

Introduction to Contraception

LEARNING OUTCOMES

Knowledge, Skills
& Actions



To describe the concept of
abstinence

To understand the other
main ways of reducing the
risk of pregnancy

To be able to identify a
wide range of
contraceptive methods

NEW VOCABULARY

Contraception, Abstinence,
Barrier, Suppress, Coil, IUS,
IUD, Vasectomy, Condom,
Femidom



STARTER ACTIVITY

Should schools be teaching about abstinence
only in sex and relationships education?
What impact would this have?
What do you think should be taught?



3 Minutes

GROUND RULES



Be open and honest
No Personal Comments
Discussions must be about
'general situations'



You don't have to say
things about yourself if
you don't want to

It's OK to be embarrassed
by a topic but don't show
that you are embarrassed
through silliness



Be Respectful

Listen & don't interrupt others
Only 1 person talking at a time
Use the agreed appropriate
Language (Avoid slang terms)



Don't Make Assumptions
about people's values,
attitudes, behaviours, life
experiences or feelings

PSHE CLASSROOM RULES

DEALING WITH SENSITIVE TOPICS

SAFEGUARDING YOUR WELFARE & HAVING YOUR INTERESTS AT HEART

Be Non-Judgemental

No put-downs. Challenge
the opinion, not the
person



Conversations on sensitive
topics stay in the
classroom unless it is a
safeguarding issue

There are **no stupid questions**
It's OK to get things wrong

Enjoy the lesson, challenge your perceptions and understand how to seek further advice and support



Introduction to Contraception

ASSESSMENT
FOR LEARNING

BASELINE CONFIDENCE CHECKER

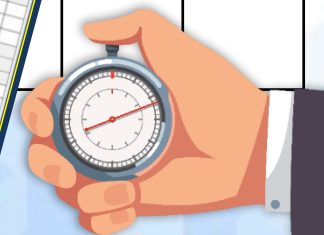


| BEFORE THE LESSON | NOT CONFIDENT | | | | CONFIDENT | | | | VERY CONFIDENT | |
|--|---------------|---|---|---|-----------|---|---|---|----------------|----|
| Knowledge, Skills & Actions | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| I understand what contraception is, and the importance of using it | | | | | | | | | | |
| I can explain the three contraceptive methods for reducing the chance of pregnancy | | | | | | | | | | |
| I know a range of contraceptives that are available, and understand how they work | | | | | | | | | | |



Complete a baseline assessment of where you think you are at for this lesson

(Discuss or complete sheet)



2 Minutes

I'm not confident at all on this topic

A little confident

Confident

Very confident

I am super confident on this topic

STARTER ACTIVITY - FREEZE FRAME

Pick a number, you have until the count of five to strike a pose (freeze frame).

Rule 1: You must remain still

Rule 2: Facial expressions and body language count a lot

Rule 3: You may use props that are on your desk

1 (CLICK TO REVEAL)

2 (CLICK TO REVEAL)

3 (CLICK TO REVEAL)

4 (CLICK TO REVEAL)

5 (CLICK TO REVEAL)

6 (CLICK TO REVEAL)

HOW?

WHAT?

WHERE?

WHO?

WHY?

FIRST

SECOND

PAIR &
SHARE

THOUGHTS &
FEELINGS

DID?

MIGHT?

COULD?

CAN? /
WILL?

