

Emergency Contraceptive Pills, Day 5: Contraception 911

Grade 9 and 10, Lesson 23a

Time Needed:

45-90 minutes

Student Learning Objectives:

To be able to...

1. Define and describe emergency contraception.
2. Explain two potential side effects and one benefit to using emergency contraceptive pills.
3. Distinguish between the “morning after pill” and the “abortion pill”.
4. Identify at least three ways of obtaining emergency contraceptive pills.
5. Describe three situations in which the use of emergency contraceptive pills would be an option.

Agenda:

1. Explain the lesson's purpose and relevance.
2. Use Emergency Contraception Facts Worksheet to have students conduct surveys of one another; discuss findings and answers using Answer Guide to Emergency Contraception Facts Worksheet.
3. Divide students into small groups to work on “Teen Hotline” call scenarios; students share their work.
4. Debrief and summarize the learning activities.
5. Assign homework.

Note: The teacher's script is indicated by italics. This script is meant to be a guide for teachers who might find it helpful.

Materials Needed:

Classroom Materials: (1 per class)

- Transparency One
- Five sets of each “Teen Hotline” calls #1 through #5 (5 copies of each of the 5 call scenarios...enough of each for as many as five small groups.)

Student Materials: (1 per student)

- Emergency Contraception Facts Worksheet Control Reference Sheet 1
- Family Homework Exercise: Emergency Contraception Pills
- Individual Homework Exercise: Emergency Contraceptive Pills Report

Activities:

1. Explain the lesson's purpose and relevance.

Introduce the lesson by asking the class if they can name the contraceptive method (out of the methods studied this far) that can prevent a pregnancy **after** a man and a woman have unprotected intercourse or if a birth control method has failed (such as a condom breaking) or in the case of forced intercourse. After students have correctly identified the method as emergency contraceptive pills, explain to the class that you are doing this lesson on emergency contraception for the following reasons:

- *because the odds are that **some** people in this class are now or will be, within the next few years, having intercourse with someone of another gender.*
- *because even some of you who plan to remain abstinent until marriage - will marry within a few years from now and some of you may change your minds in between.*
- *Because some of you who are gay or lesbian may like or get crushes on folks of more than one gender at some point in your lives, no matter what your primary sexual orientations are.*
- *because the odds are that **some** people in this class will, **some day** decide to have intercourse with someone of another gender (whether at age 15 or age 35) ... and may want to choose whether, when, and how many children to have ... and they, too, need to know about emergency contraception since beside abstinence, no method of birth control is 100% effective*

...And anybody who has heterosexual intercourse needs to know how to reduce the risk of unplanned pregnancy that may come from the failure of a birth control method or unprotected sex or sexual assault. Most women would prefer to prevent an un-planned pregnancy rather than have to decide what to do when one happens. And most men would rather help her to prevent an un-planned pregnancy rather than having to live with whatever decision she might make if she did get pregnant.

- *because many people, even adults and some health care providers, don't know about emergency contraception or have misunderstandings about it. The aim of this lesson is to give you awareness and knowledge to help you make decisions in the future*
- *and because I want you all to be able to act as health educators for your friends and families by sharing what you learn.*

Clarify the following to the class...

- *that there are 2 different types of emergency contraception: emergency contraceptive pills and the Copper IUD. The Copper IUD can be used as a regular method of birth control, as previously studied; it can also be inserted in a woman's uterus to prevent an un-planned pregnancy after unprotected intercourse, but is not a common method of emergency contraception, especially in teens. ¹ More common are emergency contraceptive or "EC" pills, which will be the focus of today's lesson. In the past, combinations of regular birth control pills were used as emergency contraception (pills containing 2 hormones: progestin*

and estrogen), these types of pills caused more side effects than the progestin-only pills which are the emergency contraceptive pills used today (also commonly known as “Plan B”).

- *that medical experts agree that emergency contraception does not **cause** abortion ¹, but can **decrease the need** for abortion. Deciding to take EC means making a decision that is based on personal beliefs and values. I would encourage each of you to discuss emergency contraception with family or friends to help you clarify your beliefs NOW before you face your first, or your next, pregnancy scare.*
- 2. Use Emergency Contraception Facts Worksheet to have students conduct surveys of one another; discuss findings and answers using Answer Guide to Emergency Contraception Facts Worksheet.**

Hand out Emergency Contraception Facts Worksheet. Ask the students **not** to fill out the questionnaire because you will be doing that later. Explain that they will each be assigned one question (or each pair will be assigned one question, depending on class size) on the Worksheet and will be conducting a survey of 10 different students in this class on their assigned question. Tell students to record the 10 answers they collect to the questions in the box to the right side of the answers, using hatch marks. For example, if 7 students answer their question “True”, the asking student should place 7 hatch marks to the right of “True” and presumably there will be 3 hatch marks next to “False”. Use Transparency 1 to illustrate an example. Students should do the same for the multiple-choice questions. Assign each student or “pair” to one question and give them 5 minutes to quickly ask 10 different classmates (5 if working in pairs) their question. Do not assign a student to question #16. Encourage students to answer the questions quickly, and guess if they do not know the answer. When students have finished, ask them to tally up the number of hatch marks next to each answer for their question.

