Birth Control Matching Game

ID 51273040
Instructions

Purpose: This game will provide basic information on 6 of the most commonly used birth control options and provide an opportunity to discuss birth control.

Game: (15-20 minutes)
Materials:
• 6 birth control option picture cards
• 6 birth control option statements

Facilitator:
• Hand out the birth control statement cards to 6 participants.
• Have the six picture cards visible to participants either taped to the wall, on a table or held by facilitator.
• Have the participant read one of the statement cards and ask participants which picture matches the description.
• Allow participants a chance to talk about the various options and if they would like to share their experiences and thoughts about the various birth control options.
• Remember everyone may not have the same preferences or experiences.
• Remind the group that birth control is a personal choice.

Note: Only the six most common birth control methods are included as part of the game. For that reason other methods such as the NuvaRing, Birth Control Patch etc., are not included.
Facilitator Answer Key

Clue 1:
- Packaged together in groups of 21 or 28
- Swallow one per day, at the same time each day
- Contains hormones
- Need a prescription from your health provider

Answer: Birth control pills

Clue 2:
- Usually made of thin latex
- Insert into the vagina up to 4 hours before penis-vagina sex
- Creates a barrier so the sperm can’t get into the uterus
- Can usually get them at a community health centre or online. Some pharmacies carry them

Answer: Internal condom

Clue 3:
- These can be used after penis-vagina sex if you suspect a chance of pregnancy
- Use as soon as possible after sex; up to 5 days after
- These are hard on your stomach, so only use as a last option and gets lots of rest
- You don’t need a prescription, and can buy these at many pharmacies or get them at a Community Health Centre

Answer: Emergency contraceptive pill
Clue 4:
• A small device that is placed into the uterus
• Can be hormone-based or copper-based
• Lasts between 3 and 5 years
• Must be inserted by a health care provider, and may be expensive

Answer: IUD

Clue 5:
• Need one dose every three months
• Contains hormones
• A health care provider must inject this into your hip, so you usually need to make an appointment each time

Answer: Birth control shot

Clue 6:
• Usually made of thin latex
• Fits over the penis and keeps sperm from entering the uterus
• Can usually get them at a community health centres, online, or at many pharmacies

Answer: External condom
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Clue 6

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To help prevent pregnancy and sexually transmitted diseases including aids (HIV infection)

Aide à prévenir la grossesse et les maladies transmises sexuellement, y compris le sida (infection à VIH)