

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 had selected options, in order to find a contraceptive method that can be easily hidden, is long lasting, effective and yet prevents STIs. I also do fall under the category of obesity. It was really surprising to note that the search revealed that there is no contraceptive method exactly or even approximately matching all my requirements/preferences. It really drives home the need to find a suitable combination of methods.

I am still unaware of how Obesity, Hypertension or even Breastfeeding affect the use of contraceptives. I am looking forward to learning from this course.