



# Sex Talk for Self-Advocates #5

Birth Control



ASSOCIATION OF UNIVERSITY CENTERS ON DISABILITIES

RESEARCH, EDUCATION, SERVICE

# Self-Advocacy Educator - Randy Lizotte

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*Green Mountain Self-Advocates  
Vermont*

# Sex Educator - Katherine McLaughlin

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**ELEVATUS TRAINING**

LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

[www.elevatustraining.com](http://www.elevatustraining.com)

# Sex Educator - Erica Thomas

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GEORGETOWN UNIVERSITY  
**Center for Child and  
Human Development**

## Self-Advocate Guest Speakers

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**Bonnie  
Gonzalez**



**Jana Weber-  
Lizotte**



**Hillary Christian  
and April her  
daughter**

# Setting the Stage



- Using person first language
- Using participants own words for questions
- Using medical terminology

## Setting the Stage (Continued)



- Relationships and sexuality are very personal topics
- If you feel uncomfortable or are reminded of bad memories you can call the Crisis Call Center at (775) 784-8090

# Chat Box for Comments and Questions



- Please use the chat box for questions and comments
- Can be sent to everyone or to one individual
- Questions will be answered at the end of the presentation





## How the Webinar Will Work

- Questions from the Sex Talk Self-Advocate survey
- One educator will lead discussion and other will add to the discussion
- Time at end to answer questions

# Sex Talk for Self-Advocates Series



#1 - Relationships <http://bit.ly/SexTalkSeries1>

#2 - Sex and Intimacy <http://bit.ly/SexTalkSeries2>

#3 - Sexually Transmitted Infections

<http://bit.ly/SexTalkSeries3>

#4 - Relationship Experiences <http://bit.ly/SexTalkSeries4>

# What is Sexual Self Advocacy?

According to Green Mountain Self Advocates:

- "Speaking up for yourself, sexually"
- "Getting information we can understand"
- "Feeling good about yourself."
- "Taking a stand"
- "Feeling free to tell your partner what you want to do when having sex and what you don't want to do"
- "Learning from your mistakes"



# What is Sexual Self Advocacy?

- Being free about your sexuality like if
- you are gay, straight or lesbian.
- Knowing your rights and responsibilities when in a relationship.
- Not letting people use you, take advantage of you.
- Privacy is important - so, speak up for it.
- Knowing about birth control and safe sex.



# Introduction to Birth Control



**What is Birth Control?** Using hormones, barriers, devices and decisions to prevent pregnancy when having vaginal sex.

**Not everyone needs birth control:** Some people don't have vaginal sex because they don't want to or don't have anyone to do it with, some people have same sex relationships, and some people want to have a child.

**Making family planning decisions: What is your family plan?**

# Family Planning Considerations



We asked some self advocates to share their family planning decision making.

- “How do I know if I want to have children?”
- Can you tell us how you came to the decision to have children or not have children?
- What did you consider before you had children?

# Anatomy Review

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Let's review how babies are usually made.

Sperm from the testicles is ejaculated into the vagina.

An egg is released about once a month from the ovaries.

If the sperm meets the egg, a baby will begin.

**SPERM + EGG=BABY**

There are other ways to get the sperm and egg together, but it requires a medical provider to help you.

