

A close-up photograph of two hands, one from a darker-skinned person and one from a lighter-skinned person, gently holding a blister pack of birth control pills. The blister pack is partially open, revealing several pink and white pills. The background is dark, making the hands and the pills stand out. The text "Girls Talk About Birth Control" is overlaid in the center of the image in a white, sans-serif font.

**Girls Talk  
About  
Birth Control**



I have to pay 65 dollars to get it. My insurance used to cover its cost but when my mum had to quit her job to pursue a different career, we needed to get a different insurance and so we switched. They didn't cover my birth control anymore. At one place it was \$76 and at different place it was \$56. Apparently there are forms of contraception covered by my insurance but they don't give it to me because it's not what my prescription from my doctor is for. I pay \$780 a year just so I can function normally and don't get my cramps. I spend \$780 on my uterus and I'm not even having sex. Over the period of 4 years I paid \$3,120. I could be spending this money on a car that I actually need. And it's really crazy cause birth control provides me with the ability to go to school when I'm on my period.



My system is a series of photographs and short interviews with girls on reproductive rights and birth control. I want to empower girls to feel proud for taking control over their own bodies.

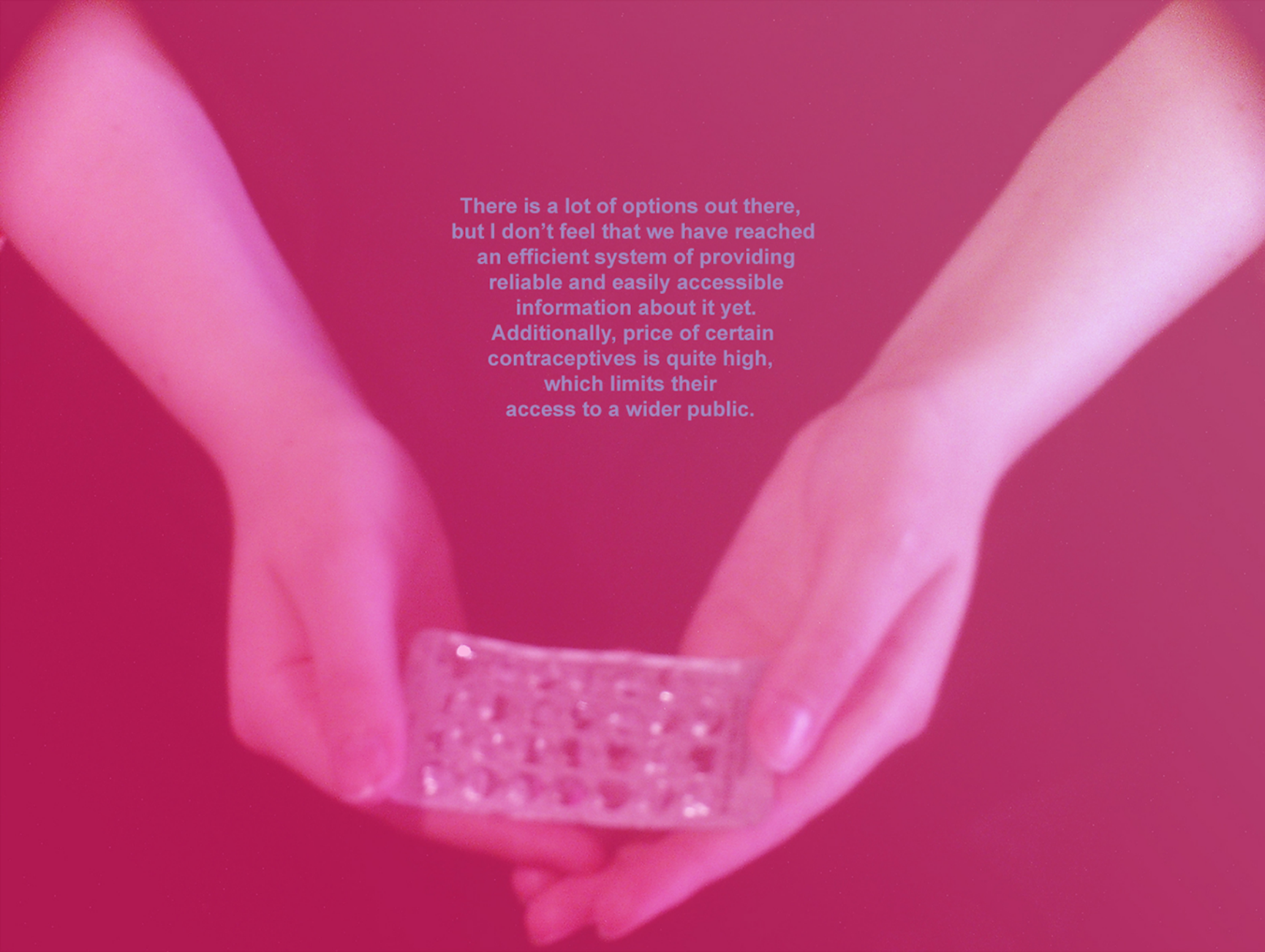
The purpose of this system is to empower young women as well as to bring awareness to the subject of unmet need for contraceptives in the developing world. It will impact people who decide to participate in the project as well as the people viewing it. The goal is empowerment and bringing consciousness to the subject.

