

Contraception Explored

LEARNING OUTCOMES

Knowledge, Skills
& Actions



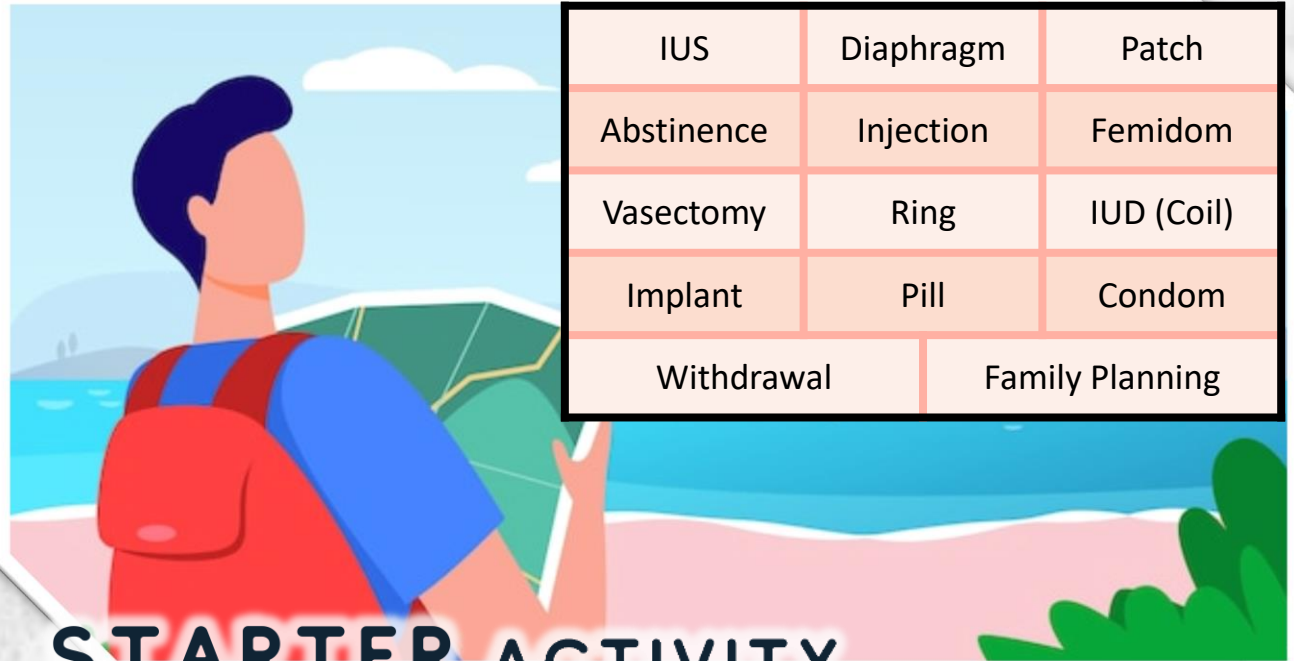
To understand how a variety
of different types of
contraception work

To be able to identify which
types of contraception would
be best used by different
types of people

To explore which forms of
contraception protect against
pregnancy, STIs, or both

NEW VOCABULARY

IUD, IUS, Diaphragm, Patch,
Injection, Vasectomy,
Contraception Ring, Abstinence,
Condom, Pill, Femidom,
Withdrawal



STARTER ACTIVITY

What does the term “contraception” mean?
Which is the odd one out and why?
Whose responsibility is it to organise
and choose the right contraception?



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





Contraception Explored

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 can name a wide range of contraceptive methods					
I understand how at least 5 different types of contraceptives work					
I know where I can access further reliable information on this topic					



2 Minutes



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

(Discuss or complete sheet)



I'm not
confident at all
on this topic



A little
confident



Confident



Very
confident



I am super
confident on
this topic

THE ODD ONE OUT IS ...

