

# Types of Contraception available

## Knowledge, Skills & Actions

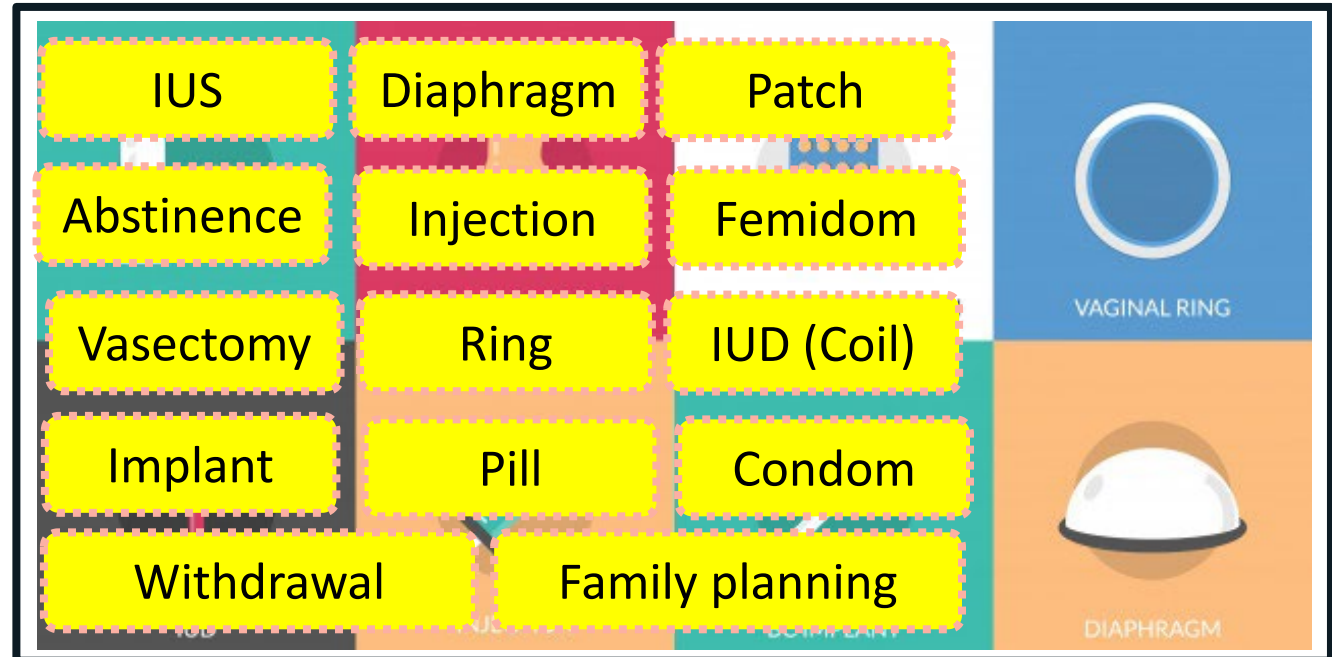
To understand how a variety of different forms of contraception work

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, STI's or both

## **New Vocabulary**

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



## Discuss Task - In pairs

What does the term contraception mean?

Which is the odd one out and why? Answer will be on next slide

Whose responsibility is it to organise and choose the right contraception?

# PSHE

## EFFECTIVE GROUND RULES

### Show respect

- By listening
- Not interrupting
- Only 1 person talking at a time

It's OK to get things wrong

Conversations stay in the room unless it is a **safeguarding issue**

Be open and honest but **no personal comments** – Discussions will be about 'general situations'

### *PSHE CLASSROOM RULES* **DEALING WITH SENSITIVE TOPICS**

**SAFEGUARDING YOUR WELFARE & HAVING YOUR INTERESTS AT HEART**

Use the agreed appropriate Language (**Avoid slang terms**)

Don't show the fact you are embarrassed through silliness

**Don't make assumptions** about people's values, attitudes, behaviours, life experiences or feelings

There are **no stupid questions**. A question box for anonymous Questions

Have a **non-judgemental approach**. No Put downs and challenge the opinion not the person

Go to the front section of your booklet and complete a base line assessment of how confident you feel about the topics below.

