Case Study #1
You are a health educator and have been providing a curriculum to a high school class. Tomorrow’s lesson is on contraception. The lesson is not completely up-to-date. What can you do to incorporate the new information about LARCs and dual method use messages?

Ideas gathered from webinar participants:
1. Bring your own relevant and up to date information from other resources (trainings, clinic locations, etc.).
2. If you are able to add updated information to the curriculum, then I would do some research on LARCs and present it as another option of birth control during the contraception lesson.
3. I would still let the students know about the new information.
4. Incorporate newest LARC Skyla.
5. Gather information from reliable resources and add the additional information to the presentation. Also, be prepared to discuss myth vs. fact.
6. I would use bedsider.org to incorporate up to date and teen friendly technology.
7. Research information and create a PowerPoint including new information about LARCs.
8. Inform of new evidence.
9. We would use our Family PACT birth control booklet and bring information from other trainings.
10. Bring updated information you may have from other sources/training.
11. I would look on the CDC web site for up to date info or handouts.
12. Introduce LARCs, show comparison on effectiveness, explain that LARCs reduce risk of pregnancy and condoms prevent HIV/STDs.
13. Bring up the link the between STD and the dual message with the LARC information.
14. Ask the students first what methods they know about. Then have them look up how effective they are at preventing pregnancy. Then rank them in terms of responsibility. Then adding on the information about LARC and emphasizing that they do not protect against STIs though and the importance of still using condoms.
15. I can start my presentation by speaking of LARC methods first and also dispel myths such as needing to have given birth before, etc. I would also explain why LARCs are as effective as they are (work a long time without person having to do anything).
16. Add all LARC methods to presentation and also include myths and facts that you have learned from trainings and allow students to ask questions or concerns. Also bring up dual use to also ensure protection from both pregnancy and STDs/HIV.
17. Bring updated information and cited source materials. Information can be given as a supplement either during or after the relevant information is being presented in the activity or lesson.
18. Bring models of methods to show how small and easy they are to use.
19. Gather more information from the CDC website and incorporate into a website.
20. Include side by side comparison of effectiveness rates on all types of contraceptives including LARCs.
21. Let them know that there are new methods available. Explain each of these and compare them with what they know. Show what it looks like and benefits of each. Most important, it’s available for them also.
Case Study #2
You provide contraceptive counseling to young women. Some have had a child and others have not. How would you incorporate information about LARCs and dual method use into your counseling session?

Ideas gathered from webinar participants:
1. Ask them if they plan to have another pregnancy soon. If not, discuss the LARC methods and tie in dual methods to prevent STI.
2. Ask how easy it is for them to remember to use contraception and explore what would work in their life.
3. Mention about timing when someone would want to start or increase their family size. In the meantime emphasizing how the methods can help them reach current or future goals of not getting STIs.
4. I would first find out what kind of BC they are using and then I would tell them about LARCs and the dual method.
5. Tell them about dual prevention and STD prevention and show them a picture of Gonorrhea.
6. Bring up the subject of LARCs and dual methods to the group not differentiating between women who have children and who don’t.
7. Ask them where they are with birth control and getting pregnant. If they indicate they do not want to have more children for a while, then we can explore LARCs and dual method as a viable option.
8. Talk to them about their goals and dreams and then explain that the LARC may be a more effective choice but also remind them that dual method is necessary.
9. Talk about second pregnancy risk, STD prevention...wanting them to understand that using a dual method of protection is important for more comprehensive health protection.
10. As a counselor, you want to ask questions about where she is in her life, her plans for the future, in order to gage and suggest the appropriate LARCs or another method depending on their responses.
11. Discuss experience w/ LARCs and dual methods. Explore best options.
12. Use motivational interviewing technique to zero in on their desires to remain pregnancy and STD free.
13. Give them statistics and research findings. Provide plenty of information, benefits, and options. Remind them to speak to their health care provider if they have any questions or concerns.
14. Ask them about when they would like to have either their first child or their next child and point out that the LARCs can help them achieve their plan. I would also let them know that condoms are the only method that can help with STI prevention, show them how to use condoms and also go over partner communication around condoms that can arise in different situations.
15. I show all the available methods of contraception--explaining that all LARCs can be used by women with and without children. I would also compare effectiveness rates. I would explain that importance of protecting oneself from STDs and HIV. I explain how dual use provides dual protection.
16. I would talk about whether they want to have a child soon or another child soon. If not, discuss LARCS and effectiveness so that they are able to control when and if they get pregnant for the first time or 2nd, 3rd...etc. Talk about dual method use in regards to the importance of preventing STD’s and not having an unplanned pregnancy. Discuss future goals and explaining how the use of LARCs and dual methods can help them be sure they can reach their goals and not worry about STD infection and the damage in can do to their body and possible their baby if they were to get pregnant.
17. Talk with client about chances of pregnancy and chances of second pregnancy and how LARCS would be a method to consider.
18. If their partner complains about feeling the string - let them know with a condom the strings can't be felt.
Strategies for Increasing Use of LARCs and Dual Methods

