

# Revisiting Contraception

## LEARNING OUTCOMES

Knowledge, Skills  
& Actions



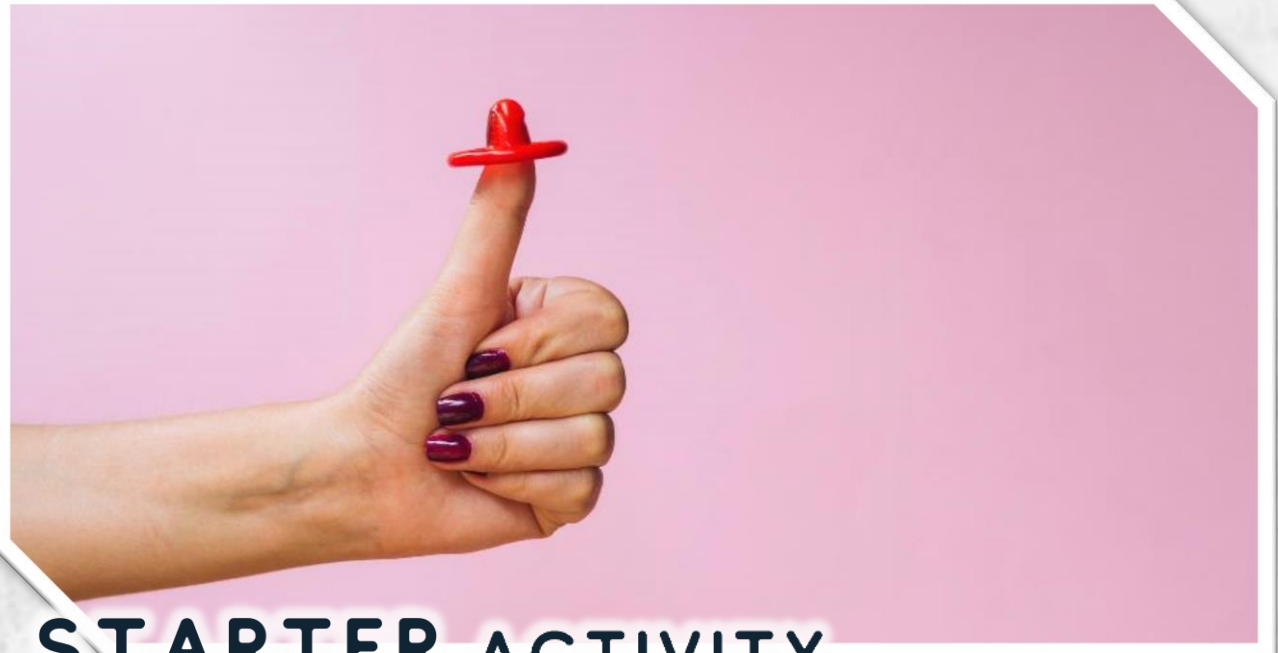
To revisit how a variety of  
different forms of  
contraception work

To further understand the  
advantages and  
disadvantages of different  
contraceptive methods

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

## NEW VOCABULARY

IUD, Diaphragm, Patch,  
Injection, Contraception Ring,  
Abstinence, Condom, Pill,  
Femidom, Thrush, Douche



## STARTER ACTIVITY

What are the two main things  
contraception can help to reduce the risk of?  
Are there any other reasons to use 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 and 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**



# Revisiting 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 the difference between methods of contraception										
I can explain the common mistakes when using a condom										
I can evaluate the effectiveness of different methods 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

