

What Teachers Need to Know: Over-the-Counter Birth Control Pills

Presented by Advocates for Youth

in conjunction with the
SHAPE America National Health Ed Council

Health Literacy Month
October 2023



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SHAPE America Health Ed Council

The SHAPE America Health Education Council is one of SHAPE America's five program councils, which are all charged with the following [responsibilities](#):

- Advise and [make recommendations](#) about programs, products and services related to the respective focus areas, considering overall impact, member benefit and return on investment.
- Provide recommendations on existing programs, products, services, and activities in relation to the organization's strategic plan and recommend continuation, revision or elimination. [Help guide new initiatives](#) through the review process and recommend task forces and ad hoc committees needed for completion.
- [Build communication](#) with related SHAPE America special interest groups (SIGs).
- [Provide reports/updates](#) prior to each SHAPE America Board of Directors meeting and/or upon request.



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SHAPE America Health Ed Council Members

Rachael Gibson (Chair), AB Global, FL/SA

Jenny Withycombe, Portland Public Schools, OR

Stacy Furness, University of Wisconsin River Falls, WI

Adam Mullis, Griffin Middle School, GA

Kristin McGurl, Chappaqua Public Schools, NY

Kathleen Vogt, Union Vale Middle School, NY

Christopher Pepper, San Francisco Unified School District, CA

Lennie Parham, New Jersey Department of Education



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Health Literacy Month

We'd like to give a big shout out to our nation's health education teachers for their work teaching life-changing skills to young people. Thank you!

Health Literacy Month Sponsors

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Welcome!



**OVER-THE-COUNTER
BIRTH CONTROL PILLS:
What Teachers
Need to Know**



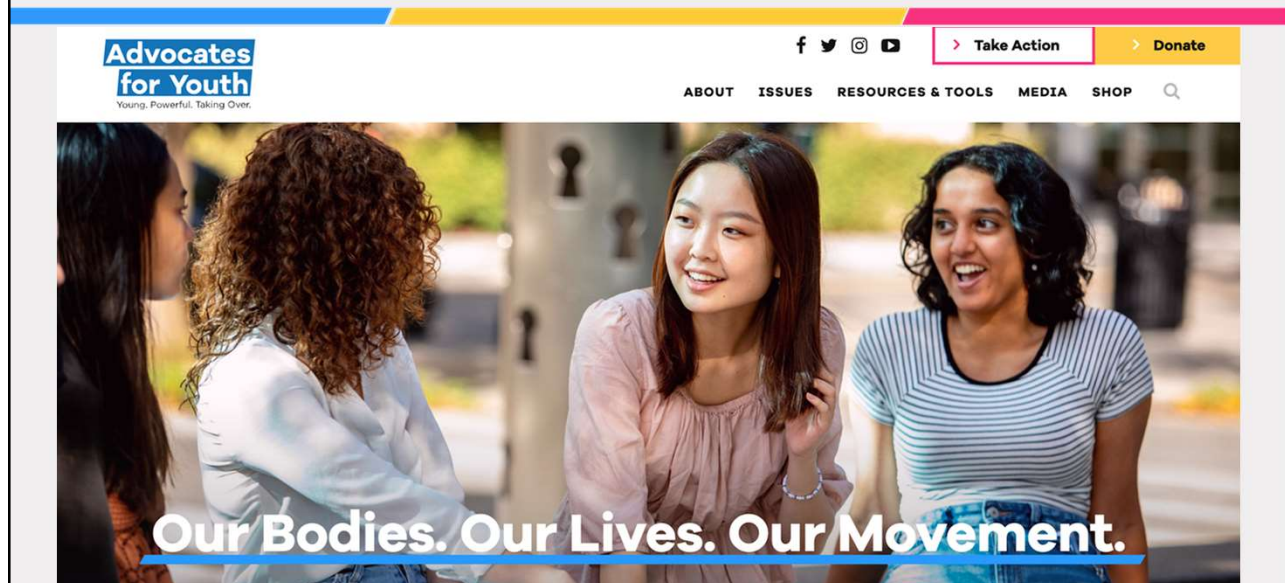
**Brittany McBride (She/Her)
Director, Sex Ed & Training**

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Respect.
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www.AdvocatesforYouth.org



The screenshot shows the website's header with the logo 'Advocates for Youth' and the tagline 'Young. Powerful. Taking Over.' on the left. On the right, there are social media icons for Facebook, Twitter, Instagram, and YouTube, followed by 'Take Action' and 'Donate' buttons. A navigation menu includes 'ABOUT', 'ISSUES', 'RESOURCES & TOOLS', 'MEDIA', and 'SHOP'. Below the navigation is a large photograph of four diverse young women talking and laughing. At the bottom of the photo, the slogan 'Our Bodies. Our Lives. Our Movement.' is written in white text with a blue underline.

