

Reproductive Health and Preventing Pregnancy

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IN 2017:

39% of High School students
in Maine said they were
having sex .

DECIDING TO BECOME SEXUALLY ACTIVE?

- 3% of Maine teens have sex before the age of 13
- 39% have sex by the time they graduate high school
- Why do we decide to become sexually active?
 - ~ -We think it is expected.
 - -Wanting to be cared about.
 - -We care about the other person.
- Other thoughts?

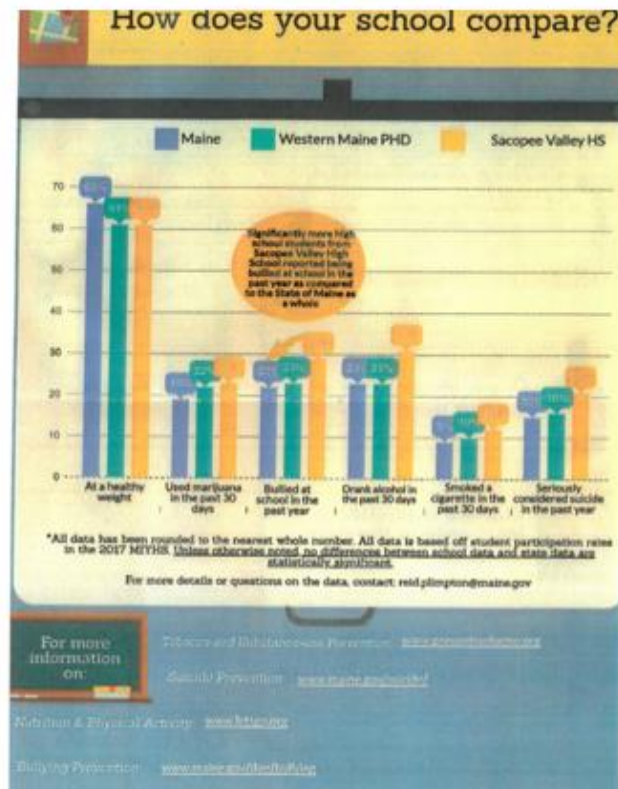
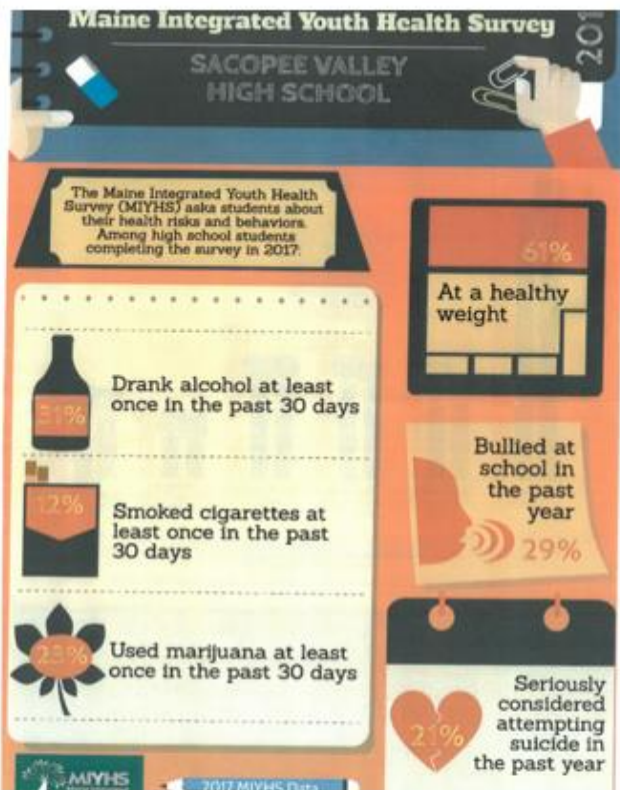
TRENDS IN SEXUAL BEHAVIORS

1991-2015

Percentages decreased since 1991:

- Those having sexual intercourse
- Those having sexual intercourse before age 13
- Drank alcohol or used drugs before last intercourse

There has been increased use of condoms and birth control.



