



Assessment Rubric for Skill Development: Discussing the Pros and Cons of Pregnancy Prevention Methods

The following rubric can be used to assess student skill development. The student has demonstrated the following elements of this skill through role play, written assignments, or classroom activities.

Elements in the Lesson

- Prepared to debate the merits of the assigned pregnancy prevention method, focusing on two issues:
 1. Identify pros of using the method.
 2. Identify cons of using the method.
- Written responses are clear and relate to the question.

1	2	3	4	Comments
Pros or cons of using the method are identified for at least three of the methods.	Pros and cons of using the method are identified for four or five of the methods.	Pros and cons of using the method are identified for all of the methods.	Pros and cons of using the method are identified for all of the methods.	
There are inaccuracies and unclear notes.	There may be inaccuracies or some of the notes may be unclear.	The responses are accurate and clear.	The responses are accurate, detailed, and clear.	



Methods of Avoiding Pregnancy: Pros and Cons

Method	Pros	Cons
Abstinence		
Contraceptives		
Birth Control Patch ("The Patch")		
Birth Control Pill ("The Pill")		
Intrauterine device (IUD)		
Birth Control Shot		
Condom: Female Polyurethane & Male Latex or Polyurethane		



GET GUIDANCE

Who I can talk to about abstinence and other methods of avoiding pregnancy:

WRITE WHAT I LEARNED

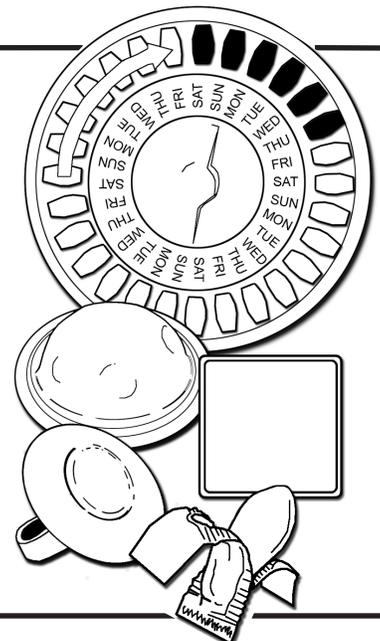
What I learned today about abstinence or contraception as a result of our class activity:

THINK ABOUT THIS QUESTION, BUT DO NOT RECORD YOUR IDEAS

What methods of preventing pregnancy, including abstinence, might work best for me now or in the future?

SOURCES OF INFORMATION

- American College of Obstetricians and Gynecologists: www.acog.org
- TeensHealth: www.kidshealth.org/teen/sexual_health/
- Kaiser Family Foundation: www.kff.org
- Food and Drug Administration:
<http://www.fda.gov/forconsumers/byaudience/forwomen/freepublications/ucm313215.htm>
- The Nemours Center for Children's Health Media:
www.kidshealth.org/teen/kh_misc/about.html
- The Center for Young Women's Health, Boston Children's Hospital:
www.youngwomenshealth.org/contra.html





Methods of Avoiding Pregnancy: Pros and Cons

Method	Pros	Cons
Abstinence	Most effective, inexpensive, protects against pregnancy and STIs, can be used at any time (even if you had sex in the past)	Doesn't work if individual has decided to have sexual intercourse.
Contraceptives		
Birth Control Patch ("The Patch")	Very effective, only need to change the patch once a week, can be hidden under clothing, doesn't require application during sex	Requires a prescription and a medical exam, not recommended for women over age 35 who smoke, does not protect against STIs, may increase risk of blood clots
Birth Control Pill ("The Pill")	Very effective, doesn't require application during sex	Requires a prescription and a medical exam, not recommended for women over age 35 who smoke, must remember to take pill at the same time daily, does not protect against STIs
Intrauterine device (IUD)	Non-Hormonal Method, no need to remember a daily/weekly/monthly application	Does not protect against STIs/STDs, requires a prescription and medical exam, must be inserted by a health care provider, may require the need for refitting
Birth Control Shot	Very effective, no need to remember a daily or weekly dose, doesn't require application during sex	Requires a prescription and a medical exam, does not protect against STIs
Condom: Female Polyurethane & Male Latex or Polyurethane	Protects against pregnancy and STIs, doesn't require a prescription, male condom allows male to have control over pregnancy and STI prevention, female condom allows female control over STI prevention, available in many locations	Some people think it diminishes sensation during sex, must be applied immediately prior to sex



For additional information on contraceptives, read the following:

- Hatcher, et.al., *Contraceptive Technology*, 20th ed., New York: Ardent Media; 2011.
- Food and Drug Administration:
<http://www.fda.gov/forconsumers/byaudience/forwomen/freepublications/ucm313215.htm>

For current information on medications and side effects, visit the following

Food and Drug Administration website:

- Index to Drug-Specific Information at www.fda.gov/cder/drug/DrugSafety/DrugIndex.htm