

Introduction to Contraception

Friday, 10 November
2023

Knowledge, Skills & Actions

To describe the concept of abstinence

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

To be able to identify a wide range of contraceptive methods

New Vocabulary

Abstinence, Barrier, Suppress, Oestrogen, Progesterone, Copper, IUS, IUD, Contraception

A) A man and a woman who have sexual feelings for each other find that when they spend time together their bodies act in different ways.

B) The sperm buries itself into the egg and together they create an embryo. This will grow into a baby. The sperm and the egg have carried genetic information about what the new baby will be like, e.g. if both parents have black hair, it's very likely the new baby will too.

C) After nine months of it growing inside her, the woman then pushes the baby out of her vagina and 'gives birth' to it.



D) The sperm which looks like this:



will then swim inside the woman's fallopian tube until it meets an egg which looks like this:



E) The man then puts his penis into the woman's vagina and moves it in and out a lot. This gives both people sexual pleasure. At the height of this pleasure, a substance called 'sperm' will come out of the man's penis and into the woman's vagina.

F) As the woman's body prepares for sexual intercourse, her vagina gets wetter to make it easier for the man to put his penis in. The man's penis gets harder, so it is easier to insert into the woman's vagina.

Read through the statements and put them in the correct order, write your responses at the top of the page on contraception. You have 5 minutes

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 understand what contraception is and the importance of using it										
I can identify a wide range of contraceptive methods available in the UK										
I understand a range of issues to consider with regard to contraception choice										

2 Minutes

STARTER ACTIVITY – FREEZE FRAME

Instructions: Pick a number and you have until I count down from 5 to strike a pose (Freeze frame) – You may need to work with a partner for some.

Freeze frame [\[Click to Reveal\]](#)

No. 1

Freeze frame [\[Click to Reveal\]](#)

No. 2

Freeze frame [\[Click to Reveal\]](#)

No. 3

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

Freeze frame [\[Click to Reveal\]](#)

No. 4

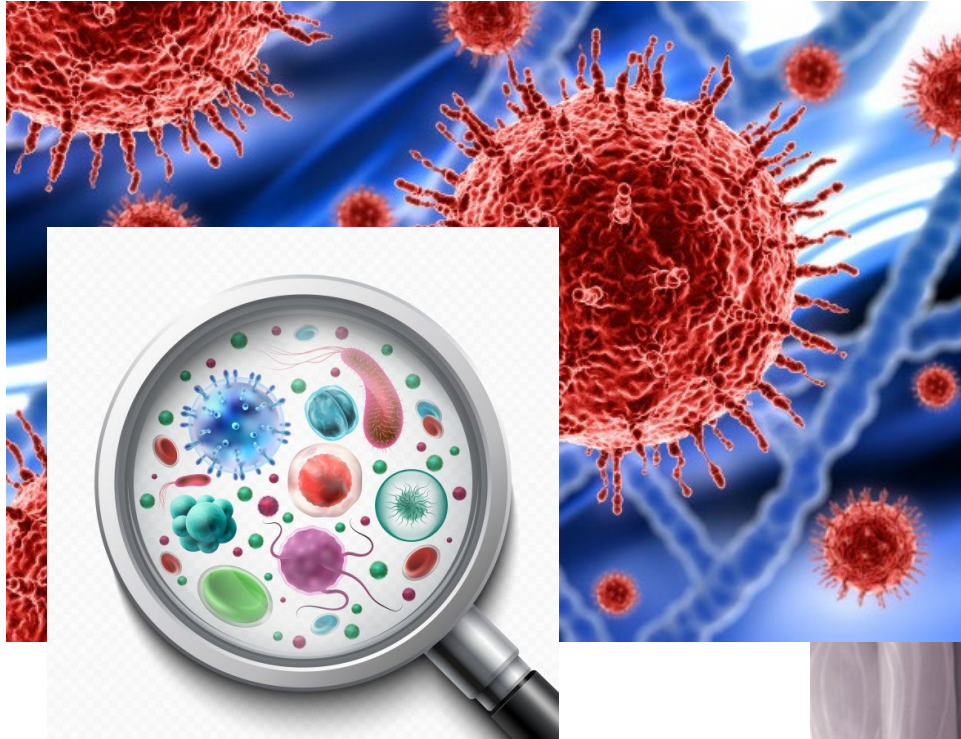
Freeze frame [\[Click to Reveal\]](#)

No. 5

Freeze frame [\[Click to Reveal\]](#)

No. 6

CONTRACEPTION HELPS TO REDUCE THE RISK OF TWO THINGS!