Next, explain to students that you will be going over the Worksheet together as a class and they can mark the correct answers on their Worksheet and make notes for themselves since they will not be handing in the Worksheet. Have the student(s) that surveyed for question #1, read aloud the question and answers, reporting their results. Ask the class if they agree with the answer that has the most responses and to give some reasons why they agree or disagree. Discuss the correct answers, answering questions and giving more information where appropriate. Pay special attention to questions that were answered incorrectly. Go through all 15 questions in the same manner. Use the ANSWER GUIDE to help lead the discussion. Finally, have students brainstorm answers to question #16 and record them on the board. When finished, ask students if there is anything they learned about EC that surprised them and if they have questions.

- 3. Divide students into small groups to work on “Teen Hotline” call scenarios; students share their work.**

Divide students into small groups of about 5 to work on “Teen Hotline” call scenarios #1 through #5; pass out one call scenario to each group, giving each student a copy of the call scenario for their group. Explain to them...

You are a volunteer at a National Teen Hotline. You take calls from teens with problems and concerns and try to give them good advice. Each group has a piece of paper with a call scenario from #1 to #5. First read the call scenario and discuss it with your group using the discussion

questions on the sheet. Using the information you just learned, write a paragraph or two of advice that you would give to your caller. You have 10 minutes to come up with what you would say; each group will then share a little with the class.

While groups are working, answer questions and guide them in the aspects of their particular scenario that may help them give good advice.

When students have completed the exercise, have each group present a little about what they wrote and why. Use positive feedback and highlight the main learning objectives. Use the Answer Guide to lead the discussion.

4. Debrief and summarize the learning activities.

Highlight the main learning objectives: what is EC, where can a person get it, and what types of situations can a person use it in. Ask students what they thought the most important thing they learned today was.

5. Assign Homework.

Explain to students that they can do one of two exercises, the Family exercise: Emergency Contraception OR the Individual exercise: Emergency Contraceptive Pills Report, both of which will be due in class.

Transparency One

Example:

1.) Do you prefer apples or peaches?

a. Apples



=3

b. Peaches



=7

Emergency Contraception Facts Worksheet: "The Survey says..."

NAME _____ **DATE** _____ **PERIOD** _____

Note: Emergency contraceptive pills are often called ECPs or simply EC (which can mean either type of emergency contraception- an IUD or pills) Here "EC" is referring to the pills.

DIRECTIONS: Record the 10 answers you collect from classmates by putting hatch marks in the boxes to the right of each answer. When you are done with the survey, add up the hatch marks and record the number on the line to the left of the answer.

Emergency Contraceptive Basics

1. When does someone need to use EC to prevent an un-planned pregnancy?
 - ___ a. before sexual intercourse
 - ___ b. after sexual intercourse

2. How many days after unprotected intercourse does a woman have for EC to be effective at preventing a pregnancy?
 - ___ a. 24 hours (the next day)
 - ___ b. 72 hours (3 days)
 - ___ c. 120 hours (5 days)

3. About how well does EC work?
 - ___ a. about half of the women who take EC will still get pregnant (it's 50% effective)
 - ___ b. Only a quarter of the women will get pregnant (it's 75% effective)
 - ___ c. None of the women will get pregnant (it's 100% effective)

4. True or False: The sooner a woman takes EC, the more effective it will be at preventing pregnancy.
 - ___ a. True
 - ___ b. False

5. True or False: The emergency contraceptive pill is the same as the "abortion pill".
 - ___ a. True
 - ___ b. False

6. EC pills are two pills; the directions for taking them are: a woman takes both pills as soon as possible.
 - ___ a. True
 - ___ b. False

EC Facts Worksheet (continued)

