

Methods of Pregnancy Prevention Quiz

Objective: Participants will identify effective methods of pregnancy and STI prevention.

Structure: Individual.

Time: 20 minutes.

Materials: “Quiz: Methods of Pregnancy and STI Prevention” handout.

Note: This quiz can be done as a pre- or post-test exercise.

Answer Key

1. If you are under 16 years of age, you need parental consent to obtain birth control pills.

FALSE. There is no minimum age to prescribe contraception and youth are under no legal obligation to inform their parents that they are being prescribed/using contraception.

2. Condoms can be used with water-based lubricants.

TRUE. Oil or petroleum based lubricants (e.g. Vaseline or hand lotion) cause condoms to break.

3. Spermicides, when used alone, are an effective method of birth control.

FALSE. However, spermicides, when used with condoms, are 98% effective.

4. Oral contraceptives (the birth control pill) should be taken at the same time every day.

TRUE. To maximize efficacy, the pill should be taken at the same time every day.

5. Women must receive Depo-Provera injections every 6 months.

FALSE. Women must receive Depo-Provera injections every 3 months.

6. Spermicides are an effective protection against the AIDS virus.

FALSE. Condoms provide the best protection against HIV. The only 100% effective way to avoid HIV is to abstain from high-risk activities.

7. It is possible for a woman to become pregnant if she has vaginal intercourse during her period.

TRUE. It is unlikely that a woman would become pregnant during her period. However, some women with shorter menstrual cycles ovulate earlier than day 14, and sperm can survive 4-7 days inside a woman's body.

8. Air must be squeezed out of the tip of the condom before putting it on.

TRUE. This helps to decrease the chance of breakage.

9. Non-lubricated condoms work best for oral dams.

TRUE. Lubricated condoms have a medicinal taste.

10. Withdrawal is an effective method of birth control.

FALSE. Withdrawal is not a reliable method.

11. Emergency contraception (the Morning After Pill) can be taken up to 3 days after unprotected vaginal intercourse.

TRUE. The earlier a woman takes emergency contraception, the more effective it is.

12. Douching is an effective method of birth control.

FALSE. Douching is not effective at all.

13. A condom can be used more than once.

FALSE. A condom can only be used once and should be discarded after use.

14. Abstinence is 100% effective in the prevention of STIs and pregnancy.

TRUE. However, if having vaginal or anal intercourse, it is important to use condoms each and every time, especially if “doubled up” with the pill, spermicides, or Depo-Provera.

15. Depo-Provera can be obtained from a physician.

TRUE. A physician at a clinic or physician’s office must prescribe Depo-Provera.

(Adapted with permission from: Planned Parenthood Federation of Canada (2001) *Beyond the Basics: A Sourcebook on Sexual and Reproductive Health Education*. Ottawa: Author.)

Handout

Methods of Pregnancy Prevention

True or false...

1. If you are under 16 years of age, you need parental consent to obtain birth control pills.
2. Condoms can be used with water-based lubricants.
3. Spermicides, when used alone, are an effective method of birth control.
4. Oral contraceptives (the birth control pill) should be taken at the same time every day.
5. Women must receive Depo-Provera injections every 6 months.
6. Spermicides are an effective protection against the AIDS virus.
7. It is possible for a woman to become pregnant if she has vaginal intercourse during her period.
8. Air must be squeezed out of the tip of the condom before putting it on.
9. Non-lubricated condoms work best for oral dams.
10. Withdrawal is an effective method of birth control.
11. Emergency Contraception (Morning After Pill) can be taken up to 3 days after unprotected vaginal intercourse.
12. Douching is an effective method of birth control.
13. A condom can be used more than once.
14. Abstinence is 100% effective in the prevention of STIs and pregnancy.
15. Depo-Provera can be obtained from a physician.