# ASSESSMENT FOR LEARNING



NOT  
CONFIDENT



CONFIDENT



VERY  
CONFIDENT



## BASELINE CONFIDENCE CHECKER

BEFORE THE LEARNING	1	2	3	4	5	6	7	8	9	10
I can name a wide range of contraceptive methods										
I understand how at least five different types of contraceptives work										
I know where I can access further reliable information on this topic										

2 Minutes

# ABSTINENCE



Task Class Discussion

ODD ONE OUT...

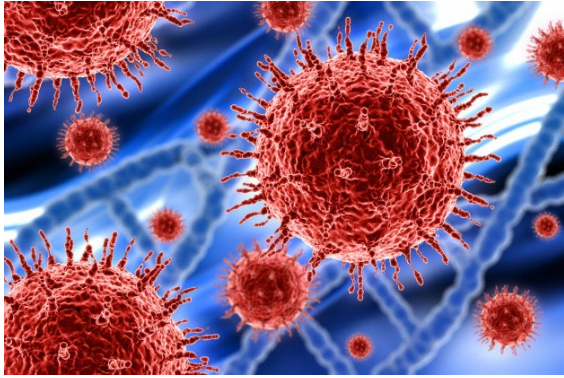
Why?

What does this term mean?

Click slide to reveal answer

*Abstinence 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 and catching an STI*

# CONTRACEPTION HELPS TO REDUCE THE RISK OF TWO THINGS!



Task Class Discussion  
Looking at the pictures,  
what does contraception  
reduce the risk of?





# The Importance of Safe Sex

## **Challenge:**

What does 'STI' stand for?

Can you name one STI?

What can you use to help protect yourself from catching an STI?



## **Mega Challenge:**

Can you name:

one curable STI?

one incurable STI?

<https://www.youtube.com/watch?v=llnXtPZOazM>

## **Super Challenge:**

Can you name:

1 bacterial STI?

1 viral STI?

1 parasitic STI?

**Whilst you are watching the video, select a challenge and answer the following questions. See if you can answer them all!**

**Task: Answer the questions on the back sheet of your book.**

6 minutes

# The Importance of Safe Sex

<https://www.youtube.com/watch?v=KyU880oHSxM>

Task: Look at the contraceptives in your booklet. Using the video, rate their effectiveness. Here is the order. After the video, you have 6 minutes to complete.

Female Condom (Diaphragm)	Contraceptive pill	Contraceptive ring
Coil	Condom (male)	Injection
Abstinence	Implant	Vasectomy

# **The Importance of Safe Sex**

*Class to Popcorn Read*



## **NHS – The importance of safe sex**

**There are places in school where you can talk about sex and other issues.**

**You could visit Pastoral or speak to the Chat Nurse**



5-10 minutes



# The Importance of Safe Sex

## Contraceptive Options

Contraception can be used to block, disable or suppress sperm reaching and fertilising the egg. Without the use of a contraceptive, unexpected pregnancy can occur.

### Challenge:

Which 3 basic ways do contraceptives work in?  
Which method of contraception also helps prevent against STIs?  
Name 3 contraceptives used by women



### Mega Challenge:

How do condoms work?  
Percentage wise, how effective is condom usage if used correctly?  
How effective, however, is condom usage in practice?

<https://www.youtube.com/watch?v=Zx8zbTMTncs>

**Whilst you are watching the video, select a challenge and answer the following questions. See if you can answer them all!**

### Super Challenge:

How effective is spermicide?  
Who do side effects exclusively affect?  
Name 3 side effects of contraceptives

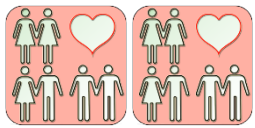
6 minutes

**Task: Answer the questions on the back sheet of your book.**

## Task: Quiz

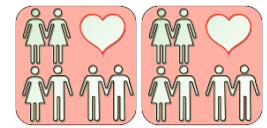
You are about to have a contraception quiz. Put your answers at the bottom of the page, don't shout out.

Teacher note - each following slide has the answer.



