

Birth Control Trivia Game

Resource Adapted from Middlesex-London Health Unit

BRANT COUNTY HEALTH UNIT

Combined Hormonal

Plan B

IUD/IUS

Condoms

\$100

\$100

\$100

\$100

\$200

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The Pill- \$100 Question

True or False:

The pill, patch and nuvaring protect against Sexually Transmitted Infections

False.

They offers no protection against STIs. The best way to prevent STIs is to use a condom or dental dam every time you have sex.

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The Pill- \$200 Question

How do The Pill, Patch and Nuvaring work to prevent pregnancy?

1. Stops the release of a mature egg
2. Thickens the cervical mucous
3. Changes the lining of the uterus to make implantation difficult

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The Pill- \$300 Question

True or False?

You need to take a break from the pill.

False

As long as you are healthy, there is no reason to stop taking the pill. Taking a break can increase your chances of getting pregnant.

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The Pill- \$400 Question

What are two advantages of taking The Pill,
Patch or Nuvaring?

- Very easy to use
- Reliable when taken as prescribed
- Reduces cramps
- Periods will be lighter
- Regulates cycle
- Prevents pregnancy

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Plan B- \$100 Question

What is Plan B?

It is the morning after pill. It can be taken if:

- You forgot to take one of your birth control pills
- You are taking medications that interact with your birth control and make it less effective
- You had unprotected sex
- The condom broke
- If you are worried that egg and sperm may have gotten together

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Plan B- \$200 Question

Where can you get Plan B?

- Your Public Health Nurse in your school
- The Birth Control/STI Clinic at the Health Unit
- Pharmacies

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Plan B- \$300 Question

How long after unprotected sex is Plan B effective?

Plan B is most effective if taken 0-72 hours after unprotected sex.
The longer you wait the less effective it is.

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Plan B- \$400 Question

Does Plan B cause an abortion?

No. If you are already pregnant, Plan B
will not end the pregnancy.
It does not cause birth defects either.

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IUD/IUS - \$100 Question

An IUD/IUS can only be used by people who have had a baby. True or False?

IUD/IUS can be used whether you have had a baby or not. They make smaller ones for people who have not had a child

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IUD/IUS - \$200 Question

You have to keep an IUD/IUS in for 5 years.
True or False

False

An IUD/IUS can be removed by your health care provider anytime you want.

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IUD/IUS - \$300 Question

What is the difference between an IUD and an IUS?

An IUD contains no hormones. It is made out of copper.

Some IUDs can remain in place for up to 10 years

An IUS contains the hormone progestin. They can remain in place for up to 5 years.

Both are 99% effective in preventing pregnancy

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IUD/IUS - \$400 Question

What are the side effects of an IUD,
an IUS?

An IUD can cause your periods to be longer, heavier and with more cramping.

An IUS can cause breakthrough bleeding for 3 to 6 months initially. It can make your period lighter, shorter, less crampy. Some people may not get a period.

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Condoms - \$100 Question

Where can you get free condoms?

From your school nurse

From The Clinic at the health unit

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Condoms - \$200 Question

Flavoured condoms can cause infections if used for vaginal sex?

Flavoured condoms are flavoured with chemicals so will not cause a yeast infection or other infections. Some people may find that the chemicals used for flavouring can cause irritation in the vagina. If irritation develops, do not use for vaginal sex

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Condoms - \$300 Question

What kind of lubricant (lube) is ok to use with any kind of condom?

Water based.

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Condoms - \$400 Question

Name 3 materials condoms can be made from?

Latex

Polyurethane

Natural membrane condoms

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