Class discussion:
Look at the pictures, you
have 10 seconds.
What two things do
contraceptives prevent?



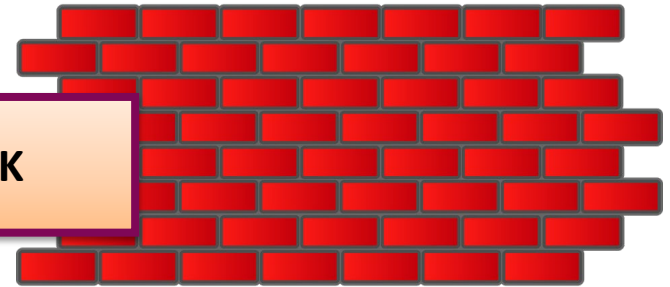
HOW CAN YOU REDUCE THE RISK OF PREGNANCY?

Way 1: Block the sperm (Barrier method) from reaching the egg

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

(good at stopping STI's also!)

BLOCK



DISABLE

Way 2: Disable sperm before they reach the Uterus (This method may be combined with the barrier method)

-E/G spermicides that mobilises and destroy sperm (Foam, Cream, Translucent film)

Class discussion:
Your teacher will now read through this slide - click to remove this box

They will then ask the question at the bottom right

Supress



Which of these methods would also prevent STI's?

TED-Ed Talk

Play video



How do Contraceptives work?

Task: Discuss – what are the safest methods of contraception and why according to this video.
You have 2 minutes.

You have been given a table which has several different forms of contraception mentioned. You will need to stick this over the page in the booklet that looks like the image to your right. Use the information on the slide sheet to fill in the information about contraception.

You have 25 minutes.

CONTRACEPTION FLASH CARDS VERSION 1		
<div>CONTRACEPTION TYPE:</div> <div>Barrier Method</div> <div>Long acting Reversible (LARC)</div> <div>Description:</div> <div>Pros:</div> <div>Cons:</div>	<div>CONTRACEPTION TYPE:</div> <div>Barrier Method</div> <div>Long acting Reversible (LARC)</div> <div>Description:</div> <div>Pros:</div> <div>Cons:</div>	<div>CONTRACEPTION TYPE:</div> <div>Barrier Method</div> <div>Long acting Reversible (LARC)</div> <div>Description:</div> <div>Pros:</div> <div>Cons:</div>
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Condom – Barrier method



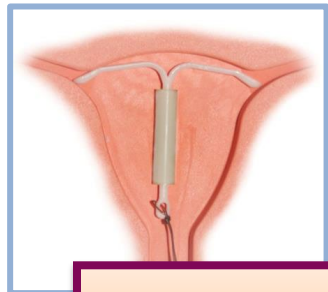
Contraceptive Pill

Class discussion:
You have now researched
most of these.

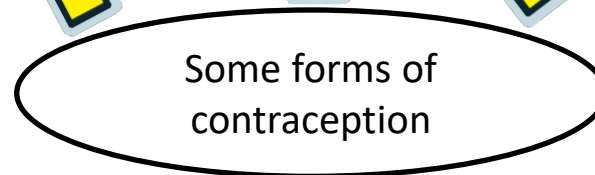
They will then ask the
question at the bottom right



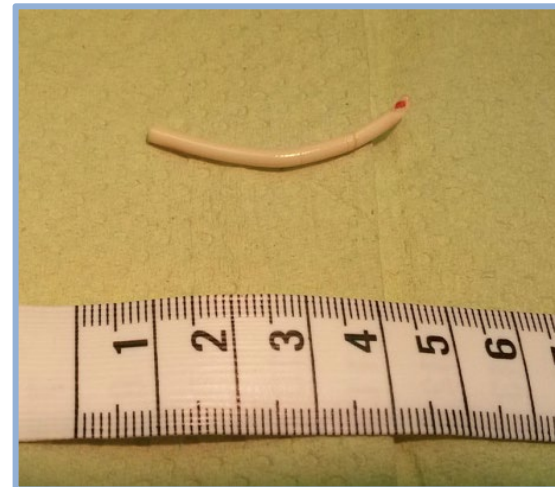
Contraceptive Ring



IUD or Coil



Implant

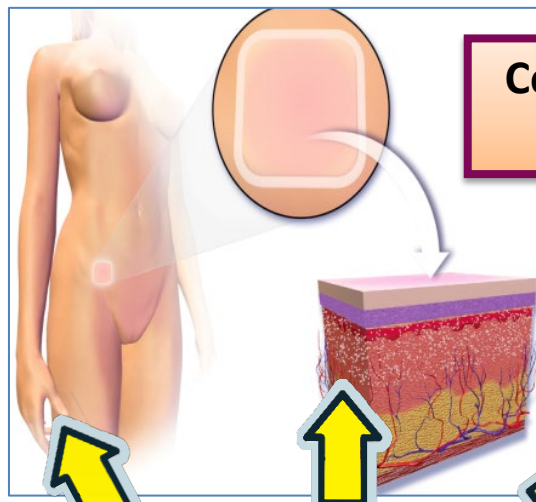


Review Questions

- Q1. Which of these use hormones
- Q2. Which can men use?
- Q3. Which protect against STI's?



