

Take this quiz on what kind of contraception you should use by answering a few simple questions. In 50-100 words, share what you learned from this quiz and anything that stood out to you about the result you got.<https://findmyethod.org/find-my-method/>

Out of the 18 methods given in the website only one effective method that is external condom is developed for people “assigned male at birth” (people with penise). Rest all other methods (Except for abstinence and withdrawal which are not very effective methods) are for the people “assigned female at birth” which shows that how the all the research and development work devoted towards contraceptives are historically gender biased and puts the onus of birth control or contraception disproportionately on the “people assigned female at birth”. It is the same patriarchal bias perpetuated by the research fraternity as well as the state in the name of population control that has popularized female sterilization over male sterilization.

Similarly the methods which are the most effective methods (success rate over 90%) i.e. The IUDs, implants have cramps and bleeding as side effects. The discourse must shift towards developing contraceptives with lesser side effects and contraceptives for everyone and not just for assigned females at birth.