***Preventing Unplanned Pregnancy and Completing College*Student Guide**

**Overview**

When was the last time you had some form of sex education? Whether it was from a parent at home, or perhaps from a teacher at school, it was probably a while ago and a lot has changed since then, both in medical advancements and where you are in your life. You may think you have all the information you need to prevent unplanned pregnancy—or to help a friend or a son or daughter prevent pregnancy—but there may be more for you to learn. For example, in a recent survey, 90% of unmarried young adults aged 18-29 believed (and 66% *strongly* believed) they have all the knowledge they need to avoid an unplanned pregnancy, but in reality, many people knew little to nothing about even the most commonly used methods of birth control.

In addition, an unplanned pregnancy can make it harder to succeed in school—61% of women who have children after enrolling in commu­nity college fail to finish their degree, which is 65% higher than the rate for those who didn’t have children.

The three lessons in *Preventing Unplanned Pregnancy and Completing College* are designed to help you consider how an unplanned pregnancy could affect your educational goals, as well as other parts of your life. You will learn about various birth control methods; identify the most appropriate method(s) for your values, lifestyle, and relationships; and, create an action plan to decrease your chances of unplanned pregnancy. And, yes, this means men as well as women.

**Lesson One: Why Should You Care About Preventing Unplanned Pregnancy?**

In this lesson you will learn about the impact an unplanned pregnancy could have on your educational goals, your social life, your significant relationships, and your finances. Real students―both men and women―tell their stories about what happened to them as a result of unplanned pregnancies. You will learn some of the facts about unplanned pregnancy among college-age students, as well as about the costs of raising a child and the effect of dropping out of college on your potential income.

Lesson Two: **How Much Do You Know About Sex and Birth Control?**

This lesson focuses on two major questions: “What do you know about sex and birth control?” and “Which birth control method is right for you?” Using *Bedsider* as a resource, you will learn about birth control methods and view videos of young men and women discussing their birth control choices and their relationships. Additionally, *Bedsider* addresses major myths and magical thinking about sex and birth control that put you in danger of having an unplanned pregnancy.

**Lesson Three: Make a Plan and Take Action**

## This lesson focuses on helping you make a plan and take action to prevent unplanned pregnancy. First you will find out how to get birth control, whether over-the-counter or from a healthcare provider. You will then identify which method or methods are right for you, learn about strategies for talking about sex and birth control with your partner or potential partners, and learn about the important birth control questions you should ask your healthcare provider. You will also find out if there is birth control available on your college campus, or use *Bedsider’s* zip-code-based search feature to identify sources of birth control near where you live. An Action Plan worksheet helps you outline the steps you need to take to prevent an unplanned pregnancy.

## About *Bedsider*

As you progress through the lessons, you will see that many of the resources offered are from a website called *Bedsider*. Here is a short description:

[Bedsider.org](http://www.bedsider.org) (*Bedsider*) is an online birth control support network operated by The National Campaign to Prevent Teen and Unplanned Pregnancy, a private non-profit organization. *Bedsider* is not funded by pharmaceutical companies or the government. *Bedsider* is independent and the information on it is honest, accurate, and unbiased. Its goal is to help you find the method of birth control that's right for you and learn how to use it consistently and effectively, and that's it.

There will be materials from other sources as well.

**How to Access the Lessons**You can access the lessons at [www.TheNationalCampaign.org/OnlineLessons](http://www.TheNationalCampaign.org/OnlineLessons).

If your instructor has a course site in your college’s learning management system (such as Blackboard or Moodle), your instructor may have created an assignment there with a link to the lesson website. Please check with your instructor for more information.

**How Long Will It Take You to Do a Lesson?**

Each lesson may be completed in 30-40 minutes. The lessons are based on web resources—videos and websites—and they may be completed entirely online. It is easier for you if you schedule your time so you can complete each lesson in one sitting.

**Grading—A Quiz at the End of Each Lesson**

At the end of each lesson, you will take a brief quiz. Check with your instructor for details about if and how you will be graded on these lessons.

**Reporting Your Grade to Your Instructor**

Once you have completed the quiz for each lesson, you will have three options for submitting your score to your instructor. You can:

* Print your score and hand it in to your instructor,
* Email your score to your instructor’s college email and to yourself (for your records as evidence that you completed the quiz), or
* Both print and email your score to your instructor and yourself.

Note: If you choose to print your score, be sure your computer is connected to a printer when you take the quiz.

If you are sending your results in an email your instructor may ask that you include your course ID and section number, so you should have those ready when you complete the quiz. Also, you will receive a copy of your score; it is recommended that you add the email address [no-reply@thenationalcampaign.org](mailto:no-reply@thenationalcampaign.org) as a safe sender so it does not get flagged as potential spam.

Check with your instructor for details.

**Ungraded Self-Checks**

Learning activities include ungraded interactive self-checks that give you an opportunity to check your knowledge of the material as you work through the lessons.

**Study Guides/Worksheets**

Each lesson includes a study guide/worksheet to help you focus on the relevant points and take notes as you work through the lessons. Your instructor may ask you to turn in these worksheets. Lesson Three also includes an *Action Plan* form, which is just for your use—not to be turned in. Check with your instructor for details.

**Technical Information**

* **Disable Pop-up Blockers**: Be sure pop-up blockers are disabled in your browser.
* **Flash and QuickTime**: You will need the latest versions of **Flash** and **QuickTime** on your computer.
* **Flash**: Flash version 10.3 or higher needed.
* [Check your version of Flash.](http://helpx.adobe.com/flash-player.html)
* [Install the latest version of Flash.](http://get.adobe.com/flashplayer/?promoid=JOPDD)

**QuickTime**: Version 7.7 or higher needed.

* [Download and install the latest version of QuickTime.](http://www.apple.com/quicktime/download/) Note: Once you have downloaded QuickTime, you must install it. Start the install process by clicking "Run." Detailed instructions for installing are at the bottom of the QuickTime download page.