

Barrier Methods



Male Condom

What is it? A thin covering that you unroll over the hard penis. Made of

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Female Condom

What is it? A soft, loose pouch that you put inside your vagina. Flexible

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Spermicide

What is it? Spermicidal chemical comes in several forms; you can choose

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Diaphragm

What is it? A soft silicone dome with a flexible rim that holds spermicide.

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Cervical Cap

What is it? A small, soft silicone cup holding spermicide. Designed to fit

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Knowledge Based Methods



Withdrawal (Pulling Out)

What is it? The man takes his penis out of his partner's vagina before

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Fertility Awareness

What is it? When you understand your fertile time (days you can get

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Breastfeeding (Lactation Amenorrhea)

What is it? Breastfeeding stops egg development if the following three

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Sex Without Intercourse

What is it? You can experience intimacy, closeness, pleasure and orgasms

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Hormonal Methods



Emergency Contraception

What is it? A pill or combination of pills you take after sex to prevent

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The Pill

What is it? A pill containing synthetic hormones you take orally every day

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The Patch

What is it? A bandage-like patch that sticks to your skin. Hormones are

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Vaginal Ring

What is it? A clear, soft, flexible 2-inch circle worn in vagina. Your

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The Shot

What is it? A long-acting injection of synthetic progestin hormone.

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Long Term Methods



Implant

What is it? A soft rod 1 1/4 inches long that is placed under the skin in

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IUD Progesterone

What is it? Intra-Uterine Device shaped like a small plastic T with a

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IUD Copper

What is it? Intra-Uterine Device shaped like a small plastic T wrapped in

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Sterilization

What is it? For Females, the fallopian tubes are blocked or cut, either

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Teen Guide To Birth Control

R R Bowker Publishing, Bowker

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Frequently Asked Questions About Birth Control Robert Greenberger,Beverly Vincent,2011-12-15 Discusses how various contraception methods work as well as their safeness and effectiveness [What are You Using?](#) Andrea Balis,1981 A birth control handbook describing types of contraception available their effectiveness how to use them and possible side effects [Teen Tips](#) Tom McMahon,2003-09 Offers parents of children ages eleven to nineteen practical strategies to help them deal with the challenges associated with raising teens and maintain a healthy parent child relationship

The African-American Teenagers Guide to Personal Growth, Health, Safety, Sex, and Survival Debrah Harris-Johnson,2001 A guide to understanding the world and how to live in it successfully discussing safety survival sex money time and responsibility

The Politically Incorrect Guide to Teenagers Nigel Latta,2011-02-01 By popular demand New Zealand s most popular parenting writer has drawn on his extensive experience in family therapy and working with the country s most difficult teenagers to write the book that will save the sanity of parents everywhere Once you ve negotiated the terrors of toddlerdom and the perils of primary school you think you ve got a pretty good handle on this parenting thing then along comes Mother Nature with her horrible hormones and suddenly you re so far behind square one you re starting to wonder if this raging bundle of contradictions screaming at you was switched in the night by evil aliens With his now trademark humour and pragmatic common sense approach Nigel debunks the politically correct nightmare of perfect parenting and argues for sanity first yours and reclaiming the ground parents have lost in the great I m my child s best friend debacle With international sales of BEFORE YOUR KIDS DRIVE YOU CRAZY READ tHIS in Israel Portugal Spain Holland Italy and Russia a major marketing campaign for an Australian edition next year and a television series based on the first book in the pipeline Nigel Latta is building a solid reputation in this challenging field