My research question is :

To what extent does birth control advance women's economic empowerment and what's the role of globalization in it ?

And my system is a series of photographs and interviews dealing with access to contraception and reproductive rights.

The relationship is that they concern the same subject: birth control and empowerment.



There is a lot of options out there, but I don't feel that we have reached an efficient system of providing reliable and easily accessible information about it yet. Additionally, price of certain contraceptives is quite high, which limits their access to a wider public.



The pictures were posted online on a social media platform : <https://girlstalkaboutbirth-control.tumblr.com/> this way the interviews and photos can be easily accessed

Materials: camera/ laptop

It's not immediately obvious to the reader how intimate the interviews were

If I was to do something differently I would invite

more people/ maybe create a survey to distribute the questions among a wider group of participants

The prototype was a photo shoot which I executed last week. For the engagement part I was showing the photographs to the participants and carrying out interviews which consisted of 3 questions:

What comes to your mind when you hear the word contraception?

Do you think the system of providing birth control is inefficient?

Do you think that birth control is easily accessible in the Western countries such as the USA?

Three interviews were carried out in the dorms that belonged to the interviewees and one via Skype with my friend. One participant was American, one Ukrainian, one Polish and one from Belgium to get an international perspective.



When I think about the word contraception my very first thought is simply an image of a condom. Then, my fear of hormonal contraception sneaks in. I don't like the idea of altering the natural state of my body and pill was always out of question for me. Possible weight gain and mood swings effectively deepen my aversion towards hormonal contraception, although lately I gained some interest in IUDs. Also, I've been reading about natural birth control methods, but this is largely due to the fact that the topic comes out often in the vegan community, it's not something I see myself using though.



I think the engagement part was the most meaningful as I got to explore the subject through the eyes of others. It worked in a sense that I got to execute my plan. I was interviewing participants separately, but I wonder if it would change anything if I would facilitate a conversation of a group of people.

I am evaluating the engagement on the basis of the feedback I received from the participants of this project. They didn't feel stigmatized or embarrassed and they were free to express their opinions

I learned that people were open to discuss the subject of contraception. I've tried to give them room and a certain level of privacy, but I found out that not everyone needed it and that some problems connected with birth control are universal. Also contraceptives should be seen as medication. They can help to prevent pregnancy, but at the same time they have many different uses that include: acne treatment, menstrual cramps, PMS treatment etc. Moreover I learned how to start a conversation about an intimate subject, without being intrusive.

The biggest challenge was to listen carefully and give enough space to the individuals. I was afraid that my own biases will influence the outcome of the conversations. I addressed my



When I think about the word contraception I think about all the different opinions that people have about it. That also makes me reflect on its different forms, as well as different uses and objectives. Forming different types of birth control as well as its use has provided women with the possibility of having control over one's body, and independence. The apparition of contraception is an important factor in the unraveling of happenings surrounding women's rights.



I think this blog is a great idea that I might continue in the future. I am moving to Paris next year so it would be interesting to talk to French people about birth control and see how their opinions differ. Also I will be home during the summer so I might carry out interviews with my Polish friends. This way I would show a multidimensional view of contraception.

My insprations included Planned Parenthood website and WHO campaigns



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