

Group Agreements

Purpose: The following group rules facilitate the development of trust in the group, help participants feel comfortable to enable sharing of thoughts and feelings with each other.

1. Confidentiality is essential, we expect that each group member will respect and maintain the confidentiality of the group. What is said in the group is NOT to be repeated or discussed at any other time or place.
2. Always be respectful. No putdowns or judgments.
3. We each share the responsibility for making this group.
4. Group participants must use appropriate language (no swear words) while participating in the group.
5. Participants must wear appropriate attire during group.
6. Participants must NOT be under the influence of any substance or use during group (ie. Alcohol, drugs, smoking/vaping).
7. Everyone has a chance to talk. We try to give everyone an opportunity to share.

8. We avoid interrupting. If we do break in, we return the conversation to the person who was speaking.
9. No photos, screenshots, or recording of group members.
10. Please use headphones in public areas to maintain confidentiality.
11. Group participants have the right to pass/not participate in specific activities.
12. We do not discuss group members who are not present.
13. We begin and end our meetings on time.
14. Facilitator has the right to remove any group participant they deem that they have violated any group rules.
15. Even though our goal is to support each person, this particular group may not meet your needs. Group participants have the right to discontinue participation of the group at any time.

Disclaimer: CPLC LUCES encourages peer support as it is beneficial for the success of an individual. However, we are not responsible for the relationships formed outside the group or gatherings among groupmembers outside of group times.

Why use Barrier Methods?

- Prevents unwanted pregnancy
- Prevents STI transmission
- You can try new things with your partner(s)
- Some birth control methods can help with menstrual cycles (ie. Frequency, spotting, cramps, etc.)
- Protect yourself, your current partner(s), and any future partner(s)

Methods Effective Against ONLY Pregnancy


Birth Control Implant

Effectiveness: 99% effective

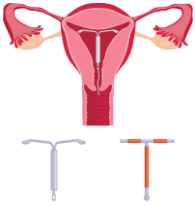
Cost: \$0-1300

How long does it last?: Up to 5 years

Does it prevent against STIs?: No



Intrauterine Device (IUD)



Effectiveness: 99%

Cost: \$0-1300

How long does it last?: 3-12 years
(depending on which IUD you choose)

Does it prevent against STIs?: No

Birth Control Shot

Effectiveness: 94%

Cost: \$0-150

How long does it last?: Need to receive
every 3 months

Does it prevent against STIs?: No



Vaginal Ring

Effectiveness: 91%

Cost: \$0-200

How long does it last?: Replace with new
ring each month

Does it prevent against STIs?: No



The Patch



Effectiveness: 91%

Cost: \$0-150

How long does it last?: Replace with new patch each week

Does it prevent against STIs?: No

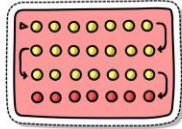
The Pill

Effectiveness: 91%

Cost: \$0-50

How long does it last?: Take daily

Does it prevent against STIs?: No



Diaphragm



Effectiveness: 88%

Cost: \$0-75

How long does it last?: Replace with new one for every sexual activity/encounter

Does it prevent against STIs?: No

Birth Control Sponge

Effectiveness: 76-88%

Cost: \$0-15

How long does it last?: Replace with new one for every sexual activity/encounter

Does it prevent against STIs?: No



Spermicide & Gel

Effectiveness: 72 or 86%

Cost: \$0-270

How long does it last?: Replace with new one for every sexual activity/encounter

Does it prevent against STIs?: No



Cervical Cap

Effectiveness: 71-86%

Cost: \$0-90

How long does it last?: Replace with new one for every sexual activity/encounter

Does it prevent against STIs?: No




Fertility Awareness (FAMs)

Effectiveness: 76-88%

Cost: \$0-20

How long does it last?: Track daily

Does it prevent against STIs?: No




Withdrawal (Pull Out Method)

Effectiveness: 78%


Cost: \$0

How long does it last?: Use every time

Does it prevent against STIs?: No



Pulling out



Breastfeeding as Birth Control

Effectiveness: 98%

Cost: \$0

How long does it last?: Must be done every 4-5 hours

Does it prevent against STIs?: No

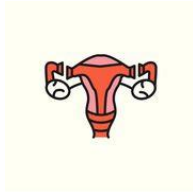
Sterilization (Tubal Ligation)

