**Contraception Worksheet**

**True or False (T or F)**

Directions: Read each statement and circle whether it is True (T) or False (F)

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| **T** | **F** | 1. Sexual abstinence (not having sex) is the only 100% method of preventing pregnancy and the spread of HIV and Sexually Transmitted Infections (STIs). |
| **T** | **F** | 1. LARCs (Long Acting Reversible Contraceptives) last from 3 to 12 years. |
| **T** | **F** | 1. Many birth control methods (contraception), like the pill and the patch, do not protect against HIV and STIs. |
| **T** | **F** | 1. Side effects of hormonal birth control/contraception include nausea and dizziness. |
| **T** | **F** | 1. Medical benefits of hormonal birth control/contraception include decreased menstrual cramping and decreased acne. |
| **T** | **F** | 1. If a girl is using hormonal birth control/contraception that definitely means she is having sex. |
| **T** | **F** | 1. Using 2 condoms at the same time provides extra protection. |
| **T** | **F** | 1. Latex condoms can only be purchased with a doctor’s prescription. |
| **T** | **F** | 1. Condoms can only be used by males. |
| **T** | **F** | 1. The withdrawal method/pulling out is a good way to prevent pregnancy and the spread of STIs. |
| **T** | **F** | 1. Emergency contraception (EC) lowers the chances of getting pregnant if taken within 72 hours of unprotected sex. |
| **T** | **F** | 1. Using birth control/contraception like the pill, patch, and LARCs with a condom can help prevent pregnancy **and** protect against HIV and STIs. |
| **T** | **F** | 1. Birth control/contraception works best when used consistently and correctly. |
| **T** | **F** | 1. There are clinics where you can get confidential, low-cost, or free HIV/STIs tests, birth control/contraception and pregnancy tests. |