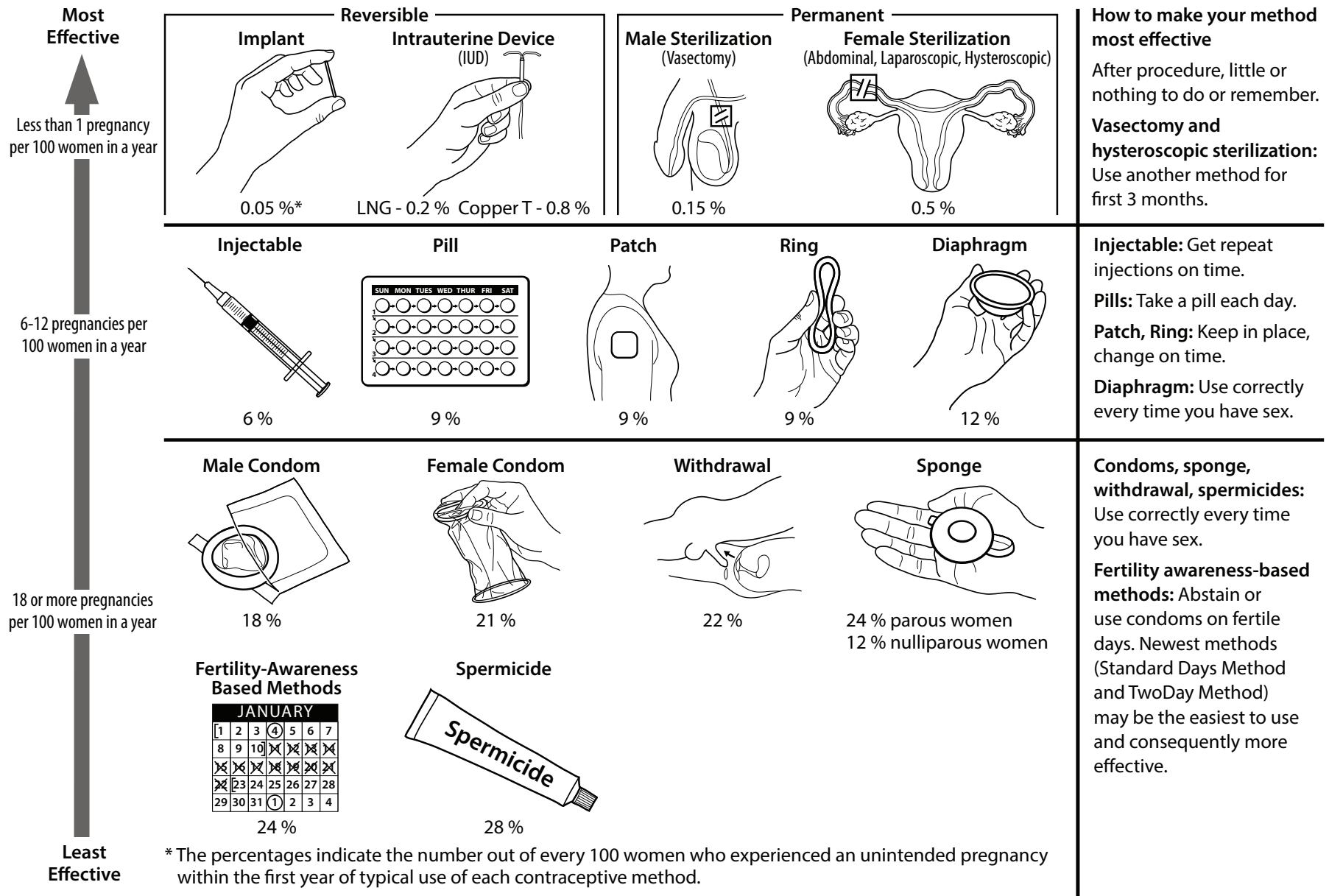


<p>Talk with your partner about the decision to have sex and the different protection options.</p>	<p>Carefully open the package and remove the condom.</p>
<p>Hold onto the rim of the condom at the base of the penis. Then, withdraw the penis.</p>	<p>Check the expiration date on the condom package and look for any holes, tears or signs of damage. If the condom is expired or damaged, get a new condom.</p>
<p>Wait for the penis to become erect. Then, place the condom on the head of the penis and hold the tip of the condom to squeeze out any air.</p>	<p>Use lubricant. The most common way a condom can break is by the friction caused during sex.</p>
<p>Keep the condom on the penis until you're done having sex, whether or not ejaculation occurs.</p>	<p>Carefully remove the condom and throw it in the garbage.</p>

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Effectiveness of Family Planning Methods



CS 242797

CONDOMS SHOULD ALWAYS BE USED TO REDUCE THE RISK OF SEXUALLY TRANSMITTED INFECTIONS.