Contraceptive Methods Leticia Gus,2025-07-22 Contraceptive Methods What Every Teen Needs to Know Your body your choice empower yourself with the facts This essential teen friendly guide demystifies contraceptive methods providing clear unbiased information on birth control options their effectiveness and how to choose what s right for you Designed to foster informed decision making the book covers not just pregnancy prevention but also protection against STIs personal comfort and lifestyle considerations Inside you ll discover How different contraceptive methods work from pills to patches to IUDs Pros and cons of each option including condoms hormonal methods and natural approaches Guidance on starting birth control safely and effectively Tips for talking to healthcare providers and partners Common mistakes to avoid with contraceptives The role of contraception in personal empowerment and life planning Whether you re exploring options for the first time or seeking updated knowledge this guide equips you to take control of your reproductive health with

confidence and clarity **Sex Guides** Patricia J. Campbell, 1986 The first seven chapters of this book were originally published by R R Bowker in 1979 as Sex education books for young adults 1892 1979 T p verso *Like It Is* E. James Lieberman, M.D., Karen Lieberman Troccoli, M.P.H., 1998-09-15 Before the age of 20 more than half of teenagers have sex and one out of four contracts a sexually transmitted disease One million adolescent women become pregnant each year and 80 percent of these pregnancies are unintended This book provides comprehensive straightforward information about sex relationships and birth control in reader friendly terms emphasizing informed consent and mutual respect A tool for young adults coming to terms with their sexuality this book is appropriate for teens to read on their own and will serve teachers parents and health educators who work with young adults It includes a curriculum guide that provides questions for discussion and background history on various topics plus an appendix of resources for additional information on sexuality birth control teen pregnancy sexually transmitted diseases and related topics with addresses and Internet sites when available **Pregnancy and Parenting** Jessica Akin, 2016-06-09 More than 900 000 teenage girls face pregnancies each year Almost all of these pregnancies are unplanned leaving teen moms and dads unprepared for the emotional physical and psychological journey ahead of them What most parents find as a memorable and positive change in their lives teens and their families often see as catastrophic and devastating In *Pregnancy and Parenting The Ultimate Teen Guide* Jessica Akin guides teens through the unique issues and struggles of a life changing event that can be overwhelming even for a fully mature adult Once a teen decides what course to take between parenting adoption or abortion she must deal with the consequences of her decision often alone but sometimes with the father to be and other family members Topics covered in this book include breaking the news choosing the next step dealing with judgments and criticism coping with loss parenting finishing school life beyond the baby This book is filled with stories from teen mothers and fathers who faced their unplanned pregnancy head on Written without bias or judgement *Pregnancy and Parenting The Ultimate Teen Guide* emphasizes and encourages teens to empower themselves with knowledge and make the best choices and decisions for their individual futures Teenage Sexuality Michele Lee, 1994 Explores most of the major sexual issues for teenagers of the 1990s a period in our history that has seen an increased public awareness of previously ignored issues Sex Education, 1993 Young People's Books in Series Judith K. Rosenberg, C. Allen Nichols, 1992 This volume describes and lists series published for young people from early elementary grades through high school Fiction series from 1976 through 1990 and new titles in existing series through 1991 are included as well as nonfiction series which are limited to in print titles only

Real Truth about Teens and Sex Sabrina Solin Weill, 2005 The former editor in chief of Seventeen magazine draws on hundreds of letters e mails interviews and a nationwide survey to provide a revealing look at teens and sex covering such topics as virginity celibacy the role of the media birth control sexually transmitted diseases peer pressure sex education and the latest trends *Bowker's Directory of Videocassettes for Children 1999* R R Bowker Publishing, Bowker, 1999-03

Pediatric and Adolescent Gynecology S. Jean Herriot Emans, Marc R. Laufer, Donald Peter Goldstein, 2005 The 1 clinical reference on pediatric and adolescent gynecology is now in its updated Fifth Edition Written by experts from The Children s Hospital in Boston and other leading medical centers this handbook presents contemporary approaches to diagnosis and medical and surgical management of gynecologic problems in infants children and adolescents This edition features cutting edge information on urology and complementary and alternative medicine and expanded coverage of surgical techniques for correcting structural abnormalities of the reproductive tract More than 400 illustrations including 8 pages of full color plates complement the text The book also includes outstanding algorithms and tables and abundant case examples

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