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A Little About Me



Brittany McBride, MPH (She/Her)

Director - Sex Ed & Training

- Co-author of K-12 sex education curriculum called Rights, Respect, Responsibility (3Rs)
- 13+ years working with schools on sex education
- Based in New Orleans

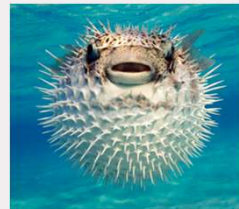
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WARM UP

SHARE IN THE CHAT WHICH ANIMAL REFLECTS HOW YOU'RE FEELING NOW AND WHY



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Please submit questions in the chat any time.
We have time saved at the end to answer them.

I ♥
???

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Agenda

- What is Opill and how does it work?
- Is an OTC pill safe for teens to use?
- How/where can teens access it?
- Myths about teens and OPill
- What should I prepare for in class?
- What questions might parents have?

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What is the Opill and how does it work?

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A Little About Me



Joy E. Baynes, MSN, MPH, FNP-C (she/her/hers)

**Teen Health Programs
Manager/Family Nurse Practitioner, El
Rio Health Center, Tucson, AZ**

- 17+ years working in contraceptive access program development
- Run peer led teen clinic program at largest FQHC in the SW
- Train clinicians in adolescent friendly sexual and reproductive health services

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What is Opill?

- **Progestin-only birth control pill**
- **Must be taken daily to be 98% effective**
- **Studies show it can be used safely without support from health care provider**
- **Most common side effect is irregular bleeding**
- **Does not prevent STDs/HIV**



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Opill History

- **FDA approved for OTC use on 7.13.2023**
- **First approved in 1973; discontinued in 2005 as COCs became more popular**

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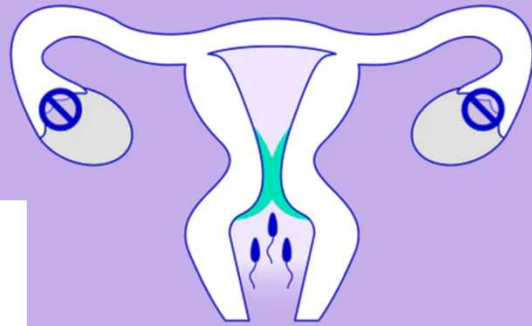
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How Does it Prevent Pregnancy?

What it does

Opill® works by thickening the cervical mucus, which helps block sperm from reaching the egg. It may also prevent your ovaries from releasing eggs.



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How Effective Is It?

What to expect

Opill® is 98% effective at preventing pregnancy when taken at the same time every day. It starts working within 48 hours after you take your first pill, so make sure to keep using a barrier method like condoms for the first two days to prevent pregnancy, or if you miss or are late taking a pill.

And just a reminder — like other birth control pills, Opill® doesn't prevent sexually transmitted diseases (STDs) or sexually transmitted infections (STIs).



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Safety

- **Opill® safe for most people including those who have contraindication to estrogen**
 - Smokers
 - Breastfeeding
 - Hx of migraines with aura
- **Fertility**
 - Immediate return to fertility and no impact on future fertility
- **Low risk of ectopic pregnancy**

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Side effects & Contraindications

- **Side effects – same as other progestin only methods**
 - Headaches, breast tenderness, acne, mood swings, nausea
 - Irregular bleeding most common side effect
- **Contraindications – same as other progestin only methods**
 - Have a history of breast cancer
 - Have allergies to this product or any of its ingredients, such as the color additive FD&C yellow No.5 (tartrazine)
 - Are currently using another birth control pill, vaginal ring, patch, implant, injection, or intra-uterine device (IUD)
 - Have a known or suspected pregnancy

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When can you start Opill® ?

- **Any day of their cycle**
 - If switching from another oral contraceptive, vaginal ring, or patch, start Opill® the day after stopping other method.
- **Opill® starts working 48 hours after initiation**
 - Use a condom or other barrier method during intercourse for the next two days after Opill® initiation

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How to Use Opill

- **Once daily at same dose of 0.075 mg norgestrel**
- **Should be taken no later than three hours following the time of the previous day's dose**
 - **If taken more than 3 hours late or miss one or more tablets**
 - Take one tablet immediately
 - **Resume Opill on regular schedule**
 - Use backup method (condom or other barrier method) for 48 hours

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What Questions Do You Have?



