Providing High-Quality Contraceptive Care in Post-Roe America

Reproductive Justice

Reproductive Justice (RJ) is the human right to maintain personal bodily autonomy, have children, not have children, and parent the children we have in safe and sustainable communities.

Pediatricians can incorporate the RJ framework into contraceptive counseling by:

- Acknowledging historical and ongoing reproductive mistreatment of people of color and other marginalized individuals whose reproductive desires have been devalued
- Mitigating the effect of bias (unconscious or otherwise) on counseling and care provision
- Prioritizing patients' values, preferences, and lived experiences in the selection or discontinuation of a contraceptive method

Person-centered Contraception Counseling

Can be done quickly and effectively in any healthcare setting. Strategies include:

Asking for Permission

Would you like to talk about birth control options?

Centering Patient
Preferences

What matters most to you?

Giving Information Respectfully

Some methods can... how would that be for you?

Normalizing the Journey

I think we can find something that you like/works for you.





Clinical Support Tools

The Importance of
Access to
Contraception
(AAP Statement)

CDC Medical Eligibility Criteria App



Choosing a Method

<u>Hello</u> <u>Greenlight</u>



<u>My Birth</u> <u>Control</u>



Bedsider



Quick start algorithm



Switching methods



Managing
Irregular
Bleeding



Managing

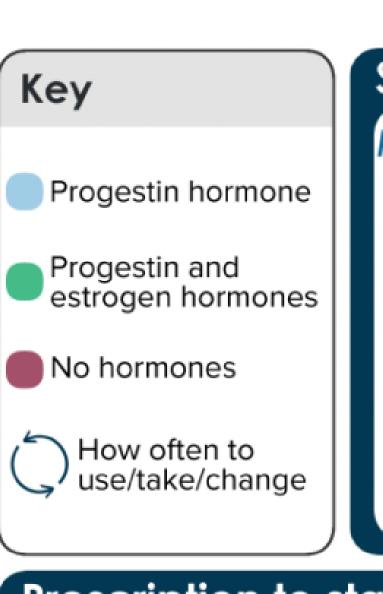
<u>Missed or Late</u>

<u>Contraception</u>



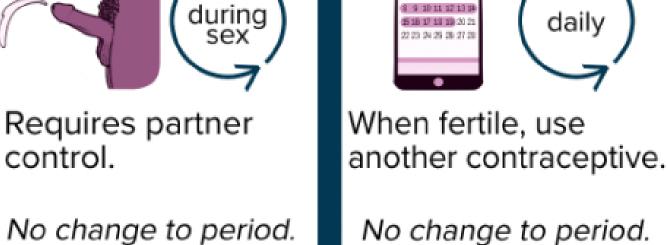
Contraception (Birth Control) Guide







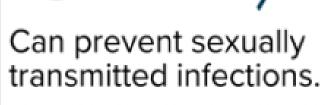




Fertility

Awareness





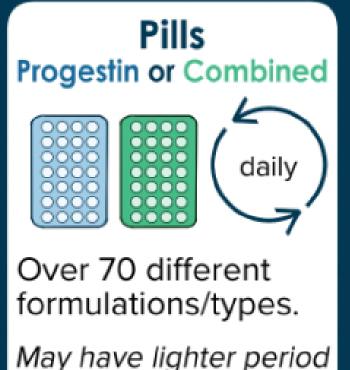
No change to period.



Spermicide comes in a cream, gel, foam, film, sponge, or suppository.

No change to period.

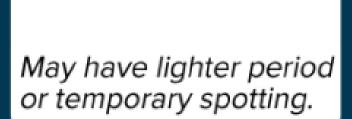
Prescription to start, stop on your own



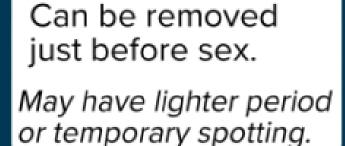


May have spotting or

period at new time.







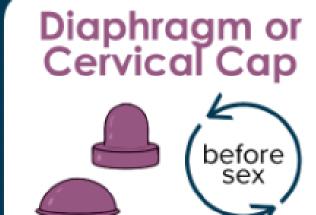
Ella® Emergency Contraception after

sex





May act as lubricant to help with dryness. No change to period.



Use with spermicide.

No change to period.

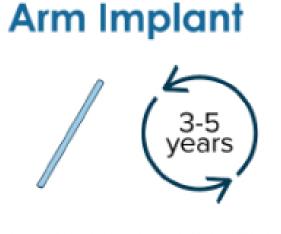


May have spotting,

period, or no period.

heavier period, lighter





Plastic rod placed just beneath the skin.

May have spotting, lighter period, or no period.

Hormonal IUD



Can be emergency contraception.

May have spotting, lighter period, or no period.

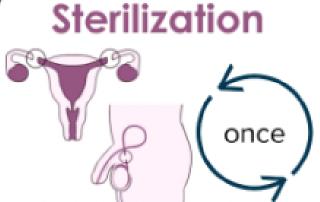
Copper IUD



Can be emergency contraception.

May have spotting or heavier period.

Permanent



Either partner can be sterilized.

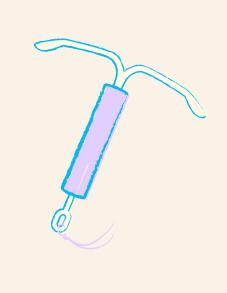
No change to period.

Scan for



- · This guide Information sheets on each method A postpartum
- contraception guide www.PICCK.org





Learn More About...





Reproductive Justice

Webinar and Reading list

Patient-centered contraception counseling

- Translating Patient Preferences and Needs into Contraceptive Options (<u>handout</u>)
- A Patient-Centered Approach to Contraceptive Options Counseling (e-learning) course)

Contraception options

- Contraception options mini-courses (Contraception 101, Prescribing EC, etc.)
- LARC training

Adolescent Reproductive Health

- Adolescent Health Initiative webinars and trainings
- Adolescent Reproductive and Sexual Health Education <u>Project</u>
- Reproductive Health National Training Center