# Anatomy Review

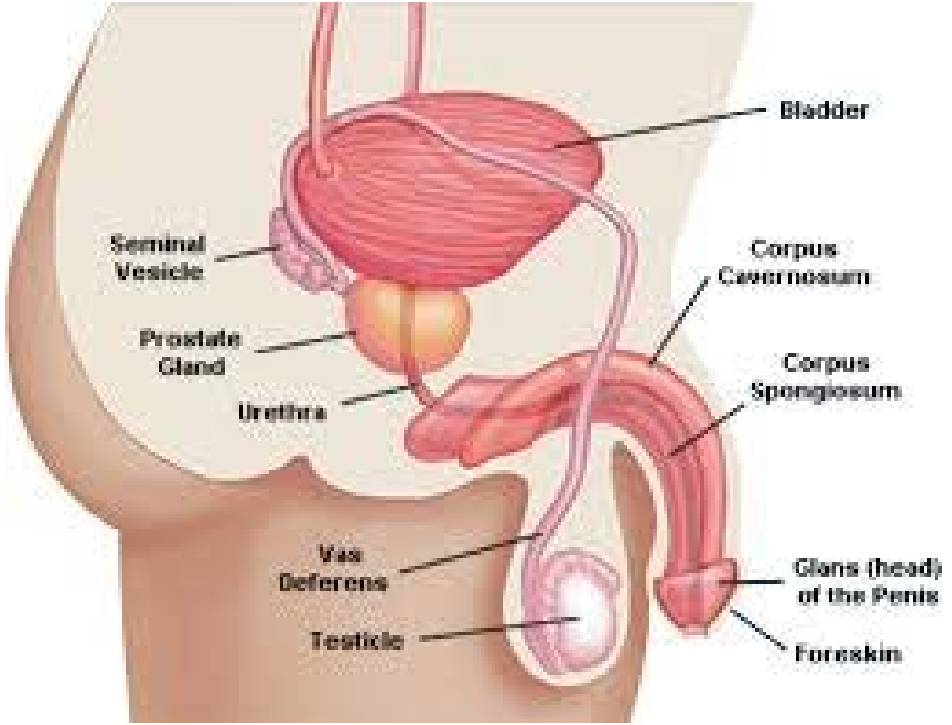


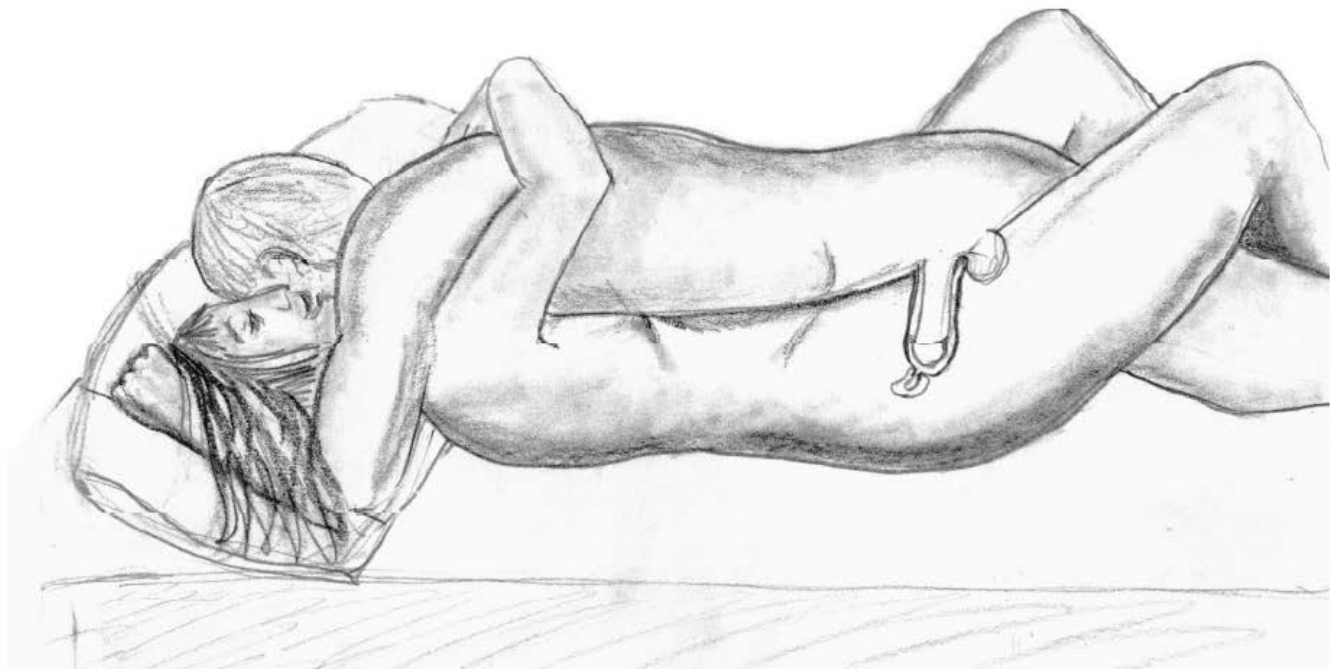
Birth control keeps the sperm away from the egg when two people are having vaginal sex by using hormones, barriers, and other devices.

- Either by no egg being released-hormones
- Keeping them apart with a barrier or device-condom, diaphragm





