

# BIRTH CONTROL QUIZ

## GRADE 8

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### Questions

1. What are the three components needed for a pregnancy?
2. True or False: If a person is on birth control it means they are having sex.
3. True or False: You can take the birth control pill at any time during the day.
4. True or False: Teenagers can ask their health care providers to prescribe birth control without their parents' permission.
5. True or False: All methods of birth control protect against pregnancy and sexually transmitted infections (STIs).
6. What is the main way that hormonal birth control works to prevent pregnancy?
7. True or False: All methods of birth control contain hormones.
8. True or False: Birth control is 100% effective.
9. Explain why different birth control methods are sometimes more effective than others.
10. True or False: The most effective form of birth control is abstinence (not having sex).

## Answers

1. The three components needed to create a pregnancy are: an egg, a sperm and a uterus.
2. **False.** Lots of people use birth control for things like period regulation, to control period pain or cramps and sometimes even to manage acne. And sometimes people start taking birth control in preparation for having sex in the future.
3. **False.** You must take the birth control pill at the same time each day. This is to ensure that you are maintaining a consistent level of hormones. By doing this, your birth control pill will be the most effective.
4. **True.** In Ontario, there is no minimum age to access birth control. Also, health care providers are not legally able to tell parents or guardians what you are talking about during appointments.
5. **False.** Only a barrier method called a condom (internal or external) can protect against both pregnancy and STIs. All other methods of birth control are only protecting against pregnancy. For extra protection use a condom and birth control!
6. The most important thing hormonal birth control does is prevent ovulation (stop an egg from being released from an ovary). If there is no egg, no matter how many sperm are present – no pregnancy will occur.
7. **False.** There are many forms of birth control which do contain hormones such as the pill, the patch, the ring, the shot, Emergency Contraception and the IUS, however, there are also methods such as the IUD, the sponge and condoms which do not.
8. **False.** No birth control is 100% effective. Birth control can be anywhere from 40% to 99.8% effective depending on the type used. In order to be most effective, people need to use the method correctly and consistently. It is a good idea to read the package and ask your health care provider questions if you have any.
9. Some methods are easier to use than others. Over time, new technology has created methods that work better because they are easier for the user. Using a condom has a lot of steps involved in it, and if any mistakes are made the condom won't work as well. It is very common to forget things or make mistakes while using birth control – which makes it less effective. Using a method like an IUD/IUS that is inserted by a doctor and doesn't need the user to do anything with it, are much easier to use and there is much less room for mistakes – this means they are more effective.
10. **True.** The only way to make sure there is no risk of pregnancy or STI transmission is to not engage in any sexual activity. This includes oral, vaginal and oral sex, as well as skin to skin contact.