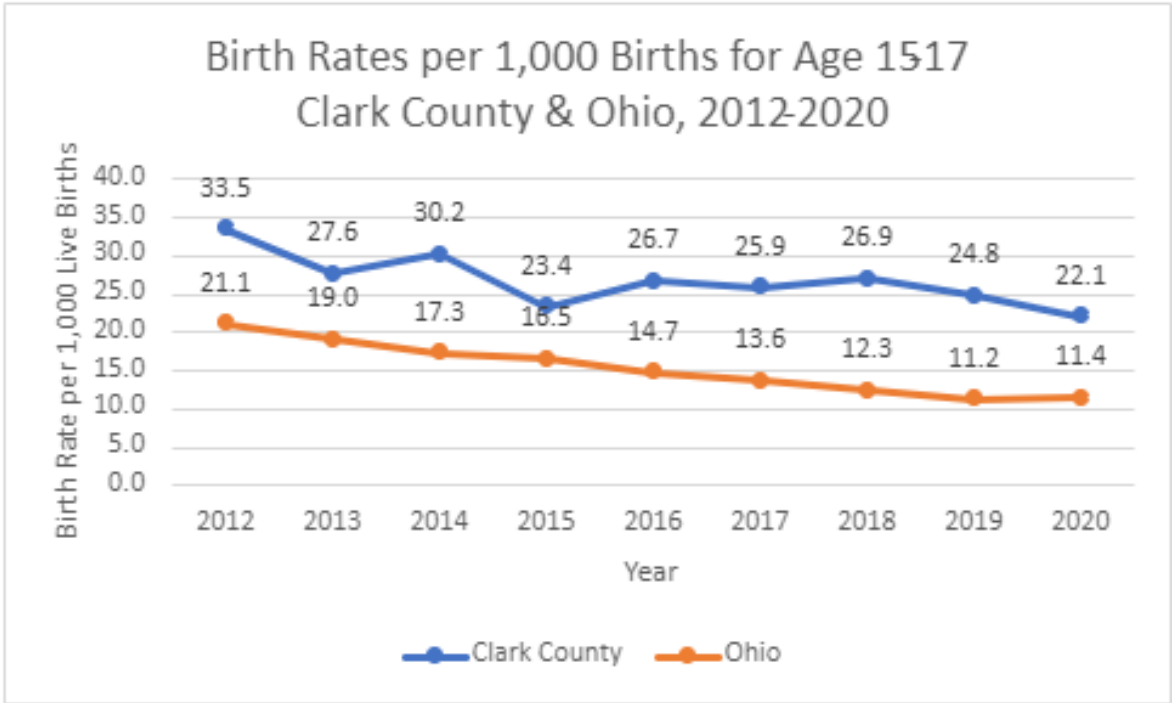


Birth Control & Pregnancy Prevention: An Overview

By: Britney Bruce, BSN, RN

Birth Rates in Clark Co. –vs- Ohio

Birth Rates per 1000 mothers 15-17 yrs old (Data Warehouse)		
	Clark County	Ohio
2012	33.5	21.1
2013	27.6	19.0
2014	30.2	17.3
2015	23.4	16.5
2016	26.7	14.7
2017	25.9	13.6
2018	26.9	12.3
2019	24.8	11.2
2020	22.1	11.4



Puberty For Guys and Gals

- Guys
 - 10-18yrs
 - Genital development (growth of the testicles and scrotum).
 - The growth of sparse hair around the penis and under their arms.
 - An increase in height (typically about 2 to 2½ inches per year), which could bring growing pains.
 - More sweating, which can lead to body odor.
 - Voice Changes (and cracking in the process).
 - Increased muscle mass.
- Girls
 - 8-16yrs
 - Breast development
 - Vaginal Discharge
 - Voice Changes
 - Wider Hips
 - Periods

Periods

- [All About Getting Your Period - YouTube](#)
- Reaching reproductive age

Key Characteristics of Healthy Relationships:

RESPECT

- **HONESTY**
 - Communicating openly and truthfully
- **COOPERATION**
 - Asking, not expecting
 - Accepting change
 - Making decisions together
 - Being willing to compromise
 - Seeking mutually satisfying resolutions to conflict
- **TRUST**
 - Accepting each other's word
 - Giving the benefit of the doubt
- **SAFETY**
 - Refusing to intimidate or manipulate
 - Respecting physical space
 - Expressing self nonviolently and honestly
- **SUPPORT**
 - Supporting each other's choices
 - Being understanding
 - Offering encouragement
 - Listening: non-judgemental
- **ACCOUNTABILITY**
 - Accepting responsibility, behaviors, and attitudes
 - Admitting mistakes (or being wrong)

Abstinence

- [What Is Abstinence? - YouTube](#)
- Only 100% way to avoid pregnancy and STD/STI's
- You can choose to be abstinent at anytime, even if you've already been sexually active or are in a relationship.

Sexually Active: Pregnancy Prevention

- [Tips for Safer Sex and Pregnancy Prevention - YouTube](#)

How Do Condoms, Female Condoms, and Dental Dams Work?

[Condoms: How To Use Them Effectively - YouTube](#)

- Important points
 - Latex and Non-latex condoms available
 - Different sizes
 - Use water-based lube
 - One time use
 - Free from Health Department

Long-Acting Contraception

- [Long-Acting Contraception Explained – YouTube](#)
- Nexplanon: 3 years
- IUD: 3-10+ years
- Depo-Provera: Every 3 months

Other Contraceptive Choices

- Patch
- Ring
- Spermicide
- Diaphragm