Side Effects / Benefits

7. True or False: EC is a good form of regular birth control.
 ___ a. True, it works just about as well as birth control pills at preventing pregnancy
 ___ b. False, there are many other methods of birth control that are better at preventing pregnancy
8. True or False: EC has serious medical risks.
 ___ a. True
 ___ b. False
9. True or False: If a woman is already pregnant and takes EC, it could harm the pregnancy.
 ___ a. True
 ___ b. False
10. True or False: Taking EC after unprotected intercourse will also protect a woman from getting some sexually transmitted infections (STIs).
 ___ a. True
 ___ b. False

Getting Emergency Contraception

11. A woman can get EC in the following way(s):
 ___ a. from a doctor or other health care provider
 ___ b. from a clinic (like Planned Parenthood or the Public Health Department)
 ___ c. from a pharmacy
 ___ d. from a school nurse or in-school clinic
 ___ e. from an Emergency Room
 ___ f. by calling an EC hotline number (1-888-NOT-2-LATE) to find out where to get it
 ___ g. by going to a website (<http://www.not-2-late.com/>) to find out where to get it
12. How much does EC cost?
 ___ a. between \$75.00-\$100.00
 ___ b. between \$8.00-\$50.00
 ___ c. free

EC Facts Worksheet (continued)

13. True or False: A person can get EC to have on-hand just in case they may need it.

- a. True
- b. False
- c. True, but only in some places

14. True or False: Teens need their parents' or guardians' permission to get EC.

- a. True
- b. False

When to use Emergency Contraception

15. In which of the following situations would EC **not** be effective?

- a. A woman misses two or more of her regular birth control pills
- b. An external or male condom broke or slipped off
- c. During intercourse, the male did not pull out in time
- d. A woman is more than a week late for her Depo shot
- e. A woman was forced to have sex
- f. A woman is pregnant
- g. The couple did not use any birth control method during intercourse
- h. An internal or female condom was put in or taken out wrong leading to the spilling of semen, or the penis was accidentally put in between the internal condom and the wall of the vagina

16. What are some feelings that a person trying to get EC might experience and how can they deal with these feelings?

ANSWER GUIDE

Emergency Contraception Facts: What do you know?

Emergency Contraceptive Basics

- When does someone need to use EC to prevent an un-planned pregnancy?
 - after sexual intercourse**
EC is to be taken after intercourse; also it will not protect a woman from pregnancy if she has unprotected intercourse in the days or weeks after taking EC. ¹
- How many days after unprotected intercourse does a woman have for EC to be effective at preventing a pregnancy?
 - 120 hours (5 days)**
EC is sometimes called the “morning-after-pill”, which is misleading since it is effective for more than just within 24 hours after unprotected intercourse. Previously thought to be only effective within 72 hours, EC is now known to be effective up to 120 days after unprotected intercourse. ¹
- About how well does EC work? (How effective is it?)
 - Only a quarter of the women will get pregnant (it’s 75% effective)**
Women will have about a 75% less chance of becoming pregnant. EC reduces risk of pregnancy by 75% to 89% if it’s taken 2 to 5 days after sex, depending how soon it’s used. ¹ Although there is still some risk of pregnancy even after EC is taken, the chance is **greatly** reduced.
- True or False: The sooner a woman takes EC, the more effective it will be.
 - True**
If taken within 24 hours, there is a **95% to 98%** less chance of becoming pregnant ²
- True or False: The emergency contraceptive pill is the same as the “abortion pill”.
 - False**
There are a lot of misunderstandings about EC, some people think that EC pills cause an abortion. EC pills and the “abortion pill”, formerly known as RU-486, are completely different medications with completely different effects. EC does not work if a woman is already pregnant ... but sometimes a woman gets pregnant soon after intercourse and other times, because sperm can live inside her body for up to 5 days, she may not get pregnant until she happens to release an egg. She could have sex on Sunday and not get pregnant from it until Thursday or Friday! She could take EC on Monday and stop her ovary from releasing that egg at all. EC mainly works like birth control pills; it stops (or delays) ovulation and thickens cervical fluid, blocking sperm. ¹ The abortion pill is actually two kinds of medicines a doctor can prescribe *after* a woman is already pregnant to induce a miscarriage; it is not the same as EC.

Wider use of EC could potentially **prevent** millions of abortions that occur each year from un-planned pregnancies. ¹ In the U.S. up to half of pregnancies are unintended and 50% of those end in abortion. Researchers estimate that 1.5 million of the 3 million unintended pregnancies each year could be prevented, and as many as 700,000 abortions could be avoided, if women had information and timely access to emergency contraception. ⁵

EC Answer Guide (continued)

6. EC pills are two pills; the directions for taking them are: a woman takes both pills as soon as possible.

a. True

EC, known by the brand name “Plan B” is taken in this way. ¹ The previous instructions were to take one of the pills as soon as possible and the other one 12 hours later, but many people forgot to do this, so now it is recommended to take both pills as soon as possible; it works just as well. ²

Side Effects/Benefits

7. True or False: EC is a good form of regular birth control.

b. False, most other methods of birth control are more effective.