Let's Look at the Numbers

21% of teens drank alcohol or used drugs before last sexual encounter

43% of teens did not use a condom during last sexual intercourse

73% did not use birth control pills, IUD or implant; shot, patch or birth control ring during last sexual encounter

3.9% of teens had sexual intercourse before age 13

30.1% of your teen peers are sexually active with at least one person in the last 3 months

10.2% of sexually active teens across the country were ever test for HIV

MAINE INTEGRATED YOUTH HEALTH SURVEY 2017 & NATIONAL YOUTH RISKY BEHAVIOR SURVEY 2015

HAVING DIFFICULT CONVERSATIONS....

- I don't want to become sexually active with you!
- Just because I have been in the past doesn't mean I want to continue!
- Do you have an STD?
- I want you to wear a condom.
- Mom...I just had sex (I think.....)

VIOLENCE AND SEXUAL ACTIVITY 2015

- 10% of adolescents are hit, slapped, or physically hurt on purpose by their partner in 2015 during sexual activity.
- 18% of girls and 11% of boys “forced” to have sexual contact of any type during their lifetimes.
- 8% have been forced into sexual activity they did not want to participate in ~ 6% males, 10% females

GENDER AND SEXUAL IDENTITY

- Why do we ask everyone at the Health Center what their gender identity is and their sexual orientation?
- 3% of teens identify as transgender
- 2% gay
- 2% lesbian
- 3% unsure or gender non-conforming
- Important because needs and health concerns are different

WHAT ARE THE CHANCES I'LL BECOME PREGNANT...

- If a female teen has intercourse without contraception for one year, there is a 90% chance she will become pregnant.
- 77% of teen pregnancies are unintended.

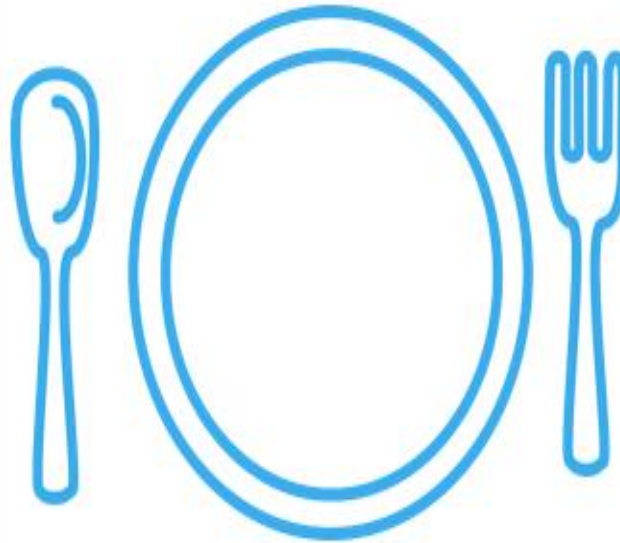
WHAT ARE THE CHANCES OF CONTRACTING STI....

- One out of four sexually active teens
develop an STI within one year

TEEN PREGNANCY IN MAINE

- Maine ranked 5th LOWEST birth rate for young women 15-19 in 2015.
- Our birthrate has dropped 52% since 1991. This is a result of education and access to reproductive health care services.
- 93% were to non-married females.

POP QUIZ



True or False
It costs \$200,000
to raise a child
from birth to 17
years old
(not including
college savings)

The Cost of Raising a Child: \$233,610



Not including
the annual cost
of college!

\$45,370
Private

\$20,090
Public

*Includes room
and board.



\$233,610

Where does the money go?

18%
Food

29%
Housing

15%
Transportation

9%
Health Care

6%
Clothing

16%
Child Care
& Education

7%
Misc.

