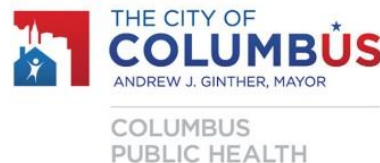




Happy Dads. Healthy Babies.

Infant Vitality Toolkit

Pregnancy Prevention

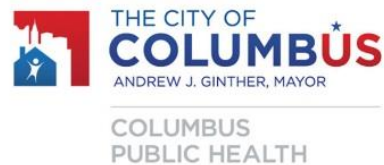


Agenda

- Test Your Knowledge Pre Test
- Guys and Birth Control
- Contraceptive Choices
- Birth Control Facts
- Community Resources
- Test Your Knowledge Post Test



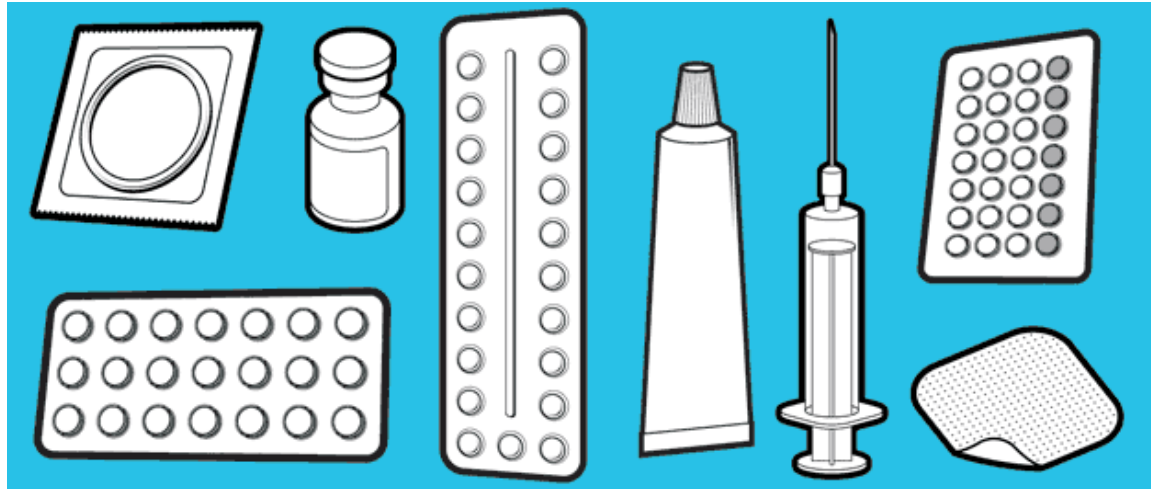
Pre-Test



Question 1

How many forms of birth control exist for men?

- A. 1
- B. 2
- C. 4
- D. 5



Question 2

When it comes to birth control, men should be just as knowledgeable as women about:

- A. What methods are available
- B. How different methods work
- C. Where you can go to get birth control
- D. A, B & C
- E. N/A (knowing about birth control is only for women)

Question 3

What is this?



A. Pogo stick

B. Fish hook

C. Copper IUD

D. Nothing I've ever seen before!



Question 4

Which of the following is the most effective form of birth control currently available?

- A. Intrauterine Device (IUD)
- B. The pill
- C. The shot (Depo)
- D. Male condom

Guys and Birth Control

What birth control methods exist for men?

Planned Parenthood cites **FIVE (5)** different methods:



