**Birth control methods**

**Hormonal Methods**

* [Oral Contraceptives (the pill)](http://healthcenter.ucdavis.edu/topics/contraception/pill.html)
* [NuvaRing (vaginal ring)](http://healthcenter.ucdavis.edu/topics/contraception/ring.html)
* [Ortho Evra (patch)](http://healthcenter.ucdavis.edu/topics/contraception/patch.html)
* [Depo-Provera (injectable)](http://healthcenter.ucdavis.edu/topics/contraception/depo.html)
* [Intrauterine Device IUD (Mirena, Progestin-releasing IUD)](http://healthcenter.ucdavis.edu/topics/contraception/iud.html)
* [Implanon](http://healthcenter.ucdavis.edu/topics/contraception/implanon.html)

**Non-hormonal Methods**

* [Male Condom](http://healthcenter.ucdavis.edu/topics/contraception/condom_male.html)
* [Female Condom](http://healthcenter.ucdavis.edu/topics/contraception/condom_female.html)
* [Vaginal Spermicides](http://healthcenter.ucdavis.edu/topics/contraception/spermicides.html)
* [Diaphragm](http://healthcenter.ucdavis.edu/topics/contraception/diaphragm.html)
* [Contraceptive Sponge](http://healthcenter.ucdavis.edu/topics/contraception/sponge.html)
* [Cervical Cap](http://healthcenter.ucdavis.edu/topics/contraception/cervical-cap.html)
* [Intrauterine Device IUD (ParaGard)](http://healthcenter.ucdavis.edu/topics/contraception/iud.html)
* [Fertility Awareness](http://healthcenter.ucdavis.edu/topics/contraception/fertility.html)
* [Withdrawal](http://healthcenter.ucdavis.edu/topics/contraception/withdrawal.html)

There are two permanent methods of contraception:

* [female sterilisation](http://www.nhs.uk/Livewell/Contraception/Pages/Femalesterilisation.aspx)
* [male sterilisation (vasectomy)](http://www.nhs.uk/Livewell/Contraception/Pages/Malesterilisation.aspx)

Guidelines:

Each group member will be evaluated the same

The evaluation criteria will be based on

|  |  |
| --- | --- |
| Time management (3 marks ) | two lectures for hormonal methods, two lectures for non-hormonal methods and one lecture for permanent methods (each lecture is two hours, a minimum of an hour and a half) |
| Content ( 8 marks ) | Methods, advantages, disadvantages, side effects, uses, return of fertility.. etc |
| Presentation skills (3 marks) | Eye contact , verbal and nonverbal communication |
| Attendance (1 mark) | Attending each group presentation |