



Contraception Options and Access Amongst Adolescents Community Outreach Project

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Introduction

About the presentation:

July 12th, 2023, 2:30-5:30pm

Jefferson High School, SEI (Self Enhancement, Inc.)

Two 45-minute Presentations

Audience: Adolescents in Public School

- 50 attendees, equal male and female attendance
- Incoming High School Freshman enrolled in Portland Public Schools, attending the SEI Summer Series

Background

Learning Objectives

1. Learn about the repercussions associated with unintended teen pregnancy and contracting STIs
2. Know general information about female-targeted contraception options on the market, including their pros and cons
3. Learn resources to obtain information about contraception (both widely public and private)
4. Know about options for emergency contraception
5. Learn the benefits that various contraceptive options can have on QOL regardless of sexual activity

Content

Main points and Pearls

- *Abstinence-only teaching is ineffective at preventing unintended pregnancy and STIs in teens¹*
- *Consent should be given freely, without being under the influence, and can be withdrawn at any time, for any reason*
- *There are many different types of hormonal and nonhormonal contraception options on the market*
- *People may have some trial-and-error in finding their ideal contraception option*
- *Certain types of birth control can be helpful for menstrual symptoms like acne*
- *Barrier methods are the only way to prevent STIs*
- *Resources for STI testing in the community*
- *Information on Emergency Contraception*
- *HPV, HPV-related cancers and immunization*

References/Acknowledgements

Stanger-Hall KF, Hall DW. Abstinence-only education and teen pregnancy rates: why we need comprehensive sex education in the U.S. PLoS One. 2011;6(10):e24658. doi: 10.1371/journal.pone.0024658.

Discussion

How did it go?

- Presentations were well-received; students were interactive and had great questions that helped make each presentation unique to each audience
- The group of female students wanted to know more about specific birth control methods, whereas the group of boys were more interested in discussing consent and STI prevention
- Challenges included no prior formal sexual education in Portland Public schools
- Evaluations from students reported they learned more about various contraceptive options as well as general information about the menstrual cycle, STIs and HPV

Conclusion

I learned first-hand that a robust sexual education is **not** guaranteed in public schools, and not equal across regions, and many students depend on school-based sex ed programs

- Impact: students reported on evaluations that they were very likely to change their behaviors based on what they learned
- If more time was allowed, would have enjoyed a discussion regarding contraception with all students together