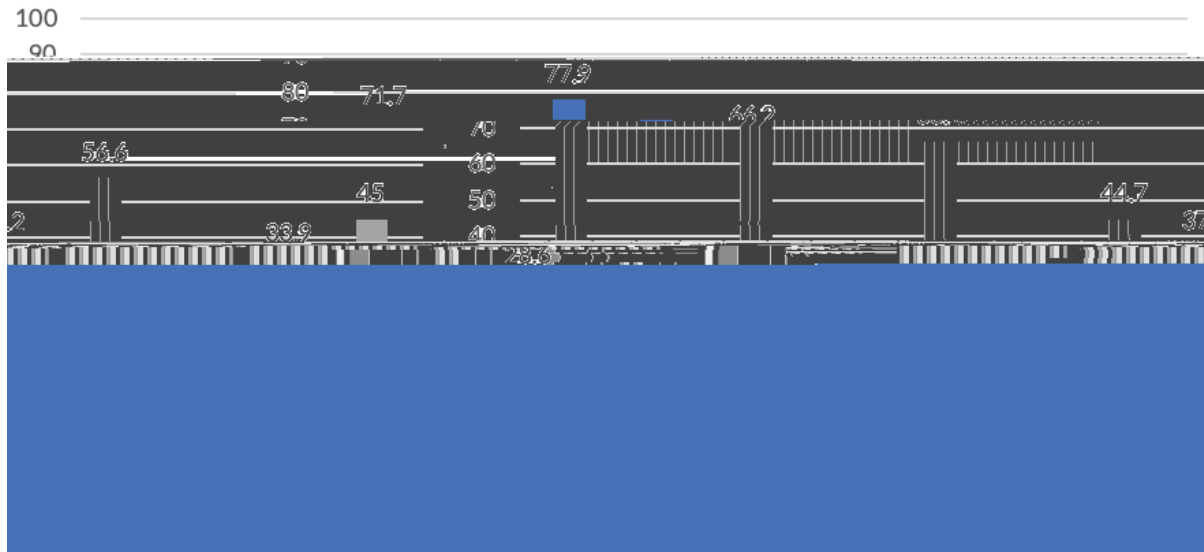


The final two statements presented asked about perceived self-efficacy given specific personal conditions: whether one could obtain a method if desired and whether one could continue to use a method if s/he experienced side effects [Fig. 3]. The largest share of female respondents “strongly” or “mostly” disagreed (45.0%) with the statement, that they could continue to use a method even if they experienced side effects, indicating that side effects may still be a key reason that young women may not choose to use contraception. Disagreement was also highest for this statement for male respondents (28.6%) compared to the other six.



The results on contraceptive ideation within the domain of perceived self-efficacy are positive overall, with high levels of agreement, but point to areas where increased exposure to communications messaging and outreach could improve ideation and contraceptive uptake. While respondents in this study reported high levels of perceived self-efficacy overall, actual use of contraception in this sample was low (19.1%), indicating that other factors play a role before uptake, despite the high confidence expressed.

In response to all seven statements, the study found gender disparities in agreement, with male respondents more likely to “strongly” or “mostly” agree with a statement compared to female respondents. Organizations working on communications strategies targeting adolescents and youth should work with young men and women to generate gender-specific messaging on contraceptive use and share those messages through channels that are most widely used by each gender. The higher level of disagreement among female respondents that they could use a method even if they experienced side effects highlights the need for balanced contraceptive counseling aimed at adolescent girls and young women and the need to clarify myths around method side effects.