

## USING THE CHOICE BOOK

# Tailoring Contraceptive Discussion with Adolescents

### STEP 1:

Start with a discussion to understand the current knowledge and needs of the client. Questions 1-3 should be asked of every client; questions 4-6 only if you need to further narrow down the options.

Question	Key take-aways from response
1. What experiences have you or people you know had with contraceptives in the past?	<ul style="list-style-type: none"><li>▪ If she has had problems with side effects or using a method correctly in the past, eliminate that method</li><li>▪ If she has heard myths about methods, correct those myths and ask if she would still consider that method</li></ul>
2. What concerns do you have about using contraception?	<ul style="list-style-type: none"><li>▪ Correct myths, such as it can cause cancer</li><li>▪ Offer to discuss the methods that best address her concerns not based on myths- for example, methods with few side effects, methods that are good for future pregnancy</li></ul>
3. Is there anyone that can't know you are using contraception?	If yes, use the Privacy page of the Choice Book to eliminate methods that don't meet her privacy needs
4. How does your partner feel about condoms?	If he is against condom use or inconsistent, eliminate condoms for pregnancy prevention. Once a method is selected, revisit condoms for STI prevention strategize how to negotiate better condom use
5. Would you like a method	If yes- eliminate IUD, SDM, condoms

that improved your period?	If wants periods to stay the same – eliminate IUS, implant, injectable, pills
6. Would you prefer a method that was easier to use in your daily life or a method that is harder to use but you can stop without coming back to the clinic?	If easy to use- eliminate pills, injectables, condoms, SDM If stop without coming back- eliminate IUD, IUS, implant

*You can eliminate methods by making an X on the stoplight matrix if it helps you remember.*

## STEP 2

Use the stoplight matrix to compare 2-3 methods that fit her needs best.

Say: “Based on our discussion, I recommend talking more about A, B, and C method because they have the benefits of X, Y, and Z that you said you preferred. If you don’t want any of those methods, we can come back and look at other options. Is that OK?”

For the 2-3 methods, review the green, yellow, and red benefits/disadvantages. Note where these methods are different.

Say: “Which ones would you like to hear more about?”

Review those method specific pages with her. If she doesn’t want any of those, go back to the matrix and look at options that were eliminated. Ask if she will reconsider any of her preferences. Find the method(s) that could still work for her, compare on the matrix, and review those method pages. When she has decided, review again the key messages for her chosen method so she remembers and help her make a plan for using it correctly and managing side effects.