

WELCOME TO
**CONTRACEPTION
TRIVIA!**

**TEST YOUR KNOWLEDGE OF BIRTH
CONTROL AND MORE!**



NUMBER 1

True or False: The
namesake of
Goodyear tires,
Charles Goodyear,
was essential in the
development of male
condoms?

NUMBER 1

True! Charles Goodyear was a self-taught chemist and manufacturing engineer who developed vulcanized rubber, which was used for male condoms until the development of the latex condom in the 1920s.

NUMBER 2

What is the most
common form of
birth control in the
US?



NUMBER 2

The pill is
used by
nearly 2 in 5
women in
the US

NUMBER 3

True or False:
Emergency
contraception is the
same thing as the
abortion pill?

NUMBER 3

False! EC contains hormones that suppress ovulation, block fertilization, and/or prevent a fertilized egg from implanting in the uterus. The abortion pill, on the other hand, works by blocking your body's progesterone, the hormone needed to grow a pregnancy. Taking EC does not impact an existing pregnancy at all.

NUMBER 4

What was another name for diaphragms when they were first developed?

NUMBER 4

Womb Veil - This was another contraceptive development aided by Charles Goodyear's invention of vulcanized rubber. Other names used for the diaphragm were female protectors, Victoria's Protectors, and the French pessary.

NUMBER 5

What are the two hormones used in combined oral contraceptives (the pill)?

NUMBER 5

Estrogen and
progestin are
two female sex
hormones.

Combinations
of estrogen and
progestin work
by preventing
ovulation

NUMBER 6

True or false:
Contraception is
primarily a women's
issue?

NUMBER 6

False! All people have the same responsibilities and rights when it comes to accessing and choosing to use contraceptive methods!

Additionally, contraception can be used for other reasons beyond prevention of pregnancy.

NUMBER 7

What kind of
lubricant should be
avoided when using
latex condoms?

NUMBER 7

Oil-based lubricants such as massage oil, baby oil or petroleum jelly can damage the latex in condoms and increase the risk of breakage.

NUMBER 8

How many days after
unprotected sex can
the emergency
contraceptive
method Ella be used
effectively?

NUMBER 8

You can use Ella up to 5 days after unprotected sex, but this method is only available with a prescription from your provider.


Pills like Plan-B One Step can be used up to 72 hours after intercourse, and the

ParaGard IUD can be inserted up to 5 days after intercourse as emergency contraception.



NUMBER 9

True or false: You
can not get pregnant
while breast feeding?



NUMBER 9

False! While breastfeeding can be up to 98% effective against pregnancy, it must be done in a particular way to cause amenorrhea. This method is less effective if you are pumping or supplementing your baby with formula.

NUMBER 10

What are the
components of the
Maryland
Contraceptive Equity
Act?

NUMBER 10

All of the above!
The Contraceptive Equity Act went into effect on January 1, 2018 and provides men and women expanded access to birth control by eliminating co-pays for birth control, allowing for patients to receive 6 months of birth control at a time, removing pre-authorizations for long term birth control methods, broadening coverage for vasectomies, and providing insurance coverage for over-the-counter emergency contraception!



Congratulations!

Hopefully you know
a little more about
contraception now
than when you
started this quiz.

If you want additional resources
you can always head over to our
page or website where we have
some posts giving more
information about contraception
and other important topics.