Cultural & Family Perspectives on Birth Control

PURPOSE: This is a chance to share with one another some of your own (and your family's or your religion's) beliefs about sexuality and relationships. It will also give you a chance to get to know one another a little better.

DIRECTIONS: Find a quiet place where the two of you – the student and the trusted adult (parent, guardian, stepparent, adult friend of the family, best friend’s parent, etc.) – can talk privately. Set aside about 10 minutes. During this time, please give full attention to one another ... no texting, watching TV and so on. Now ask one another the following questions

ASK THE ADULT: Tell me about our family's cultural or religious beliefs about birth control. Research the beliefs about birth control from some part of your identity, for example culture, religion, country where you were born, or country your ancestors are from.

Some possible areas to research:

- Are birth control methods considered okay to use? If so, in what circumstances? For example, in marriage, for health purposes, after a certain age?
- Is birth control considered more of a man or a woman’s responsibility, or both?
- Are some birth control methods preferred over others?
- Does it seem like everyone in your culture / religion / country agrees about this, or is there disagreement?

Try an Internet search using the term “birth control” (in quotes) and a religion or a country. Our librarians can also help you find good sources of information, in books or online.

Write a one-page (200-400 word) paper about your research findings. Turn in your paper by ________________.