Effectiveness: 99%

Cost: \$0-6000

How long does it last?: For life

Does it prevent against STIs?: No



Vasectomy

Effectiveness: 99%

Cost: \$0-1000

How long does it last?: Lasts forever

Does it prevent against STIs?: No



Methods Effective Against
STIs AND Pregnancy


External Condom

Effectiveness: 85%

Cost: \$0-2

How long does it last?: Replace with new one for every sexual activity/encounter

Does it prevent against STIs?: Yes




Internal Condom

Effectiveness: 79%

Cost: \$0-3

How long does it last?: Replace with new one for every sexual activity/encounter

Does it prevent against STIs?: Yes




Abstinence

Effectiveness: 100%

Cost: \$0

How long does it last?: Used every day

Does it prevent against STIs?: Yes



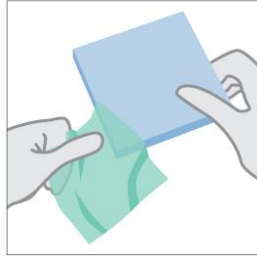
Dental Dams

Effectiveness: _____

Cost: \$0-2

How long does it last?: Replace with new one for every sexual activity/encounter

Does it prevent against STIs?: Yes



Lube



Effectiveness: _____

Cost: \$0-5

How long does it last?: Replace with new one for every sexual activity/encounter

Does it prevent against STIs?: Yes

Common Barrier Method Myths

"Birth control protects from STIs and pregnancy."

- Some barrier methods (ie. Condoms) can reduce the risk of transmitting STIs, however not all barrier methods will not protect against STIs.

"Sex doesn't feel good with condoms or other barrier methods."

- Typically, if condoms don't feel good or uncomfortable it is because they're the wrong size or put on incorrectly.
- There are many different types of condoms out there to try so you can find the one perfect for you and your partner(s).

"Birth control can cause fertility issues."

- There have been many studies done on all types of birth control (hormonal and non-hormonal) that show no evidence that they cause fertility issues.
- It may take time for a person's menstrual cycle to return to normal following the use of birth control.

Common Barrier Method Myths

"Two is better than one"

- Do not use two barrier methods at the same time (ie. An internal condom and external condom)
- It is fine to use a barrier method and a form of birth control (ie. Condoms and the pill)

"Using condoms means you don't need lube."

- While some condoms are already lubricated, it may still be necessary and more pleasurable to use a little extra lube or need lube if the condom is not lubricated.
- Lube may not be necessary for you and your partner(s).

"Condoms are one-size fits all."

- External condoms come in many different styles and sizes. It is important to find a condom that fits and feels good.

Common Barrier Method Myths

- "Using lube means your partner isn't turned on enough."
 - Lube is a very useful tool and does not mean your partner(s) or you are not turned on. Each body is different.
- "Lube doesn't protect against STIs."
 - Lube is a prevention tool that can help reduce microtearing and bleeding (which can transmit STIs). It's still important to use other barrier methods to help reduce STI transmission even more.
- "Internal condoms are just for women"
 - Internal condoms are, also, called female condoms, but they are not just for female-bodied people. These condoms may also be used for anal sex, which can be used with all people.

Resources

Where Can I Find These Things?

- Ask your doctor or pharmacist about your options and what might work best for you
- CPLC offers condoms (external and internal), dental dams, and lube
- Planned Parenthood
- Stores like Target, Walgreens, Walmart, etc. Often have condoms (external and internal), lube, and other options

Testing, Mental Health, and More

- **Chicanos Por La Causa**
 - 6850 E Indian School Rd, Phoenix, AZ 85033
- **Maricopa County Public Health Clinic**
 - 1645 E Roosevelt St, Phoenix, AZ 85006
- **The Trevor Project Hotline**
 - (866) 488-7386
- **Planned Parenthood**
 - 2020 N 75th Ave, Suite 11, Phoenix, AZ 85035
 - (602) 277-7526
- **National Suicide Prevention Lifeline**
 - 1-800-273-8255
- **Maricopa Crisis Hotline**
 - (602) 222-9444
- **Talk to your school's social worker for more information!**

Contact Information

- **Instagram: @cplcluces**
- Lazaro Ruiz, HIV Tester
 - Lazaro.Ruiz@cplc.org
 - 602-341-0181
- Annae Saldivar, PREP/PEP Navigator
 - Annae.Saldivar@cplc.org
 - 602-558-9703
- Cynthia Estrada, Prevention Program Supervisor
 - Cynthia.Estrada@cplc.org
 - 623-247-0464
