



## Preventing Unplanned Pregnancy and Completing College LESSON THREE STUDY GUIDE

### Birth Control Methods: How to Get Them, Where to Get Them, and How to Talk About Them

#### *How to Get Birth Control*

1. Which methods of birth control are available over-the-counter? List them here.
2. Which methods of birth control do you need to see a healthcare provider to obtain? List them here.
3. Have you determined which methods of birth control you're most interested in? You may want to look back at your **Lesson Two Study Guide** and then write them in here.

#### *Talking to Your Partner*

4. What questions do you want to ask your partner?
5. What points do you want to discuss with your partner?

#### *Where to Get Birth Control*

6. Does your college have a health center on campus? If so, do they offer your preferred method(s) of birth control? Include any other relevant information.
7. If your college doesn't have a health center or it doesn't offer your preferred birth control method, where can you find a healthcare provider in your area? Go to Bedsider's "[Where to get it](#)" page to do a zip code search, then add the name, phone number, website address, and location of at least one healthcare provider you would consider visiting.

8. Where can you find emergency contraception (this will likely be a place where you can also obtain other over-the-counter methods of birth control and/or fill your prescription)? Go to Bedsider's ["Where to get it"](#) page to do a zip code search for emergency contraception, and then add the results here.
  
9. Are you eligible for free or low cost birth control? Use Bedsider's [Save Money on Your Method](#) tool and add the results of how and where you can obtain it here.
  
10. If you have health insurance, write the contact information for your provider here so you can determine your out-of-pocket cost.

### ***Talking to Your Healthcare Provider***

11. What questions do you want to ask your healthcare provider?
  
  
  
  
  
  
  
  
  
  
12. What points do you want to make with your healthcare provider?