Most
Effective

Abstinence

Condoms

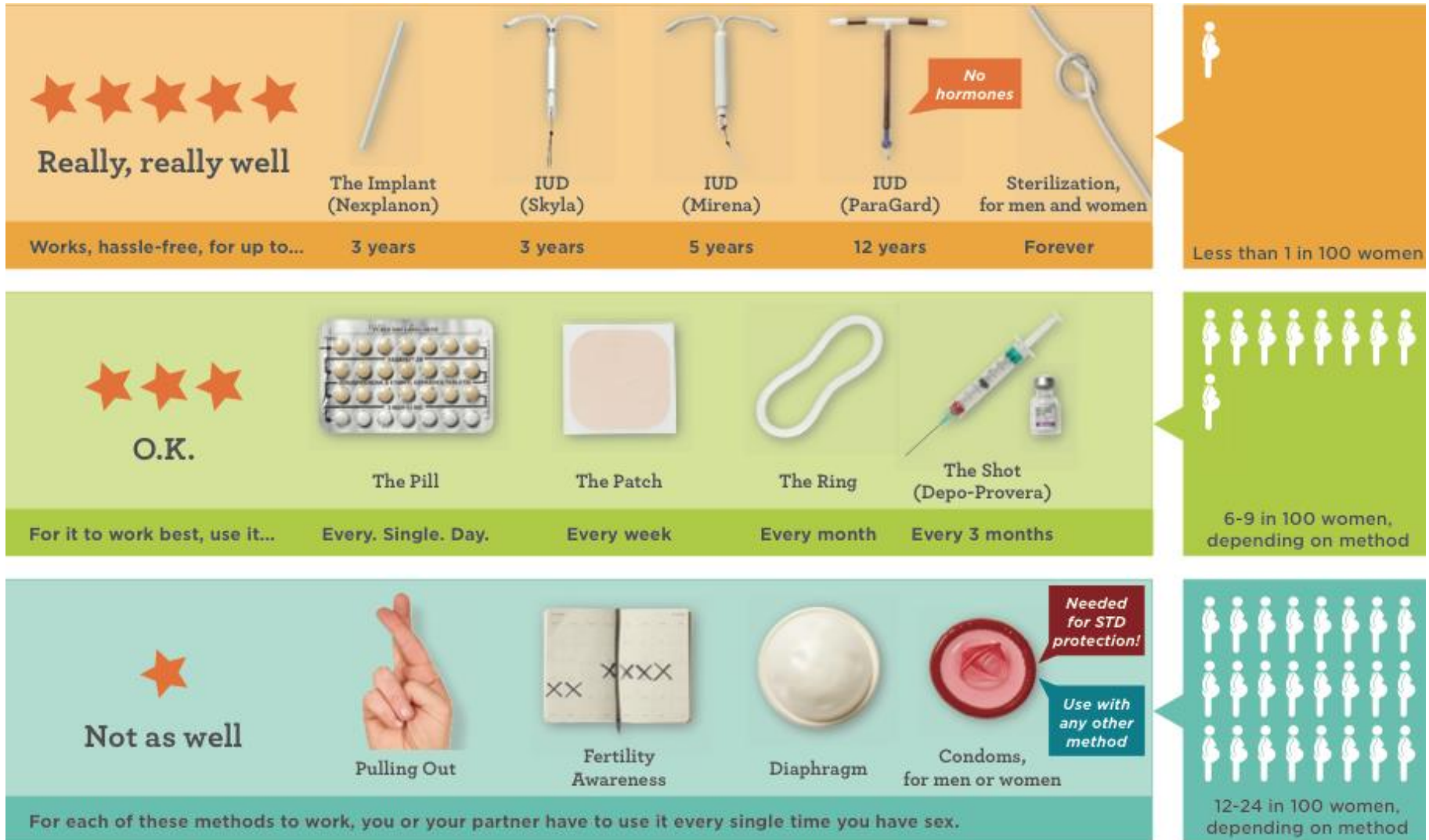
Withdrawal

Vasectomy

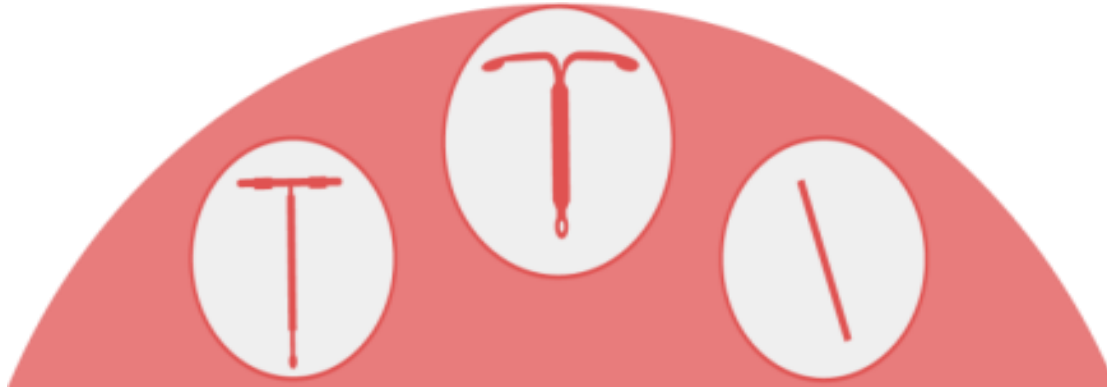
Outercourse

Effective
Least

Menu of Choices



Most Effective Birth Control Options



Long-Acting Reversible Contraception (also referred to as LARC)

Intrauterine Devices (IUDs) and the Implant

Contraceptive Implant

- Inserted under the skin in the upper inner arm by a medical professional
- Lasts for up to **3 years**
- **99.95% effective**
- Completely reversible



