

Birth Control for Teens

Birth Control or “contraception” is used to avoid unwanted pregnancy. For teens, it is important to understand that penile-vaginal sex can result in pregnancy. Review the chart below for birth control methods that the American College of Osteopathic Family Physicians recommends for teenage patients.

Before having sex, it is also important to consider consent. Consent is an agreement to participate in a sexual act. Consent should be freely given and enthusiastic; this means that if someone is consenting they should not be coerced or bullied into doing so. Consent to one sexual act does not mean consent to all escalating acts and it is important to ask and receive consent with each encounter. Sexual activity without consent is sexual assault or rape.

Name	Location in the Body	Success Rate	Timeframe	Miscellaneous
Subdermal Implant	Implanted in upper arm by doctor	99%	Lasts up to 5 Years	Small thin, flexible rod that contains a progestin. Once inserted, you do not need to do anything for birth control.
Intrauterine Device (IUD)	Placed in the uterus by doctor	99%	Lasts up to 3, 5 or 10 Years	Hormonal: Flexible T-shaped plastic with progestin Non-Hormonal: Flexible T-shaped plastic wrapped in copper Once inserted, you do not need to do anything for birth control.
Shot	Injected in buttocks or arm by doctor in office or by yourself at home	94%	Every 3 Months	Go to your doctor’s office every three months to receive the shot.
Vaginal Ring	Placed in the vagina	91%	Monthly	Place the ring in your vagina where it will stay for three weeks. Take it out for the fourth week.
Patch	Worn on lower abdomen, buttocks or upper body	91%	Weekly	Must change the patch every week for three weeks. You go without a patch for the fourth week. Patch may not fully protect you from pregnancy if exposed to high heat or in-direct sunlight.
Pill	Taken orally	91%	Daily	<u>Estrogen-Progestin Pill</u> : Must take pill at about the same time everyday <u>Progestin Pill</u> : <i>Must take at the same time everyday</i> If you miss a pill, you will need to use a backup method for birth control.
Male Condom	Worn on the penis	85%	Every Time	Only type that protects from Sexually Transmitted Infections (STIs) or HIV. Must use every time you have sex to avoid pregnancy. Should use every time you have sex to avoid STIs.
Emergency Contraception	Taken orally within 3-5 days of unprotected sex	75%		Use when birth control method fails or there is a gap in birth control use. Requires a prescription if younger than 17 years old in some states.

This handout is by no means comprehensive to the many forms of birth control available. The following methods (female condoms, diaphragms, cervical caps, spermicide, fertility awareness, withdrawal) are not recommended to be used as a primary birth control method or to be used as the sole birth control method for our adolescent patients due to a relative lack of success in preventing pregnancy. It is important to talk with your osteopathic family doctor about what method will work best for your lifestyle and give you the best effects with minimal side effects.

Sexual Transmitted Infections

Sexual Transmitted Infections (STIs) are infections that are passed from one person to another during, oral, anal and vaginal sex. Any type of sexual encounter can transmit STIs. STIs can be passed from men to women, men to men and women to women. To avoid STIs, you should get tested regularly and use barrier contraception (condoms, dental dams) with every genital, oral or anal sexual encounter. Also, don't share needles for tattoos, piercings or drugs to avoid blood to blood contact.