EC is meant for emergency situations and not for use as a regular method; it’s better than nothing but it doesn’t even come close to 100% protection. It is not nearly as effective as other regular birth control methods such as condoms or hormonal methods. For example, if a woman used EC repeatedly as her only method for a year, her risk of pregnancy would be 35%; this is lower even than contraceptive methods like foam and withdrawal. ¹ Plus the side effects might not make this a comfortable method to use regularly.

8. True or False: EC has serious medical risks.

b. False

There are **no serious medical risks** in taking EC. There can be side effects however such as nausea, vomiting, headaches and changes in menstrual bleeding of the next cycle. ¹ Side effects are temporary and less common with “Plan B” than with the kinds of EC that were available in the past. A woman’s period may come a few days earlier or a few days later. If it does not come within 3 weeks, the woman should go to her health care provider for a pregnancy test. EC is usually even safe for women who can’t normally take hormonal birth control methods. ¹

9. True or False: If a woman is already pregnant and takes EC, it could harm the pregnancy.

b. False

If a woman does become pregnant and has taken EC, EC does not cause birth defects or any harm at all to the pregnancy. ¹

10. True or False: Taking EC after unprotected intercourse will also protect a woman from getting some sexually transmitted infections (STIs).

b. False

EC only works to prevent pregnancy, thus couples are still at risk for sexually transmitted infections (STIs), including HIV. It may be a good idea for couples to get tested for some STIs right away following unprotected intercourse. An HIV test would have to wait until their bodies had time to build up antibodies; it would be very accurate after three months.

*EC Answer Guide (continued)***Getting Emergency Contraception**

11. A woman can get EC in the following way(s):
- a. from a doctor or other health care provider**
 - b. from a clinic** (*NOTE TO TEACHERS: if you can, check which local clinics that may carry EC, such as Planned Parenthood or the Health Department*)
 - c. from a pharmacy**
 - d. from a school nurse** (*NOTE TO TEACHERS: check to see if this is available in your school*)
 - e. from an Emergency Room**
 - f. by calling an EC hotline number (1-888-NOT-2-LATE) to find out where to get it**
 - g. by going to a website (<http://www.not-2-late.com/>) to find out where to get it**

Women can generally get EC from all of the above sources, but sometimes not from a pharmacy- it depends on the state. In Washington State, EC can be purchased at some pharmacies. To find out a health care provider, clinic or pharmacy nearby that has EC, a person can call the above number or go to the above website and enter their zip code.

12. How much does EC cost?

- b. between \$8.00-\$50.00**
- c. free**

At some clinics, EC pills are free. Sometimes EC is covered by insurance. Otherwise the cost is usually between \$8.00-\$50.00. As of 2005, \$50.00 is the cost of Plan B in a pharmacy in Washington without a prescription. Going to a clinic or doctor's office may be cheaper.

13. True or False: A person can get EC to have on-hand just in case they may need it.

- b. True, but only in some places**

Many doctors and clinics are providing EC to women before they may need it. Because it is important to take EC within a certain timeframe, it is safer to give EC to women so that they may have it on hand on weekends or evenings when clinics and pharmacies may be closed. Women who have EC on-hand are more likely to use it to prevent un-planned pregnancies. Women can request EC or a prescription for EC from their doctor or clinic to have on-hand when they might need it. ¹

14. True or False: Teens need their parent's permission to get EC.

- c. False**

By law, minors in Washington State and most states have the right to get EC without the consent of their parents. ³ Although the most important thing is preventing un-planned pregnancies, it is ideal if teens can talk to their parents about EC.

*EC Answer Guide (continued)***When to use Emergency Contraception**

15. In which of the following situations would EC **not** be effective?

f. A woman is pregnant

All of the other situations are examples of unprotected intercourse, birth control method failure or forced intercourse, in which EC can be effective in reducing the risk of an un-planned pregnancy.

Finally, ask students to brainstorm some answers to the following question, recording answers on the board.

16. What are some feelings that a person trying to get EC might experience and how can they deal with these feelings?

Examples include: embarrassment, shame, guilt, fear of pregnancy or of HIV or another STI, confusion about where to get EC, frustration at trying to get EC, feel like a failure, concerned what others may think of them when they are asking for it (especially if it is happening for a second time), feeling judged or put-down by pharmacists or health care providers (even if it turns out they are nice and respectful, the person might *anticipate* a judgmental interaction), rape survivors will feel traumatized.

