

### **Lesson 3 - Assignment**

**Take this quiz: <https://findmymethod.org/find-my-method/> 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.**

I will prefer to choose long-lasting contraceptive protection that will help to reduce unwanted pregnancies for at least a few years. Simply, we can trace it and manage it. Also, it reduces daily tensions and stress. I found another option on the quiz of effective contraceptive measures. It includes hormonal IUD, non-hormonal IUD, a tiny insert implanting for long-lasting protection. So, both are interlinked, but it tells more about preferences according to my needs. To remain consistent and equitable distribution of responsibilities, I go for contraceptives that are effective for male bodies. It would be great if we will share it by removing the burden of contraceptives on one partner. So, I checked male bodies such as external condoms, withdrawal methods, and sterilization. All methods discussed in this quiz are not going to protect me from sexually transmitted diseases except condoms. This option is also suitable to prevent STIs.