# Contraception

# QUIZ!



## ROUND 1

## IDENTIFY THE CONTRACEPTION METHOD

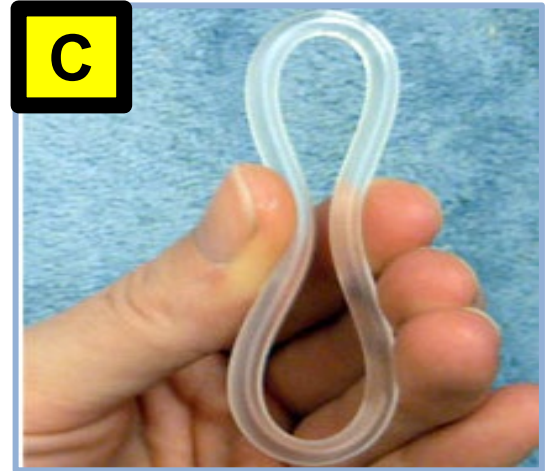
A



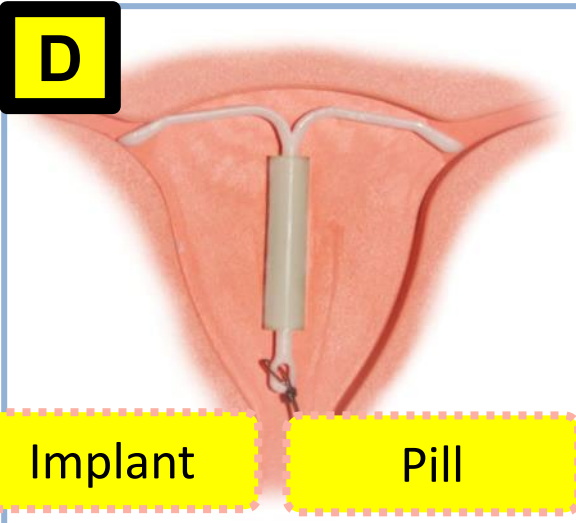
B



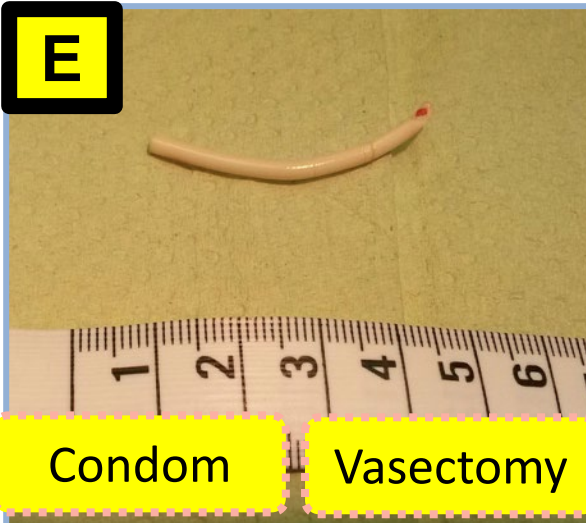
C



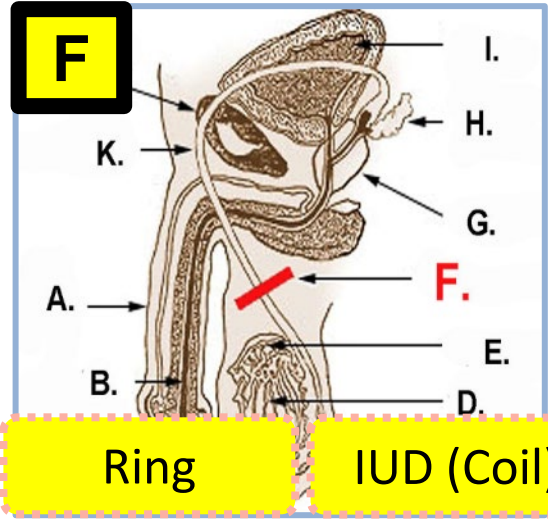
D



E



F



Implant

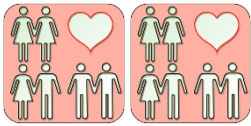
Pill

Condom

Vasectomy

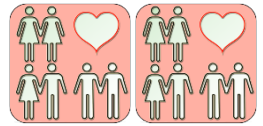
Ring

IUD (Coil)



