

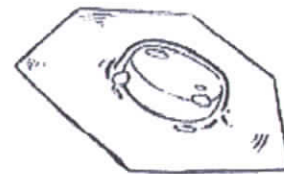
EC (Emergency Contraception) Fact Sheet

Main points:

- The only way to prevent pregnancy after unprotected vaginal sex!
- Good to have on hand, just in case.

More information:

- EC is a pill to prevent pregnancy after sex.
- It is used by people who have a uterus and ovaries.
- The most common brands of EC are Plan B and Ella. EC is also known as the “morning after pill” and “emergency contraception.”
- EC is much more effective the sooner it is taken. It can prevent pregnancy if taken up to 5 days after vaginal sex.
- It prevents pregnancy by delaying or stopping the ovaries from releasing an egg.
- It does not cause an abortion. If EC doesn't work, it will not harm the pregnancy.
- All brands of EC, except Ella, can be bought by men or women of any age at the drug store without a doctor's prescription.
 - For more information about getting EC, go to www.not-2-late.com.
- EC is very safe.
- It does not protect against STDs or HIV.



From Planned Parenthood – Emergency Contraception:

Plan B, My Way, Take Action, and other levonorgestrel morning-after pills work best when you take them quickly after unprotected sex. They'll work best up to 3 days (72 hours) after unprotected sex. You can take these up to 5 days (120 hours) after sex, but they don't work nearly as well by day 5.

Source: *Contraceptive Technology*, 20th revised edition, 2011.

Pulling Out (Withdrawal) Fact Sheet

Main points:

- Free and always available.
- More effective than most people think, when used correctly.

More information:

- To use the pull-out method, a person pulls their penis out of their partner's body before ejaculation, making sure not to get semen near the other person's genitals.
- Withdrawal is another word for pulling out.
- Pulling out is very effective for people who can tell when they're about to ejaculate. It takes experience and a lot of self-control to be able to pull out completely in time.
- Pre-cum is the fluid on the tip of the penis before the ejaculation happens. It's also called pre-ejaculate. Studies show that only some pre-cum contains a small amount of sperm.
- Pulling out lowers the chance of getting HIV and some STDs, but it does not fully protect against these infections.

There is no mention of the 22% failure rate, which should be important when telling 14-year-olds about a birth control method that requires experience and a lot of self-control.

Source: *Contraceptive Technology*, 20th revised edition, 2011.

Visual 1

Condom Facts

Facts:

Condoms reduce the spread of HIV.

Latex condoms do NOT allow anything to pass through - not air, water, sperm, bacteria or viruses, such as HIV.

"Consistent and correct use of the male latex condom reduces the risk of sexually transmitted disease (STD) and human immunodeficiency virus (HIV) transmission. However, condom use cannot provide absolute protection against any STD."

CDC – Condom Fact Sheet in Brief

Actual research example:

There were 124 couples in a research study.

In each couple, one person had HIV and the other person did not.

The couples used condoms correctly every time they had vaginal and anal sex for 2 years.

At the end of the study, none of the people with HIV had passed it to their partners.

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Condoms

There are problems with the visual, found by comparing the data with the actual journal paper. There were actually 304 subjects(196 women, 108 men) not 124. Of the 256 couples using condoms, only 124 used condoms persistently. And the study stresses that nearly half (130 of 304) of the couples stopped having sex at all to protect themselves against HIV infection by the end of the study.

Supplying just one medical reference to justify the belief in the complete effectiveness of condom use to stop STDs is simply indefensible and irresponsible.