

Birth Control Quiz (True or False)

1. "The Pill" works by stopping the release of a mature egg and thickens the cervical mucus to prevent pregnancy.
2. Using hormonal contraceptives can cause irregular bleeding, headaches and increased risk of blood clots.
3. The Vaginal Ring (also known as the Nuvaring) is replaced every day.
4. Oral Contraceptives do not protect against the transmission of Sexually Transmitted Infections (STIs).
5. An Intrauterine system, also known as an IUS (e.g. Mirena, Kyleena) can stay in a person's uterus for 15 years.
6. The emergency contraceptive pill (Plan B) can be taken up to 5 days after unprotected sexual intercourse.
7. Water based lubricants can be used with condoms.
8. Wearing two condoms gives better protection than one.
9. A person cannot get pregnant when on their period.
10. Sperm can survive for 5-7days inside another person's body.
11. The withdrawal method is an effective form of birth control.
12. A person with a uterus cannot get pregnant if they do not orgasm.

Birth Control Quiz 2 Answer Key

1. "The Pill" works by stopping the release of a mature egg and thickens the cervical mucus to prevent pregnancy. **TRUE**
2. Using hormonal contraceptives can cause irregular bleeding, headaches and increased risk of blood clots. **TRUE – some of these side effects do go away once you have been on the method for a couple of months**
3. The Vaginal Ring (also known as the Nuvaring) is replaced every day. **FALSE – it is replaced monthly**
4. Oral Contraceptives do not protect against the transmission of Sexually Transmitted Infections (STIs). **TRUE**
5. An Intrauterine system, also known as an IUS (e.g. Mirena, Kyleena) can stay in a person's uterus for 15 years. **FALSE – An IUS can remain in place for up to 5 years. A copper IUD (does not contain any hormone) can stay in place for up to 10 years**
6. The emergency contraceptive pill (Plan B) can be taken up to 5 days after unprotected sexual intercourse. **TRUE - Most effective the sooner it is taken**
7. Water based lubricants can be used with condoms. **TRUE - oil based lubricants can cause the condom to break down**
8. Wearing two condoms gives better protection than one. **FALSE – one condom will likely come off due to friction**
9. A person cannot get pregnant when on their period. **FALSE – people could ovulate at any time during their cycle and sperm can survive up to 7 days. This means that if someone ovulates close to their period, they could become pregnant while on their period**
10. Sperm can survive for 5-7 days inside another person's body. **TRUE**
11. The withdrawal method is an effective form of birth control. **FALSE - often there is not enough control or awareness of imminent ejaculation so may not work. Also, could have viable sperm in pre-ejaculate (pre-cum). It is better than using nothing however.**
12. A person with a uterus cannot get pregnant if they do not orgasm. **FALSE – orgasm is not necessary for pregnancy**

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HEALTH
DEPARTMENT

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