ABSTINENCE

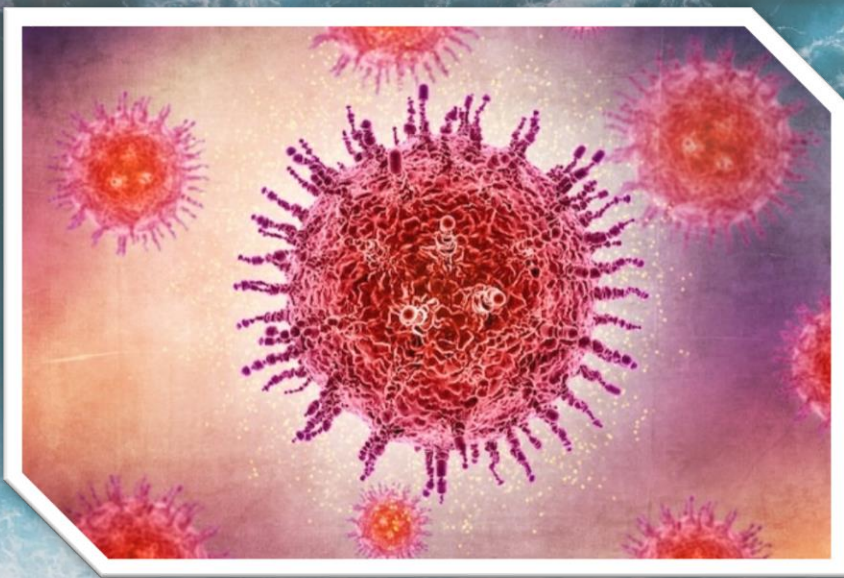
Task

Why?

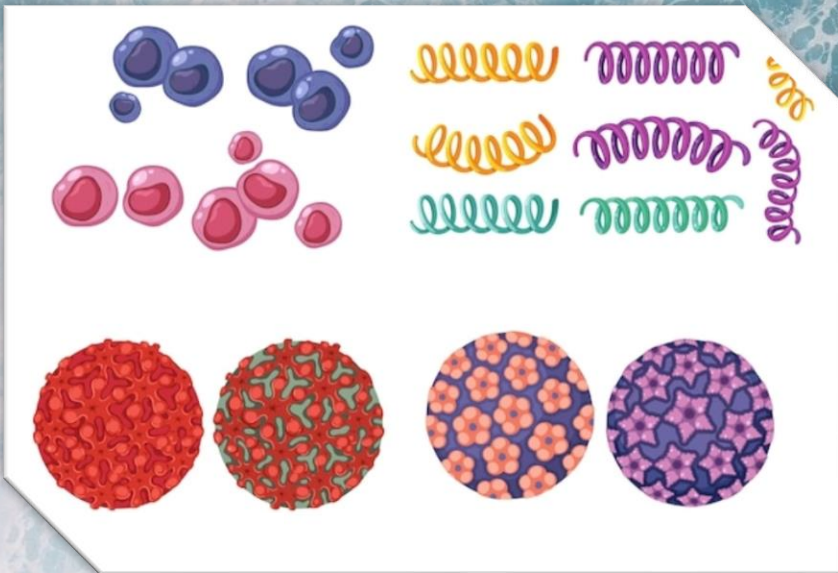
What does this term mean?

Did you know?

Abstinence (or celibacy) is the practice of not having sex (refraining from all aspects of sexual activity). It is a safe, effective, and free way to avoid getting pregnant or catching an STI.



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



HANDOUT

Task

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

CONTRACEPTION FLASH CARDS Score out of 10
10 = Top score (Best) → 1 = Lowest score (Worst)

CONTRACEPTION TYPE:	
Category	Score /10
Protection against pregnancy	
Protection against STIs	
Availability	
Ease of use	
Cost	

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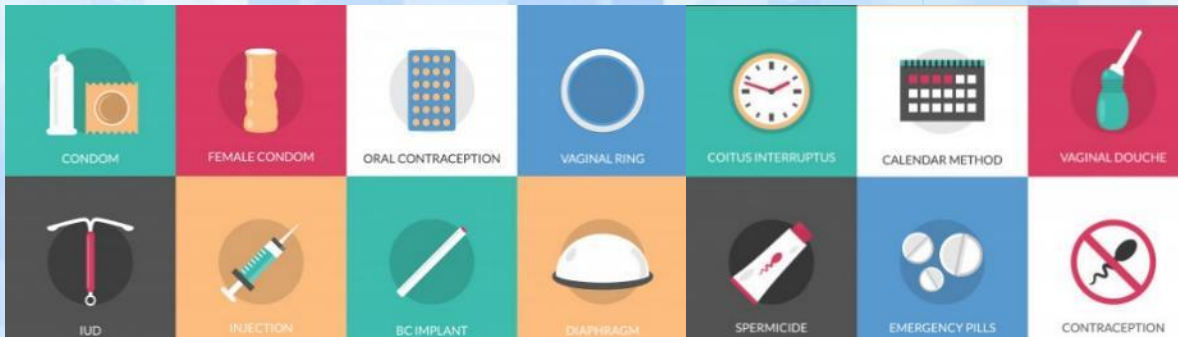
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CONTRACEPTION TYPE:

Category	Score /10
Protection against pregnancy	
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What do you think?

You can get pregnant when standing up and having sex



Women and girls are more fertile at specific times of the month



Emergency contraception (sometimes referred to as the morning after pill) only works the next day



Wearing two condoms (double bagging) makes sex safer



If a person is silent or doesn't say no, it means they have given consent



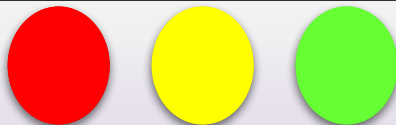
You can get many forms of contraception for free



The contraceptive pill is effective at preventing STIs



You can use a small plastic bag or cling film instead of a condom



If a clinic gives you advice about contraception, your parents will know



Task

Discuss each statement and decide if it is;
The truth (Green)
Not sure (Amber)
Fake News (Red)

FAKE NEWS

THE TRUTH

FAKE NEWS

THE TRUTH

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) STI's (sexually transmitted diseases)?

Quick Quiz: Contraception

IDENTIFY THE CONTRACEPTION METHOD

A



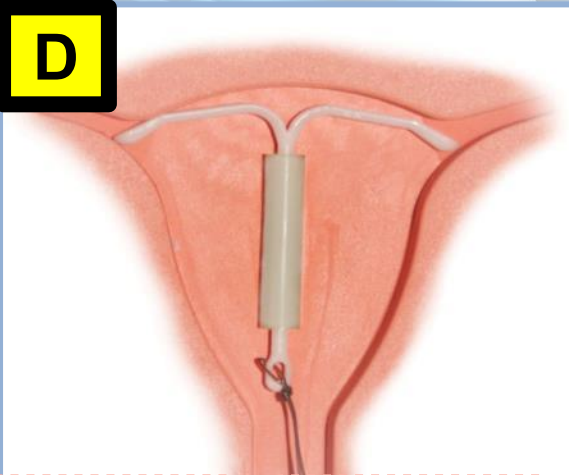
B



C



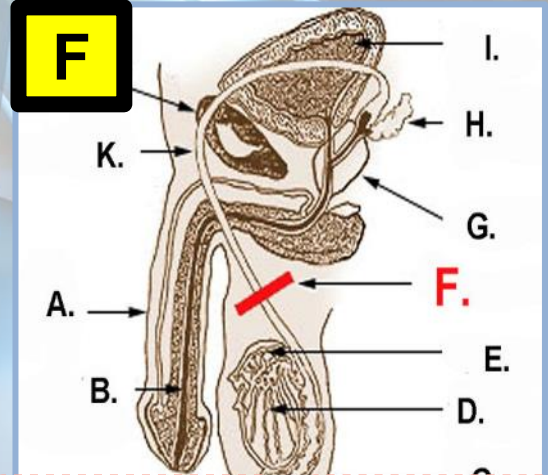
D



E



F



Implant

Pill

Condom

Vasectomy

Ring

IUD (Coil)

Quick Quiz: Contraception

IDENTIFY THE CONTRACEPTION METHOD

A

Condom

Made of latex, put onto an erect penis before penetration.

B

Contraceptive Pill

Contains hormones and is taken daily at the same time by women. Stops the lining of the womb thickening.

C

Contraceptive Ring

Also known as the vaginal ring and is inserted into the vagina.

D

IUD or Coil

Small plastic and copper mechanisms that are placed in the womb. Prevents sperm meeting the egg.

E

Implant

A small tube inserted under the skin (usually in the arm). It releases hormones which prevent pregnancy.

