Teen birth rate declining

Still higher than other western industrialized nations

229,715 babies born to 15-19 year olds in 2015

2015 Statistics for 15-19 year olds

- Ever Had Sex: 43%
- Used Birth Control Last Time Sex: 86%
- Used Most Effective Birth Control: <5%
- Repeat Births: 16.7%
Disparities

- Race and ethnicity
- Socioeconomic conditions
- Healthcare access
- Infant health problems

Births per 1,000 Females Aged 15–19 Years, by Race and Hispanic Ethnicity, 2007-2015

Burdens of Teen Pregnancy

CONSEQUENCES FOR THE CHILD OF A TEENAGE MOM:

- More likely to start school at lower levels of readiness
- More likely to drop out of school
- More likely to enter the foster care system
- More likely to live in poverty
- More likely to BECOME A TEEN PARENT

- $9.4 billion US taxpayer cost in 2010
  - Health care
  - Foster care
  - Lost tax revenue
  - Incarcerations

- 50% teen mothers receive high school diploma by age 22

Effectiveness of Birth Control Methods


Abstinence is 100% effective
Abstinence

- Not having sex of any kind
- Free!
- Protects against STDs
- Will not get pregnant
- 100% effective

Babysitter $800 a month, Diapers $100 a month, Formula $150 a month….

Abstinence… priceless.

Long-Acting Reversible Methods

- Implants
- Intrauterine devices (IUDs)

Intrauterine Devices

Advantages

- Tiny “t” shaped plastic device inserted in uterus
- Changes uterine lining
- More than 99% effective
- Four kinds:
  - ParaGard
  - Mirena
  - Skyla
  - Liletta

Disadvantages

- Lasts for 3 - 12 years (depending on brand)
- Once inserted, requires no further action!
- Completely reversible - once it's removed, you can get pregnant again
- Paragard can act as an emergency contraceptive too
- Hormonal IUDs lessen cramps and lighten your period
- Free or low-cost with insurance, or a single, up-front cost without
- Does NOT protect against STDs
- Insertion procedure can be uncomfortable
- Cramping, spotting, mild irritation for first few months
- Needs to be inserted by a healthcare provider
- Paragard can cause heavier periods and menstrual cramping
- Hormonal IUDs can affect mood, appetite

Intrauterine Devices

Implants

Advantages
• May be left in place up to 3 years
• Private and mostly hidden

Disadvantages
• Does not protect against STDs
• May cause irregular bleeding, heavy periods, or no periods

- Tiny plastic rod inserted in upper arm
- Releases hormones to prevent pregnancy
- Over 99% effective
Implants

Hormonal Methods

- Pill
- Shot
- Patch
- Ring

The Pill

Advantages

• Periods may be more regular
• Cramps may be less painful
• Can improve PMS

Disadvantages

• Does not protect against STDs
• May cause irregular bleeding

- Most common birth control method
- Take one pill every day at same time
- Releases hormones to prevent pregnancy
- About 91% effective
The Pill


The Shot

**Advantages**
- Only 4 shots per year
- Private and hidden
- May lighten or stop periods over time

**Disadvantages**
- Does not protect against STDs
- May cause irregular bleeding initially

- Given every 12 weeks by medical provider
- Prevents ovaries from releasing an egg
- About 94% effective
The Shot

The Patch

Advantages
- Periods may be more regular and less painful
- Only once weekly

Disadvantages
- Does not protect against STDs
- May cause spotting initially
- New patch applied every week
- Releases two hormones to prevent pregnancy
- About 91% effective
The Patch

Wearing the Patch

The contraceptive patch can be worn on four places on your body.

Abdomen  Upper Outer Arm  Upper Torso  Buttocks

# The Ring

<table>
<thead>
<tr>
<th>Advantages</th>
<th>Disadvantages</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Periods may be more regular and</td>
<td>• Does not protect against STDs</td>
</tr>
<tr>
<td>less painful</td>
<td>• May cause spotting initially</td>
</tr>
<tr>
<td>• Easy to use</td>
<td></td>
</tr>
</tbody>
</table>

- Thin, plastic ring inserted in vagina monthly
- Hormones released to prevent ovulation
- About 91% effective
The Ring

http://intimatehealthhelp.net/deciding-on-birth-control-the-birth-control-ring/
Barrier Methods

Male Condoms

**Advantages**
- Prevent pregnancy and STDs
- Easy to get and use

**Disadvantages**
- Can break
- Can slip off

- Thin covering worn over penis
- Change with each new sex act
- Prevents semen from entering vagina
- About 85% effective
**Male Condoms**

Open package

Place over tip of penis and pinch end

Unroll entire condom

Female Condoms

Advantages
- Prevent pregnancy and STDs
- Easy to get and use

Disadvantages
- May cause irritation
- Can slip inside vagina

- Strong, thin tube-shaped pouch inserted into vagina
- Prevents sperm from reaching egg
- About 79% effective
Female Condoms

Diaphragm

Advantages

• Can be placed up to 6 hours before sex
• May remain in place up to 24 hours
• Inexpensive
• Reusable for years
• Easy to hide

