

## **Evaluating Contraceptive Options Scenarios**

**Directions:** Refer to the factors to consider, the information you've learned about contraceptives, and the two links below to research contraceptive methods. Use the information you've learned in class and through your research to respond to each of these scenarios.

Resources for Research:

[Center for Disease Control](#)

[TeensHealth](#)

### **Scenario 1:**

Oman and Leona have been in a long-term exclusive relationship since high school. They have recently decided to become sexually active for the first time. They know they need to use a contraceptive method to prevent pregnancy because they do not want the responsibility of being parents. Leona is not comfortable inserting something into her own body, but she feels she should be the one in charge of birth control because she is very organized and good at remembering things.

1. What are the factors that influence their choices of contraceptives?
2. What three methods would be appropriate choices for them and why?
3. What are the action steps they would need to take to obtain contraceptives?

### **Scenario 2**

Lanney and Paul are in their early 20s. They've both been in other relationships before, so they got tested for HIV and other STIs when they started dating. Once they knew that neither of them had an STI, they felt ready to start a sexual relationship with each other. Lanney can be forgetful and doesn't want to worry about taking a pill every day. Paul told Lanney he doesn't really like using a condom.

1. What are the factors that influence their choices of contraceptives?
2. What three methods would be appropriate choices for them and why?
3. What are the action steps they would need to take to obtain contraceptives?

### **Scenario 3**

Izzy and Driel have been going out for a few months and just made the decision to be sexually active. They want to be responsible since they both have plans to leave their small town and go to college next year. They have both had other sexual partners. They are both comfortable with their bodies and were considering using the health department in their town to get information about long term reversible options for birth control. But, the health department just closed permanently and neither of them have regular access to a car. There is a pharmacy in town that they can walk to from the high school.

1. What are the factors that influence their choices of contraceptives?
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3. What are the action steps they would need to take to obtain contraceptives?

### **Scenario 4**

Dave and Amber are both 17. They met at their after-school jobs. They have talked about having sex. They are both very focused on the future; Amber wants to study international law and Dave is hoping to study electrical engineering. They know marriage and a family would be at least six-to-eight years away, and they are currently both seeing other people in addition to each other.

1. What are the factors that influence their choices of contraceptives?
2. What three methods would be appropriate choices for them and why?
3. What are the action steps they would need to take to obtain contraceptives?

### **Scenario 5**

Prinka is a teen living in a small town. There are only a couple of stores, and everyone knows everyone else. Her parents are very strict and have made it clear that Prinka has to go to college. Prinka's cousin got pregnant as a teenager, and Prinka saw how much that affected her whole family. Prinka's boyfriend lives in another town, so they only get to see each other once a month. All of Prinka's sexually active friends are using the pill, but Prinka knows high blood pressure runs in her family.

1. What are the factors that influence their choices of contraceptives?
2. What three methods would be appropriate choices for them and why?
3. What are the action steps they would need to take to obtain contraceptives?

### **Scenario 6**

Lee and Jo have been using condoms for the past six months. They both have been tested for STIs. They feel like it would be nice not to have to use condoms. They both have open communication with their parents and are able to talk about sex openly and ask for advice.

1. What are the factors that influence their choices of contraceptives?
2. What three methods would be appropriate choices for them and why?
3. What are the action steps they would need to take to obtain contraceptives?