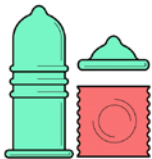




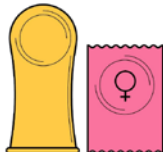
Birth Control



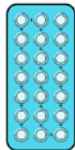
Safe Sex --- **They are not the same!**



Condom



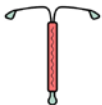
Female condom



Oral contraception



Vaginal ring



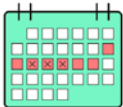
IUD



Surgical sterilization



Contraceptive patch



Calendar method



Vaginal douche



Spermicide



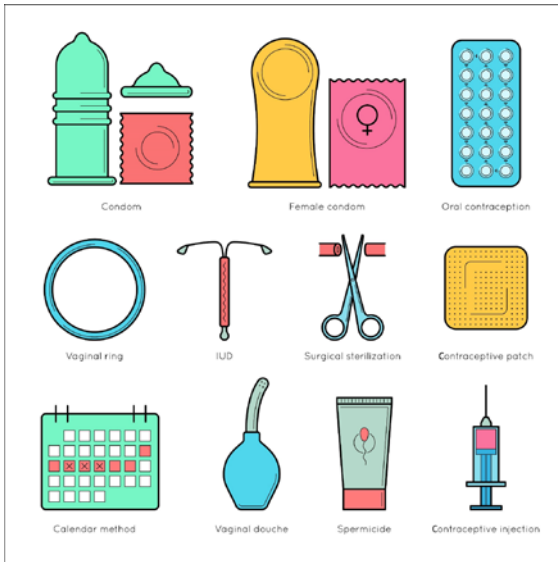
Contraceptive injection

Erica will explain the different kinds of birth control.

Most of them **will not protect you from getting a STI** - sexually transmitted infection.

Like if a person takes a pill or a shot - it will stop a women from getting pregnant **but the people having sex could still get HIV from each other.**

# Having Sex? *There are 2 issues to deal with!*

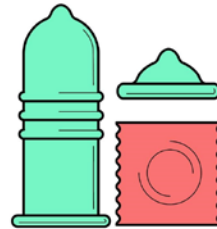


#1 When I have sex there is a chance that I or my partner will get **pregnant?**

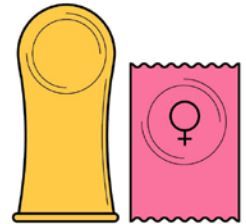
#2 What steps do I need to take to make sure I am having **safe sex?**

# Abstinence and Condoms

Abstinence and condoms (male and female) when used properly are the only type of birth control to prevent pregnancy and STIs



Condom



Female condom

# “What is birth control and what does it do?”

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- Birth control (BC) prevents pregnancy
- BC stops the sperm from reaching the egg (Barrier)
- BC stops a woman’s ovaries from releasing eggs that can be fertilized (Hormonal)
- BC can be implanted into the uterus (LARC)
- Abstinence - the most effective form of BC
- BC is YOUR choice
- **All BC does NOT protect you from STDs**



# “What are the types of birth control? How do you use it?”

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## Abstinence

The most effective form of birth control

No sex (vaginal, oral, anal)

Abstinence is a choice

Abstinence is 100% effective

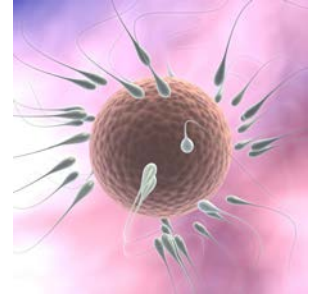




# “What are the types of birth control? How do you use it?”

## Hormonal Method

- Stops sperm from joining with an egg
- Stops ovulation (no egg to be fertilized)
- Your doctor prescribes it
  
- **The Pill** - small pill taken daily by mouth
- **The Patch** - a patch worn on the belly, butt, upper arm or back; 3 week cycle
- **Depo Shot** - a shot in the arm every three months
- **Vaginal Ring** - a flexible ring that is inserted and worn in the vagina; 4 week cycle; leave it in when having sex

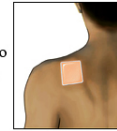




The Pill



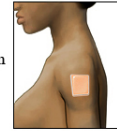
Upper torso  
(excluding  
breasts)



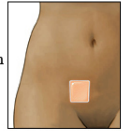
Buttock



Upper  
outer arm



Abdomen

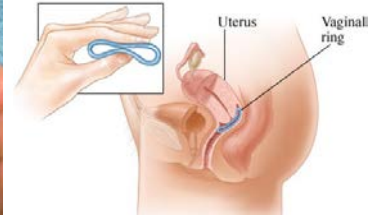
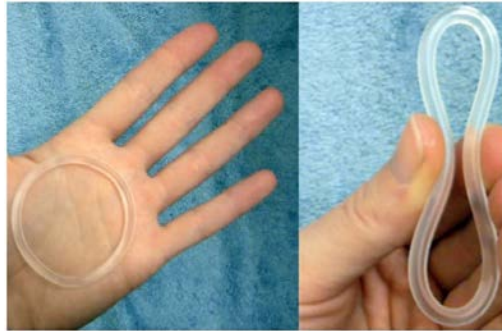