Strategies for Work with Youth

Ideas gathered from webinar participants:
1. Review all methods of birth control include new info on LARCs and stress barrier method is only protection against STD/HIV etc. Send them home with supply of condoms and how to use them correctly.
2. Skill demonstration (i.e. condoms).
3. Let them see the different methods.
4. Include the boys in the LARC & Condom education every step of the way!
5. Keep them engaged at all times. Condom demonstration with step by step on how to properly use condoms.
6. Stick you entire arm in the condom to show that it WILL fit.
7. Condom negotiation skills.
8. Allow them to blow up condoms to see how much they can stretch.
9. Encourage youth to ask others about their experiences with LARCs.
10. We use baby oil when they blow the condoms up and do that demonstration.
11. They definitely need to see demonstration of how to put on a condom. Demonstrate how condoms break.
12. We often hear: "I can’t feel anything when using a condom" reply: "Would you rather feel with a condom or feel NOTHING!"
13. Condom demos and review steps for using a condom, then hand them a stack of cards with the steps on them, and then allow them to race to put the steps in order. Discuss LARCs and allow them to touch and handle the sample model.
14. Condoms are cheaper than raising a baby.
15. Explain what it could feel like if you had an STD so using a condom will protect you from those symptoms that can be damaging and painful.
16. Show pictures of consequences when condoms are not used. It becomes more real to them.
17. We provide a teen clinic at one of locations that is only for teens and no adults allowed in order for teens to feel more comfortable.
18. Role play scenarios when it would be appropriate to bring up BC and condoms to a partner and see how that will look like.
19. Use one-on-one motivational interviewing to personalize and have individual application of information.
20. Refer to Family PACT clinics. Make sure all referrals are teen-friendly and welcoming to all youth.

Strategies for Work with Providers & Staff

Ideas gathered from webinar participants:
1. Keep them updated on BC/LARC methods and provide statistics they can use with client encounters.
2. Create fact sheets on common myths and facts for providers.
3. Be sure to share all information received from LARC trainings, etc., with all clinic staff.
4. Keep them updated with all new information and if possible send them to conferences.
5. Attend staff meetings and present new information on BC/LARCs to clinic staff.
6. You can work with peer educators to role play and get feedback from youth directly as well as having meetings to develop strategies that will work with both providers and reproductive health specialists so that they can speak to teens in a way that is relatable.
7. Encourage clinical staff that even if there is limited time for counseling, it can be helpful for them to take time to guide them through the BC methods and also start with the LARC methods.
8. Disseminating up to date health education materials during outreach events such as community health fairs.
9. Keep client and clinic up to date on LARC information. We are fortunate to run a teen clinic which answers any questions a teen may have in regards to pregnancy and birth control.

**Strategies for Work with Communities**

**Ideas gathered from webinar participants:**
1. Conduct presentations at parents groups or during outreach.
2. School based education, community outreach through health fairs, and sex ed for parents classes are a good base to start from.
3. Statistics on teen pregnancies in the community and if possible attend community meetings to prompt discussion within community members and this will help get them on board with LARCs.
4. Share impact of unintended pregnancies such as drop-out rate.
5. Provide trainings to community members that also work with youth throughout community and share with them questions that youth are asking about birth control and share with them updated information on LARCs.
6. Provide outreach events at schools, community centers, and health fairs.
7. Have "Did you know...." information cards/bookmarks to give out with correct information eliminating myths! Also, the use of SOCIAL MEDIA. See an article from a reliable source? Repost/retweet it!
8. Offer informational brochures at community events. Also offer community resource guides for clinic locations to access LARCS and other contraception methods via Family PACT.
9. Engage other community agencies and partners that work with youth even if they do not work in the area of reproduction.
10. Attend health fairs, parent meetings at school to discuss the comprehensive sex education programs to help parents understand importance of discussion these topics with their student.
11. Educating community about the facts of LARCs and clarify myths.