**Contraception Worksheet**

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

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

|  |  |  |
| --- | --- | --- |
| **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.
 |