STI	Symptoms	Treatment
Chlamydia	Usually no symptoms; pain with peeing, pain during sex, abnormal vaginal discharge, milky discharge from the penis, swollen/tender testicles, pain/discharge/bleeding around anus	Antibiotics
Gonorrhea	Usually no symptoms; pain with peeing, abnormal vaginal discharge, yellow/green/white discharge from penis, painful/swollen testicles, anal itching, anal discharge	Antibiotics
Genital Warts	Skin colored or whitish bumps which often look like little pieces of cauliflower, can occur in groups or as a single bump	Prescription cream, can be frozen off or removed by a doctor
Hepatitis B	Usually no symptoms or may be flu-like; If severe - liver infection that causes yellowing of the skin, dark urine, clay-colored poop, fever, belly pain, headaches, fatigue, nausea, vomiting	No cure - can clear the virus or become a carrier for life; Vaccination - most babies receive this three shot series (6 months total)
Herpes	Sores on genitals and/or mouth; painful, itchy blisters/sores	No cure, but you can take an Antiviral medication for symptom relief and to prevent spread to another person
HIV & AIDS	May have flu-like symptoms when infected then typically no symptoms for many years; white coating on tongue, weight loss, fatigue, recurring infections, swollen glands, fevers, night sweats	No cure, but medications can help you live a healthy life and prevent spreading the virus to other people. PrEP is a daily medication that can protect you from HIV used for high risk people.
HPV	Usually no symptoms; genital warts (see above) may be present; Risk of cervical cancer with high-risk HPV subtypes	May go away on its own; Vaccination of high-risk HPV subtypes for all people ages 9-45; Stay up to date with Pap Smears
Pubic Lice "crabs"	Intense itching where pubic hair is present, small tan bugs and/or oval eggs present in your genital area	Over-the-counter gels, shampoos, liquids or foam; wash and clean all bedding/towels
Syphilis	Painless sore on genital area; rash on palm of hands/sole of feet, flu-like symptoms; blindness, paralysis	Antibiotics
Trichomonas	Usually no symptoms in men; vaginal irritation or itching, green or yellow, frothy, bad-smelling discharge, pain during sex, genital swelling	Antibiotics

Gender Identity and Sexual Orientation

There are many terms and definitions used to describe a person's gender identity or sexual orientation. The most commonly used terms are explained below.

Some helpful definitions:

Sex assigned at birth: assignment given at birth based on anatomy, hormones and chromosomes. Male or female are the most common sex identifiers. Intersex is less common but includes anyone with a spectrum of biological, anatomic and metabolic conditions that do not fit the typical definitions of male or female.

Gender Identity: this is your internal sense of who you are, whether that be male, female, neither, both or another gender entirely. This may or may not match your sex assigned at birth.

Gender Identity	Definition
Man/Boy	When a person identifies as a boy or man.
Woman/Girl	When a person identifies as a girl or woman.
Cisgender or "cis"	When a person's assigned sex at birth and gender identity match. (i.e. someone who is born female and identifies as a woman.)
Transgender or "trans"	When a person's sex assigned at birth does not match their gender identity.
Transgender Man	When an individual who was assigned female sex at birth identifies as a man.
Transgender Woman	When an individual who was assigned male sex at birth identifies as a woman.
Genderqueer, Gender non-conforming, Non-Binary	When a person's gender does not match with the woman/man gender binary. This can include people who identify as both a man and a woman or people who identify as neither man nor woman. Another term used here is gender fluid.

Sexual Orientation: this is each individual’s type of sexual, romantic, spiritual and/or physical attraction they have for others. This is often labeled based on the genders involved in the relationship.

Sexual Orientation	Definition
Asexual	A person who does not experience sexual attraction.
Bisexual	A person who experiences sexual, physical, romantic or spiritual attraction to people of their own gender or another gender.
Gay	Describes when a trans or cis man is attracted to another trans or cis man.
Lesbian	Describes when a trans or cis woman is attracted to another trans or cis woman.
Pansexual	A person who experiences sexual, physical, romantic or spiritual attraction to members of all gender identities or expressions.
Queer	Term which represents individuals who identity outside of other established categories of gender identity. It may also be used by individuals who feel that other gender identity labels do not describe their experience.
Straight or Heterosexual	When a trans or cis man or a trans or cis woman is attracted to a person of the opposite binary gender as themselves.

Gender expression: Outward presentation of one’s gender identity which can be expressed with one’s voice, body shape, clothing, hairstyles or behavior. For example, many transgender individuals will align their gender identity with their gender expression. Whereas, individuals who identity as genderqueer may have a more androgynous gender expression.

Gender Neutral Pronouns: Pronouns that individuals who do not identify with the gender binary (male, female) may prefer to be addressed by. Instead of he/she, him/her, his/hers, or himself/herself – these individuals may prefer to go by they/them/their/theirs/themself; sie/hir/hirs/hirself; or zie/zir/zir/zirs/zirself. It is important to respect these preferred pronouns.