

# Guide to Family Planning for Delaware Community Health Workers



*DELAWARE HEALTH AND SOCIAL SERVICES*  
Division of Public Health

In this guide  
you will find:



- Pregnancy Intention Screening and Follow-Up Questions
- Contraceptive Options Flip Cards
- “How Well Does Birth Control Work?” Chart
- Delaware Family Planning Provider Resource List.



# Pregnancy Intention Screening Questions:

Do you want to have children in the next year?

How important is it to you to prevent pregnancy until then?



## Follow-Up Question:

*“Do you currently have a method that you are using for pregnancy prevention?”*

Are you interested learning about other forms of pregnancy prevention?

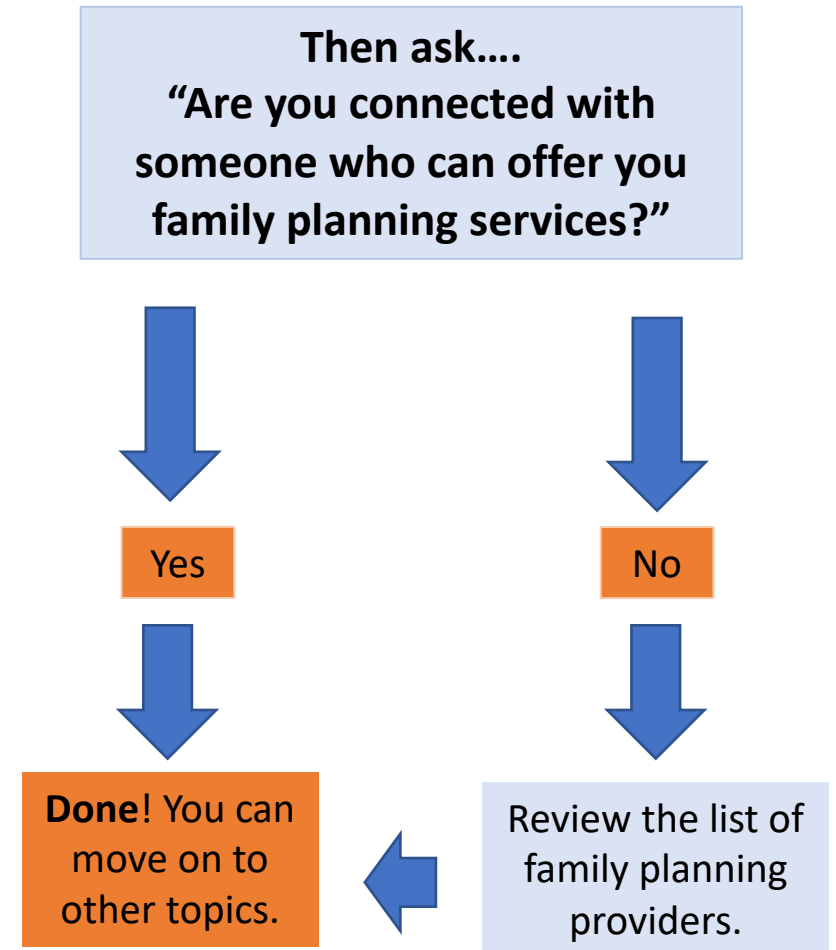
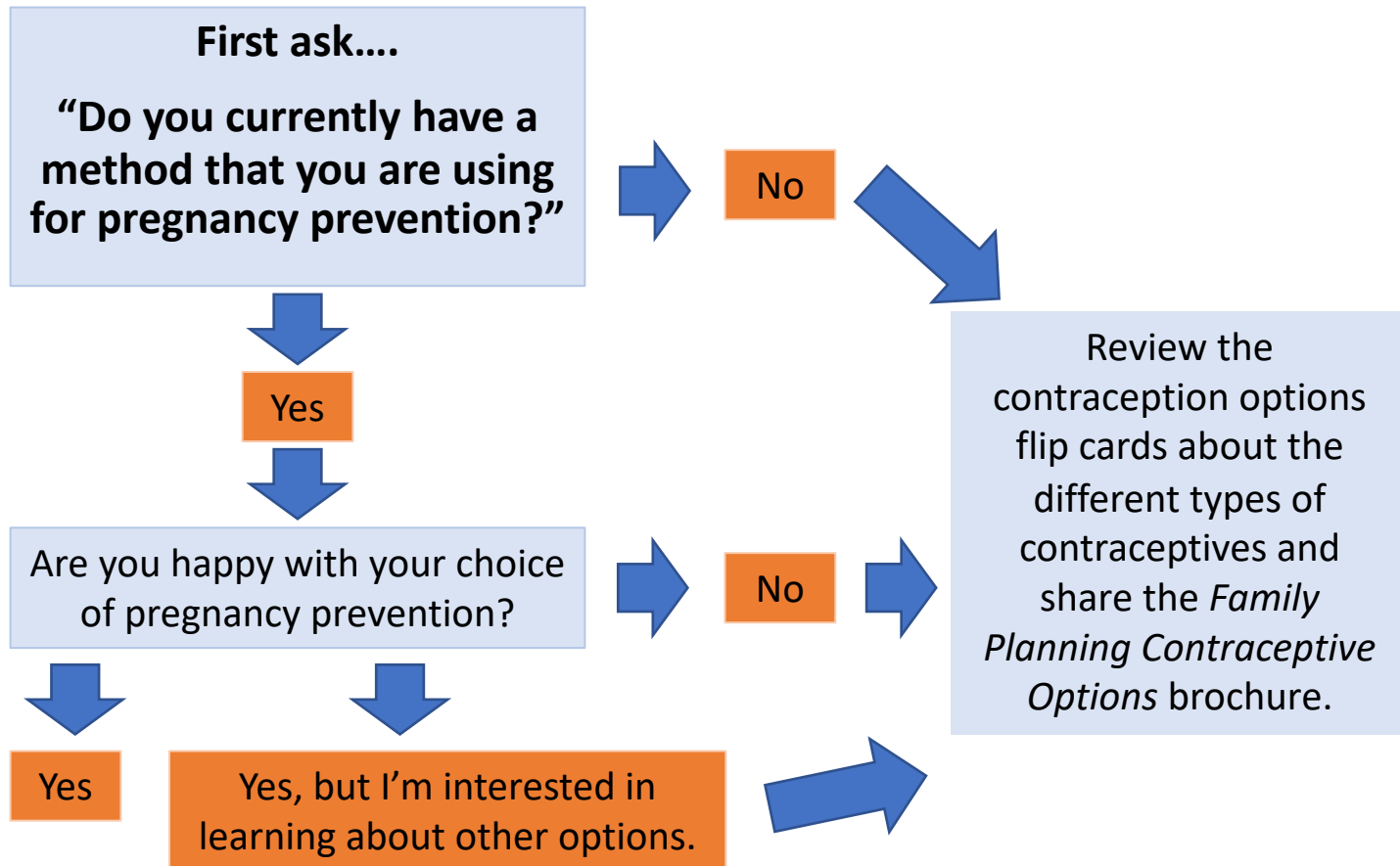
If **yes**, reference the contraception options flip cards in this guide.