Other Methods of Contraception

Lactational Amenorrhea Method: LAM is a highly effective, temporary method of contraception.

Emergency Contraception: Emergency contraceptive pills or a copper IUD after unprotected intercourse substantially reduces risk of pregnancy.

Adapted from World Health Organization (WHO) Department of Reproductive Health and Research, Johns Hopkins Bloomberg School of Public Health/Center for Communication Programs (CCP). Knowledge for health project. Family planning: a global handbook for providers (2011 update). Baltimore, MD; Geneva, Switzerland: CCP and WHO; 2011; and Trussell J. Contraceptive failure in the United States. Contraception 2011;83:397-404.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

Reference: *Effectiveness of Family Planning Methods* (CDC)

Multiple Choice

- This document is presenting the effectiveness of methods for reducing the risk of...
 - pregnancy
 - Sexually transmitted diseases
 - Both
- Which of these is most effective?
 - Withdrawal
 - External ("male") condom
 - permicide

Ranking

- Put these in order of effectiveness, with "1st" being the *most* effective: fertility-awareness based methods, IUD, pill, sponge

1st _____ (most effective)

2nd _____

3rd _____

4th _____ (least effective)

- Put these in order of effectiveness, with "1st" being the *most* effective: external ("male") condom, patch, ring

1st _____ (most effective)

2nd _____

3rd _____ (least effective)

Fill-in-the-blank

- About _____ out of every 100 women experience an unintended pregnancy within the first year of typical use on the pill.
- About _____ out of every 100 women experience an unintended pregnancy within the first year of typical male condom use.
- A _____ should always be used to reduce the risk of sexually transmitted diseases.

The Teen Brain: Under Construction

Question: When does someone “grow up”? It’s a philosophical question. It could have to do with the life experiences someone has and the wisdom they gain from those experiences. It’s also a scientific question. Being a grown up is related to how _____ you are, or, more specifically, how developed your _____ is.

For years, scientists have known that the human brain is not fully developed until around the age of _____. Although we have all of our brain matter by the time we’re 12, it takes more than a _____ for all that matter to become fully wired and pruned for efficiency. This is a process called “neuromaturation,” and scientists believe it’s the reason why teens, in general, share some common behaviors like sensation-seeking, _____-taking and needing to be accepted by their peers.

The teenage brain is going through a lot of critical transformations, particularly in the prefrontal _____, which is one of the last areas of the brain to fully mature. It’s responsible for executive functions like goal-setting, paying attention, motivation, planning, understanding _____, and having self-control. So, the fact that these functions are underdeveloped is part of the reason why teenagers tend to engage in risky and impulsive behaviors like experimenting with drugs and _____, having unprotected sex, speeding and doing stupid things that drive their parents crazy.

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Right around puberty, the brain's dopaminergic reward centers also become highly active and slowly winder out as you become an adult. This makes teenagers especially prone to _____ pressure. The reward centers are super-sensitive to social approval or disapproval. One study found that a 20-year-old was 50% more likely than a fully grown adult to do something risky if 2 peers were watching. Scientists have also found that brain circuitry responsible for _____ responses are changing, making teens more responsive to emotionally-loaded situations than both children and adults. So, teenagers might seem like they're being really dramatic with their emotions, but the reality is that they are experiencing them very _____. They are also experiencing a lot of emotions for the first time, which can exaggerate their intensity further.

Intellectually-speaking, the capacity to learn will never be as high as it is when you are a teenager, and their intellectual power and ability to do _____ tasks is already right up there with adults. I think there is a tendency for grown-ups to become impatient and dismiss teens as stupid, immature and incapable, but it helps to remember that teens are undergoing a lot of _____ development. It's all a part of the natural process where a human moves from dependence on caregivers to an independent, fully-functional adult, which is obviously a really important time and, in my opinion, is well-deserving of a little extra love and patience.

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