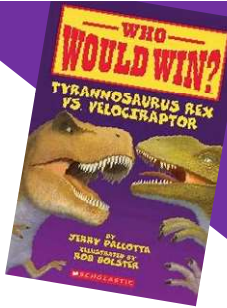


Project: Who Would Win?



- **Goal:** I can compare two methods of birth control, analyzing their advantages and disadvantages, in order to choose the better option. I can do this comparison in the form of a “Who Would Win?” booklet.
- **Task**
 - Choose two methods of birth control that you feel might one day be options for you.
 - Create a booklet with the following pages
 - > Pg #1: Title Page: “Who Will Win? _____ us _____”
 - > Pg #2-3: Combatants: Introduce both methods & how they work
 - > Pg #4-5: Strengths & Weaknesses: advantages & disadvantages of each
 - > Pg #6-7: Fight!: have the two contraceptives square off; be creative
 - > Pg #8: Winner: Declare a winner and list the reasons why.
- **Be creative & have fun!**

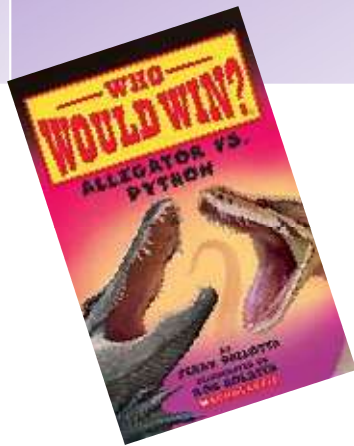


Project: "Who Would Win?"

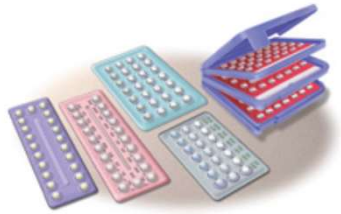
Criteria	1	2	3	4
Content	<ul style="list-style-type: none"> - Incomplete or missing definitions of birth control types. - Inaccurate or unclear explanation of how methods work. - Minimal discussion of advantages and disadvantages. - Lacks creativity in battle scenario. - No clear choice of winner or explanation. 	<ul style="list-style-type: none"> - Briefly mentions the chosen types of birth control. - Basic explanation of how each method works. - Limited presentation of advantages and disadvantages. - Minimal creativity in battle scenario. - Vague choice of winner with little explanation. 	<ul style="list-style-type: none"> - Defines the chosen types of birth control. - Adequate explanation of how each method works. - Sufficient presentation of advantages and disadvantages. - Somewhat creative battle scenario. - Reasonable choice of winner with some explanation. 	<ul style="list-style-type: none"> - Thoroughly defines the chosen types of birth control. - Clear and accurate explanation of how each method works. - Comprehensive presentation of advantages and disadvantages. - Creative and engaging battle scenario. - Well-reasoned choice of winner with detailed explanation.
Language	<ul style="list-style-type: none"> - Limited vocabulary and unclear language. - Choppy or awkward writing style. 	<ul style="list-style-type: none"> - Basic vocabulary and language. - Some clarity in communication. - Adequate writing style. 	<ul style="list-style-type: none"> - Appropriate vocabulary and clear language. - Generally effective communication. - Readable writing style. 	<ul style="list-style-type: none"> - Sophisticated vocabulary and precise language. - Effective communication of ideas. - Smooth and engaging writing style.

Project: “Who Would Win?”

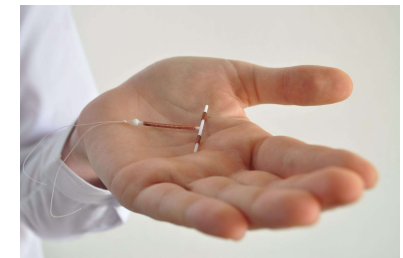
Criteria	1	2	3	4
Organization	<ul style="list-style-type: none"> - Disorganized or missing sections. - No clear use of headings. - Abrupt transitions between sections. 	<ul style="list-style-type: none"> - Basic organization with some sections. - Limited use of headings. - Uneven transitions between sections. 	<ul style="list-style-type: none"> - Clear organization with identifiable sections. - Appropriate use of headings. - Reasonable transitions between sections. 	<ul style="list-style-type: none"> - Logical flow of content with clear sections. - Effective use of headings and subheadings. - Seamless transitions between sections.
Creativity	<ul style="list-style-type: none"> - Lacks creativity or originality. - Minimal comparisons between methods. - Uninspiring content. 	<ul style="list-style-type: none"> - Limited creativity in battle scenario. - Basic comparisons between methods. - Somewhat engaging content. 	<ul style="list-style-type: none"> - Creative battle scenario. - Interesting comparisons between methods. - Engages the reader to some extent. 	<ul style="list-style-type: none"> - Highly imaginative battle scenario. - Inventive comparisons between methods. - Engaging and memorable content.