Femidom – Barrier method

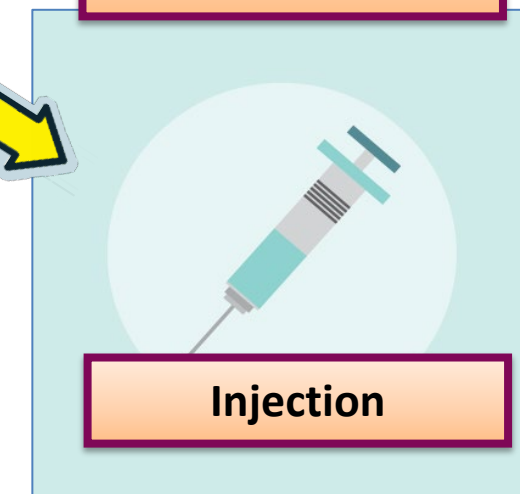


Contraceptive Patch



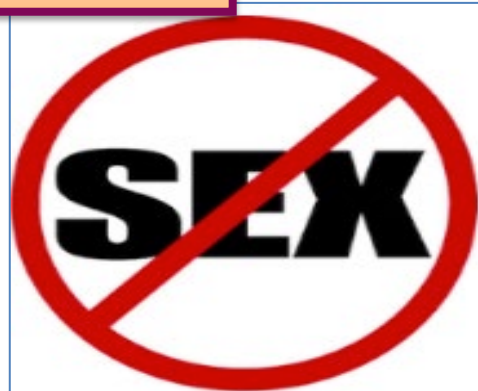
Diaphragm or cap

Some other forms of contraception



Injection

Abstinence



Review Questions

- Q1. Which of these use hormones?
- Q2. Which can men use?
- Q3. Which protect against STI's?

Quick Quiz - You have 2 minutes to answer these questions by writing down the answer for each question. Your teacher will then click to reveal the answer.

Mini Quiz

NUMBERS ROUND

A

What is the average age a girl starts her period?

8 - 11

11-13

13-15

14-17

B

On average, how much is the morning after pill (emergency contraception) from the chemist?

Free

£8-10

£13-18

£22-27

C

Roughly, how long is a women's menstrual cycle?

14 Days

28 Days

21 Days

35 Days

D

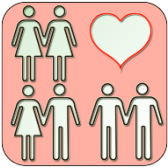
How many new STI cases were reported in the UK each year between 2015 – 2017?

75,000

115,000

255,000

434,000



“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
 An alternate way of looking at this is...
 I sort of agree, however....
 In my view...
 I would challenge what... said because ...

Discuss the above statement with a partner; come up with two reasons supporting and two disagreeing. Then give your own view.

You have 5 minutes.

Confidence Checker



AFTER THE LEARNING	1	2	3	4	5	6	7	8	9	10
	NOT CONFIDENT				CONFIDENT				VERY CONFIDENT	
I understand what contraception is and the importance of using it										
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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:

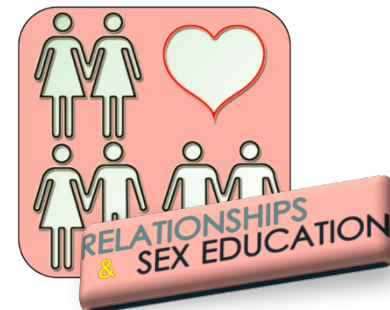
SPEAK TO YOUR PARENTS/GUARDIANS OR HEAD OF YEAR,
TRUSTED ADULT OR FRIEND IF YOU HAVE ANY CONCERNS ABOUT
YOURSELF OR SOMEONE YOU KNOW - IT IS ALWAYS IMPORTANT TO TELL SOMEONE!

SUBMIT ANNONYMOUS QUESTION TO <https://riseabove.org.uk/wall/>
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:

- ☐ <https://www.childline.org.uk/info-advice/friends-relationships-sex/sex-relationships/healthy-unhealthy-relationships/> What is a healthy Relationship Article - Childline

- ☐
- ☐
- ☐



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