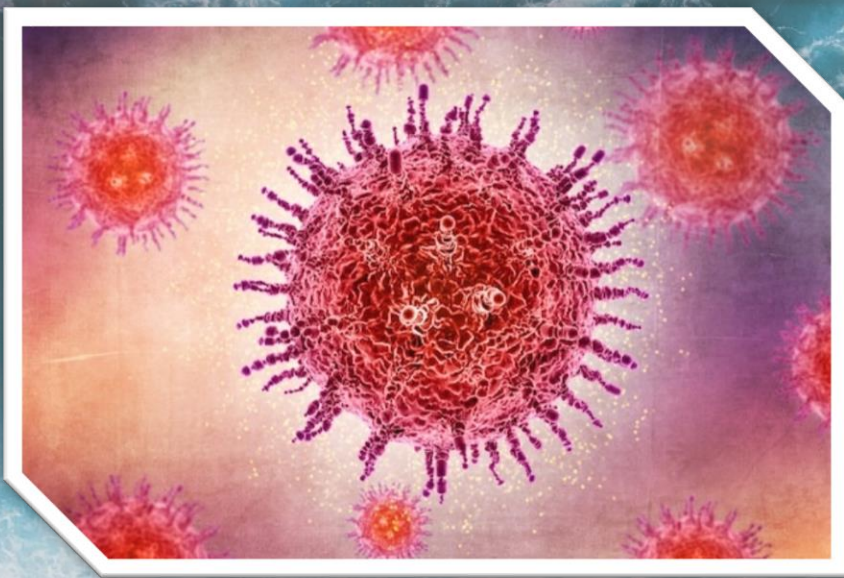
IS?
DOES?



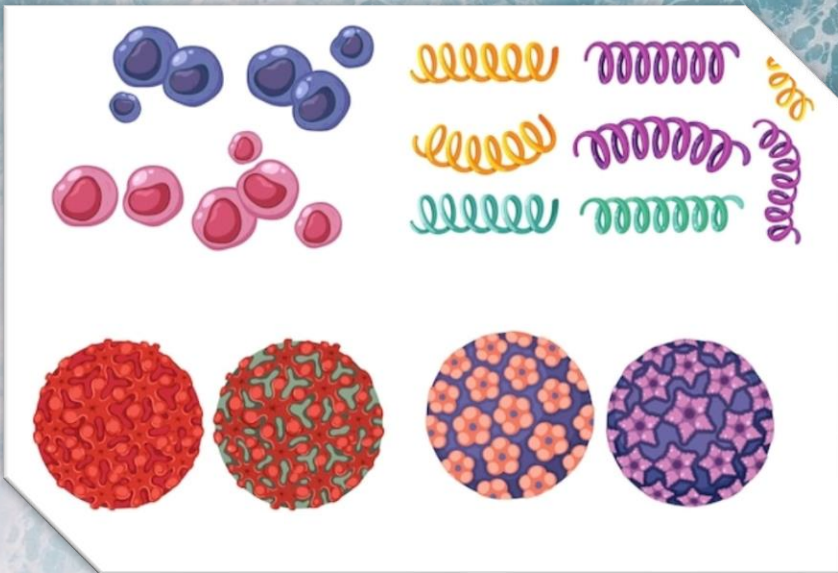
Use the grid above to help you come up with three questions about the image

2 Minutes





**CONTRACEPTION HELPS TO REDUCE
THE RISK OF TWO THINGS!**



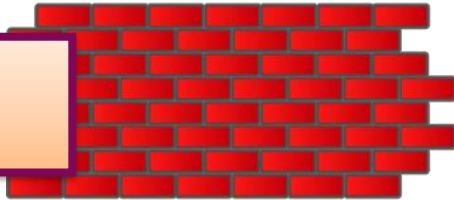
Methods for reducing the chance of pregnancy

Method 1

Block the sperm from reaching the egg
(barrier method).

Condoms & Femidoms prevent sperm
coming into contact with the vaginal space.

BLOCK



Method 3

Suppress ovulation in women using hormonal
contraceptives.

E.G. Implants, the pill, patch, vaginal
contraceptive ring, injection)



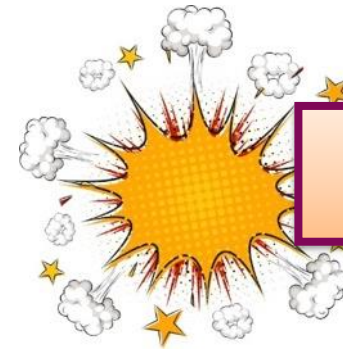
SUPPRESS



Method 2

Disable sperm before they
reach the uterus (this method
may be combined with the
barrier method).

E.G. Spermicides that
demobilise and destroy sperm
(cream, gel, foam, film).



