# Sexual Abstinence & Birth Control
# Content Knowledge Assessment

**1.** How does hormonal birth control, including the emergency contraception pill, prevent pregnancy?
   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 an established pregnancy
   b. Should be taken/used within 5 days after unprotected sexual intercourse
   c. Some types can be purchased over the counter
   d. Effectiveness may vary based on a person's weight

**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?
   a. Condoms and a hormonal birth control method
   b. The method someone 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 _____.
   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

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**7.** What is the correct order (from most frequent to lest frequent) based on how often a hormonal birth control method needs to be taken, used or placed. (Select the best answer)

a. Pill, ring, patch, shot, IUD, implant
b. Pill, patch, shot, ring, implant, IUD
c. Pill, patch, ring, implant, shot, IUD
d. Pill, patch, ring, shot, implant, IUD

**8.** How effective is the withdrawal (pull out) method at preventing pregnancy? (Select the best answer)

a. 27% (the least effective method)
b. 53% (less effective than fertility awareness methods)
c. 78% (about as effective as spermicide)
d. 86% (about as effective as condoms)

**9.** When deciding on a birth control method, what is important for young people to understand about typical use versus perfect use? (Select the best answer.)

a. Birth control pills can be taken at any time of the day.
b. Condoms are most effective when stored and used correctly.
c. Perfect use reflects real-world use that can involve human error.
d. Methods requiring frequent and correct action (such as birth control pills) have lower typical effectiveness rates than methods with fewer opportunities for mistakes (such as LARCs).

**10.** Read the scenario and answer the question below.
Scenario: Mary is in her second year of college. She and her boyfriend are thinking about having sex, but they don't want to get pregnant or contract an STI. 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, and contracting HIV or STIs? (Select all that apply)

a. Using a reliable hormonal birth control method along with a condom every time is an effective way to prevent both pregnancy and STI transmission.
b. Birth control pills are an excellent method since they are in a monogamous relationship.
c. Talking with a healthcare professional can help them determine what methods of birth control and STI prevention are right for them right now.
d. Emergency contraception can help prevent pregnancy up to five days after unprotected sex. It can be useful to have on hand in case a condom breaks or they have sex without birth control.

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**11.** How can someone define abstinence for themself? (Select all that apply)

a. No vaginal, anal, or oral sex
b. Based on what they want the outcome of abstinence to be (for example: avoid STIs)
c. Through reaching a mutual agreement with their partner
d. Based on a religious or moral definition

**12.** About what percentage of young people have had sex before graduating high school? (select the best answer).

a. 53%
b. 44%
c. 75%
d. 32%

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**Sexual Abstinence and Birth Control**

**Content Knowledge Assessment Answer Key**

| Question # | Correct Answer |
|---|---|
| Question 1 | a |
| Question 2 | b, c, & d |
| Question 3 | If “no”, refer to resources |
| Question 4 | b |
| Question 5 | b |
| Question 6 | b & c |
| Question 7 | d |
| Question 8 | c |
| Question 9 | d |
| Question 10 | a, c & d |
| Question 11 | a, b, c & d |
| Question 12 | d |

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**Sexual Abstinence and Birth Control Assessment Question Resources**

| Q | Topic | Citation | Summary |
|---|---|---|---|
| 1 | Hormonal birth control | *Teaching Abstinence and Birth Control course*<br>SparkEd.net | 3-hour self-paced course on how to teach about abstinence and birth control options. |
| | | *Fundamentals of Abstinence and Birth Control*<br>SparkED.net, LLC | Concise 1 page fact sheet includes core concept, rationale for teaching it this way, talking points, facts and sample questions from young people with example answers. |
| | | *Birth Control Pill*<br>Planned Parenthood Federation of America | Summary of the hormonal birth control pill. Provides information on pill effectiveness, safety, use, where to get the pill, benefits, and disadvantages. |
| | | *Contraception and Pregnancy Prevention*<br>US Department of Health and Human Services | Overview of pregnancy prevention methods. |
| 2 | Emergency Contraception Pill | *Teaching Abstinence and Birth Control course*<br>SparkEd.net | 3-hour self-paced course on how to teach about abstinence and birth control options. |
| | | *Fundamentals of Abstinence and Birth Control*<br>SparkED.net, LLC | Concise 1 page fact sheet includes core concept, rationale for teaching it this way, talking points, facts and sample questions from young people with example answers. |
| | | *Birth Control: Emergency Contraception*<br>Bedsider | Information on emergency contraception types, effectiveness, side effects, and more. |
| | | *Emergency Contraception Facts vs. Fiction*<br>Hey Jane | Compares different types of EC and dispels common myths. |