# Contraception

**ANSWERS**



## ROUND 1

## IDENTIFY THE CONTRACEPTION METHOD

**A**

**Condoms**— Made of latex, put on to 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**

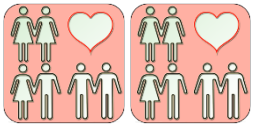
**IUD or Coil**  
— Small plastic and copper mechanisms that are placed in the womb. Prevents sperm meeting the egg

**E**

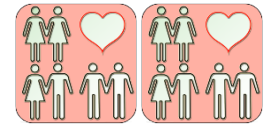
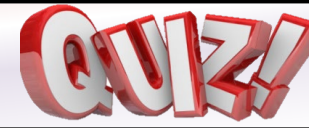
**Implant**— A small tube inserted under the skin (usually in the arm). It releases hormones which prevent pregnancy

**F**

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



# Contraception



## ROUND 2

## TRUE OR FALSE

**A**

You can get infected with AIDS but not HIV

**B**

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

**C**

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

**D**

The morning after pill is an effective form of regular contraception

**E**

Chlamydia is the most common form of STI in the UK

**F**

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

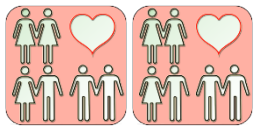
**G**

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

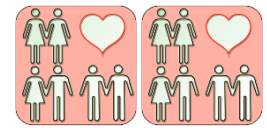
**H**

HIV will eventually turn into AIDS if left untreated





# Contraception



## ROUND 2

## TRUE OR FALSE

**A**

You can get infected with AIDS but not HIV

**B**

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

**C**

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

**D**

The morning after pill is an effective form of regular contraception

**E**

Chlamydia is the most common form of STI in the UK

**F**

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

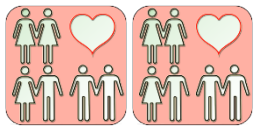
**G**

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

**H**

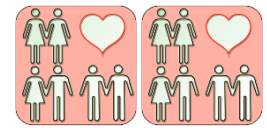
HIV will eventually turn into AIDS if left untreated





# Contraception

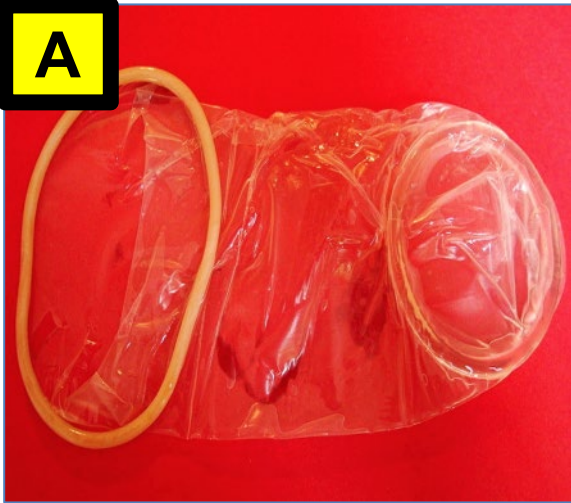
# QUIZ!



