



Investing for tomorrow, delivering today.

Family Planning



What is Family Planning?

The New Mexico Title X Family Planning Program (FPP) is proud to support all New Mexicans with their reproductive goals and needs. The FPP offers a broad range of low- or no-cost family planning clinical and related health services as well as community-based programming for teens such as service learning and positive youth development. All services are voluntary.



Planning or Preventing?

- Do you want to have children?
- How many?
- When would you like to start your family?
- What method of birth control interests you to prevent pregnancy?



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Healthy Relationship

In a Healthy Relationship...

- You can be yourself
- You feel free to...
 - Spend time apart
 - Spend time with others
 - Stay true to yourself and values
- Your partner hears what you say
- You can agree to disagree
- Your partner respects your boundaries
- You are honest with each other
- You can have fun together
- Your partner uses language that lifts you up
- You take your time to get to know each other



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Consent

Sexual consent is an agreement to participate in a sexual activity. Before being sexual with someone, you need to know if they want to be sexual with you too. It's also important to be honest with your partner about what you want and don't want.




















Consent Cont.



Types of Prevention

RHNTC: Birth Control Method Options

| METHOD | What is the risk for pregnancy?* | How do you use this method? |
|---|----------------------------------|--|
| FEMALE STERILIZATION  | .5 out of 100 | Surgical procedure |
| MALE STERILIZATION  | .15 out of 100 | |
| LNG IUD  | .2 out of 100 | Placed inside uterus |
| COPPER IUD  | .8 out of 100 | |
| IMPLANT  | .05 out of 100 | Placed in upper arm |
| INJECTABLES  | 4 out of 100 | Shot in arm, hip, or under the skin |
| PILL  | 8 out of 100 | Take by mouth |
| PATCH  | 9 out of 100 | Put on skin |
| RING  | 9 out of 100 | Put in vagina |
| DIAPHRAGM  | 12 out of 100 | Put in vagina with spermicide |
| EXTERNAL CONDOM  | 13 out of 100 | Put over penis |
| VAGINAL GEL  | 14 out of 100 | Put in vagina |
| WITHDRAWAL  | 20 out of 100 | Pull penis out of vagina before ejaculation |
| INTERNAL CONDOM  | 21 out of 100 | Put in vagina |
| SPONGE  | 24 out of 100 | Put in vagina |
| FERTILITY AWARENESS-BASED METHODS  | 24 out of 100 | Monitor fertility signs and abstain or use condoms on fertile days |
| SPERMICIDES  | 28 out of 100 | Put in vagina |

MOST EFFECTIVE

MODERATELY EFFECTIVE

LEAST EFFECTIVE

A Note on Terminology

- For clarity on videos and resources used in the presentation, some may use terms such as “male” and “female” to represent gender assigned at birth. We realize that some individuals may not identify directly with these terms, but we hope this brief explanation helps explain this use of these broad categories.

Abstinence

Abstinence is choosing not to have sex.

It's a great method as far as effectiveness is concerned—if you use it 100% of the time, you're guaranteed to not get pregnant. And if you're avoiding sexual activity altogether, you'll be safe from STIs too. But it does involve a whole lot of self-control.



Abstinence or “Not Right Now”





12-24 Pregnancies in 100 depending on method

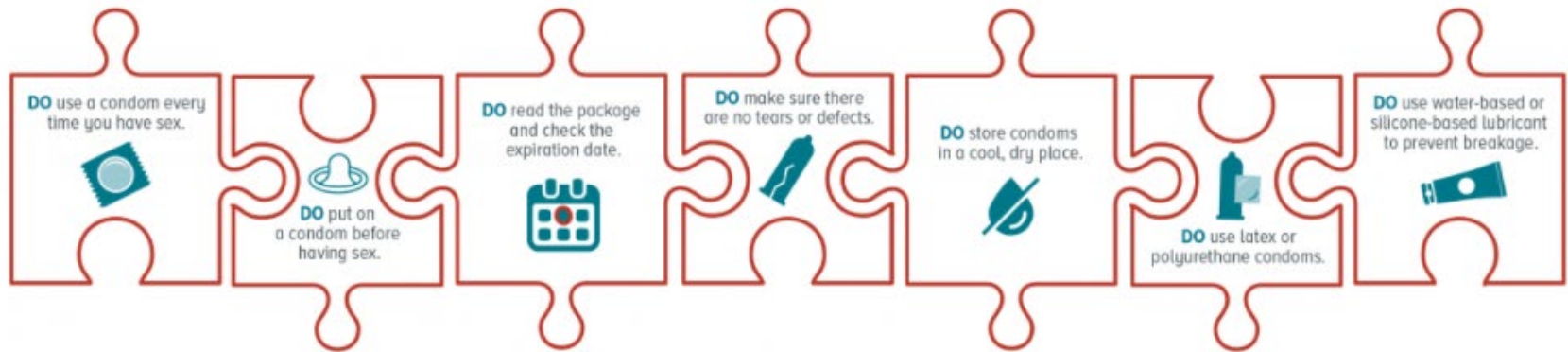
- **Pull out method** - The guy pulls out before he ejaculates.
- **Fertility Awareness** - are all about tracking your menstrual cycle to determine the days that you can get pregnant.
- **Condoms** - Internal and External - They keep sperm inside the condom and out of your vagina