Disadvantages

• Does not protect against STDs
• May be difficult and messy
• Increased risk of bladder infections
• Must be left in place for 6-8 hours after sex

- Soft silicone cup covering cervix
- Use with spermicide
- Prevents sperm from reaching egg
- About 88% effective
Diaphragm
Cervical Cap

Advantages
- Can be placed up to 6 hours before sex
- May remain in place up to 48 hours
- Inexpensive
- Reusable for years
- Easy to hide

Disadvantages
- Does not protect against STDs
- May be difficult and messy
- Increased risk of bladder infections
- Must be left in place for 6-8 hours after sex

- Small, soft silicone cup covering cervix
- Use with spermicide
- Prevents sperm from reaching egg
- Up to 86% effective
Cervical Cap

Spermicides

**Advantages**
- Easy to hide
- Easy to obtain
- Can be inserted up to one hour before sex

**Disadvantages**
- Does not protect against STDs
- Can cause irritation
- Inserted in vagina before sex
- Contains chemicals that kill sperm
- Only about 71% effective
Spermicides

Cuda Kroen, Gretchen. NPR. What Spermicide Users Should Know, But Often Don’t. 6 Feb. 2012. https://www.npr.org/sections/health-shots/2012/02/06/146343080/what-spermicide-users-should-know-but-often-dont

# Sponges

<table>
<thead>
<tr>
<th>Advantages</th>
<th>Disadvantages</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Easy to get</td>
<td>• Small piece of foam with spermicide inserted in vagina</td>
</tr>
<tr>
<td>• Easy to hide</td>
<td>• Contains chemicals that kill sperm</td>
</tr>
<tr>
<td>• Can be used multiple times in 24 hour period</td>
<td>• Blocks cervix to prevent sperm from reaching egg</td>
</tr>
<tr>
<td></td>
<td>• Only about 76% effective</td>
</tr>
</tbody>
</table>
Sponges

Other Methods

## Fertility Awareness/Natural Planning

### Advantages
- Free
- No hormonal side effects
- Permitted by many religions and cultures

### Disadvantages
- Does not protect against STDs
- May be difficult to calculate menstrual cycle
- Only works if cycle regular

- Knowing fertile time of the month
- Abstaining during this time
- Only about 76% effective
Fertility Awareness/Natural Planning

Withdrawal

Advantages
• Free
• No hormonal side effects

Disadvantages
• Does not protect against STDs
• May be difficult to pull out in time

- Pulling penis out of vagina before ejaculation
- Only about 78% effective
Withdrawal

Tubal Ligation

Surgical procedure for women

Advantages
- Hormone free
- About 99% effective

Disadvantages
- Does not protect against STDs
- Permanent

- Stops egg and sperm from meeting
- Not performed by most US doctors on those under 18 years old
Tubal Ligation

**Vasectomy**

**Advantages**
- About 99% effective

**Disadvantages**
- Does not protect against STDs
- Permanent

- Surgical procedure for men
- Blocks tubes joining sperm with seminal fluid
- Not performed by most US doctors on those under 18 years old
Vasectomy


The cut ends of the vas may be tied, closed with a clip, or sealed by heat (cauterized).
Emergency Contraception

<table>
<thead>
<tr>
<th>Advantages</th>
<th>Disadvantages</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Can provide protection after sex</td>
<td>• Does not protect against STDs</td>
</tr>
<tr>
<td></td>
<td>• May be difficult to get</td>
</tr>
<tr>
<td></td>
<td>• May be expensive</td>
</tr>
</tbody>
</table>

- Must be taken ASAP after unprotected intercourse to prevent pregnancy
- About 89% effective
## Emergency Contraception

<table>
<thead>
<tr>
<th>Types of emergency contraception</th>
<th>How well does it work?</th>
<th>How soon do I have to use it?</th>
<th>How do I use it?</th>
<th>Where can I get it?</th>
</tr>
</thead>
<tbody>
<tr>
<td>ParaGard IUD</td>
<td>Almost 100% effective</td>
<td>Within 5 days</td>
<td>It’s placed in the uterus by a doctor or nurse</td>
<td>From a doctor, nurse, or at a clinic</td>
</tr>
<tr>
<td>Ella</td>
<td>Less effective if over 105 pounds. Try an IUD.</td>
<td>Within 5 days</td>
<td>Remember to use it every time you have unprotected sex.</td>
<td>From a doctor, nurse, or at a clinic</td>
</tr>
<tr>
<td>Plan B One-Step or a generic</td>
<td>Less effective if over 165 pounds. Try ella or an IUD.</td>
<td>Within 3 days</td>
<td>Remember to use it every time you have unprotected sex.</td>
<td>At a pharmacy, no prescription needed</td>
</tr>
</tbody>
</table>

What Can Be Done

- Provide youth-friendly access to contraception and reproductive services
- Adult support and communication
- Early sexual and birth control education

What Teens Can Do

- Abstain from sexual activity
- Resist peer pressure
- Be prepared
- Seek care for proper contraception
- Talk to a trusted adult
- Obtain sex information from reliable sources


