Birth Control Mini-Cases

At first...

As Kaylee tries her prom dress on at the last fitting, she can’t help but think what a special night prom is going to be. She and Jason have been dating for a several months, and now is the perfect time to take their relationship to the next level. But what about birth control? Having a baby is not in her immediate future. Kaylee believes her parents just would not understand if she went to them asking about birth control. She knows the doctor is not supposed to divulge personal information, but she worries that someone might see her at the doctor’s office or the pharmacy.

1. What are three birth control options Kaylee and Jason could consider at this time?
2. Which of the options you chose also reduce(s) sexually transmitted infection (STI) transmission?
3. What are the advantages and disadvantages of the various options (cost, failure rate, ease of use, etc.)?
4. Which option would you recommend for Kaylee and Jason and why?

Two years later...

Kaylee and her friends are hanging out when someone brings up her friend Stacy’s class entitled “The Biology of Women.” Stacy is describing some of the forms of birth control that are out there and available to women now. Her friends start talking about the types they use and how well they like them. Knowing that she and her boyfriend Derek have relied on condoms and spermicide, she wonders what other types of birth control she and Derek could be thinking about.

1. What are three birth control options Kaylee and Derek could consider at this time?
2. Which of the options you chose also reduce(s) sexually transmitted infection (STI) transmission?
3. What are the advantages and disadvantages of the various options (cost, failure rate, ease of use, etc.)?
4. Which birth control option would you recommend for them and why?
5. Where can they go to receive birth control options that are affordable in this area?

Seven years later...

Marriage has been good... Kaylee is the proud mother of two little girls, ages three and six months. She and her husband Aaron have decided that they are not ready for more children right now, but are still considering having another when the girls are a little older. Knowing this she is looking into birth control methods that allow for her busy lifestyle and may not need to be taken every day. She makes an appointment with her doctor to discuss the options.

1. What are three birth control options Kaylee and Aaron could consider at this time?
2. What are the advantages and disadvantages of the various options (cost, failure rate, ease of use, etc.)?
3. Which option do you recommend for them and why?

Five years later...

Life has changed a lot in the last five years for Kaylee and Aaron. They not only have two little girls, but also are now the proud parents of 18-month-old twin boys. At this point in their lives, Aaron and Kaylee believe their family is complete, but would like to explore all their birth control options. Before going to her doctor, Kaylee wants to educate herself about what is available for women who are interested in more long-term birth control options.

1. What types of birth control options are available to couples like Kaylee and Aaron, who have finished having children?
2. What are the advantages and disadvantages of the various options (cost, failure rate, ease of use, etc.)?
3. Which option would you suggest to Kaylee and Aaron and why?