

## Contraception Case Studies

**Case Study 1:** Em is a cisgender woman who has been taking oral contraceptive pills for years because her doctor thought that it would help regulate her heavy periods and painful cramping. Em has just started thinking about having penis-vagina intercourse for the first time. She knows that she will avoid pregnancy because she is on the pill but she is worried about STBBIs. What are Em's options?

**Case Study 2:** Tay is a cisgender woman and is in a mutually monogamous relationship with a cisgender man. Tay is considering different contraceptive methods. Tay and her partner have discussed the importance of not having sex outside the relationship and she is not interested in being on the oral contraceptive pill anymore because she is tired of having to pick it up every month. What are Tay's options?

**Case Study 3:** Mac recently had a discussion with his boyfriend Jae about having anal sex for the first time. Jae also feels ready to have sex and while pregnancy is not a concern for either Mac or Jae, they both want to avoid STBBIs. What method would you suggest for Mac and Jae?

**Case Study 4:** Nat is a trans-masculine person and is worried because he had sex with a date the last night and the condom broke. Nat is concerned about getting pregnant. What are Nat's options?

**Case Study 5:** Mara and Sara identify as pansexual cis women who are in a recently mutually non-monogamous relationship. Mara and Sara are both concerned about protecting themselves against pregnancy and STBBIs. They are especially worried about protecting each other from STBBIs during oral sex. What are their options?

**Case Study 6:** Neel is a cis guy and he is concerned because his girlfriend Gen's period is late and they have been recently having penis-vagina intercourse using the withdrawal method. What are Gen and Neel's next steps and options?

**Case Study 7:** Asha stopped taking her oral contraceptive pills mid-cycle. Her partner says the effects of the pills will not wear off for a while so she is still protected against pregnancy but she is not sure. Is Asha's partner correct? What does Asha need to think about going forward?