# Quick Quiz: Contraception

## MULTIPLE CHOICE

**A** Which of these is a barrier method of contraception?

Condom

Patch

Contraceptive Ring

The Pill

**B** Which of these is a long acting reversible (LARC) form of contraception?

Implant

Condom

Injection

The Pill

**C** Which of these forms of contraception can be used by males?

Femidom

The Pill

Injection

Condom

**D** How many new STI cases were reported in the UK in 2021?

72,000

112,000

252,000

392,000

# Quick Quiz: Contraception

## MULTIPLE CHOICE

**A** Which of these is a barrier method of contraception?

Condom

Patch

Contraceptive Ring

The Pill

**B** Which of these is a long acting reversible (LARC) form of contraception?

Implant

Condom

Injection

The Pill

**C** Which of these forms of contraception can be used by males?

Femidom

The Pill

Injection

Condom

**D** How many new STI cases were reported in the UK in 2022?

72,000

112,000

252,000

392,000



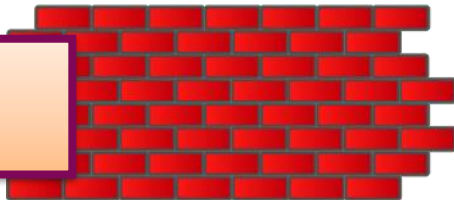
# Methods for reducing the chance of pregnancy

## 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 (LARC), 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**

## Did you know?

LARC stands for Long-Acting Reversible Contraception such as the IUD and birth control implant

## Task

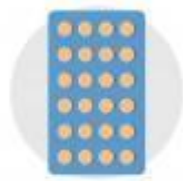
Which of these methods would also prevent STIs?



Condom



Female Condom



The Pill



Vaginal Ring



IUD



Injection



Implant



Diaphragm / Cap



Coitus Interruptus



Calendar Method



Vaginal Douche



Patch



Spermicide



Emergency  
Contraception



Abstinence



Surgical  
Sterilisation

## Task

In pairs, pick 3 each and describe how they work to your partner.

Which can men use?

Which involve hormones?

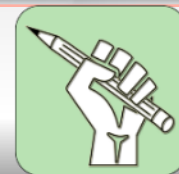
Which protect against STIs as well as pregnancy?

## Did you know?

*Douching (vaginal irrigation) after sexual intercourse is not an effective form of birth control.*



# Physical Barriers and Hormonal Contraceptives



## Contraceptives 101

**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**



# Contraception

## Contraceptive Pill



## Contraceptive Ring



## Condom – Barrier Method

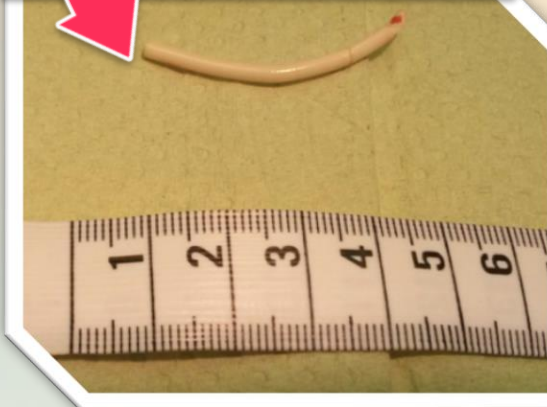


## Some types of contraception

## 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

## Injection



## Spermicide



## Abstinence

### Task

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

# SIAN



Oral contraception



Female condom



Vaginal ring



IUD



Contraceptive patch



Calendar method



Condoms



## Task

**Explain the advantages and disadvantages of each method to Sian.**

**Will the method Sian might choose depend on any factors?**

**What factors can you think of?**

## Did you know?

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

# SORTING ACTIVITY

*Match the key word with its correct meaning*

**Emergency Contraception**  
(sometimes referred to as morning after pill)

**Femidoms**

**Condoms**

**The Pill**

## How does it work?

It prevents semen (carrying sperm) from reaching an egg in the woman's uterus.

## Where can you get it?

Free from Family Planning Clinic, Sexual Health Organisations, Pharmacies, Machines in some men's and women's toilets.

## How effective is it if used properly?

Pregnancy: 98% More if used with spermicide / contraceptive gel  
STIs : Prevents exchange of sexual fluids so it is effective.