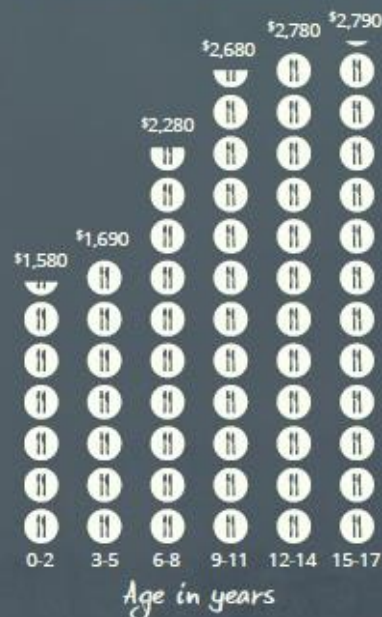
Annual Housing Cost
per Child

Urban
\$3,900

VS

Rural
\$2,400

Annual Food Costs by Age



Cost by Region



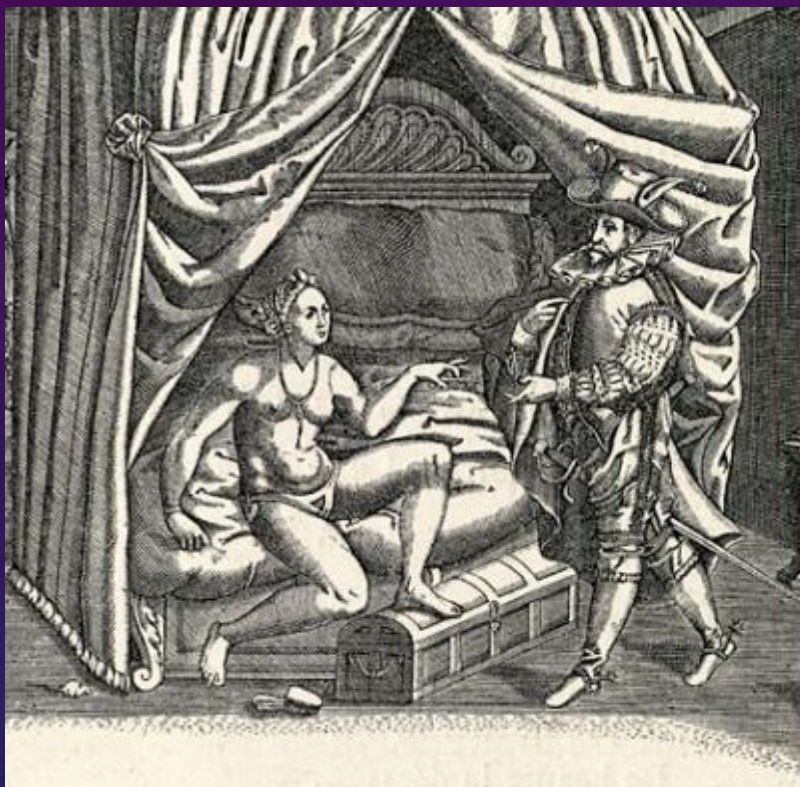
BIRTH CONTROL AND MAINE TEENS

- 16% no birth control with first sex
- 8% don't use ANY protection.
- 18% report drugs/etoh when having sex, males more than females
- 60% using condoms
- 49% of females who are sexually active are using the pill or a hormone contraception, but still not using condoms consistently – only 18%

HISTORY OF BIRTH CONTROL

- Ancient Egypt ~ sponge
- Ancient Greece ~ spermicides
- England 15th century ~ chastity belts
- Europe 16th century ~ condoms from skins
- USA ~ vulcanizing ~ rubber-condoms 1839
- Europe/USA ~ 1930's ~ cervical cap/diaphragms
- USA ~ 1957 ~ first pill to control menses
- Marketed 1960's as birth control pills











TO BECOME PREGNANT:

Have sex.

And don't use birth control.

TO NOT BECOME PREGNANT:

Don't have sex.
Or use birth control.

Abstinence

A behavior that prevents pregnancy
by not allowing sperm into (or near) the vagina

Prevents sexually transmitted infection

Safe, easy, and convenient

Free, and 100% effective!

People are abstinent for many reasons, including to prevent pregnancy.

Withdrawal (Pull Out Method)

Withdrawal is also called coitus interruptus or the "pull out method"

Something you can do during vaginal intercourse

to prevent pregnancy

Free, safe, easy, and convenient

75% effective

Condoms

Worn on the penis

Made of latex or plastic

Prevent pregnancy and sexually transmitted infection

Can be used for vaginal, anal, or oral sex

Safe, effective, and easy to get

Cost about \$1 each, but are sometimes available for free

75% effective



Birth Control Vaginal Ring (NuvaRing)

A small ring you put in your vagina once a month
for three weeks to prevent pregnancy

Safe, effective, and convenient

Easy to get with a prescription

Costs about \$15-\$70 a month

99% effective



Ortho Evra “The Patch”



- ✓ Small patch that sticks to your skin
- ✓ Safe, effective, and convenient
- ✓ Easy to get with a prescription
- ✓ Costs \$15–\$70/month
- ✓ 99% Effective



