Mi Método, Mi Elección:  
(My Method, My Choice)  
A Comparative Look at Birth Control Access in Chile and the United States of America

By Lauren Banker
Research Focus

• Teen Pregnancy & Birth Control Accessibility

• Citizens well-being

• Comparative analysis
Overview

• Methods

• Findings

• Recommendations
Locations

Arica (Chile)

New Hampshire (USA)
# Ethnographic Research

**Arica (Chile)**

- **Sample**
  - 20 adolescents
  - 2 healthcare professionals

- **Methods**
  - Interviews
  - Survey
  - Participatory Observation
  - Archival Research

**New Hampshire (USA)**

- **Sample**
  - 5 healthcare professionals

- **Methods**
  - Interviews
  - Archival Research
  - Self Study
Findings

• Lack of Comprehensive Sex Education

Sex Education in US Schools

Abstinence as the most effective method to avoid pregnancy, HIV and other STIs
Methods of Contraception

Figure 1: Guttmacher Institute Facts on American Teens’ Sources of Information About Sex
Findings (continued)

• Lack of Birth Control Accessibility

• Social & Cultural Barriers
Recommendations

• Comprehensive Sex Education

• Greater Accessibility of Contraceptives

• Shift in Socio-Cultural Gender Expectations


