

# Personal Health Portfolio



## Chapter 12 Which Contraceptive Method Is Right for You?

As you learned in the text, many contraception options are available to you. This activity will help you determine which contraceptive method best fits your needs. You may also want to discuss your options and decisions with your health provider, especially since the most effective methods require a visit.

### Part 1 Your Partner's and Your Preferences

	Yes	No
1. I am sure I do not want children at this time.		
2. My partner and I are in a monogamous relationship with no concerns about sexually transmitted infections.		
3. I want a method that I can control myself.		
4. My partner or I am good at remembering to take medication daily.		
5. My partner or I am willing to visit a health provider or clinic to get birth control.		
6. My partner or I like sexual spontaneity and don't want to have to worry about contraception right before sex.		
7. Using birth control is not acceptable within my moral and/or religious belief system.		

### Part 2 Your Sexual Behavior

	Yes	No
1. I sometimes have sex after using alcohol or drugs.		
2. I sometimes hook up with people I don't know well.		
3. I am in a relatively new relationship or have more than one partner.		
4. I have not discussed with my partner their prior sexual history or history of sexually transmitted infections.		

### Part 3 Risk Factors

Do any of the following apply to you or your partner?	Yes	No
1. Over age 35 and a smoker		
2. Liver disease, blood clots, breast cancer		
3. Personal history of migraine headaches		
4. Family history of blood clots, stroke, heart attack		

## Interpretation

### Part 1

**Question 1.** Yes responses: If you do not want children at any time in the future, permanent sterilization may be the best option. However, if your goal is to delay children for several years, you may want a reliable long-acting reversible contraceptive, such as an IUD or implant.

**Question 2.** Yes responses: You may not need to use condoms or other barrier methods to provide STI protection. Hormonal methods are an option for you.

**Question 3.** Yes responses: If you are male, the male condom and vasectomy will allow you to take full responsibility for contraception. If you are female, tubal ligation, hormonal contraception, and barrier methods (excluding the male condom) will allow you to take full responsibility for contraception.

**Question 4.** Yes responses: Birth control pills would be an effective option for you since they need to be taken daily. The vaginal ring and the transdermal patch, which must be changed every month, are other options.

**Question 5.** No responses: Contraceptive methods that can be purchased over the counter include male and female condoms and the contraceptive sponge.

**Question 6.** Yes responses: You may benefit from hormonal contraception such as an IUD or a contraceptive implant that does not require any action at the time of sex. However, if you are at risk for STIs, you will still need to use a barrier method like a condom, even if you would prefer not to.

**Question 7.** Yes responses: Your options are fertility awareness-based methods if you are sexually active or abstinence. Withdrawal may be another option, but it is less effective at preventing pregnancy.

### Part 2

If you answered yes to the majority of questions in this section, condom use is an important part of your contraceptive needs. Hooking up, alcohol use, and drug use all increase the risk for sexually transmitted infections. However, these behaviors also make it less likely that you will actually use a condom or other barrier method at the time of intercourse, so it is also recommended that women use a reliable contraceptive to prevent pregnancy that does not require action at the time of intercourse (like birth control pills or the vaginal ring).

### Part 3

These factors increase the risk of side effects from hormonal contraceptives. If you answered yes to any of these questions, you and your partner may want to consider a barrier contraceptive or permanent contraception, depending on your future plans.

See the “Consumer Clipboard” box in this chapter for an overview of specific contraceptive methods.

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## CRITICAL THINKING QUESTIONS

1. What personal factors influence your sexual decision making and contraception use? Consider your partner pattern and your social network.
2. What factors in your environment influence your sexual decision making and contraception use? Consider the socioecological model and how community and policies have impacted your beliefs, values, access to sexual health education, and sexual health care.
3. Is there anything you would like to change in this area of your life? If so, consider making a behavior change plan and decide what your first steps would be.