Provide them with the *Family Planning Contraceptive Options* brochure.

Review the contraception options flip cards in this guide. Provide them with the *Family Planning Contraception Options* brochure.

Find out if they have a provider. Share with them the list of Family Planning sites in this guide.

# Follow-up questions:





# Contraceptive Options Flip Cards

Out-of-pocket cost for contraception will vary between insurances. For individuals who are uninsured and underinsured, Delaware Family Planning clinics use a sliding fee scale to provide contraception for little or no cost.



# Contraceptive Options:

- **Abstinence**
  - **Implant**
  - **IUD**
  - **Shot**
  - **Patch**
  - **Ring**
  - **Condoms**
  - **Emergency Contraception**
- 

# What is abstinence?



- The choice not to have sex
- 100% effective at preventing pregnancy
- 100% effective at preventing STIs.

A large orange circle is positioned on the left side of the slide, partially cut off by the edge.

## Quick facts on abstinence:

- **Many people engage in abstinence at various points in their lives.**
- **It doesn't matter if you have never had sex before or if you have. Choosing to not have sex is always an option.**

# What is the implant?



Source: [Bedsider](#)

- The contraceptive implant, also known by its brand name “Nexplanon,” is a tiny rod (the size of a matchstick) that is inserted under the skin of the upper arm. Due to its small size, most people can’t see it once it’s inserted.
- Nexplanon contains the hormone progestin, which can prevent pregnancy by stopping the egg from being released from the ovaries.

## Quick facts on implants:

- **Implants are one of the most effective birth control methods available (99% effective).**
- **It is a long-lasting form of contraception (five years of protection) and is reversible (can be removed at any time).**
- **Side effects vary. The most common side effect from the implant is irregular bleeding.**

# What is an IUD?



- An intrauterine device (IUD) is a small, T-shaped piece device placed in the uterus to prevent sperm from fertilizing an egg.
- Brands are Mirena, Skyla, Liletta, Kyleena, and Paragard. Most IUDs are made of plastic and release the hormone progestin. Paragard, made of copper, does not release hormones.
- IUDs can prevent pregnancy for three to 12 years, depending on the type.
- IUDs are reversible and can be removed at any time for any reason.