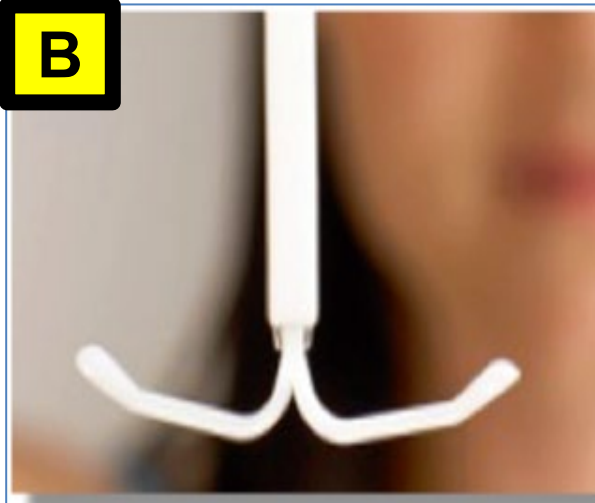
ROUND 3

IDENTIFY THE CONTRACEPTION METHOD

A



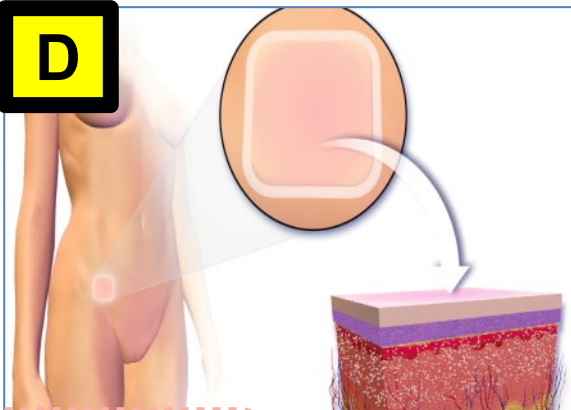
B



C



D



E



F



Abstinence

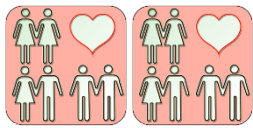
Injection

Femidom

IUS

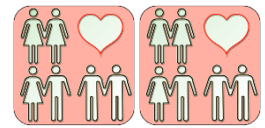
Diaphragm

Patch



# Contraception

**ANSWERS**



## ROUND 3

## 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 methods of contraception it fits inside the vagina and covers the cervix

**D**

**Contraceptive Patch**  
— Similar to the injection, placed on the skin it releases hormones into the body. Patches last 1 week and are worn for three out of every four weeks.

**E**

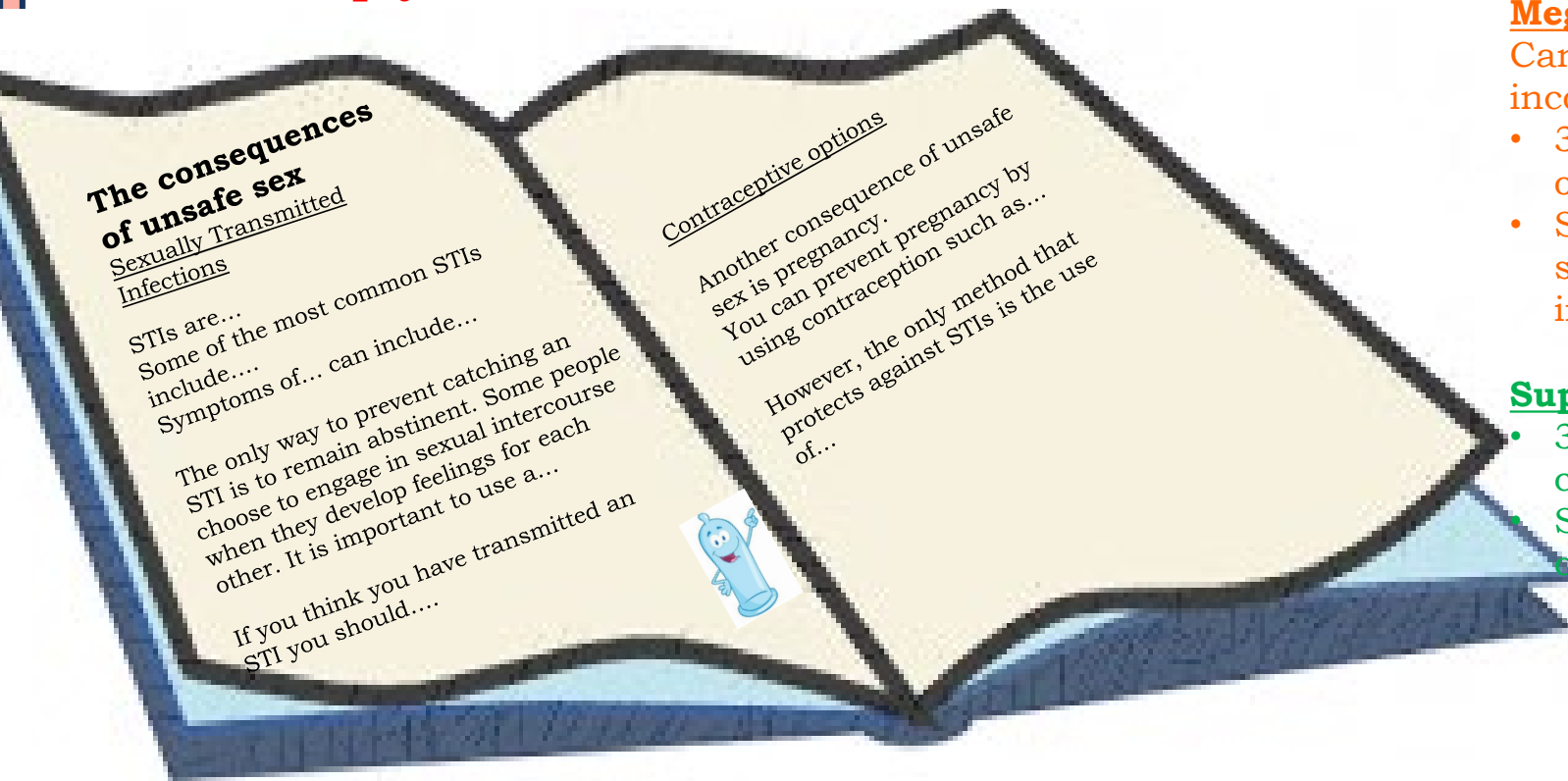
**Abstinence** — Restraining yourself from having any form of sexual contact

