



Sexual Abstinence & Birth Control Assessment

1. How does hormonal birth control, including the emergency contraception pill, primarily prevent pregnancy? (Select the best answer)
 - a. It prevents or delays the ovaries from releasing an egg
 - b. It forces the monthly shedding of the uterine lining
 - c. It creates an inhospitable environment for sperm to survive
 - d. It causes the egg to immediately leave the body
2. Compared to other methods of hormonal birth control, what is unique about emergency contraception? (Select all that apply)
 - a. It can disrupt a pregnancy
 - b. It is more effective
 - c. It can be purchased over the counter
 - d. It can be taken after sexual intercourse
3. Are you familiar with your state's laws regarding age of consent for sex, as well as age when teens may obtain birth control and receive sexual and reproductive health care without parental permission?
 - a. Yes
 - b. No
4. What is the best method of birth control to use? (Select the best answer)
 - a. Condoms and a hormonal birth control method
 - b. The method you will use consistently and correctly every single time
 - c. Condoms
 - d. A long acting hormonal birth control method
5. Long acting reversible contraception methods (LARCs) are the most effective forms of birth control because _____. (Select the best answer)
 - a. They are only used by adults (those 18 and older)
 - b. There is less likelihood of human error
 - c. They cause sterility
 - d. They are less expensive and more easily accessible
6. Which of the following birth control methods are long acting reversible contraception methods (LARCs)? (Select all that apply)
 - a. Pills
 - b. Implants
 - c. IUDs
 - d. Injections

7. Put the following hormonal birth control methods in the order of how often someone needs to take or use them. (Select the best answer)
- Pill, ring, patch, shot, IUD, implant
 - Pill, patch, shot, ring, implant, IUD
 - Pill, patch, ring, implant, shot, IUD
 - Pill, patch, ring, shot, implant, IUD
8. Withdrawal is how effective? (Select the best answer)
- 27%, making it the least effective method.
 - 53%, comparable to fertility awareness methods (FAMs).
 - 78%, more effective than spermicide.
 - 86%, about as effective as condoms.
9. Which of the options listed below provide very good protection against pregnancy and STDs? (Select all that apply)
- Latex or polyisoprene condoms used every time along with an IUD
 - Latex or polyisoprene condoms used every time with no other method of protection used
 - Latex or polyisoprene condoms used half the time with no other method of protection
 - Latex or polyisoprene condoms used every time with withdrawal
10. Read the scenario and answer the question below.

Scenario: Mary is in her second year of college. She and her boyfriend are interested in having sex, but they don't want to get pregnant or an STD. They've heard a lot of different advice but aren't sure what to do.

Question: What information would you tell Mary about how to prevent pregnancy, HIV, and STDs? (Select all that apply)

- Using a reliable birth control method along with a condom every time can prevent both pregnancy and STDs.
 - Birth control pills are an excellent method since your relationship is monogamous.
 - Talking with a healthcare professional can help you determine what methods of birth control and STD prevention are right for you right now.
 - Emergency contraception can help prevent pregnancy up to five days after unprotected sex. It can be useful to have on hand in advance in case a condom breaks or you have sex without birth control.
11. It is ok to use two external condoms at the same time.
- True
 - False



12. How can someone define abstinence for themselves? (Select all that apply)
- a. Based on what they want to get out of abstinence (for example: avoid STDs)
 - b. Through reaching a mutual agreement with their partner
 - c. Based on a religious or moral definition
 - d. No vaginal, anal, or oral sex
13. About what percentage of young people have had sex before graduating High School? (Select the best answer)
- a. 50%
 - b. 45%
 - c. 75%
 - d. 15%



Sexual Abstinence and Birth Control

Content Knowledge Assessment Answer Key

Question #	Correct Answer
Question 1	a
Question 2	c & d
Question 3	Refer to resource
Question 4	b
Question 5	b
Question 6	b & c
Question 7	d
Question 8	c
Question 9	a, b, & d
Question 10	a, c & d
Question 11	a
Question 12	a, b, c & d
Question 13	b

Sexual Abstinence and Birth Control Assessment Question Resources

Q	Topic	Citation	Summary
1	Hormonal birth control	“Birth Control Pill.” Planned Parenthood Federation of America, https://www.plannedparenthood.org/learn/birth-control/birth-control-pill/ .	Summary of the hormonal birth control pill. Provides information on pill effectiveness, safety, use, where to get the pill, benefits, and disadvantages.
2	Emergency Contraception Pill	“What’s the Plan B morning-after pill?” Planned Parenthood, https://www.plannedparenthood.org/learn/morning-after-pill-emergency-contraception/whats-plan-b-morning-after-pill .	Information on the Plan B pill effectiveness, side effects, and where to get it.
3	State Laws – Age Teens can confidentially obtain birth control	“Teen State Sexual Healthcare Rights Worksheet” Planned Parenthood of the Great Northwest and the Hawaiian Islands. https://sparked.net/wp-content/uploads/2022/09/TeenSexLaws_blank_2022.pdf	Information about teen reproductive rights in AK, HI, ID and WA.
4	Best Method of Birth Control	“What’s the best kind of birth control?” Planned Parenthood Federation of America, https://www.plannedparenthood.org/learn/teens/preventing-pregnancy-stds/whats-best-kind-birth-control .	Information on the best method of birth control for preventing STDs and pregnancy. Comparison of different methods.
5	LARCS effectiveness	Kempner, Martha. “Providing LARCs to Young Women.” Advocates for Youth, 2012, https://advocatesforyouth.org/resources/fact-sheets/providing-larcs-to-young-women/ .	Overview of Long-Acting Reversible Contraceptives for women. Defines available methods (IUD, Implants). Discusses effectiveness, use, cost, history, effects, and resources.
6	LARCS types	Kempner, Martha. “Providing LARCs to Young Women.” Advocates for Youth, 2012,	Overview of Long-Acting Reversible Contraceptives for women. Defines available methods (IUD,