© Healthwise, Incorporated

The Patch



Depo Shot



Vaginal Ring

# “What are the types of birth control? How do you use it?”

## Barrier Method

Blocks the sperm from reaching the egg

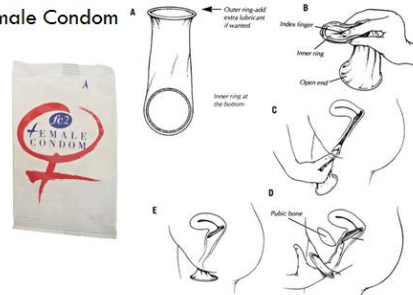
May protect you from STDs

Male Condom

Female Condom



The Female Condom



# “What are the types of birth control? How do you use it?”

## Long-Acting Reversible Contraceptives (LARC)

**Intrauterine Device (IUD)** - put into your uterus by your doctor; hormones prevent pregnancy; prevents sperm from getting to the egg; your doctor has to take it out; lasts up to 12 years

**Hormonal Implant** - small thin rod; looks like a matchstick; your doctor or nurse puts it into your arm; releases hormones into your body to prevent pregnancy; lasts for up to 5 years

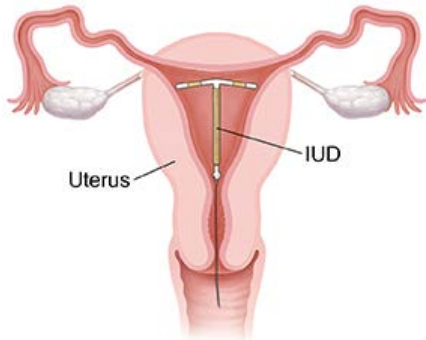




Hormonal Implant



IUD



# “What are the types of birth control? How do you use it?”

## Emergency Contraception

- Safe way to prevent pregnancy after unprotected sex
- Often called the “morning after pill” or PlanB
- Can buy at the store or get a prescription from the doctor
- Have to be at least 16 years old to purchase
- Take the pill within 72 hours (3 days) after unprotected sex
- The sooner you take it the better it will work



## Other Forms of Birth Control

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- Breastfeeding as Birth Control
- Outercourse
- Sterilization (Tubal Ligation/Tubes Tied or Vasectomy)
- Withdrawal or Pulling Out



## “What are the side effects of birth control? Does it make you sick?”



- Birth control side effects are VERY rare
- Not So Serious Side Effects: headaches, nausea, bleeding between periods
- Serious Side Effects (NOT COMMON): heart attack, stroke, blood clots, cancer and in some cases death
- Talk to your doctor about your birth control options and what will work best for you.
- Remember, it is YOUR choice.

**It's  
your  
choice**



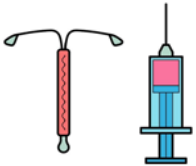
# Where Can You Get Birth Control?

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It depends on what kind of birth control you are using:



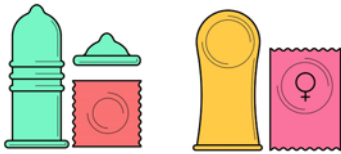
If you are talking about birth control pills - you get a prescription from the doctor. And then you get the pills either a pharmacy or planned parenthood or sometimes they can be mailed to your house.



For an IUD or shot - you get that at a doctor's office

# Where Can You Get Birth Control?

It depends on what kind of birth control you are using:



## Condoms

- pharmacy, grocery store,
- convenient stores, buy them online
- planned parenthood, public health office
- Friends or family (check the date!)



**Plan B** - You can buy this over the counter at a pharmacy or get it from a doctor

# Birth Control and Family Planning



Self Advocates:

- If you are not planning on having a family right now or ever, what steps are you taking to not have a child?
- Have you used birth control before? What kind and were you happy with it?

# Birth Control and Pregnancy: Self Advocates



If you use birth control, chances are you will not get pregnant.

- “What if like me, you and your partner are trying to have a baby? we are both Autistic. can’t use protection if you are both consensually trying to get pregnant! I want to make sure that people know it’s okay to try and get pregnant and that you can’t use protection if you and your partner are trying.”
- “Communicating with your partner about starting a family. Planning a family one day.” What are some tips for communicating with your partner?

# Questions and Answers



Questions related to today's topics

# Resource List



## How to Use a Female Condom

- <https://www.youtube.com/watch?v=LRZH5ASO-eM>
- <https://www.youtube.com/watch?v=pbPVkTpQnUo>

## How to Use a Male Condom

- <https://www.youtube.com/watch?v=gXlcEJhYVuc>
- <https://www.youtube.com/watch?v=M9Lyay-gemA>

## Websites to learn more about birth control

- <https://www.plannedparenthood.org/learn/birth-control>
- <https://www.bedsider.org/>

## Next Webinar



What: LGBTQ+ Relationships

When: To be determined (TBD)

How to sign up: Look for a link in the coming months

\*Evaluation Reminder