DISABLE

Task

Which of these methods would
also prevent STIs?

Contraception Kit - Show and Tell - If you own one



Did you know?

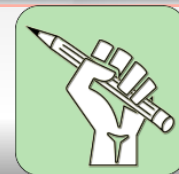
Some condoms are now vegan friendly, and others are not made out of latex. There is a condom to suit almost everyone no matter your needs, and if you are not sure you can ask a pharmacist, a GP, or at your local GUM clinic.

Helpful questions for today:

- ✓ What is it?
- ✓ Who uses it?
- ✓ How does it work?
- ✓ Where could you get it from?
- ✓ How well does it protect against:
 - a) Pregnancy?
 - b) STIs (sexually transmitted diseases)?



Ted-Ed How do contraceptives work?



**How do contraceptives work? –
NWHunter**

Task: Pick one or two coloured hats and answer all the related questions



4 Minutes



What facts do I know? What else do I need to know? What do I want to know?

INFORMATION



How do I feel about this? What don't I like about this? What do I like about this?

FEELINGS



Can something be done? New ideas? What are the solutions/suggestions?

CREATIVITY



What thinking is needed? Next steps? Where are we now?

THINKING



What is wrong? Is it safe? Can it be done?

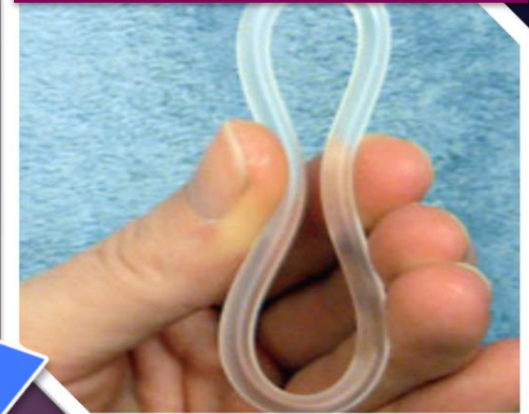
JUDGEMENT

Contraception

Contraceptive Pill



Contraceptive Ring

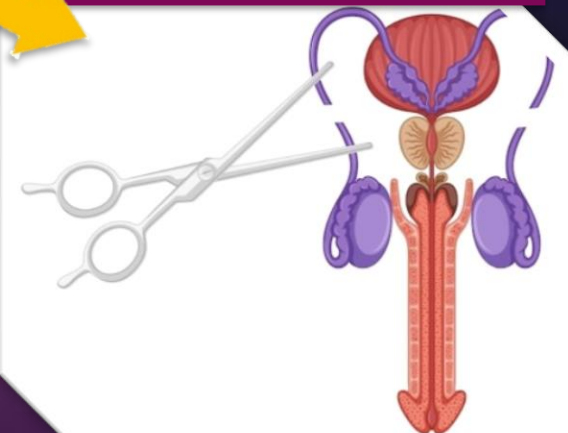


Condom – Barrier Method



Some types of contraception

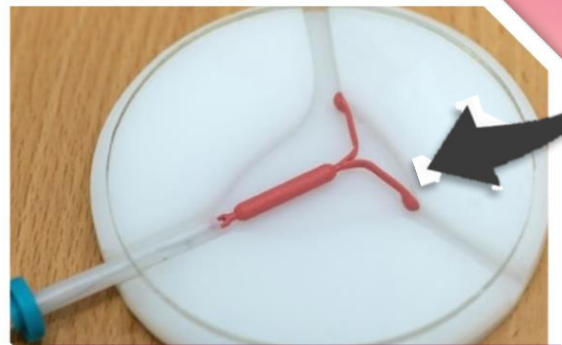
Vasectomy



Implant



IUD, IUS or Coil



Task

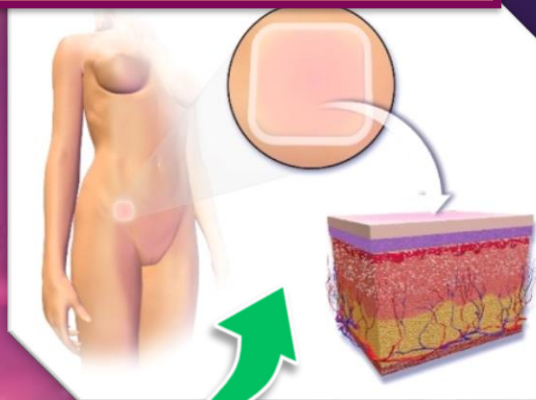
Which of these use hormones?
Which can men use?
Which also protect against STIs?