Hormonal Methods



Use hormones to prevent ovulation or implantation



Type	Advantages	Disadvantages	Protect Against STIs?	Reliability
Oral Contraceptive (Birth Control Pill – BCP)	<ul style="list-style-type: none"> - Reversible - Regulates menstrual cycle - Does not interfere with sex 	<ul style="list-style-type: none"> - Prescription required - Must be taken everyday at same time - May cause nausea or headaches 	No	Typical Use Failure Rate: 9%
Contraceptive Patch	<ul style="list-style-type: none"> - 1 patch per week - Same as BCP 	<ul style="list-style-type: none"> - Same as BCP 	No	Typical Use Failure Rate: 9%
Vaginal Ring	<ul style="list-style-type: none"> - 1 ring per month - Same as BCP 	<ul style="list-style-type: none"> - May cause vaginal irritation - Same as BCP 	No	Typical Use Failure Rate: 9%
Injectable Contraceptive	<ul style="list-style-type: none"> - 4 times per year - Reduces or eliminates periods - Same as BCP 	<ul style="list-style-type: none"> - Given by a doctor - Decreases bone density - May cause weight gain - Return of fertility can be longer 	No	Typical Use Failure Rate: 6%
Intrauterine Contraceptive	<ul style="list-style-type: none"> - Long term (3 – 10 years); invisible - Cost effective - May stop menstrual cycle 	<ul style="list-style-type: none"> - Inserted by a doctor - Initial expense - Pain and small risk during insertion 	No	Typical Use Failure Rate: 0.2%

Non-hormonal Methods



Creating a barrier between sperm and egg and/or changing the chemistry of the reproductive tract



Type	Advantages	Disadvantages	Protect Against STIs?	Reliability
Male Condom	<ul style="list-style-type: none"> - Easily available - Hormone-free - Can be used with other methods - May help prevent premature ejaculation 	<ul style="list-style-type: none"> - Must be put on prior to sex - May slip or break - May reduce sensitivity - 1 use only 	Yes	Typical Use Failure Rate: 18%
Female Condom	<ul style="list-style-type: none"> - Available without prescription - Hormone-free 	<ul style="list-style-type: none"> - More difficult to insert - May slip or break - Can cause discomfort - 1 use only 	Yes	Typical Use Failure Rate: 21%
Sponge	<ul style="list-style-type: none"> - Available without prescription - Barrier & Spermicide - Lasts for 24 hours - Hormone-free 	<ul style="list-style-type: none"> - More difficult to insert - Can cause irritation or abrasions 	No	Typical Use Failure Rate: 12% - 24%
Diaphragm/ Cervical Cap	<ul style="list-style-type: none"> - Hormone-free 	<ul style="list-style-type: none"> - Cap must be sized - More difficult to insert - Higher failure rate 	No	No data available
Spermicides	<ul style="list-style-type: none"> - Hormone-free 	<ul style="list-style-type: none"> - Should be used with another method - Can be messy - Only effective for 1 hour 	No	Typical Use Failure Rate: 28%

Type	Advantages	Disadvantages	Protect Against STIs?	Reliability
Vasectomy	<ul style="list-style-type: none"> - Permanent; very effective - Simple procedure with no long-term side effects 	<ul style="list-style-type: none"> - Irreversible - Short-term recovery period 	No	Failure Rate: 2%
Tubal Ligation	<ul style="list-style-type: none"> - Permanent; very effective - Simple procedure with no long-term side effects 	<ul style="list-style-type: none"> - Irreversible - Greater risk of complications than vasectomy 	No	Failure Rate: Varies, but small
Intrauterine Contraception/ Device (IUD)	<ul style="list-style-type: none"> - Long term (3 – 10 years); invisible - Reversible - Cost effective 	<ul style="list-style-type: none"> - Inserted by a doctor - Initial expense - Pain and small risk during insertion 	No	Failure Rate: 0.8%



Natural Methods

- **Natural methods of birth control do not involve medications or devices to prevent pregnancy**
- **Rely on behavioral practices and/or making observations about a woman's body and menstrual cycle.**



Type	Advantages	Disadvantages	Protect Against STIs?	Reliability
Rhythm / Fertility Awareness	<ul style="list-style-type: none"> - Inexpensive - No side effects - Natural 	<ul style="list-style-type: none"> - Not very effective - Can be challenging to avoid fertile window - Can be tricky 	No	Typical Use Failure Rate: 24%
Withdrawal	<ul style="list-style-type: none"> - Inexpensive - Natural 	<ul style="list-style-type: none"> - Not easy; takes self-control - Risky; there is sperm in pre-ejaculation fluid 	No	Typical Use Failure Rate: 22%
Abstinence	<ul style="list-style-type: none"> - Theoretically most effective - No cost - No side effects 	<ul style="list-style-type: none"> - Challenging to maintain total abstinence - Both partners must be fully committed 	Yes	Typical Use Failure Rate: 0%, but require total abstinence



Emergency

Not to be used as a regular method

Type	Advantages	Disadvantages	Types
“Morning After Pills”	<ul style="list-style-type: none">- No prescription needed for some types- Will not affect fetus	<ul style="list-style-type: none">- Must be taken shortly after unprotected sex (best results within 24 hours)	<ul style="list-style-type: none">- Plan B, Norlevo, Option 2, and Next Choice
Copper IUD	<ul style="list-style-type: none">- Most effective method- Provides ongoing birth control	<ul style="list-style-type: none">- Doctor must insert- Must be inserted within 7 days of unprotected sex	Copper specifically, not a hormone-based variety