RX

ORTHO-MCNEIL PHARMACEUTICAL



0.15 mg-0.02 mg/24 hrs

Ortho Evra®
(norelgestromin/ethinyl estradiol
transdermal system)

Birth Control Pills

Take a pill each day to prevent pregnancy

Safe, effective, and convenient
Easy to get with a prescription

Cost about \$5-\$50 each month

99% effective



Implant “The Rod”

- ✓ 99.9 % Effective
- ✓ Hormone Based
- ✓ Inserted in the Upper Arm
- ✓ Lasts for 3 years
- ✓ In office Procedure:
 - ✓ Insertion
 - ✓ Removal



Birth Control Shot (Depo-Provera)

A shot that prevents pregnancy

Safe, effective, and convenient

Easy to get with a prescription

Lasts for three months

Costs \$35-\$75

99% effective



IUD

Intrauterine Device

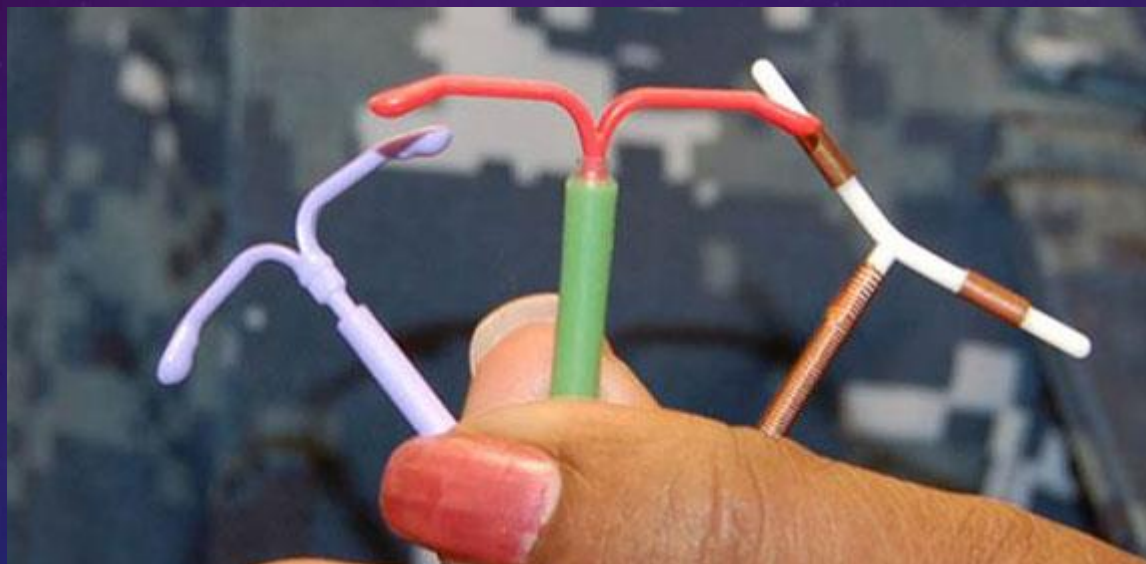
Small, "T-shaped" device inserted into the uterus to prevent pregnancy

Safe, effective, and long lasting

Must be inserted by a health care provider

Costs between \$500 and \$1,000 up front, but lasts up to 12 years

99% effective



Breastfeeding as Birth Control

Sometimes called LAM (Lactational Amenorrhea Method)

A natural way to prevent pregnancy after giving birth

Effective, safe, convenient, and free

Lasts for up to six months after giving birth

Less than 75% effective

Emergency Contraception

Birth control you can use to prevent pregnancy up
to five days

after unprotected sex

Safe and effective

Available at health centers and drugstores

Costs vary from \$10 to \$70

NDC 51285-942-88

PlanB[®] One-Step

(levonorgestrel) tablet, 1.5 mg
Emergency Contraceptive

Reduces the chance of pregnancy after
unprotected sex (ie, if a regular birth control
method fails or after sex without birth control)
Not for regular birth control.

Rx only for women
younger than age 17



One Tablet
One Dose

- Take as soon as possible
within 72 hours (3 days)
after unprotected sex.
The sooner you take it, the
better Plan B[®] One-Step
will work.

1 Tablet
Levonorgestrel 1.5mg

STERILIZATION

- Tubal Ligation
- Vasectomy
- Should be thought of as a permanent decision.