Contraception



Femidom – Barrier Method

Contraceptive Patch



Diaphragm or Cap



Some more types of contraception



Abstinence

Task

Which of these use hormones?
Which can men use?
Which also protect against STIs?

Spermicide



Injection



HANDOUT

Task

Create your own, or use the handout to complete fact file cards for nine different types of contraception.

CONTRACEPTION FLASH CARDS VERSION 1

| CONTRACEPTION TYPE: | |
|---------------------|-------------------------------|
| Barrier Method | Long acting Reversible (LARC) |
| Description: | |
| Pros: | |
| Cons: | |

CONTRACEPTION FLASH CARDS VERSION 2

| CONTRACEPTION TYPE: | | | |
|---------------------|---------|----------|------|
| Block | Disable | Suppress | LARC |
| Description: | | | |
| Pros: | | | |
| Cons: | | | |

| CONTRACEPTION TYPE: | | | |
|---------------------|---------|----------|------|
| Block | Disable | Suppress | LARC |
| Description: | | | |
| Pros: | | | |
| Cons: | | | |

| CONTRACEPTION TYPE: | | | |
|---------------------|---------|----------|------|
| Block | Disable | Suppress | LARC |
| Description: | | | |
| Pros: | | | |
| Cons: | | | |

| CONTRACEPTION TYPE: | | | |
|---------------------|---------|----------|------|
| Block | Disable | Suppress | LARC |
| Description: | | | |
| Pros: | | | |
| Cons: | | | |

| CONTRACEPTION TYPE: | | | |
|---------------------|---------|----------|------|
| Block | Disable | Suppress | LARC |
| Description: | | | |
| Pros: | | | |
| Cons: | | | |

| CONTRACEPTION TYPE: | | | |
|---------------------|---------|----------|------|
| Block | Disable | Suppress | LARC |
| Description: | | | |
| Pros: | | | |
| Cons: | | | |

| CONTRACEPTION TYPE: | | | |
|---------------------|---------|----------|------|
| Block | Disable | Suppress | LARC |
| Description: | | | |
| Pros: | | | |
| Cons: | | | |

| CONTRACEPTION TYPE: | | | |
|---------------------|---------|----------|------|
| Block | Disable | Suppress | LARC |
| Description: | | | |
| Pros: | | | |
| Cons: | | | |



Quick Quiz: Sex Education

A

What is the average age a girl starts her period?

8 -11

11-13

13-15

14-17

B

Which of these is not a suppress method of contraception?

The Pill

Implant

Condoms

Patch

C

Roughly how long is a woman's menstrual cycle?

14 Days

28 Days

21 Days

35 Days

D

Roughly how many new STI cases were reported in the UK between 2020 – 2021?

10,000

110,000

210,000

310,000

What Do You Think?



“The media teaches young people a lot about sex, but not about the responsibilities of contraception”

Talking Points



I think that ...

I don't think... is right because...

My opinion is...

I would argue the same because...

I disagree with... because...

Building on what... said. I think...

An alternate way of looking at this is...

I sort of agree, however....

I would challenge what.. said because ...

Do you agree or disagree? Why?

Can you add to the statement?

Do you have a question about the statement?

Would you like to challenge what is being said?

Do you have an alternative idea?





