

# Preventing Unplanned Pregnancy and Completing College: Three Online Lessons

As part of the effort to improve college students' success and completion, The National Campaign to Prevent Teen and Unplanned Pregnancy has published three online lessons that will help students prevent unplanned pregnancy. The lessons are offered free to college faculty and staff for use in first-year experience, college success, and other courses.

## Why Use These Lessons?

Helping students prevent pregnancy is an important, but often overlooked, part of college completion. In fact, 61% of women who have children after enrolling in community college fail to finish their degrees, which is 65% higher than the rate for those who didn't have children.

**Self-Check: Did You Catch the Most Important Points?**

Self-check: Drag the items from the bottom to the slots on the right.

Students in the video seemed to agree that unplanned pregnancy changes	
For students who are already single parents, this could stop success in it's tracks	Another unplanned pregnancy
Proportion of community college students who are single parents	
Proportion of unplanned pregnancies that are to women in their twenties	
Percent of pregnancies in the United States that are unplanned	Half (50%)

More than  
more than  
everything

Re-start

All three lessons provide fun, interactive resources and self-check activities to keep students interested and focused.

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

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11 | 12 | 13 | 14 | 15 | 16 | 17

### What Students Say About Unplanned Pregnancy

In this video students -- both men and women -- of varying ages talk about the effects of unplanned pregnancy on their lives and/or the lives of their friends.

During the video, facts about the numbers of unplanned pregnancy and facts about how unplanned pregnancy affects student academic success are presented. Take notes on these facts on the [Lesson One Study Guide](#).

This video is about 3 minutes long.



"Student Perspectives"

You may think that by the time they arrive at college, students already know everything about how to prevent pregnancy. Indeed, most students themselves believe they have all the information they need as well. However, research shows that myths, misinformation, and magical thinking are all too common among young adults. The three lessons in *Preventing Unplanned Pregnancy and Completing College* can help students address these gaps in their knowledge and take action to prevent unplanned pregnancy.

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

Students will understand the impact of unplanned pregnancy on their:

- Educational goals
- Social life
- Work
- Significant relationships
- Finances

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

Students will:

- Identify common sex, pregnancy, and birth control myths
- Evaluate their knowledge of common birth control methods
- Identify a number of birth control methods
- Identify the effectiveness and costs of each birth control method
- Identify birth control methods that may fit their values and lifestyle

## Lesson Three: Make a Plan and Take Action

Students will:

- Identify the birth control method or methods that are right for them
- Identify how to obtain various types of birth control
- Find healthcare providers and resources nearby
- Talk to their healthcare provider and sexual partner(s) about birth control
- Create an "action plan" to prevent unplanned pregnancy
- Find additional resources

## Using the Lessons

By offering the lessons, instructors can provide students with valuable information that will contribute to college success, without needing to become experts on these topics themselves or using class time. A *Faculty Guide* offers suggestions for how to incorporate these lessons into a college course, and there is also a *Student Guide*. Download both resources at

[TheNationalCampaign.org/resource/online-lessons-faculty-page](http://TheNationalCampaign.org/resource/online-lessons-faculty-page).

The lessons include the following features:

- Fun, interactive resources and self-check activities to keep students engaged.
- Lesson study guides to help focus students' attention on the relevant points.
- An *Action Plan* to help students get organized and follow through on their plans to prevent unplanned pregnancy.

There are also end-of-lesson quizzes available as zip files on the Faculty Page that can be uploaded to a learning management system.

Students can complete the lessons online, each in approximately 30 minutes, at [TheNationalCampaign.org/resource/online-lessons](http://TheNationalCampaign.org/resource/online-lessons).

## Evaluation of the Online Lessons

In the fall 2012 and spring 2013 semesters, 2,050 students from three community colleges participated in an evaluation of these lessons to examine the differences in attitudes about pregnancy prevention, behavior and behavioral intent, and knowledge before and after the online modules. Students were significantly more likely to believe that a pregnancy would make it more difficult to complete their educational goals, be more knowledgeable about birth control, have a clear plan for preventing unplanned pregnancy after taking the online lessons, and more.









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

Contents ▾ ◀ Prev Next ▶ 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | print all  
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#### Fact or Fiction?

##### Common sex, pregnancy, and birth control myths

It turns out that misinformation is a bigger issue than you might suspect. Check out more of Bedsider's humorous "Fact or Fiction" animations by clicking on the links below.

<b>IUD IOU</b> Is there a set of rules for getting one? 	<b>Ring Wrong</b> Can the NuvaRing come out? 	<b>Senseless Acts</b> Condoms: can he feel them? 	<b>Hormone Holiday</b> Are there magical days that you can't get pregnant? 
<b>Check Please</b> Is new birth control immediately effective? 	<b>Pull and Pray</b> Withdrawal method 	<b>Death Tub</b> Do hot tubs really kill sperm? 	<b>Weight a Minute</b> Does taking the pill cause weight gain? 

Each lesson has a study guide to help students with the learning objectives.



Preventing Unplanned Pregnancy and Completing College  
LESSON TWO STUDY GUIDE

#### Birth Control Methods Comparison Chart

Instructions: Use the chart below to write down key information as you explore the different birth control methods. You can use Bedsider's [Method Explorer](#).

Method	Effectiveness How many women (out of 100) don't get pregnant using this method?	Cost	Advantages	Disadvantages
Abstinence (Not right now)	With perfect use:			
IUD	With perfect use: With typical use:			
Implant	With perfect use: With typical use:			

Withdrawal	With perfect use: With typical use:			
Fertility Awareness	With perfect use: With typical use:			
Spermicide (used alone)	With perfect use: With typical use:			

#### Emergency Contraception is Also Available as a Back-Up

Identify the four different types of emergency contraception that are available.

	Emergency Contraception Name	Notes or Questions
1.		
2.		
3.		
4.		

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In addition, both faculty and students who used the online lessons have given very positive feedback. Visit the Faculty Page (see link above) to download a report about the evaluation.

## About the Authors

The three lessons in *Preventing Unplanned Pregnancy and Completing College* were designed and authored by Bobbi Dubins, instructional designer and first-year experience faculty at Allegany College of Maryland, and Virginia Kirk, professor emeritus and former director of distance learning at Howard Community College (MD).

Learn more about all

of The National Campaign's resources for colleges at [TheNationalCampaign.org/featured-topics/colleges](http://TheNationalCampaign.org/featured-topics/colleges).

If you have questions, please contact Chelsey Connolly, manager of college initiatives at The National Campaign, at 202.478.8519 or [cconnolly@thenc.org](mailto:cconnolly@thenc.org).