



## Christian Voices for Life

### Weekly Pro-Life

#### Education

#### Prayer

#### Action

---

## Two MORE Reasons Birth Control Pills are Bad for Teens

---



**Education:** Although many doctors and parents think birth control pills are safe, there are well-documented risks associated with them, including higher risks of breast cancer and blood clots that can cause heart attacks or strokes. (1) Two recent articles have revealed two more ways that oral contraceptives (OCs) can be harmful to teens. First, a recent Swedish study showed that teens that took OCs had a 130% increased risk of depression. With adult women, the risk was 92%, and if they stopped the OCs, the risk of depression decreased to eventually a normal risk. But with teens who used OCs and then discontinued them in adulthood, the risk of depression stayed high. (2)

A second article revealed that painful periods in teens may be a symptom of endometriosis. While OCs can reduce the pain, they do not resolve the problem. The endometriosis continues, and can get worse. By the time a woman discontinues the pill in order to get pregnant, the endometriosis prevents her from being able to conceive. (3) While teens are more likely than adult women to experience some pain and/or heavy bleeding during their periods, if the pain is enough to interfere with her normal functioning, it may be a symptom of a problem that needs to be treated, and the teen should be brought to a medical professional.

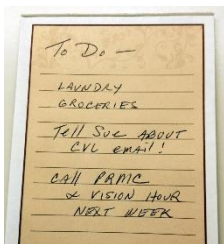
Every doctor who prescribes oral contraceptives should tell the patient (and parents of teens) of the serious risks they present, so that the patient can make a truly informed consent.

1. [www.ChristianVoicesforLife.org/documents/2019/5/Birth-Control-Pills-NOT-SAFE-with-refs.pdf](http://www.ChristianVoicesforLife.org/documents/2019/5/Birth-Control-Pills-NOT-SAFE-with-refs.pdf)
2. <https://naturalwomanhood.org/oral-contraception-depression-teens>
3. <https://naturalwomanhood.org/endometriosis-teens>



**Prayer:** Dear Jesus, please help all women to be informed about the serious health risks of all hormonal contraceptives. Help parents to teach their children to understand the value of God's plan for sexual expression within marriage, and to resist the world's message that sexual activity is normal among any consenting adults. Please help doctors to be informed themselves of both the risks of contraceptives, and the effective alternative of fertility awareness-based methods such as Natural Family Planning. Help all women to understand your plan for sexuality, to be an expression of committed love within marriage, open to the

creation of life.



**Action:** Spread the word on the dangers of birth control pills to young women you know who may be considering them, or are already on the pill. Let your friends know about [Natural Womanhood's Mothers of \(Pre\)Teens course](#) where Mom and daughter can learn together about female fertility and healthy ways to manage periods. Encourage your church or ladies' group to sponsor classes on Natural Family Planning for married couples, as well as promoting abstinence among singles. Ask your doctors if they are

informing their patients of the risks of hormonal contraceptives as well as the nature of those products to sometimes end a life already conceived. Brochures and presentations outlining the various physical risks of contraception are available [here](#), and a flyer for doctors is [here](#).