

## Choosing a Contraceptive Method Brainstorm

*The purpose of this activity is for young people to think through the process of choosing a contraceptive method. This can be added on to your existing contraceptive methods lesson plan and can be used alongside our Contraception Self-Advocacy brainstorm activity.*

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### TOOLS AVAILABLE TO EDUCATORS

To explain the concept of self-advocacy, check out these tools on our website:

- Self-advocacy primer + video
  - Advocating for your Contraceptive Needs infographic
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### HOW THE ACTIVITY WORKS

After having reviewed contraceptive methods, the facilitator will explain that while there are many contraceptive methods available, the right contraceptive method for someone is the one they are able to use correctly and consistently. The facilitator will then lead the participants into this brainstorm activity. Participants will have time (around 5 minutes) to brainstorm what someone should think about before choosing a contraceptive method. This can be done in many ways, for example:

- Participants (individually or in teams) write their ideas on sticky notes (one sticky note per idea), then place all the sticky notes on a large sheet of paper, whiteboard, wall, canvas, or other surface.
- For virtual learning, the facilitator can utilize a Jamboard or other virtual whiteboard for students to place sticky notes and/or text boxes with ideas.

If participants are having difficulty in brainstorming, the facilitator can give some example ideas, such as “cost,” “effectiveness” or “ease of use.” At the end of the 5 minutes, the facilitator will give participants time to read what the other participants or teams have written. The facilitator will then guide the participants in categorizing the sticky notes by similar ideas or themes. The facilitator will lead the group in a short discussion.

#### *Discussion Questions:*

- Why is it important to think through all of these different things before choosing a contraceptive method?
- What could happen if someone didn't think through their contraceptive method decision?
- Where can someone turn to learn and think through these questions/concerns?

\*\*If you have an online & community resource list, this can be a great place to share it with your young people or remind them about it.