



1969-2009 • De 1969 à 2009

**Celebrating 40 years of legal contraception in Canada
Célébrons les 40 ans de la contraception légalisée au Canada**



True or False Quiz: Methods of Pregnancy Prevention

How well do you know your options to prevent pregnancy?

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

From *Beyond the Basics: A Sourcebook on Sexuality and Reproductive Health Education*. CFSH 2005. For more information about the Sourcebook and how to obtain a copy, please check www.cfsh.ca or call 613-241-4474 ext 244.