



# NORTH AMERICAN SOCIETY FOR PEDIATRIC AND ADOLESCENT GYNECOLOGY

Administrative Office  
Sari Kives, MD, FRCS, President 2022-2023  
Brent Schwartz, Executive Director  
19 Mantua Rd.  
Mount Royal, NJ 08061  
Tel 856-423-3064 • Fax 856-423-3420  
Email: [hq@naspag.org](mailto:hq@naspag.org)  
Web Site: [www.naspag.org](http://www.naspag.org)

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The North American Society for Pediatric and Adolescent Gynecology (NASPAG) is a leading organization dedicated to multidisciplinary collaborations in education, research, and gynecologic care to improve the reproductive health of youth. NASPAG individually, and in partnership with organizations such as ACOG, AAP and SAHM, has served as leaders in advocacy for unrestricted, unbiased and evidence-based reproductive care for adolescents. NASPAG supports the availability of oral progesterone-only contraceptive pills to adolescents without a prescription. Mistimed pregnancy occurring during adolescence has lifelong health, social and economic implications. Oral hormonal contraception has significantly contributed to reducing adolescent pregnancy rates.

Providing adolescents with comprehensive reproductive health care during visits with providers is at the core of our mandate, but these conversations should not be a barrier to accessing contraception. Adolescents face more barriers than adults in accessing comprehensive reproductive healthcare services and abortion care, including cost, confidentiality concerns, and limited knowledge and experience with the healthcare system. Marginalized teens and those who experience systemic oppression are also uniquely vulnerable. Reducing barriers and ensuring access to contraceptives is a key strategy to prevent unintended teen pregnancies and need for abortions. Youth in many states have limited access to sexual health education and reproductive resources. Therefore, over the counter access to reliable contraception is particularly essential.

Risk of harm related to progesterone-only pills is low and comparable to risks associated with common over the counter medications such as acetaminophen, aspirin, or ibuprofen. The need to self-screen for contraindications is simple and adolescents rarely have a medical condition prohibiting the use of progesterone. A safe over the counter birth control option is a timely and important resource to provide equitable access and essential reproductive healthcare for the adolescent patient.

1. SAHM/NASPAG Statement on Leaked Draft SCOTUS Opinion Regarding Mississippi v Jackson Women's Health. *J Pediatr Adolesc Gynecol.* 2022 Aug;35(4):417-419. doi: 10.1016/j.jpag.2022.05.002. Epub 2022 May 23. PMID: 35618232.
2. Williams RL, Meredith AH, and Ott M. Expanding adolescent access to hormonal contraception: an update on over-the-counter, pharmacist prescribing, and web-based telehealth approaches. *Curr Opin Obstet Gynecol.* 2018 Dec;30(6):458-464
3. Over-the-Counter Access to Hormonal Contraception: ACOG Committee Opinion, Number 788. *Obstet Gynecol.* 2019 Oct;134(4):e96-e105. Doi:10.1097/AOG.0000000000003473. PMID:31568364
4. <https://www.guttmacher.org/state-policy/explore/overview-minors-consent-law>