Source: [Bedsider](#)

## Quick facts on IUDs:

- **A provider needs to insert and remove an IUD through a simple procedure.**
- **IUDs are one of the most effective methods of contraception (99.4% to 99.9% effective).**
- **Side effects vary. For the first three to six months, common side effects are irregular bleeding and some cramping. With a Paragard IUD, there might be increased blood flow and cramping.**
- **Hormonal IUDs can help treat people who suffer from severe cramps, heavy periods, and anemia.**

# What is the birth control shot?



A birth control shot:

- Is often called “Depo,” short for Depo-Provera, its brand name
- Prevents pregnancy for three months
- Contains progestin, a hormone that prevents the ovaries from releasing eggs
- Thickens cervical mucus, which helps block sperm from getting to the egg.

Source: [Bedsider](#)

## Quick facts on the birth control shot:

- **For the shot to be effective, it must be given every three months.**
- **When given on time, it is very effective (99.8% effective at preventing pregnancy).**
- **It is long-lasting, private, and a good hormonal option for those who can't take estrogen.**
- **Side effects vary. The most common side effects are irregular bleeding, increased appetite, and weight gain.**

# What is the birth control ring?



- The birth control ring is a small, bendable ring that is inserted into the vagina.
- Brand names are Annovera and NuvaRing.
- A ring is in place for three weeks of the month (a new ring each week), then left out for the fourth week.
- It works by releasing hormones that prevent the ovaries from releasing eggs. The hormones thicken cervical mucus, which helps to block sperm from getting to the egg.

Source: [Bedsider](#)

## Quick facts on the ring:

- A health care provider must write a prescription for the ring.
- A ring is in place for three weeks of the month (a new ring each week), then removed for the fourth week.
- It is quick and easy to insert.
- When used correctly, the ring is 99.7% effective.
- Side effects vary. The most common (yet temporary) side effects are irregular bleeding, sore breasts, and nausea.

# What is the birth control patch?



- The patch is a thin, beige piece of plastic that looks like a Band-Aid®.
- All patch options are a little less than two inches across and come in one color (beige). Two are square and one is round.
- The patch sticks to the skin and gives off hormones that prevent the ovaries from releasing eggs. The hormones thicken the cervical mucus, which helps to block sperm from getting to the egg.

Source: [Bedsider](#)

## Quick facts on the patch:

- **A health care provider needs to write a prescription for the patch.**
- **It is changed once a week (three weeks with patch, one week without).**
- **When used correctly, the patch is 99.7% effective.**
- **Side effects vary. The most common side effects are nausea, irregular bleeding, and sore breasts (usually temporary).**

# What is the birth control pill?



- The birth control pill is an oral contraceptive, often referred to as “the pill.” It is taken orally once a day, at the same time every day.
- Most pills work by releasing hormones that keep the ovaries from releasing eggs. The hormones thicken the cervical mucus, which helps to block sperm from getting to the egg.

Source: [Bedsider](#)

## Quick facts on the birth control pill:

- **A health care provider must write a prescription for the pill.**
- **To be effective, the pill must be taken every day and at the same time every day.**
- **When taken correctly, the pill is 91% effective.**
- **Side effects vary. The most common side effects are sore breasts, nausea, spotting, and decreased sex drive.**

# What are condoms?



- Condoms are placed over the penis. Internal condoms go inside the vagina. Condoms keep sperm inside the condom to prevent pregnancy and sexually transmitted infections.
- Come in different sizes, colors, and either with lubrication or without
- One of the most popular forms of birth control.

Source: [Bedsider](#)

## Quick facts on condoms:

- **When used correctly, condoms are 98% effective.**
- **There are usually no side effects.**
- **In the case of a latex allergy, non-latex condoms are available.**
- **Don't require a prescription and are given away for free at Family Planning locations.**
- **Can be found in drug stores, clinics, and supermarkets.**
- **Must be used every time to protect against STIs and pregnancy.**

# What is emergency contraception?



- Emergency contraception (EC) is used to prevent a pregnancy from occurring after unprotected sex or failed contraception use (such as a condom breaking).
- Primarily prevents pregnancy by delaying or stopping ovulation.
- EC does not prevent against STIs.
- EC pills are not the same as the abortion pill.
- EC can work up to five days after unprotected sex, depending on the brand, but effectiveness decreases each day.

Source: [Bedsider](#)

## Quick facts on emergency contraception:

- **The are different brands of emergency contraception  
The number and dose of pills depends on the brand.**
- **Most emergency contraception pills can be  
purchased without a prescription at the pharmacy.**
- **Side effects vary. The most common side effects are  
an upset stomach and vomiting.**
- **EC pills, when taken correctly, can be up to 95%  
effective (may be less effective in those weighing  
more than 185 pounds).**
- **The copper IUD Paragard can be used as EC when  
placed within five days after unprotected sex or  
failed contraceptive and is 99% effective.**

# HOW WELL DOES BIRTH CONTROL WORK?

What is your chance of getting pregnant?