## How does it work?

Same way as a condom except it is used by the woman and placed inside her vagina up to 8 hours before sex

## Where can you get it?

Free from Family Planning Clinic, Sexual Health Organisations, Pharmacies

## How effective is it if used properly?

Pregnancy: 98% which can be increased if used with spermicide / contraceptive gel  
STIs : Prevents exchange of sexual fluids, so it is effective.

## How does it work?

It stops a woman ovulating so no eggs can be fertilised by sperm.

## Where can you get it?

Prescribed by GP, Family Planning Clinic or School Nurse

## How effective is it?

Pregnancy = 99%  
STI : Not effective as does not prevent mingling of sexual fluids.

## How does it work?

Stops ovulation or fertilisation of an egg, or stops a fertilised egg from implanting in the uterus.

## Where can you get it?

Pharmacies, Sexual Health Clinics, Your GP, Sexual Health Organisations

## How effective is it?

Pregnancy = More effective the earlier you take it. Do not wait!  
Up to 95% within 24 hours - Up to 85% between 25-48 hours - Up to 58% between 49-72 hours.  
STIs : Does not prevent exchange of sexual fluids so not effective.



## Reducing Effectiveness

### Reusing condoms:

Condoms are designed for one-time use only. Reusing a condom increases the risk of breakage and failure.

### Putting the condom on too late:

Waiting too long to put on the condom can increase the risk of transmitting STIs or unwanted pregnancy.

### Not checking the expiration date:

Condoms have a shelf life, and using an expired condom can increase the risk of breakage or failure.

### Not using the right size:

Using a condom that is too small or too big can increase the risk of breakage or slipping off during sex.

### Not leaving enough space at the tip:

Leaving a small space at the tip of the condom helps prevent it from breaking and allows for semen to collect.

### Not checking for damage:

Before using a condom, check for any signs of damage, such as holes, tears or leaks.

## Common Mistakes When Using A Condom

oops!

### Not using lubrication:

Not using enough lubrication can cause the condom to break or slip off during sex. Use a water-based or silicone-based lubricant to help prevent this.

How to put  
on a condom



3 Minutes



# 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.*

## What Do You Think?



**“Providing free contraception and emergency contraception leads to a culture of sexual promiscuity and irresponsibility”**

### 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?**



# ACTIVITY

## Contraceptive Card Sort

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

FEMIDOM (Internal Condom)	INTRAUTERINE SYSTEM (IUS)	DIAPHRAGM or CAP
CONTRACEPTIVE PATCH	ABSTINENCE	INJECTION

**Contraception Methods**






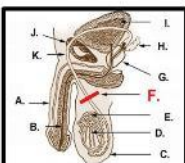






A barrier methods of contraception, it fits inside the vagina and covers the cervix.

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

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

ation, a surgery for men to prevent them from being able to have children. For 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)

# 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 what your allergy and if you are not sure you can ask at a pharmacy or your doctor.*

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 infections)?





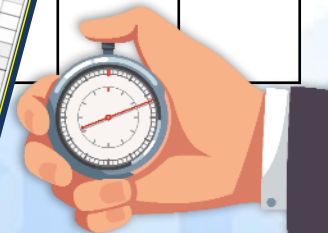
# REVIEW YOUR LEARNING OUTCOMES

ASSESSMENT  
FOR LEARNING

## CONFIDENCE CHECKER



AFTER THE LESSON	NOT CONFIDENT				CONFIDENT				VERY CONFIDENT	
Knowledge, Skills & Actions	1	2	3	4	5	6	7	8	9	10
I understand the difference between methods of contraception										
I can explain the common mistakes when using a condom										
I can evaluate the effectiveness of different methods of contraception										



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



## DUE DATE

It must be submitted  
by...

Hand/ Google Classroom



## Homework Explained

Choose a form of contraception (e.g., condoms, hormonal methods, intrauterine devices) and create a persuasive pamphlet or infographic advocating for its use. Include information on its effectiveness, advantages, possible side effects, and dispel any common myths or misconceptions related to the chosen method.





# 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