Condom Use



Condom Do's and Don'ts

- DO use a condom every time you have sex.
- DO put on a condom before having sex.
- DO read the package and check the expiration date.
- DO make sure there are no tears or defects.
- DO store condoms in a cool, dry place.
- DO use latex or polyurethane condoms.
- DO use water-based or silicone-based lubricant to prevent breakage.
- DON'T store condoms in your wallet as heat and friction can damage them.
- DON'T use nonoxynol-9 (a spermicide), as this can cause irritation.
- DON'T use oil-based products like baby oil, lotion, petroleum jelly, or cooking oil because they will cause the condom to break.
- DON'T use more than one condom at a time.
- DON'T reuse a condom.



[How to Use a Male \(External\) Condom | CDC](#)



6-9 Pregnancies in 100

- **Pill** – taken daily
- **The Patch** – switched every week – every 3 weeks – one week off.
- **The Ring** – Leave in for 3 weeks, remove for 1.
- **The Shot** – Given every 3 months at home or in the office

HOW WELL DOES BIRTH CONTROL WORK?



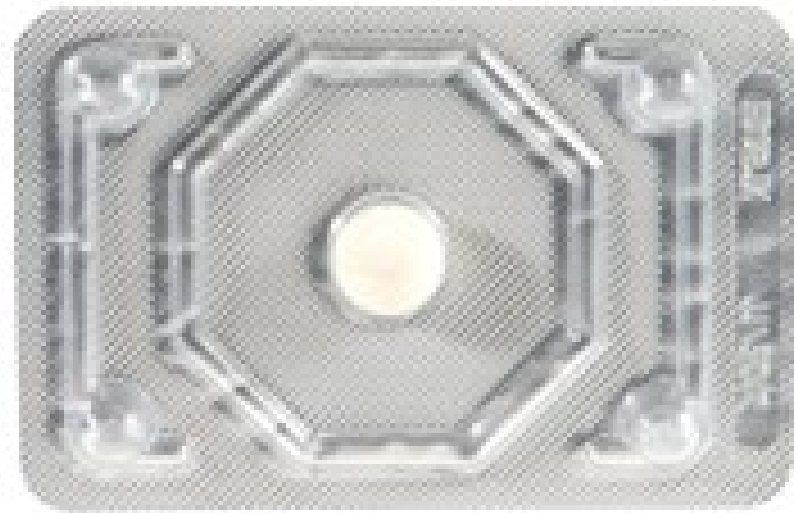
Less than 1 Pregnancy in 100

- Implant “Nexplanon” – up to 3 years*
- IUD Liletta/Mirena – up to 8 years
- IUD Paragard – up to 10 years*
- Sterilization – forever
 - Less hassle
- *Your provider can explain if these last even longer in some situations.
- LARC (long-acting reversible contraceptive) can be removed for pregnancy.

Emergency Contraceptive

Aka “Plan B”

Emergency Contraception can stop a pregnancy before it starts. (That means the EC pills are *not* the same as the abortion pill.) There are four types, and they all work up to 5 days after unprotected sex. But use it sooner rather than later to reduce the possibility of getting pregnant.





Questions?



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Resources

- Bedsider. Birth Control Options. [All Birth Control Options | Types Of Birth Control | Learn More \(bedsider.org\)](#)
- Bedsider. Birth Control Reviews. [Birth Control Video Reviews | Real People & Their Experiences With Birth Control \(Filter By Type\) \(bedsider.org\)](#)
- Planned Parenthood. Sexual Consent. [What Is Sexual Consent? | Facts About Rape & Sexual Assault \(plannedparenthood.org\)](#)