Be Prepared, Be Protected
VIDEO SCRIPT

SCENE 1: ABSTINENCE

FEMALE 1: I thought I was abstinent. I guess I didn’t know what abstinence really means. Now I do.

ANNOUNCER: It’s important to know what abstinence means. Not having sex. Not once, twice, or ever. Just because you’re not having sex now, doesn’t mean you will have always be abstinent. You’re only abstinent if you know you won’t be tempted to have sex. And this becomes especially important when you are taking a drug that may cause birth defects to your unborn baby. Think about it: Are you really abstinent?

SCENE 2: UNPREPARED PREGNANCY

FEMALE 2: I can’t believe I’m pregnant. It was just that one time. And I have been so careful. This can’t be right.

ANNOUNCER: You have to be sure if you are having sex at any time you can’t use any excuses. It doesn’t matter if your periods are irregular, or if you think you can’t get pregnant, or if you don’t have sex frequently. And if you are on a medication that could be harmful to your unborn baby, you need to be especially and extremely careful. Once can be enough.
SCENE 3: WITHDRAWAL

FEMALE 3: We used withdrawal for a long time. But this time withdrawal just didn’t work.

ANNOUNCER: Withdrawal is unreliable. Use effective birth control such as the contraceptive pill, diaphragm, condom, and if you are taking a medication that may cause birth defects to your unborn baby, use a combination of two. If you don’t like the pill, you have other options such as long lasting contraceptive implants, injectables, and intrauterine devices—IUDs. Always practice safe birth control using reliable effective methods to avoid pregnancy.

SCENE 4: BEING UNPREPARED

FEMALE 4: This is so nice. (Thoughts of Female 4) I didn’t think this would happen. I mean at least not tonight. I’m so surprised and unprepared.

ANNOUNCER: Be prepared and protected. Think about it before hand. You may have sex and you might get pregnant? Don’t assume your partner will take responsibility. And if you are on a medication that may cause birth defects—think about your unborn baby. Be prepared and ready to use reliable effective forms of birth control.
SCENE 5: BIRTH CONTROL CAN FAIL

FEMALE 5: I can’t believe this. There’s a hole in my diaphragm. What if I get pregnant? What am I going to do?

ANNOUNCER: Your doctor or nurse can help you find out if you are really pregnant. If you are, they can give you advice. Always make sure your birth control is reliable and effective. And if you are on a drug that may cause birth defects, be sure you are doubly protected.

If you have any questions you should speak to your doctor or nurse. Carefully follow instructions provided by your prescriber, and consult with them if you have any questions about pregnancy, birth control, or your medical treatment.

[TYPE—NO VOICE]

Frame 1:
Complete Contraceptive Certainty = Be prepared Be protected

Frame 2:
You have just seen five scenarios with the most common reasons women have unwanted or ill-timed pregnancies.

Frame 3:
If you are not being completely abstinent, then

- Use birth control regularly
- Use the most effective types of birth control
- Be sure the method you choose is reliable
- Be prepared and be protected

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Frame 4:
Brought to you as an educational service.