

# Contraception Explored Further

## LEARNING OUTCOMES

Knowledge, Skills  
& Actions



To understand the block, suppress, and disable methods to reducing the risk of pregnancy

To explore which forms of contraception protect against pregnancy, STI's, or both

To know what thrush is, and the common symptoms of it in men and women

## NEW VOCABULARY

Block, Suppress, Disable,  
Thrush, Diaphragm,  
Vasectomy, Hysterectomy

A

N A G V I A

B

S T E A L I N G

C

M O D C O N

D

C A R T O N O P E C T I N

## STARTER ACTIVITY

Unscramble the anagrams all linked to contraception

Is there a difference between what a product says it will do, and what it actually does?  
(Think about cars...)

Answers  
(CLICK TO  
REVEAL)

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**



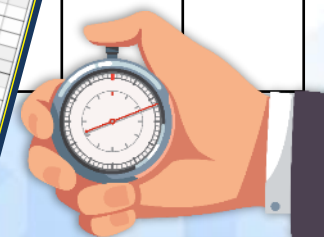
# Contraception Explored Further

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 the differences between the various methods of contraception |               |   |   |   |           |   |   |   |                |    |
| I can explain the symptoms and causes of thrush in men and women          |               |   |   |   |           |   |   |   |                |    |
| I can evaluate the effectiveness of different types of contraception      |               |   |   |   |           |   |   |   |                |    |



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

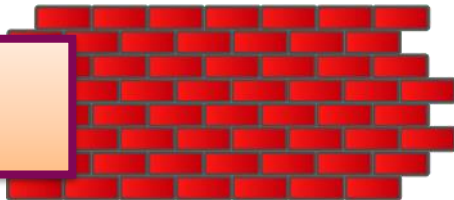
# Methods for reducing the chance of pregnancy

## 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, injections



**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 STI's?



# 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 (LARIC) |
| Description:        |                                |
| Pros:               |                                |
| Cons:               |                                |

**CONTRACEPTION FLASH CARDS VERSION 2**

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

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

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

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

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

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

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

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





# Contraceptive Methods



## About Contraception

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



5.5  
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**

# ACTIVITY

## Contraceptive Comparisons

Use the information and your own knowledge to complete the table. Then score each contraception out of 10 for preventing STIs

| Contraception        | Method | Positive | Negatives | Score /10 |
|----------------------|--------|----------|-----------|-----------|
| Condoms / Femidoms   |        |          |           |           |
| Diaphragm            |        |          |           |           |
| IUD                  |        |          |           |           |
| Copper IUD           |        |          |           |           |
| Implant              |        |          |           |           |
| Injection            |        |          |           |           |
| Contraceptive Pills  |        |          |           |           |
| Vaginal Ring         |        |          |           |           |
| Calendar Method      |        |          |           |           |
| Withdrawal           |        |          |           |           |
| Abstinence           |        |          |           |           |
| Emergency Pill       |        |          |           |           |
| Surgical (Vasectomy) |        |          |           |           |

# THRUSH

**“Thrush is a common yeast infection that affects men and women. It's usually harmless, but can be uncomfortable and keep coming back. It is not classed as a sexually transmitted infection (STI)”**

*Defined by the NHS*

## Thrush symptoms in women

- White vaginal discharge (like cottage cheese), which does not usually smell
- Itching and irritation around the vagina
- Soreness and stinging during sex or when you pee

## Thrush symptoms in men

- Irritation, burning, and redness around the head of the penis and under the foreskin
- A white discharge (like cottage cheese)
- An unpleasant smell
- Difficulty pulling back the foreskin

## **Did you know?**

*In women, thrush is often associated with a weakened immune system, hormonal changes (such as during pregnancy), taking antibiotics or steroids, using certain contraceptives, or wearing tight or synthetic clothing. Sexual activity may also contribute.*

## **Did you know?**

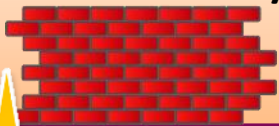
*Factors that can increase the risk of thrush in men include having a weakened immune system, taking antibiotics or steroids, and having unprotected sex with a partner who has thrush.*



# Points to Consider when Choosing Contraception

Is one method better than the others?

