHAT ARE YOUR GOALS FOR HORMONE METHODS?

SUPPORT MY GENERAL HEALTH

Teens may use prescription hormones for a variety of reasons. Some methods have health benefits, like helping with:

- Heavy, painful, or irregular periods
- PMS and other period-related symptoms
- Acne
- Polycystic Ovarian Syndrome
- Stopping periods

PREVENT PREGNANCY

If you are having the kind of sex that can result in pregnancy (penis-vagina sex), consider:

- IUDs and implants are the most effective methods of preventing pregnancy.
- The shot, pills, patches and rings are also effective when used as recommended.

SIDE NOTE: AVOIDING STIs

- If you're having any kind of sex, it's important to your health to think about preventing sexually transmitted infections (STIs).
- Barrier methods, like condoms, can help prevent STIs like gonorrhea, chlamydia, and HIV.
- For those who want to prevent pregnancy, using two methods (a barrier + hormonal method) makes them both more effective.

TEENS: LET'S TALK

When considering options, what things are important to you?

In addition to your health goals, there may be other factors to consider.

Is privacy a concern? For example, some teens do not want a prescription to be filled by a pharmacist they know. Other teens don't want their parents' insurance company to mail a bill. We can work on a plan for you to get the care you need.

Is payment a concern? Most insurance plans cover all options. If you have trouble with getting it covered, or if you don't want

to use your insurance, we can help you connect with free or low cost options.

How can we help you be successful with the method you choose? For example, we can talk about how to use a condom correctly. And we can talk about ways to remember to take pills regularly.

Remember, it's okay to decide to not have sex. Communicating about physical connection with a partner is important and healthy. What types of physical connection fit within your boundaries?

PARENTS: KEEP TALKING


Some parents are comfortable talking about these topics. Others are not. But all parents want their teens to make choices that will help them be healthy adults.


Say, "I'm proud of you for being responsible enough to talk to your doctor about your health care needs."


Ask, "What questions have come up for you about birth control?"

Say, "I want you to have accurate information." Encourage your teen to call this clinic and use the resources below.

GREAT RESOURCES

 For exploring hormone and contraception methods: bedsider.org

 On healthy relationships: loveisrespect.org

 Anonymous and confidential National Dating Abuse Helpline 1-866-331-9474 or text "LOVEIS" to 22522

Toolkit for Adolescent Care

For more, visit: z.umn.edu/talk_toolkit | Produced by the University of Minnesota