MY PLAN for Birth Control*

In the next 6 months, my plan for birth control is:

- [ ] Not to use birth control
- [ ] To use birth control every time I have sex
- [ ] To use birth control and STD control (condoms) every time I have sex
- [ ] Other: ________________________________________________________________

This goal is important to me because:

The steps I plan to take in reaching my goal are:

1. 
2. 
3. 
4. 
5. 

The ways other people can help me are:

<table>
<thead>
<tr>
<th>Person</th>
<th>Possible ways to help</th>
</tr>
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Some things that could interfere with my plan are:

I will know that my plan is working if:


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