		https://advocatesforyouth.org/resources/fact-sheets/providing-larcs-to-young-women/ .	Implants). Discusses effectiveness, use, cost, history, effects, and resources.
7	Hormonal birth control, how often you need to take/use different kinds	“Compare Methods.” Bedsider, https://www.bedsider.org/methods/side_by_side .	Interactive comparative chart of all birth control methods. User can select multiple methods and compare them side-by-side based on their individual health needs.
8	Withdrawal efficacy	“How effective is pulling out?” Planned Parenthood Federation of America, https://www.plannedparenthood.org/learn/birth-control/withdrawal-pull-out-method/how-effective-is-withdrawal-method-pulling-out .	Information on the effectiveness of the withdrawal method.
9	Protection against STDs/Pregnancy	“Compare Methods.” Bedsider, https://www.bedsider.org/methods/side_by_side .	Interactive comparative chart of all birth control methods. User can select multiple methods and compare them side-by-side based on their individual health needs.
11	STD/Pregnancy Prevention Options Information	“Compare Methods.” Bedsider, https://www.bedsider.org/methods/matrix .	
11	Using 2 condoms	McGowan, Emma. “Is it A Good Idea to Wear Two Condoms? The Answer Is More Complicated Than You Think.” Bustle, 2018, https://www.bustle.com/p/is-it-a-good-idea-to-wear-two-condoms-the-answer-is-more-complicated-than-you-think-7955830 .	Discusses myths of condom use and sex, overview of research studies done on multiple condom use. Suggests that “double-bagging” is not any riskier than using one condom.
12	Defining Abstinence	“Abstinence and Outercourse.” Planned Parenthood Federation of America,	Defines abstinence and outercourse.

		https://www.plannedparenthood.org/learn/birth-control/abstinence-and-outercourse .	
13	% of young people who have had sex before graduating HS	“Adolescent Sexual and Reproductive Health in the United States.” Guttmacher Institute, 2017, https://www.guttmacher.org/fact-sheet/american-teens-sexual-and-reproductive-health .	Research article on sexual experiences among adolescents.

Sexual Abstinence and Birth Control: General Resources

Citation	Summary
Spark*ED Course: Sexual Abstinence and Birth Control www.sparked.net	Online self-paced course on teaching about abstinence and birth control.
“Fundamentals of Abstinence and Birth Control.” Planned Parenthood of the Greater Northwest and Hawaiian Islands, 2019. https://secureservercdn.net/72.167.241.134/r87.331.myftpupload.com/wp-content/uploads/2020/04/Fundamentals-of-Abstinence-Birth-Control.pdf	A concise, informative one pager!
“Method Explorer.” Bedsider, https://www.bedsider.org/methods .	Interactive site with images of each birth control method. When user hovers or clicks on each method, they are provided with information on the details, costs, use, side effects, and problems of each method.
“Compare Methods.” Bedsider, https://www.bedsider.org/methods/matrix .	Interactive comparative chart of all birth control methods. User can select multiple methods and compare them side-by-side based on their individual health needs.

<p>“Birth Control.” Planned Parenthood Federation of America, https://www.plannedparenthood.org/learn/birth-control/.</p>	<p>Interactive chart that allows users to compare methods as well as sort methods according to effectiveness and popularity.</p>
<p>Corinna, Heather. “Birth Control Bingo.” <i>Scarleteen: Sex Ed For the Real World</i>, http://www.scarleteen.com/article/sexual_health/birth_control_bingo.</p>	<p>Article that helps readers choose a birth control method best suited to their needs.</p>
<p>Corinna, Heather. <i>S.E.X.: The All-You-Need-to-Know Progressive Sexuality Guide to Get You Through High School and College</i>. Da Capo Press, 2007, p. 248.</p>	<p>p. 248 – Information on abstinence</p>
<p>“Emergency Contraception.” Planned Parenthood Federation of America, https://www.plannedparenthood.org/learn/morning-after-pill-emergency-contraception.</p>	<p>Short video on Emergency Contraception.</p>
<p>“The Truth About Condoms.” Planned Parenthood Federation of America, 2011, https://www.plannedparenthood.org/files/9313/9611/6384/truth_about_condoms.pdf, p. 4.</p>	<p>PPFA Condom Fact Sheet, page 4 “Double Bagging” section.</p>