

MODULE 1: BIRTH CONTROL SPOTTING RED FLAGS



RED FLAGS

We're used to spotting red flags on dating apps, but what about when it comes to birth control information?

When you encounter a message about birth control, whether that's on social media, the news, or in an everyday conversation, here are some red flags to look out for that might tell you you're not getting the full or accurate picture:

→ **They're selling a product or making money.**

If someone is talking about how hormonal birth control made them grow fangs and fertility awareness methods gave them Rapunzel's hair, it's worth checking their profile. Are they selling a course? Do they have paid partnerships with an app or company? Profiting off of content doesn't always mean someone is presenting incorrect information, but it is something to look out for and signs you should do some deeper digging.

→ **They have questionable credentials.**

If someone is claiming to be an authority on birth control and health, but isn't a medical professional, researcher, or public health expert, you may want to take their claims with a grain of salt. People who use titles such as "health coach," "hormone coach," "holistic healing practitioner," etc. usually have no real credentials and (see above) may have an agenda to push or something to sell.

→ **They're making unsubstantiated claims about birth control (based on their experience alone).**

If someone is speaking about their own experience using birth control and claiming that birth control definitively caused certain negative outcomes or side effects, proceed with caution. Sensationalized claims are common on social media because the posts get boosted in the algorithm—oftentimes false facts travel faster than real ones. Each body is different and everyone may have different experiences using birth control or any other drug. But it's important to remember that just because someone had an experience (or claims they did), it doesn't mean you or even most people will have the same experience.

→ **They use vague terminology around hormones.**

Be on the lookout for terms like "hormone healing" and "hormone balancing" Terms that aren't rooted in science are often used to stoke fear.

→ **They're part of the anti-abortion, anti-sex-ed movement.**

Unfortunately, the anti-abortion movement is coming for birth control. If someone identifies themselves as "pro -life," they are demonstrating a bias, and their comments on birth control are likely not based on science.



HEY BB!

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