REVIEW YOUR LEARNING OUTCOMES

ASSESSMENT
FOR LEARNING

CONFIDENCE CHECKER



| AFTER THE LESSON | NOT CONFIDENT | | | | CONFIDENT | | | | VERY CONFIDENT | |
|--|---------------|---|---|---|-----------|---|---|---|----------------|----|
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(Discussion or complete sheet)



3 Minutes

I'm not
confident at all
on this topic

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confident

Confident

Very
confident

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confident on
this topic

HOMEWORK SUGGESTION



DUE DATE

It must be submitted by..

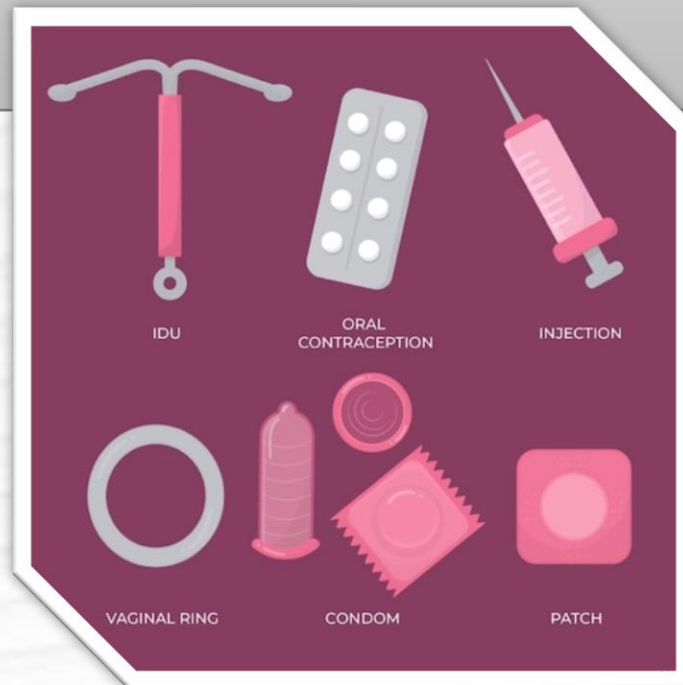
Hand / Google
Classroom



Homework Explained

Create a poster or leaflet on contraception. Your poster/leaflet should include:

- Definition and importance of contraception
- Different types of contraceptives available





IMPORTANT INFORMATION



2 Minutes



FOR MORE INFORMATION ABOUT THE TOPICS COVERED IN THIS UNIT
WE WOULD ADVISE ONE OF THE BELOW:

SPEAK TO YOUR PARENTS/GUARDIANS, HEAD OF YEAR,
A TRUSTED ADULT OR FRIEND.

IF YOU HAVE ANY CONCERNS ABOUT YOURSELF OR SOMEONE YOU KNOW.
IT IS IMPORTANT TO SPEAK UP AND TELL SOMEONE!

SPECIFIC FURTHER INFORMATION ON THIS TOPIC CAN BE FOUND HERE:

- ☐ <https://www.nhs.uk/live-well/sexual-health/stages-of-puberty-what-happens-to-boys-and-girls/> NHS
- ☐ <https://www.childline.org.uk> Has support for Puberty - Boys & Girls
- ☐ <https://kidshealth.org/#cattake-care> Information on a variety of topics
- ☐ <https://www.brook.org.uk/your-life/puberty/> Brook Health lives for young people
- ☐ <https://www.sexwise.org.uk/> run by The Department of Health and Social Care.
- ☐ Call the National Sexual Health Helpline provided by The Department of Health and Social Care on 0300 123 7123

RELATIONSHIPS
& SEX EDUCATION

SEEKING SUPPORT

REFLECTION PLENARY



A problem I overcame today was...

Before I only knew...
now I also know...

The key words for this lesson
were...

I'm really proud of the way I have...

Today I have tried to...

The most important thing I have
learnt today is...

I used to feel ... but I now feel ...

Before I would have done...
Now I will ...

Next lesson I would like to...

A question I would like to ask
is...

I would like to learn more
about...

I know if I need further support
or help I could speak to.... or
contact...

I now know I can supported
others by...

One thing I didn't realise was...
this will help me to...

2 Minutes





REFER TO MINDFULNESS POWERPOINT