BLOCK / DISABLE / SUPPRESS



Will it protect you against STIs?

How effective is it when not used perfectly?

Condom 98% used perfectly  
**82%** (typical usage)

Pill & Patch 99% used perfectly  
**91%** (typical usage)

Spermicide 85% used perfectly  
**71%** (typical usage)

- Availability
- Ease of use
- Cost

Possible side effects  
**(these mostly impact women rather than men)**  
Headaches, feeling sick and high blood pressure. Some side effects linked to hormonal methods which is why a prescription is needed from a doctor.

### Did you know?

*Condoms come in a wide range of sizes, colours, and flavours. Women can also purchase female condoms called femidoms.*

### Did you know?

*Sexual health check-ups are free and available to everyone in the UK. They are completely confidential.*

### Did you know?

*It is estimated that women buy 4 out of every 10 condoms sold in the UK. Wearing a condom every time you have sex is the most effective way of protecting yourself from an STI.*

### 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 what your requirements. Ask at a pharmacy, or your doctor.*

### Did you know?

*Most STIs can be treated easily with a course of medication from the doctor. Signs and symptoms sometimes don't appear for months, and may go away, but you can still have an infection.*

# ACTIVITY

## Contraceptive Card Sort

**Mix and Match Card Sort - Contraception Methods**

|                              |                                 |                     |
|------------------------------|---------------------------------|---------------------|
| FEMIDOM<br>(Internal Condom) | INTRAUTERINE<br>SYSTEM<br>(IUS) | DIAPHRAGM or<br>CAP |
| CONTRACEPTIVE<br>PATCH       | ABSTINENCE                      | INJECTION           |

**Contraception Methods**






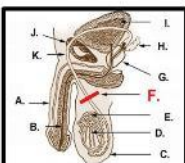






A barrier methods of contraception, it fits inside the vagina and covers the cervix.

Prevents pregnancy. Can last between eight and weeks depending on the type.

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

For sterilisation, a surgery for men to prevent them from being able to have children. For women this is called a vasectomy.

**Mix and Match Card Sort - Contraception Methods**

|   |   |   |
|---|---|---|
|    |    |    |
|    |    |    |
|   |   |   |
|  |  |  |

### Task A)

Arrange the matching cards. *(Picture, name & definition)*  
There are 12 contraceptive methods to match.

### Task B)

Arrange them into the following orders:

1 (CLICK TO REVEAL)

2 (CLICK TO REVEAL)

3 (CLICK TO REVEAL)

4 (CLICK TO REVEAL)

5 (CLICK TO REVEAL)

# Debate which is better?

Think about advantages and disadvantages of each method.



## EXTENSION

Can you argue for the opposite side?



## What Do You Think?

**"If a girl gets pregnant it's her own fault for not using contraception properly"**

### 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



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3 Minutes



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

(Discussion or complete sheet)



I'm not confident at all on this topic



A little confident



Confident

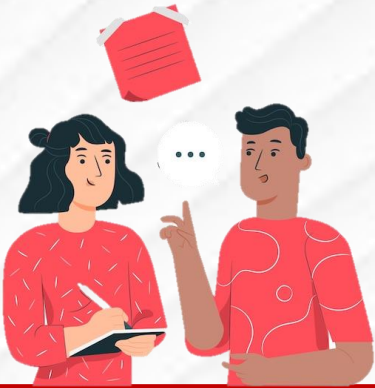


Very confident



I am super confident on this topic

# HOMEWORK SUGGESTION



## Homework Explained

Create your own 5 question contraception quiz using any information you have learnt over the past 3 lessons.

Bring this with you to the next lesson to test a partner.

### DUE DATE

It must be submitted by..

Hand / Google  
Classroom





# 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