**F**

**Injection**— an injection that prevents pregnancy. Can last between eight and twelve weeks depending on the type

# The Importance of Safe Sex

**In your PSHE books, fold your page and create a short leaflet, aimed at teenagers about the consequences of unsafe sex. Use the information sheets to help you.**



## Mega Challenge:

Can you incorporate:

- 3 different types of STIs
- Symptoms of some STIs, including HIV

## Super Challenge:







- 3 types of contraception
- Side effects of contraception

15-20  
minutes

# ASSESSMENT FOR LEARNING

## Confidence Checker



AFTER THE LEARNING	1	2	3	4	5	6	7	8	9	10
	NOT CONFIDENT				CONFIDENT				VERY CONFIDENT	
I can name a wide range of contraceptive methods										
I understand how at least five different types of contraceptives work										
I know where I can access further reliable information on this topic										

IMPORTANT  
INFORMATION

# SEEKING SUPPORT

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

IMPORTANT  
INFORMATION



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

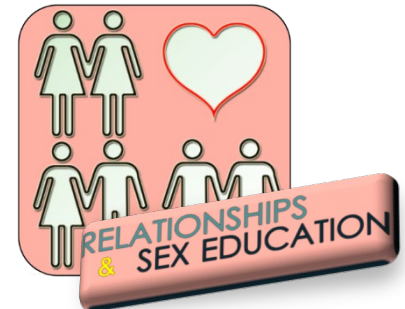
SPEAK TO YOUR PARENTS/GUARDIANS OR HEAD OF YEAR,  
TRUSTED ADULT OR FRIEND IF YOU HAVE ANY CONCERNS ABOUT  
YOURSELF OR SOMEONE YOU KNOW - IT IS ALWAYS IMPORTANT TO TELL SOMEONE!



VISIT THE BROOKE WEBSITE <https://www.brook.org.uk/> FOR ADDITIONAL SUPPORT ON SEXUAL HEALTH  
AND WELLBEING FOR UNDER 25s

SPECIFIC FURTHER INFORMATION ON THIS TOPIC CAN BE FOUND  
HERE:

- ☐ some pharmacies
- ☐ a sexual health clinic (GUM clinic)
- ☐ a contraception clinic
- ☐ some young people's services - call the national sexual health helpline on 0300 123 7123 for details
- ☐ Brook centers - for under-25s
- ☐ GP surgeries
- ☐ NHS Website <https://www.nhs.uk/live-well/sexual-health/>



2 Minutes



SIGNPOSTING  
SUPPORT

HELP & SUPPORT  
SERVICES

FURTHER  
INFORMATION



# REFLECTION PLENARY

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

Before I could/would say and do ... but now I feel I am able to say

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

I supported others by...

One thing I didn't realise was... now I know that...

The key words for this lesson are...

I always knew ... but now I can see how it connects to...

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

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

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

I would like to learn...

A question I would like to ask is...

Before I thought that ... but now I realise..

One assumption of mine that was challenged was...

Today I have tried to...

Next lesson I would like to..

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

Before I would have said ... but now I will say...

A problem I overcame today was...

2 Minutes