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Sharing Information with Students

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<https://opill.com>

The image displays the packaging for Opill, a daily oral contraceptive. On the left is the product box, which is teal and white. It features the text "FULL PRESCRIPTION STRENGTH", "Contains 1 x 28 Day Supply", "Opill® Norgestrel tablets 0.075mg Daily Oral Contraceptive", "FDA APPROVED", and "28 Tablets". At the bottom of the box, it says "Take one tablet at the same time every day DO NOT USE AS AN EMERGENCY CONTRACEPTIVE". On the right is a blister pack containing 28 yellow tablets arranged in a 4x7 grid. The days of the week are labeled at the top: SUN, MON, TUE, WED. Text on the blister pack includes "Opill® Norgestrel tablets 0.075mg Daily Oral Contraceptive", "Take one tablet every day", "If a tablet is late or missed, use back", "Refer to Drug Facts Label", and "Store between 20°-25°". A blue arrow points from the bottom of the blister pack to a single yellow tablet.

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AskAmaze

The image shows a cartoon character named AskAmaze, a stick figure with a crown on its chest, standing on a white grid background. The character is positioned in the center of the frame. In the bottom left corner, there is a logo that reads "Rights. Respect. Responsi". In the bottom right corner, there is a logo that reads "Advocates for Youth" with the tagline "Empowering. Powerful. Taking Over." below it.

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How did this become available?

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What Happened?

- July 13, 2023 the FDA voted unanimously to approve Opill to be offered OTC
- In early 2024, the Opill will be available at pharmacies and convenience stores just like Advil (not behind the counter)

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Medical Groups in Support



AMA urges FDA to make oral contraceptive available over-the-counter



Over-the-Counter Access to Hormonal Contraception



Changing Oral Contraceptives from Prescription to Over-the-Counter Status: An Opinion Statement of the Women's Health Practice and Research Network of the American College of Clinical Pharmacy

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Over-the-Counter Oral Contraceptives

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www.FreethePill.org

The United States FDA has approved the first-ever over-the-counter birth control pill!



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www.FreethePill.org

Free the Pill

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[RESOURCES](#)
[TAKE ACTION](#)
[MEDIA](#)
[CONTACT](#)

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The Evidence

The case for moving birth control pills over the counter in the United States is strong. If you're looking for a quick reference on the evidence, these resources are a great place to start. If you want to dive deeper or want more information on a specific topic, check out our [Resource Library](#) where you can explore by areas of interest.

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www.FreethePill.org

“Pharmacist-provided contraception may be a necessary intermediate step to increase access to contraception, but over-the-counter access to hormonal contraception should be the ultimate goal. The American College of Obstetricians and Gynecologists supports over-the-counter access to hormonal contraception without age restrictions.”

— American College of Obstetricians and Gynecologists

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Review article

Over-the-Counter Access to Oral Contraceptives for Adolescents

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 Keywords: Oral contraception; Contraception; Adolescents

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Where Can You Get It?

Once it's available, there are a few different ways you'll be able to purchase Opill®.



In store

Opill® will be available in the aisles at most major retailers nationwide.



Online

Order Opill® on our website and have it delivered to your door in discreet packaging.



Subscribe

Sign up for a 3-month or 6-month subscription to make sure you get your next pack before you run out.

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Myths about Teens and Opill

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Myth or Reality?

St...agers can take a daily pill as
...y as adult women.

REALITY

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Myth or Reality?

..., teens reported being very
...y Opill in pharmacy or grocery store.

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Myth **Reality?**

REALITY

Control does not encourage
them to have sex.


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**What Should I Prepare for
in Class?**

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- Ensure any lesson on birth control includes information about Opill and where/how teens can get it.
- Ensure teens know it does not protect against STDs/HIV.
- Ensure teens know they do not need parental permission to buy it.


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Common Questions Parents Might Have

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- Are the pills safe for my young person?
 - Yes, they are safe and highly effective!
- Does my young person need to talk with a pharmacist to get the pills?
 - No, the Opill should be available in the aisle like Advil or PlanB.
- Will my insurance be billed?
 - No, Opill is not covered by insurance.

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What Questions Do You Have?



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Please contact for help/resources:
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Thank-you!



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