Really, really well



The Implant

Works, hassle-free...

Up to 5 years



IUDs

Up to 7 years



Copper IUD

Up to 12 years



Sterilization

Source:



Less than 1 in 100



Pretty well



The Pill

For it to work best, use it...

Every. Single. Day.



The Patch

Every week



The Ring

Every month



The Shot

Every 3 months



6-9 in 100, depending on method



Not as well



Pulling Out



Fertility Awareness

Use a condom with any other method for STI protection.



Internal Condom



Condom

For each of these methods to work, you or your partner have to use it every single time you have sex.



12-24 in 100, depending on method

FYI, without birth control, over 90 in 100 young people get pregnant in a year.

Source: [Bedsider](https://www.bedsider.org)

**BEDSIDER**  
Bedsider.org



Bixby Center  
for Global  
Reproductive  
Health

Beyond  
the Pill  
beyondthepill.ucsf.edu



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# Delaware Family Planning Sites:

Family Planning sites are for **EVERYONE**.

Provider sites listed provide care for the insured, uninsured, and underinsured.

Sites work with a sliding fee scale to determine if and how much someone will pay for services.

Family planning care includes exams, STI testing and treatment, HIV testing, and all contraceptive options, including the pill, patch, shot, implant, IUD, and ring.

Hours and services provided at each site vary.

# New Castle County

*(1 of 4)*

## **Children and Families First**

1602 Jessup Street  
Wilmington, DE 19802  
302-658-6134

## **Division of Public Health Sexual and Reproductive Health**

509 W. 8<sup>th</sup> Street  
Wilmington, DE 19801  
302-777-2860

## **Planned Parenthood**

625 N. Shipley Street  
Wilmington, DE 19801  
302-655-7293

# New Castle County

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## **Planned Parenthood**

140E Delaware Avenue  
Newark, DE 19711  
302-731-7801

## **Henrietta Johnson Medical Center Southbridge**

601 New Castle Avenue  
Wilmington, DE 19801  
302-655-6187

## **Henrietta Johnson Medical Center**

3301 Green Street  
Claymont, DE 19703  
302-798-9755

# New Castle County

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## **Henrietta Johnson Medical Center at Eastside**

600 N. Lombard Street  
Wilmington, DE 19801  
302-761-4610

## **Westside Family Healthcare**

1802 W. 4<sup>th</sup> Street  
Wilmington, DE 19805  
302-655-5822

## **Westside Family Healthcare**

908-B E. 16<sup>th</sup> Street  
Wilmington, DE 19802  
302-575-1414

# New Castle County

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## **Division of Public Health Sexual and Reproductive Health**

501 Ogletown Road  
Newark, DE 19711  
302-453-2800

## **Westside Family Healthcare**

404 Fox Hunt Drive  
Fox Run Shopping Center  
Bear, DE 19701  
302-836-2864

## **Westside Family Healthcare**

27 Marrows Road  
Newark, DE 19713  
302-455-0900

# Kent County

(1 of 2)

## **Division of Public Health Sexual and Reproductive Health**

805 River Road  
Dover, DE 19901  
302-857-5150

## **Planned Parenthood**

805 S. Governors Avenue  
Dover, DE 19901  
302-678-5200

# Kent County

(2 of 2)

## **Division of Public Health Sexual and Reproductive Health**

253 NE Front Street  
Milford, DE 19963  
302-424-7140

## **Westside Family Healthcare**

1020 Forrest Avenue  
Dover, DE 19904  
302-678-4622

# Sussex County

(1 of 3)

## **Division of Public Health Sexual and Reproductive Health**

544 S. Bedford Street  
Georgetown, DE 19947  
302-515-3230

## **Division of Public Health Sexual and Reproductive Health**

34314 Pyle Center Road  
Frankford, DE 19945  
302-732-1740

## **Division of Public Health Sexual and Reproductive Health**

350 Virginia Avenue  
Seaford, DE 19973  
302-628-6760

# Sussex County

(2 of 3)

## **La Red Health Center**

21 West Clarke Avenue  
Milford, DE 19963  
302-855-1233

## **La Red Health Center**

21444 Carmean Way  
Georgetown, DE 19947  
302-855-1233

## **La Red Health Center**

300 High Street  
Seaford, DE 19973  
302-855-1233

# Sussex County

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## **Planned Parenthood**

800 Health Services Drive  
Seaford, DE 19973  
302-643-2857

## **The Rosa Health Center**

10 N. Front Street  
Georgetown, DE 19947  
302-858-4381

# Resources and References

[Bedsider](#)

[Upstream USA](#)

[Delaware Division of Public Health – Family Planning](#)



# Questions/Comments

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*This guide was created in partnership with the Association of State and Territorial Health Officials (ASTHO) Contraception Access Learning Community.*