

# 18 Questions about Birth Control

## Condom Station

1. Using 2 condoms at the same time is better for protection. TRUE FALSE
2. Condoms have an expiry date like bread or milk. TRUE FALSE
3. Where is the best place to store a condom? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
4. Pick someone from your group to put a male condom on Woody following the outline below.
  - a) Check the expiry date
  - b) Make sure there are no holes in the condom by checking for air in the condom package.
  - c) Open the package carefully with your fingers. Tear down one side of the condom package
  - d) Take the condom out of the package
  - e) Make sure the roll is on the outside
  - f) Pinch the tip and unroll the condom as far down as it will go. Make sure to keep the tip pinched while it is being unrolled
  - g) Remove the condom from Woody and tie the open end in a knot
  - h) Throw the condom in the garbage
5. Condoms help protect against unplanned pregnancy and against sexually transmitted infections.  
TRUE FALSE

## NuvaRing (Ring) Station

6. Pick someone from your group to put the ring in the model, by following the outline below.
  - a) Pull the ring out of the holder as far as it will go (normally the ring would not be attached to a string and a ring holder)
  - b) Hold the ring between your thumb and index finger, pressing the sides of the ring together
  - c) Gently push the ring into the vagina as far as it will go
  - d) Remove the ring by hooking your index finger under the rim or by holding the rim between the index and middle finger and pulling it out
  - e) Normally you would throw the ring out, but **not this one**
  - f) Press the button the top of the holder to retract the ring

7. How long does the ring stay in the vagina for? \_\_\_\_\_ weeks
8. The ring prevents pregnancy in 2 ways; one of them is stopping the release of an egg from the ovary.  
TRUE FALSE

### **Birth Control Pill Station**

9. Birth control pills protect you from getting a sexually transmitted infection. TRUE FALSE
10. Is it important to take each pill at the same time each day. TRUE FALSE
11. Your parents or guardians must give permission for you to use birth control pills. TRUE FALSE
12. Using the birth control pill causes you to gain weight and makes your face break out. TRUE FALSE

### **Evra Patch Station**

13. How often do you need to change your patch? \_\_\_\_\_
14. Name or describe one of the places on your body where you could stick your patch. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
15. You should take your patch off for swimming or showering and then put it back on when you are done.  
TRUE FALSE
16. You should put a new patch on in a different place than the one before. TRUE FALSE

### **Emergency Contraceptive Pills (ECPs) or Plan B**

17. You need a prescription from a doctor to get Plan B. TRUE FALSE
18. Plan B is effective up to \_\_\_\_\_ days after you had unprotected sex.
19. Plan B does not stop a pregnancy that is already there. TRUE FALSE
20. Plan B works 100% of the time. TRUE FALSE

## Answer Key

# 18 Questions about Birth Control

### Condom Station

1. Using 2 condoms at the same time is better for protection. TRUE **FALSE**
2. Condoms have an expiry date like bread or milk. **TRUE** FALSE
3. Where is the best place to store a condom? **Cool, dry space (e.g., bedside table, closet – NOT fridge, bathroom, freezer, or window ledge)**
4. Pick someone from your group to put a male condom on Woody following the outline below.
  - a) Check the expiry date
  - b) Make sure there are no holes in the condom by checking for air in the condom package.
  - c) Open the package carefully with your fingers. Tear down one side of the condom package
  - d) Take the condom out of the package
  - e) Make sure the roll is on the outside
  - f) Pinch the tip and unroll the condom as far down as it will go. Make sure to keep the tip pinched while it is being unrolled
  - g) Remove the condom from Woody and tie the open end in a knot
  - h) Throw the condom in the garbage
5. Condoms help protect against unplanned pregnancy and against sexually transmitted infections.  
**TRUE** FALSE

### NuvaRing (Ring) Station

6. Pick someone from your group to put the ring in the model, by following the outline below.
  - a) Pull the ring out of the holder as far as it will go (normally the ring would not be attached to a string and a ring holder)
  - b) Hold the ring between your thumb and index finger, pressing the sides of the ring together
  - c) Gently push the ring into the vagina as far as it will go
  - d) Remove the ring by hooking your index finger under the rim or by holding the rim between the index and middle finger and pulling it out
  - e) Normally you would throw the ring out, but **not this one**
  - f) Press the button the top of the holder to retract the ring

7. How long does the ring stay in the vagina for? **Three weeks**
8. The ring prevents pregnancy in 2 ways; one of them is stopping the release of an egg from the ovary.  
**TRUE** FALSE

### Birth Control Pill Station

9. Birth control pills protect you from getting a sexually transmitted infection. TRUE **FALSE**
10. Is it important to take each pill at the same time each day. **TRUE** FALSE
11. Your parents or guardians must give permission for you to use birth control pills. TRUE **FALSE**
12. Using the birth control pill causes you to gain weight and makes your face break out. TRUE **FALSE**

### Evra Patch Station

13. How often do you need to change your patch? **Once a week**
14. Name or describe one of the places on your body where you could stick your patch. **Upper or outer arm, abdomen, buttock, or back**
15. You should take your patch off for swimming or showering and then put it back on when you are done.  
TRUE **FALSE**
16. You should put a new patch on in a different place than the one before. **TRUE** FALSE

### Emergency Contraceptive Pills (ECPs) or Plan B

17. You need a prescription from a doctor to get Plan B. TRUE **FALSE**
18. Plan B is effective up to **five** days after you had unprotected sex.
19. Plan B does not stop a pregnancy that is already there. **TRUE** FALSE
20. Plan B works 100% of the time. TRUE **FALSE**