First this person might want to:

- realize that these feelings are all normal.
- acknowledge that they are being mature and responsible by taking care of their health and taking measures to prevent a more difficult situation.
- remember that mistakes happen to everyone and they can learn from them. Mistakes happen even when a person is being responsible, since no birth control method is 100% effective in preventing pregnancy except abstinence.
- consider that dealing with judgmental health care providers is preferable to dealing with the consequences of an un-planned pregnancy; this will help in dealing with getting access to EC.
- (in the case of birth control method failure) think about how they could prevent this in the future, (for example, by combining condoms and the pill or another hormonal method)
- (in the case of no method) decide what type of method they want to use in the future.
- (in the case of sexual assault) talk with a rape counselor (for example, at the National Sexual Assault Hotline 1-800-656-HOPE) In the state of Washington, Emergency Rooms have to offer EC to a woman who has come in for treatment who has been raped. Laws vary state to state, but women who have been forced to have sex can always get EC in the ways mentioned above.

Ask students if there is anything they learned that surprised them. Ask students if they have any questions.

Teen Hotline - Call #1 "Condom Catastrophe"

You are a volunteer at a National Teen Hotline. Teens call in with problems and concerns, looking for good advice from people their own age. Below is a call that you receive, work together with your group to give this person good advice and tell them their options. Use the questions below to guide you. Write 1-2 paragraphs of advice to this person that your group will share with the class.

Teresa calls at 9:00 a.m. on Saturday morning:

*"Hello?...hi, ummm....I'm kind of freaking out right now. Two days ago my boyfriend and I were having, sex *. We always use condoms because we both really do not want kids right now. Anyway, during sex the condom broke, he definitely came inside of me; I don't know why the thing broke! That's never happened before; we are always so careful to leave room at the tip and everything. Please, I really do not want to deal with a pregnancy right now. What should we do? Please give me some advice."*

* "Sex" can refer to many types of sexual touch, in this case, the word is referring to vaginal intercourse with a penis.

Things to consider in giving your advice:

Explain why EC is or is not an option in this situation.

Are there any other options, besides EC, that would be good for this person's situation?

What kind of information is it important that this person have **right now** if they choose to take EC?

What might this person be feeling right now and how can you help address possible concerns regarding both their situation and concerns about taking EC?

What would the steps involve if this person chooses to take EC, how can you give them the information they need to take these steps?

What kind of advice could you tell this person that may help them avoid a situation like this in the future?

Write your response on the back of this page or on a separate sheet of paper:

"Well, Teresa, first let me say that you did a brave thing by calling the Hotline to get advice and ask questions today...."

Teen Hotline all #2 "Reckless Withdrawal"

You are a volunteer at a National Teen Hotline. Teens call in with problems and concerns, looking for good advice from people their own age. Below is a call that you receive, work together with your group to give this person good advice and tell them their options. Use the questions below to guide you. Write 1-2 paragraphs of advice to this person that your group will share with the class.

Jay calls at 11:00 p.m. on Friday night:

"Uhhh...is this the Teen Hotline? I have a real problem on my hands. My girlfriend and I had a couple of beers tonight, and I guess, well....we weren't thinking clearly and one thing led to another and we ended up having sex, we didn't have a condom either, so...yeah, we didn't use one. I feel bad; I thought that I could pull out in time and...and, I just didn't, I know we messed up. It wasn't the most responsible idea. Look, we both do not want kids right now, we're about to graduate from school and we're planning to go to college that would be tough with a child. Anyway, my girlfriend is here with me now, and to tell you the truth, we are both pretty worried. We were hoping that you could give us some good advice?"*

* "Sex" can refer to many types of sexual touch, in this case, the word is referring to vaginal intercourse with a penis.

Things to consider in giving your advice:

Explain why EC is or is not an option in this situation.

Are there any other options, besides EC, that would be good for this person's situation?

What kind of information is it important that this person have **right now** if they choose to take EC?

What might this person be feeling right now and how can you help address possible concerns regarding both their situation and concerns about taking EC?

What would the steps involve if this person chooses to take EC, how can you give them the information they need to take these steps?

What kind of advice could you tell this person that may help them avoid a situation like this in the future?

Write your response on the back of this page or on a separate piece of paper:

"Well, Jay, first let me say that you did a brave thing by calling the Hotline to get advice and ask questions today...."

Teen Hotline - Call #3 "Forced"

You are a volunteer at a National Teen Hotline. Teens call in with problems and concerns, looking for good advice from people their own age. Below is a call that you receive, work together with your group to give this person good advice and tell them their options. Use the questions below to guide you. Write 1-2 paragraphs of advice to this person that your group will share with the class.

