

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 free online lessons that will help students prevent unplanned pregnancy. The lessons are offered free to college faculty 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 the completion agenda. In fact, 61% of women who have children after enrolling in community college fail to finish their degree, which is 65% higher than the rate for those who didn't have children.

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, and
- 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, and
- 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, and
- Find additional resources.

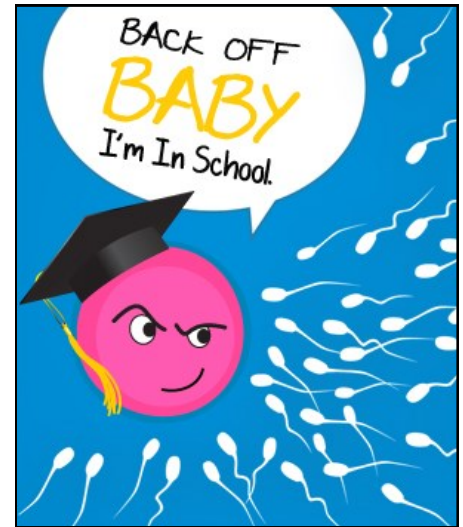
Using the Lessons

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. To view the online lessons as well as supplementary materials including a Faculty Guide, Student Guide, and more, go to

TheNC.org/resource/online-lessons-faculty-page.

The lessons include the following features:

- Fun, interactive resources and self-check activities to keep students engaged.
- Study guides to help focus students' attention on the relevant points.
- Scored quizzes at the end of each lesson that students can submit to instructors for a grade through the college's LMS (zip files are available to download at the Faculty Page link above).
- An *Action Plan* to help students get organized and to follow through on their plans to prevent unplanned pregnancy.



Students can complete the lessons online, each in approximately 30 minutes, at TheNC.org/resource/online-lessons.

Evaluation of the Online Lessons

In the fall 2012 – spring 2014 semesters, more than 2,800 students from four community colleges in FL, GA, OH, and TX participated in an evaluation of these lessons. There were significant improvements in students' knowledge, attitudes, and behavioral intent. In addition, both faculty and students who have used the online lessons have given very positive feedback. Visit the Faculty Page (link above) to download a report about the evaluation.

Learn more about all of The National Campaign's resources for colleges at www.Bedsider.org/studentsexlife.

If you have questions, wish to use and/or evaluate the online lessons, or would like to participate in a complimentary, customized webinar with a demonstration of the online lessons, please contact Chelsey Connolly, Senior Manager of College Initiatives at The National Campaign, at 202.478.8519 or cconnolly@thenc.org.

For a one-stop shop for college students and faculty to connect to information and resources about preventing unplanned pregnancy and birth control, go to [Bedsider.org/studentsexlife](https://bedsider.org/studentsexlife).

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STUDENT (SEX) LIFE

Helping college students get smart about birth control.

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Babies are awesome. So is birth control when you're not ready to have one of your own. (Or if you're not quite ready for more.) [Find the best method for you and check out the links below.](#)

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providers /

This part of Bedsider supports health care providers and student health services staff. It's free. It provides access to interactive tools and unbiased content. It will help you talk about birth control, which will help students use it better.

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faculty and staff /

Are you a college administrator, faculty, or staff member looking for resources on sexual health, birth control, and college completion? Find free online lessons, course templates, videos, and the latest research.

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For college students who want to get on top of their sex life.

On and off campus, our message is clear: An unplanned pregnancy can seriously affect one's social life, work, relationships, finances, and the ability to succeed in college. So, until someone is ready to have a baby, we believe they should have access to the most current and accurate information on birth control.

Interested in information about protection, relationships, and sex? We got you. We've even made birth control unBORING.

- See which [methods](#) are easiest and right for you.
- Get cheeky [reminders](#) so you always use it.
- Find a [health center](#) when you need one.
- Watch our [Guy's Guides](#)—they star the James Bond of birth control.
- Understand how [health insurance](#) works for you.
- Bring Bedsider to [your campus](#).
- Hear what [real women and men](#) think about their methods.
- Avoid [STIs](#) as well as pregnancy scares.
- Check out how college [R.A.s at other schools](#) promote Bedsider and birth control.
- Become a [Bedsider Insider](#) (it's free) and receive VIP treatment when you use the website.
- Celebrate [Thanks, Birth Control Day](#) every November 12th.

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