



Preventing Unplanned Pregnancy and Completing College
LESSON RESOURCE LIST

LESSON ONE – Why Should You Care About Preventing Unplanned Pregnancy?

Resource Name	Resource Website URL
Babycenter – “First-Year Baby Costs Calculator”	http://www.babycenter.com/baby-cost-calculator
USDA Center for Nutrition and Policy Promotion - “Cost of Raising a Child Calculator”	http://65.216.150.170/default.aspx
Attorney General of Texas <i>p.a.p.a.</i> (<i>Parenting and Paternity Awareness</i>) program	https://www.oag.state.tx.us/cs/ofi/papa/

LESSON TWO – How Much Do You Know About Birth Control and Sex?

Resource Name	Resource Website URL
Bedsider	http://www.bedsider.org
Bedsider Features – “Fact or Fiction?”	http://bedsider.org/fact_or_fiction
Bedsider Method Explorer	http://bedsider.org/methods
Bedsider Features – “Real Stories”	http://bedsider.org/features/40
Bedsider Articles – “Provider Perspectives: Our medical experts weigh in on your questions.”	http://bedsider.org/features/95

LESSON THREE – Make a Plan and Take Action

Resource Name	Resource Website URL
Bedsider Articles – “Getting birth control over-the-	http://bedsider.org/features/78

counter”	
Bedsider Method Explorer	http://bedsider.org/methods
Bedsider Real Stories	http://bedsider.org/features/40
Bedsider birth control methods – “Emergency contraception”	http://bedsider.org/methods/emergency_contraception#side_effects_tab
Bedsider “Where to get it”	http://bedsider.org/where_to_get_it
Bedsider “Save money on your method” - Free Birth Control Tool	http://bedsider.org/free_birth_control
MTV It’s Your Sex Life website – “PROTECT”	http://www.itsyoursexlife.com/gyt/protect/what-works-what-doesnt/
MTV’s It’s your sex life – “Talk to your partner: I want to use condoms”	http://www.itsyoursexlife.com/gyt/talk-iysl/tips/i-want-to-use-condoms/
About.com – “How to talk to your partner about birth control and sex”	http://contraception.about.com/od/talkingaboutbirthcontrol/ht/TalktoPartner.htm
About.com – “How to respond to men’s excuses for not wanting to wear a condom”	http://contraception.about.com/od/talkingaboutbirthcontrol/ht/responses.htm
About.com – “What to Ask the Doctor”	http://contraception.about.com/od/talkingaboutbirthcontrol/tp/Ask-A-Doctor.htm
Bedsider “How to Talk Doctor”	http://bedsider.org/features/172
Bedsider Reminders	http://bedsider.org/reminders
Power to Decide	https://powertodecide.org
Bedsider - Contact Us	http://bedsider.org/contact
San Francisco Sex Information website and hotline	http://test.sfsi.org/
MTV’s It’s Your Sex Life	http://www.itsyoursexlife.com
University of Wisconsin Relationship Education – “UWiRE for College Students”	http://www.wire.wisc.edu/WiREhome.aspx
Association of Reproductive Health Professionals Birth Control Tool – Method Match	http://arhp.org/MethodMatch/

ADDITIONAL RESOURCES

Resource Name	Resource Website URL
The Fog Zone: How Misperceptions, Magical Thinking, and Ambivalence Put Young Adults at Risk for Unplanned Pregnancy	https://powertodecide.org/what-we-do/information/resource-library/fog-zone