Resource:

Bedsider's

[Guy's Guide/the implant](#)

Intrauterine Devices (IUDs)

- Small, flexible T-shaped device
- Over 99% effective
- Completely reversible
- Safe for women who have never had children, including teens

Resource:

Bedsider's

[Guy's Guide/IUD](#)

Hormonal IUD

- Lasts 3-5 years
- 5-year IUD is FDA approved to reduce menstrual bleeding
- Safer than many birth control pills



Non-Hormonal IUD

- Lasts 10 years
- Can be used as an emergency birth control option



Local Resources

For information and resources related to **pregnancy prevention**, or to **establish early care** in the event of a pregnancy, visit the following resources:



COLUMBUS PUBLIC HEALTH
**WOMEN'S
HEALTH &
FAMILY
PLANNING
CENTER**

QUALITY HEALTH CARE
FOR WOMEN & PARTNERS
OF ALL AGES



STEP ONE
For a Healthy Pregnancy



**NATIONWIDE
CHILDREN'S**
When your child needs a hospital, everything matters.™

 **PrimaryOne**
Health

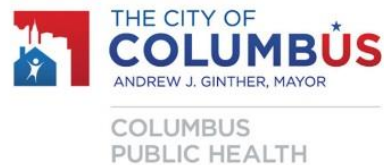
Your first choice for quality care



QUESTIONS



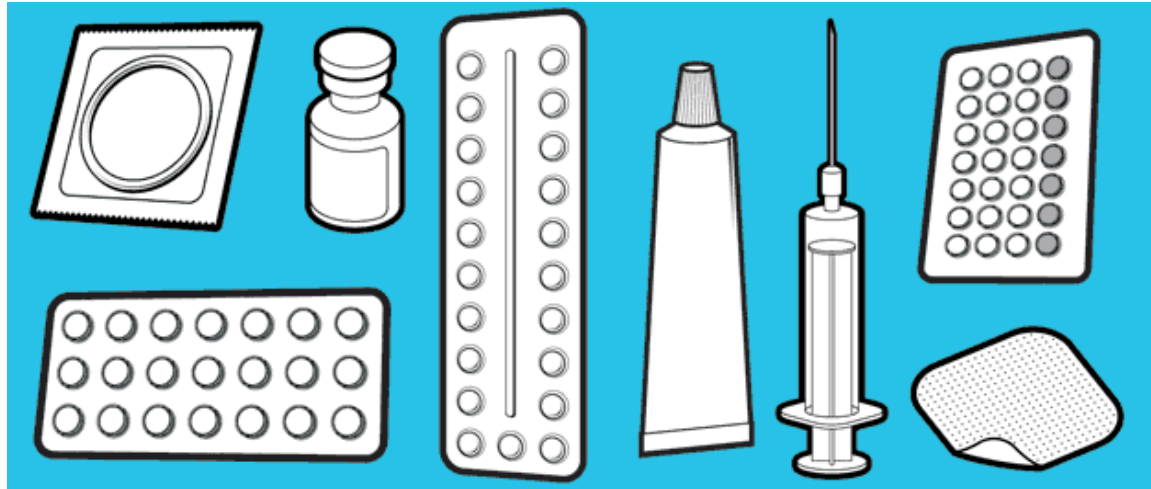
Post-Test



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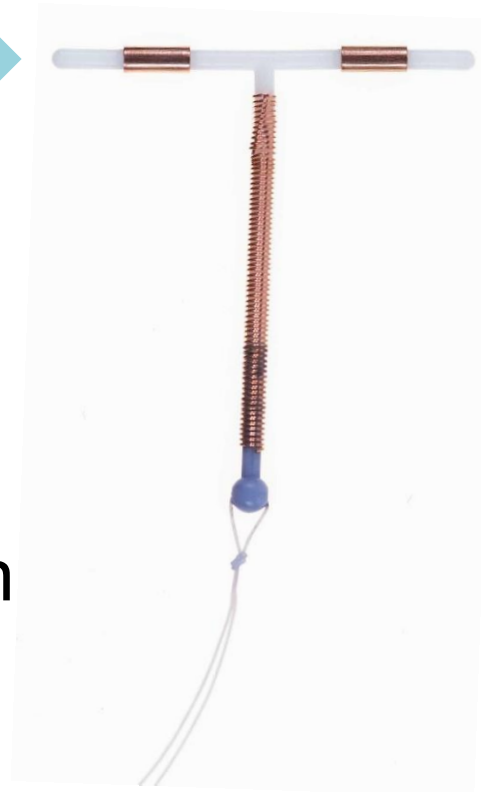


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