

## Contraception & Family Planning



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## Barrier Methods



- Male Condoms
- Female Condoms
- Dental Dams



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## Barrier Methods



- Sponge
- Diaphragm
- Cervical Cap/Femcap
- Leah's shield

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## Barrier Methods



Foam  
Film  
Jelly/Lube

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## Hormonal Methods



The Pill  
The Patch  
Nuva ring  
Emergency Contraception

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## How does EC work?



- Prevents ovulation
- Prevents fertilization
- Prevents implantation

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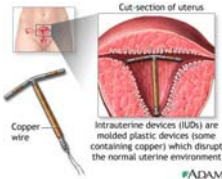
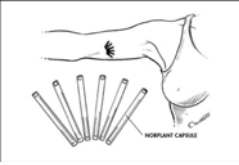
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## Hormonal Methods



Norplant  
Depo-Provera  
IUD

Intrauterine devices (IUDs) are molded plastic devices (some containing copper) which disrupt the normal uterine environment.  
#ADAM

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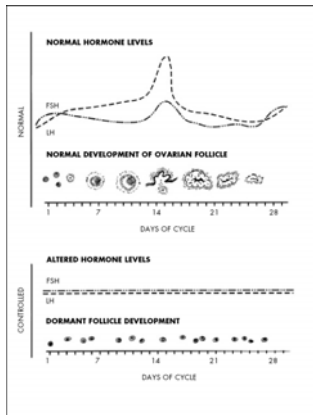
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## Hormonal Methods: How do they work?




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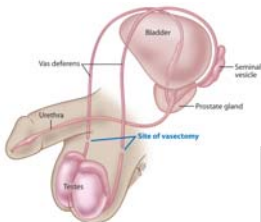
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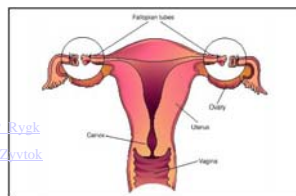
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## Permanent Methods



Vasectomy  
Tubal Ligation



[http://www.youtube.com/watch?v=1zl-nP\\_Rvgk](http://www.youtube.com/watch?v=1zl-nP_Rvgk)  
<http://www.youtube.com/watch?v=xA9foZcytok>

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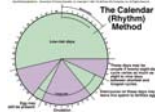
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## “Natural” Methods



Abstinence  
Withdrawal  
The Rhythm Method  
Breast Feeding




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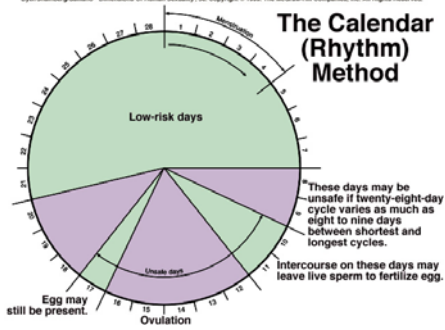
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## “Natural” Methods

Eyer/Shainberg/Gallano Dimensions Of Human Sexuality, 5e, Copyright © 1996, The McGraw-Hill Companies, Inc. All Rights Reserved.




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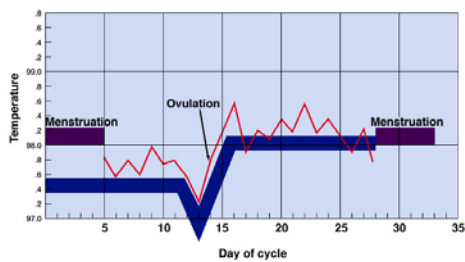
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## “Natural” Methods

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### Basal Body Temperature Method




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