F

Vasectomy

Sterilisation - a surgery taken by men to prevent them from being able to produce children. For females, this is called a Hysterectomy

Quick Quiz: Contraception

TRUE OR FALSE

A

You can get infected with AIDS but not HIV

E

Chlamydia is the most common form of STI in the UK

B

Taking the contraceptive pill will not prevent you from catching an STI

F

Most forms of contraception will also protect you from catching an STI

C

When used properly, condoms are 90% effective in preventing pregnancy

G

You can leave an IUD in the uterus for up to 15 years

D

The morning after pill is an effective form of regular contraception

H

HIV will eventually turn into AIDS if left untreated

Quick Quiz: Contraception

TRUE OR FALSE

A

You can get infected with AIDS but not HIV

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Chlamydia is the most common form of STI in the UK

B

Taking the contraceptive pill will not prevent you from catching an STI

F

Most forms of contraception will also protect you from catching an STI

C

When used properly, condoms are 90% effective in preventing pregnancy
They are 98% effective

G

You can leave an IUD in the uterus for up to 15 years
3 – 10 Years

D

The morning after pill is an effective form of regular contraception

H

HIV will eventually turn into AIDS if left untreated

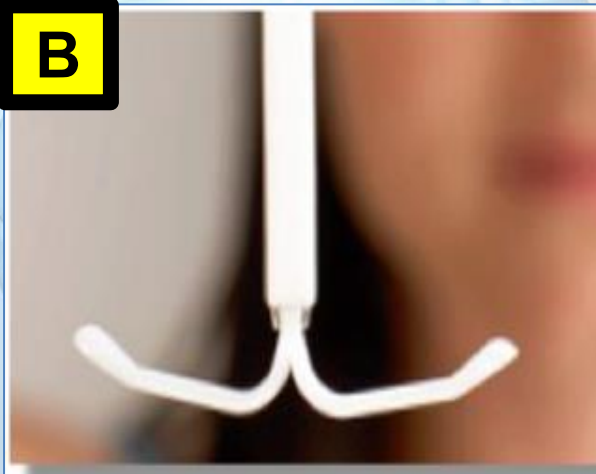
Quick Quiz: Contraception

IDENTIFY THE CONTRACEPTION METHOD

A



B



C



D



E



F



Abstinence

Injection

Femidom

IUS

Diaphragm

Patch

Quick Quiz: Contraception

IDENTIFY THE CONTRACEPTION METHOD

A

Femidom

A female condom used during intercourse as a barrier method of contraception. Similar to the condom.

B

IUS Intrauterine System

Similar to IUD/coil, this contains contraceptive hormones and can last up to five years.

C

Diaphragm or Cap

A barrier method of contraception. It fits inside the vagina and covers the cervix.

D

Contraceptive Patch

Similar to the injection, placed on skin it releases hormones into the body. Patches last one week and are worn for three out of every four weeks.

E

Abstinence

Restraining yourself from having any form of sexual contact.

F

Injection

An injection that prevents pregnancy. Can last between eight and twelve weeks depending on the type.

What Do You Think?



**"All contraception
should be free of
charge for everyone"**

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?



Contraception Videos



PLAY VIDEO

LARC How It Works



5 Minutes



Contraceptives 101

PLAY VIDEO

5.5 Minutes



PLAY VIDEO

Does Pulling Out Prevent Pregnancy? (Withdrawal)

3 Minutes



Barrier Methods of Contraception

PLAY VIDEO

1.5 Minutes



PLAY VIDEO

What should you do if you've had unprotected sex?

3 Minutes



How Do Birth Control Pills Work?

PLAY VIDEO

3 Minutes



REVIEW YOUR LEARNING OUTCOMES

ASSESSMENT
FOR LEARNING

CONFIDENCE CHECKER



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Complete the confidence checker of where you think you are at for this lesson

(Discussion or complete sheet)



3 Minutes

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A little
confident

Confident

Very
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HOMEWORK SUGGESTION



DUE DATE

It must be submitted by..

Hand / Google
Classroom



Homework Explained

Come up with your own definition for unplanned pregnancy, then research and write two paragraphs on what you should / shouldn't do (including who you can contact) if an unplanned pregnancy was to happen to you or someone you know.





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
- ☐ A sexual health clinic (GUM clinic)
- ☐ <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

