

## **Abstract**

Though there have been significant reductions in the adolescent pregnancy rate in the United States in recent years, it is still the highest in the developed world and most of these pregnancies are considered unintended. Recent policy changes and removal of barriers to access have encouraged provider enthusiasm and advocacy for long-acting reversible contraception (LARC) use in their adolescent patient populations. However, as the unintended pregnancy rate stigmatizes a poorer and minority adolescent population at higher rates, more research is needed to understand these “at-risk” adolescents’ experiences and attitudes towards LARC and family planning counseling to ensure reproductive justice and autonomy is prioritized above promotion of the most effective method of contraception.

This review seeks to investigate available literature with a focus on but not limited to adolescents’ and young adults’ perspectives of LARC use and knowledge, experiences with provider bias, and general attitudes about reproductive counseling. Specifically, we hope to learn more about adolescents of color experiences with family planning counseling and if they feel their care was patient-driven.

A comprehensive literature search has been completed using the MeSH terms “Adolescents”, “Coercion” “Long Acting-Reversible Contraception”, “Contraceptive Choice”, “Choice Behavior” “Racial Bias”, and “Autonomy”. The literature search identified common themes about this topic. One, that LARC was considered a first line recommendation for contraception use in adolescents and many reviews stressed that providers have potentially promoted LARCs above other methods and towards certain populations. Second, that given this country’s dark history with reproductive injustices

and violations of patient autonomy towards women of color, cultural consciousness and patient-centered language should be used when counseling these populations in family planning methods, especially in a vulnerable population like developing adolescents. Though much of the literature stated the possibility of these issues, there exists a gap in the literature when it comes to studying the adolescent opinions and experiences with contraceptive counseling.