Carmen calls at 12:00 p.m. on Wednesday afternoon:

"Hello? I am calling for my best friend, she's right here with me now. She had something really scary happen to her today and I want to help her but we don't know what to do. I'm not sure if you can help but I wanted to try to find some information. My friend's boyfriend always picks her up for school every morning. Her mom is never there because she leaves for work really early, sometimes she tells me stories about how they mess around when they are alone there- nothing too serious, she says they've never had sex. Well, today when he went to pick her up, things went a little farther than she wanted and even though she kept saying "no" to him and that she didn't want to have sex* with him, he wouldn't stop. He came inside of her and didn't even wear a condom or anything. She doesn't want to be pregnant right now, especially from someone that would treat her like that! Please give me some ideas of what she could do right now, I am trying to help her.*

* "Sex" can refer to many types of sexual touch, in this case, the word is referring to vaginal intercourse with a penis.

Things to consider in giving your advice:

Explain why EC is or is not an option in this situation.

Are there any other options, besides EC, that would be good for this person's situation?

What kind of information is it important that this person have **right now** if they choose to take EC?

What might this person be feeling right now and how can you help address possible concerns regarding both their situation and concerns about taking EC?

What would the steps involve if this person chooses to take EC, how can you give them the information they need to take these steps?

Where could this person go to get professional help, given her situation?

Write your response on the back of this page or on a separate piece of paper:

"Well, Carmen, first let me say that you did a brave thing by calling the Hotline to get advice and ask questions today...."

Teen Hotline - Call #4 "Oops, I missed my pills"

You are a volunteer at a National Teen Hotline. Teens call in with problems and concerns, looking for good advice from people their own age. Below is a call that you receive, work together with your group to give this person good advice and tell them their options. Use the questions below to guide you. Write 1-2 paragraphs of advice to this person that your group will share with the class.

Sheryl calls at 8:00 p.m. on Monday evening:

"Hi... I really hope you can give me some advice. My life has been crazy lately with so much going on. I realized a couple of hours ago that I forgot to take my birth control pills for 2 days and on top of that, I just had sex with my boyfriend today. We don't use condoms because I am on the Pill. Could I get pregnant? I have a job that starts in a couple of weeks and just moved into a new apartment; I can't afford a child right now. My sister has a baby and whoa...they are a lot of work! Is there anything I can do right now?"*

* "Sex" can refer to many types of sexual touch, in this case, the word is referring to vaginal intercourse with a penis.

Things to consider in giving your advice:

Explain why EC is or is not an option in this situation.

Are there any other options, besides EC, that would be good for this person's situation?

What kind of information is it important that this person has **right now** if they choose to take EC?

What might this person be feeling right now and how can you help address possible concerns regarding both their situation and concerns about taking EC?

What would the steps involve if this person chooses to take EC, how can you give them the information they need to take these steps?

What kind of advice could you tell this person that may help them avoid a situation like this in the future?

Write your response on the back of this page or on a separate piece of paper:

"Well, Sheryl, first let me say that you did a brave thing by calling the Hotline to get advice and ask questions today...."

Teen Hotline - Call #5 "Is it too late?"

You are a volunteer at a National Teen Hotline. Teens call in with problems and concerns, looking for good advice from people their own age. Below is a call that you receive, work together with your group to give this person good advice and tell them their options. Use the questions below to guide you. Write 1-2 paragraphs of advice to this person that your group will share with the class.

Andre calls at 6:00 p.m. on Friday afternoon:

"Hello, can I talk to someone about some questions I have about umm...a problem I have....oh, OK, well I am calling with my wife here and we are both kind of embarrassed. My wife was on Depo, the shot, for like a year. She was supposed to go to the clinic here at our university two weeks ago for her next shot, but decided to go off of it because it wasn't making her feel so good. I guess we didn't really think about it, but we just had sex, four days ago without a condom or anything. We heard about a "morning after pill" or something like that, but it is like 4 mornings after. I saw some ads up around campus for "Plan B" too...I don't really know what that is...I don't know if it is too late or what, but we really don't want to have a child right now, is there anything we can we do?"*

* "Sex" can refer to many types of sexual touch, in this case, the word is referring to vaginal intercourse with a penis.

Things to consider in giving your advice:

Explain why EC is or is not an option in this situation.

Are there any other options, besides EC, that would be good for this person's situation?

What kind of information is it important that this person has **right now** if they choose to take EC?

