

## What's *your* birth control IQ?

The results of a study by the National Campaign to Prevent Teen and Unplanned Pregnancy revealed there are shocking gaps in pregnancy-prevention knowledge among single twenty-somethings. One portion of this wide-ranging survey quizzed 2,282 single women and men ages 18 to 29 about their knowledge of contraception and pregnancy. The results? Both sexes flunked. Women scored 6.0 out of 11 on average, while men got a dismal 4.7. Take the quiz and find out *your* birth control IQ!

**1. Among couples who have sex regularly, what percent will get pregnant within one year if they use no birth control at all?**

- A. 15%
- B. 33%
- C. 60%
- D. 85%
- E. 97%

**2. If taken within 72 hours of unprotected sex, emergency contraception is effective in preventing what percent of pregnancies?**

- A. 25%
- B. 58%
- C. 70%
- D. 89%
- E. 99%

**3. A woman using "the shot" (Depo-Provera) to prevent pregnancy needs to get the shot every \_\_\_ month(s).**

- A. 1
- B. 3
- C. 6
- D. 12

**4. Which type of birth control can women over the age of 18 get without going to a doctor or clinic?**

- A. Emergency contraception
- B. Diaphragm
- C. The patch
- D. None of the above

**5. True or false: A woman with a regular 28-day cycle is most likely to get pregnant about two weeks after the first day of her period.**

- A. True
- B. False

**6. True or false: Some types of birth control pills are only fully effective if they are taken within the same three-hour time period every day.**

- A. True
- B. False

**7. True or false: An IUD (intrauterine device) can only be used by women who have already given birth.**

- A. True
- B. False

**8. True or false: Pregnancy can happen even if a guy withdraws before ejaculation.**

- A. True
- B. False

**9. True or false: Women taking birth control pills are at increased risk for all types of cancer.**

- A. True
- B. False

**10. True or false: It is necessary to "take a break" from the Pill every couple of years.**

- A. True
- B. False

**11. True or false: People shouldn't use petroleum jelly (e.g., Vaseline) as a lubricant when using latex condoms.**

- A. True
- B. False

See how the twenty-somethings did on the quiz and for additional results from the survey, check out *Magical Thinking: Young Adults' Attitudes and Beliefs About Sex, Contraception, and Unplanned Pregnancy* by visiting [www.thenationalcampaign.org/resources/pdf/pubs/MagicalThinking.pdf](http://www.thenationalcampaign.org/resources/pdf/pubs/MagicalThinking.pdf).