

MAKE A PLAN & TAKE CONTROL

BOOK YOUR APPOINTMENT TODAY

at ppgreatertx.org/take-control

Before you meet with the reproductive health experts at Planned Parenthood to find the best birth control fit for your needs, it might help to think through your birth control goals over the next few years. The questions below don't have any right or wrong answers, just what's right for you:

- † **What are your top three life goals for the next five years?**
- † **When you imagine yourself in five years, what do you see?**
- † **Is becoming pregnant something you hope to do or plan to do in the future? If so, when would you most like that to happen?**
- † **Besides preventing pregnancy, do you have any other health needs you hope birth control can help with? For example, endometriosis.**

- † **What are your top three concerns about picking the right birth control?**
- † **Are you open to any type of contraception? If not, what methods do you hope to avoid and why.**
- † **Some birth control methods can produce side effects in some people. Are there any side effects that concern you?**
- † **Would you rather have a birth control method you have to manage:**
 - † **Only when you plan to be sexually active**
 - † **Daily**
 - † **Every few months**
 - † **Every few years**
- † **Are there important people in your life who might have strong feelings about the birth control you choose? If so, will that be part of your consideration? Remember, it's always your choice!**

Ready to do more planning? Visit ppgreatertx.org/MyPlan to receive a special swag bag from Planned Parenthood, including a journal to plan your dreams.