What might this person be feeling right now and how can you help address possible concerns regarding both their situation and concerns about taking EC?

What would the steps involve if this person chooses to take EC, how can you give them the information they need to take these steps?

What kind of advice could you tell this person that may help them avoid a situation like this in the future?

Write your response on the back of this page or on a separate piece of paper:

"Well, Andre, first let me say that you did a brave thing by calling the Hotline to get advice and ask questions today..."

ANSWER GUIDE: Teen Hotline Call Scenarios

Each group should address some of the following points in giving advice:

Explain why EC is or is not an option in this situation:

EC is an option in all scenarios. All callers specify that they do not want to become pregnant at this time. All callers have had unprotected intercourse, forced intercourse or a birth control method failure within 5 days. (Caller #1 within 2 days, Caller #5 within 4 days and all other callers- the same day)

Are there any other options, besides EC, that would be good for this person's situation?

All callers specify that they do not want to become pregnant at this time. Usually women and couples prefer to prevent an un-planned pregnancy rather than have to decide what to do once one happens

What kind of information is it important that this person has right now if they choose to take EC?

All callers should be told that:

- *the sooner they take EC, the more effective it will be at reducing the risk of pregnancy*
- *they need to take EC within 120 hours/5 days in order for it to be effective*
potential side effects that it may cause (nausea, vomiting, headache, breast tenderness, menstrual changes)
- *EC does not protect them from STIs and they may need to get tested*
- *EC is not 100% effective at preventing a pregnancy, so if the woman doesn't get her period in 3 weeks, she should get a pregnancy test*

What might this person be feeling right now and how can you help address possible concerns regarding both their situation and concerns about taking EC?

People in situations like this may feel embarrassed, ashamed, scared, guilty, like a failure or fearful of being judged by others. Helpful advice may be that these feelings are normal in these kinds of situations. Positive reinforcement should be used to congratulate them on reaching out for help and on taking care of their health by asking questions. People should be encouraged that even if they have to deal with a judgmental health care provider or pharmacist, that it, by far, outweighs having to deal with an un-planned pregnancy. People can be told that everyone makes mistakes, but that by calling to find out information to care for themselves, they are taking responsibility for their mistakes and demonstrating maturity. Teens should be encouraged to seek support from a trusted adult family member.

What would the steps involve if this person chooses to take EC, how can you give them the information they need to take these steps?

The callers should be given resources of where they can get EC based on the hour and day that they are calling and told to take it as soon as possible. Callers that are calling after normal office hours, could be encouraged to call the EC hotline or find a provider of EC online. They should be told to start calling around to find out information for where they could get it as soon as they can, or as soon as the pharmacy or health care provider's office opens.

Possibilities include calling:

- a doctor or health care provider
- Teen Hotline Answer Guide (continued)*

- a clinic (like Planned Parenthood or the Health Department)
- a pharmacy (depending on the state)
- a school nurse (depending on the school)
- an Emergency Room (especially in the case of rape or forced intercourse)
- an EC hotline number to find a place near them to get it 1-888-NOT-2-LATE
- by getting on the internet and going to a website to find a place near them to get it (<http://www.not-2-late.com/>)
- They should also be told the price (between \$8.00-\$50.00 or free). It may be cheaper to get it from a clinic, rather than a pharmacy if they have the choice, although, getting it as soon as possible may outweigh price issues.
- They should also know that if the woman's period doesn't come in 3 weeks, she should get a pregnancy test.

What kind of things could you tell this person that may help them avoid a situation like this in the future?

- While EC may give people a second chance, it is not a regular form of birth control. It is not as effective as hormonal methods or condoms.
- EC does not protect from STIs, thus a condom should be used every time, even if the woman is on a hormonal method of birth control.
- It is possible to get EC before it is needed, they can ask a health care provider or clinic about this
- **Call #1:** It would be helpful for the couple to know how to use a condom correctly...
 1. open condom carefully without use of sharp fingernails or teeth
 2. put condom on penis before genital contact
 3. unroll condom a little to make sure it is being unrolled in the right direction (the rolled ring should be on the outside, hold the tip of the condom and unroll it down to the base of the erect penis - if put on inside-out, throw it away and get a new one)
 4. lubricants are important to prevent tearing of the condom (for latex condoms use only water-based lubricants like K-Y jelly NOT oil-based like lotion or baby oil which can damage the condom)
 5. After ejaculation, withdraw the penis while still erect while holding the condom firmly against the base of the penis to prevent slipping or leaking of semen.
 6. Discard (do not flush it down the toilet).

Special advice to Call #3 “ Forced” -- Where could this person go to get professional help, given her situation?

