

Answer Key: Methods of Pregnancy Prevention

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.*

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