

Contraception Review Quiz (ANSWER KEY)

Part 1 (True or False)

1. Wearing two condoms is better protection. **F**
This greatly increases friction and leaves condoms more prone to breakage.
2. Hormonal methods of birth control also prevent some STIs. **F**
3. The most effective contraceptive method is using condoms *and* the pill (or another hormonal method). **T**
4. The “morning-after pill” or emergency contraception requires a prescription from a doctor. **F**
Available at the drug store or a CLSC.
5. A woman can become pregnant without having sexual intercourse. **T**
If semen comes in contact with the vagina (whether or not the penis was inserted into the vagina) there is potential for fertilization.
6. Having an IUD for contraception means you do not need to wear condoms. **F**
An IUD is only a method of contraception; not protection from STIs.
7. The ring, the patch and the pill are all on a 3-week-on/1-week-off schedule. **T**
8. A woman is safe from pregnancy if sexual intercourse occurs during menstruation. **F**
Ovulation can happen at any time during the menstrual cycle and can be affected by factors like stress, illness and medications. In addition, sperm can live for up to 5 days inside a woman’s body, therefore it is possible to ovulate days after sex and become pregnant.
9. The pill causes cancer. **F**
The pill has been shown consistently to reduce the risk of getting endometrial and ovarian cancer. The effect of taking oral contraception on developing breast cancer is still uncertain. Some studies have shown a slight increase in the risk of breast cancer, but others have shown no increased risk.
10. Parents must know if you’re on the pill. **F**
The pill can be prescribed by a doctor without parental permission if over 14 years of age. However, it is a big decision to start on the pill and it may be helpful to talk to an adult you trust to weigh out the potential risks and benefits.

Part 2 (Short Answer)

1. Name 3 barrier methods of protection from STIs.
External (male) condom, internal (female) condom, dental dam.
2. When should emergency contraception be taken?
Up to 72 hours after unprotected sex, but most effective within 24 hours.
3. What should a woman do if she misses taking a pill?
Take another pill as soon as possible and finish the pack as usual. Use a barrier method of contraception for at least 7 days.

4. Why does spermicide alone increase the risk of contracting some STIs?
Spermicide irritates mucous membranes like the tip of the penis and the vagina so that viruses (like HIV) can more easily enter these sites.
5. Name 3 hormonal contraception methods that used in 28-day cycles.
The pill, the patch, the ring.

Cited pages:

<http://sexualityandu.ca/media-room/matte-stories-5.aspx>

http://www.teachingsexualhealth.ca/media/lessons/CALM_ContraceptionAK_ContraReviewQuiz.pdf