*The person who was forced to have intercourse may choose to tell a trusted adult family member in order to get support and guidance from an adult. If they do not feel that they can do this, they could go to the Emergency Room to seek help and take EC. Remember that not all hospital emergency rooms offer EC automatically to sexual assault survivors, the person may need to request it if it is not offered. They can also call the National Sexual Assault Hotline 1-800-656-HOPE. **Make sure that advice doesn't include anything blaming or shaming of***

the young woman for being sexually assaulted. She might make different choices in the future in order to reduce the odds of another assault, but she is NOT at fault for this assault having happened.

"Emergency Contraceptive Pills"

Family Homework Exercise

ALL FAMILY HOMEWORK IS OPTIONAL.

First, explain to your family member what EC is, how it works and how safe it is. Then, read and discuss these questions about your feelings and values and your family member's feelings and values.

Practice really trying to understand the other person's point of view. Then, together, sign the homework confirmation slip, below. Return it for credit.

1. What is your opinion about emergency contraceptive pills?
2. Do you think women should have access to them through their doctors? Clinics? What about through pharmacies, over-the-counter?
3. How do you feel about teens using emergency contraceptive pills?
4. Do you think that Emergency Rooms should be required by law to offer sexual assault survivors (women who have been raped) the option of EC when they come in?
5. Minors can get emergency contraceptive pills without their parents' consent. Do you agree or disagree with the law that allows this? Why or why not? If you agree with the law, would you encourage teens to consult with their families? How? If you disagree with the law, how would you provide for the teen of abusive parents or the teen that lives alone and supports him or herself?
6. If your child didn't tell you, would you want the doctor or drug store to provide your child with emergency contraceptive pills anyway? Why or why not?
7. Do you think that if couples have access to EC that they will not use other methods of birth control that are more effective?

EC Pills Family Homework (continued)

8. In your opinion, should men be allowed buy EC for their wives or girlfriends? Why or why not?

9. How do you think you would you feel if you were a parent whose teen told you he or she needed emergency contraception? What would you say? What would you do? Would the teen's age matter? The kind of romantic relationship the teen had, if any?



**“Emergency Contraception Pills”: Family/Friend Homework Exercise
CONFIRMATION SLIP**

FOR FULL CREDIT, THIS EXERCISE IS DUE: _____

We have completed the FAMILY/FRIEND HOMEWORK EXERCISE: "Emergency Contraceptive Pills", above, and discussed it with one another.

Date: _____

student's signature

signature of family member or friend

"Emergency Contraceptive Pills"

Individual Homework Exercise

NAME**DATE****PERIOD**

Choose one of the following ways to find out where to get Emergency Contraceptive Pills:

A. First find a place near you that has EC by doing one of the following:

- Call 1-888-NOT-2-LATE (a free telephone number in the US)
- Go on the Internet to <http://www.not-2-late.com/>
- *If you live in King County WA, visit any Public Health Clinic. Find them here: <http://www.metrokc.gov/health/locations/>*

B. Next, call one of the places that you find out about. It may be a place like:

- a family planning clinic (such as the Public Health Department or Planned Parenthood)
- a doctor
- a community clinic
- a pharmacist (depending on the state)

C. Ask the following questions and write down the responses to hand in:

1. *I have some questions about Emergency Contraceptive Pills. Can I talk to someone about this?*
2. *Do you have emergency contraceptive pills available at your clinic/pharmacy/office?*
3. *How can a person get emergency contraceptive pills if they need them?*
4. *What happens to a person when they come in for emergency contraceptive pills?*
5. *How much will the emergency contraceptive pills cost?*
6. *Does a teen need a parent's permission for emergency contraceptive pills?*

References:

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² Family-Planning Program, Public Health - Seattle & King County. (June 16, 2004) Section II. Emergency Contraception. *Clinical Practice Guidelines 2001*.

³ Washington State Legislature. Initiative Measure No. 120, approved November 5, 1991 RCW 9.02.100 Reproductive privacy -- Public policy. Retrieved on July 14 from:
<http://www.leg.wa.gov/RCW/index.cfm?section=9.02.100&fuseaction=section>

⁴ Saewyc, Elizabeth, Bearinger, Linda, Blum, Robert, Dresnick, Michael, (1999). Sexual Intercourse, Abuse and Pregnancy Among Adolescent Women: Does Sexual Orientation Make a Difference? *Family Planning Perspectives*. Vol.31, No.3, May/June.

⁵ Henshaw, S.K. (1998) Unintended Pregnancy in the United States," *Family Planning Perspectives*. Vol.30: 24-29