

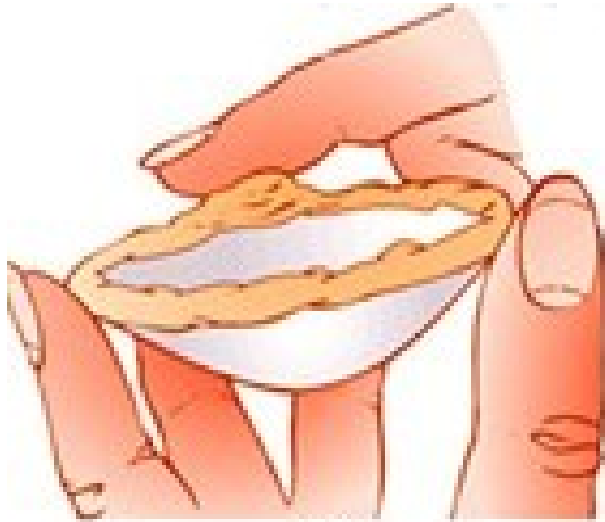
PowerPoint Slide  
Show with  
Photographs of Some  
of the Methods of  
Pregnancy  
Prevention

[www.DIVAhealth.org/pregnancyportal/](http://www.DIVAhealth.org/pregnancyportal/)

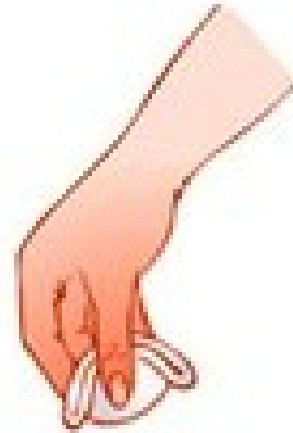
# THE DIAPHRAGM



# Inserting the Diaphragm



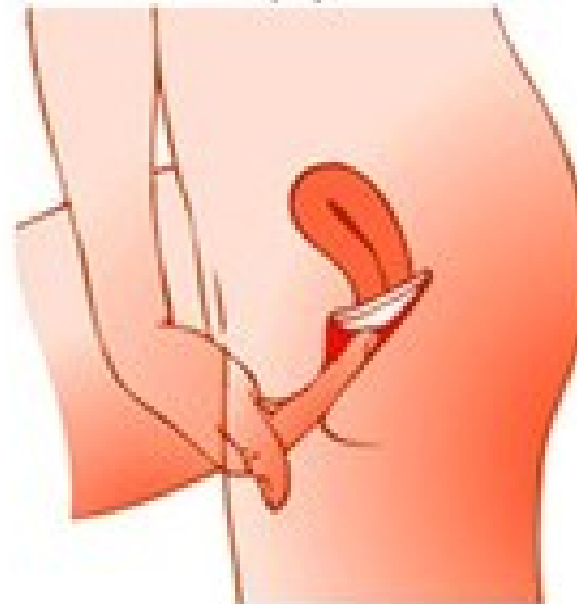
(a)



(b)



(c)



(d)

# THE SPONGE



# MALE CONDOMS



# THE FEMALE CONDOM - FEMIDOM



# THE PILL



# THE RING





# THANK YOU FOR VISITING THE PREGNANCY PORTAL

- We created this portal to provide African American women in their childbearing years with important information about how to prevent pregnancy.
- Our goal is to provide health education so more African American women have planned pregnancies and avoid unplanned pregnancies.
- This is because there are greater health risks associated with unplanned pregnancies.

# WHY DID WE CREATE THIS PORTAL? HIGH RATES OF INFANT MORTALITY

- In the United States, African American mothers have **higher infant mortality rates** than all the other racial/ethnic groups—meaning worse rates than Whites, Hispanics, Asian Pacific Islanders, and American Indians or Alaskan Natives.
- Think about this: college educated African American mothers have a **higher infant mortality rate** than white mothers who are high school drop-outs.
- These differences across racial/ethnic groups are called **health disparities**.
- There needs to be a greater awareness of health disparities in the African American community.

# THE NEED TO PLAN OUR PREGNANCIES

- African American women need to **plan their pregnancies.**
- They need to plan by **making sure they are in good health before they get pregnant**
- They also need to have **space between their pregnancies,** so they have time to plan the next pregnancy.
- Women need to have space between their pregnancies so they have time to **make sure the baby they just had is in good health, before they get pregnant again.**
- Women need to **give time and attention to the baby they have, before they have the next baby.**
- Women need to **make sure they, as Moms, are in good health, too, before they get pregnant again.**
- All this means that **it is important to engage in pregnancy prevention, or to use birth control.**

# THE NEED TO CHOOSE YOUR METHOD OF PREGNANCY PREVENTION

- There are 9 methods of pregnancy prevention, while some are recommended more than others.
- We created the 9 cartoon videos (avatar videos) available on this website to provide you with information about these 9 methods of pregnancy prevention. They provide information that will help you to choose the best pregnancy prevention method for you.
- This includes choosing a **main method** of pregnancy prevention, such as taking the pill, for example; and, a **back-up method—like also using condoms, which also provides protection from HIV and other sexually transmitted infections.**

# GO SEE A DOCTOR

- And, learn more about the method of pregnancy prevention that is best for you!
- No information on the internet can replace a visit to the doctor!
- Only a visit to a doctor will ensure you use the RIGHT method for you in the CORRECT way!
- PLEASE GO!

# Thank You for Learning More about Methods of Pregnancy Prevention!

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