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| **3** | State Laws – Age Teens can consent to sex and confidentially obtain birth control | *Teen State Sexual Healthcare Rights Worksheet*<br>SparkED.net, LLC | Worksheet with categories of information to look up to learn about your state's teen sexual healthcare laws. |
| | | *Minors' Access to Contraceptive Services*<br>Guttmacher, August 30, 2023 | Outlines state laws regarding minors' access to contraceptive services. |
| | | *State-by-State Variability in Adolescent Laws*<br>Marianne Sharko, MD, MS, et al. American Academy of Pediatrics, May 9, 2022 | Table 1. State-by-State Policies on the Ability of Minors to Consent for Medical Services, including: General Medical Care, STI Testing & Treatment, HIV Testing & Treatment, Contraceptive Care, Prenatal Care and Sexual Assault Evaluation.<br><br>Table 2 provides the specific laws for each state. |
| **4** | Best Method of Birth Control | *Choose the Right Birth Control*<br>US Department of Health and Human Services | Information on things to consider when deciding what the best choice of birth control is for an individual. |
| | | *Birth Control: Find a method that's right for you.*<br>Bedsider | Website providing general information along with FAQs, Reviews and Articles on different forms of birth control. Includes an interactive tool to compare different birth control methods. |
| | | *What do I need to know about birth control?*<br>*What's the best kind of birth control?*<br>Planned Parenthood | Website pages providing general information about birth control methods. |
| **5 & 6** | LARCs | *LARC (Long-Acting Reversible Contraception)*<br>Cleveland Clinic | Overview of Long-Acting Reversible Contraceptives. Defines available methods (IUD, Implants). Details effectiveness, use, cost, history, effects, and resources. |

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| | | *Understanding LARC: Long-Acting Reversible Contraception*<br>Americal Sexual Health Association | Overview of LARC methods, types, effectiveness, and possible complications. |
| **7** | Hormonal birth control, how often you need to take/use different kinds | *Birth Control Guide (Chart)*<br>US Food & Drug Administration (FDA) | Comparative chart of birth control methods. |
| | | *Birth Control Methods Chart*<br>Reproductive Health National Training Center, February 2025 | 2 page downloadable comparative chart of birth control methods including number of expected pregnancies, use & frequency, period changes, potential side effects, and other considerations. |
| **8** | Withdrawal efficacy | *How effective is pulling out?*<br>Planned Parenthood Federation of America | Information on the effectiveness of the withdrawal method. |
| | | *Pull Out Method*<br>Cleveland Clinic, September 15, 2022 | Information on what the withdrawal method is, it's effectiveness, and what causes it to fail/disadvantages. |
| | | *Behavioral Methods of Contraception*<br>American Sexual Health Association | Description of different behavioral birth control methods including abstinence, withdrawal, and Fertility Awareness Based Methods. |
| **9** | Birth Control Methods: "Typical" vs. "Perfect" use | *What's the difference between typical use and perfect use?*<br>Bedsider | Short article explaining the difference between typical and perfect use of birth control and sexual protection methods. |
| **10** | STI/Pregnancy Prevention Options Information | *Compare Methods*<br>Bedsider | 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. |

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| | | *What doctors wish patients knew about birth control*<br>American Medical Association | Dispels myths and misinformation about contraceptives and underscores the importance of discussing options with a healthcare provider. |
| | | *Birth Control Guide (Chart)*<br>US Food & Drug Administration (FDA) | Comparative chart of birth control methods. |
| | | *Birth Control Methods Chart*<br>Reproductive Health National Training Center, February 2025 | 2 page downloadable comparative chart of birth control methods including number of expected pregnancies, use & frequency, period changes, potential side effects, and other considerations. |
| **11** | Defining Abstinence | *Abstinence and Outercourse*<br>Planned Parenthood Federation of America | Defines abstinence and outercourse. |
| | | *What is Abstinence?*<br>AMAZE.org | 4 minute video of teens discussing what abstinence ism what it can be, and why someone might choose it. |
| | | *Behavioral Methods of Contraception*<br>American Sexual Health Association | Description of different behavioral birth control methods including abstinence, withdrawal, and Fertility Awareness Based Methods. |
| **12** | % of High School students who have had sex | *Youth Risk Behavior Survey: 2013 – 2023*<br>Center for Disease Control and Prevention (CDC), U.S. Dept of Health & Human Services, 2024 | Focus Area: Sexual Behavior, pages 9-11 provide information and graphs on the number of students nationwide who have ever had sex. |

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**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* SparkED.net, LLC | Concise 1 page fact sheet includes core concept, rationale for teaching it this way, talking points, facts and sample questions from young people with example answers. |
| *Compare Methods* Bedsider, | 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. |
| *Birth Control* Planned Parenthood Federation of America, | Interactive chart that allows users to compare methods as well as sort methods according to effectiveness and popularity. |
| *Birth Control Bingo* Scarleteen: Sex Ed For the Real World | Article that helps readers choose a birth control method best suited to their needs. |

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