**Pre-conception Test**

1. Abbi is 20 and has a part-time job as a hairdresser. Her boyfriend Mark is 21 and works at a local supermarket. They have known each other for two years and have recently started living together. They are renting a one bedroom flat.

Abbi and Mark want to start a family. Identify and explain **three** factors that they should consider before starting a family.

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**6 marks**

2. Identify **two advantages and two disadvantages** of being a young parent.

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**4 marks**

3. Identify **two advantages and two disadvantages** of being an older parent.

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**4 marks**

4. What is pre-conceptual health?

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**1 mark**

5. Why is pre-conceptual health important?

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**1 mark**

6. When should pre-conceptual health start?

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**1 mark**

7. Abbi and Mark want to start a family. List **three ways** that Abbi could ensure good pre-conceptual health.

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**3 marks**

8. What is the definition of a family?

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**1 mark**

9. What are the six basic needs a child must have?

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**6 marks**

10. The school nurse has asked you to help produce an information sheet about the advantages and disadvantages of five different methods of contraception.

She has given you a completed example and wants you to finish off the sheet with two advantages and two disadvantages for the other four methods. **28 marks**

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| **Progesterone-only Pill (POP)** | |
| **Advantages** | **Disadvantages** |
| Easily taken orally | Not effective if taken 3 hours late |
| Can relieve PMT and painful periods | Periods may become irregular |

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| **Male Condom** | |
| **Advantages** | **Disadvantages** |
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| **Contraceptive Injection** | |
| **Advantages** | **Disadvantages** |
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| **Intrauterine device (IUD – Coil)** | |
| **Advantages** | **Disadvantages** |
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| **Contraceptive Implant** | |
| **Advantages** | **Disadvantages** |
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| **Intrauterine System (Mirena)** | |
| **Advantages** | **Disadvantages** |
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| **Contraceptive Patch** | |
| **Advantages** | **Disadvantages** |
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| **Natural Family Planning** | |
| **Advantages** | **Disadvantages** |
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