

Sex and Contraception Education programme



Teacher guidance

Go through this power point before the lesson and **decide** which slides and activities you want to do. You **DON'T have to do them all**. Please see me (Miss Hampson) if you are unsure of what they involve.

Main activities per session:

Ground rules – slide 3 (5 minutes)

Slang words/graffiti wall – slide 4 (5 minutes) - **A2/3 papers x3**

Contraception research – slides 6-7 (20 minutes) - **Table worksheets x25 & laminated contraception summary cards**

Condom demo – slides 16-21 (10 minutes) - **One penis model & condoms**

Contraception Quiz - (10 minutes) - **Quiz sheets x25**

Recap/Info/Ask It Basket – slides 22-25 (5 minutes) - **post-it notes**

Thanks & Enjoy!!

Sex and Contraception Education programme

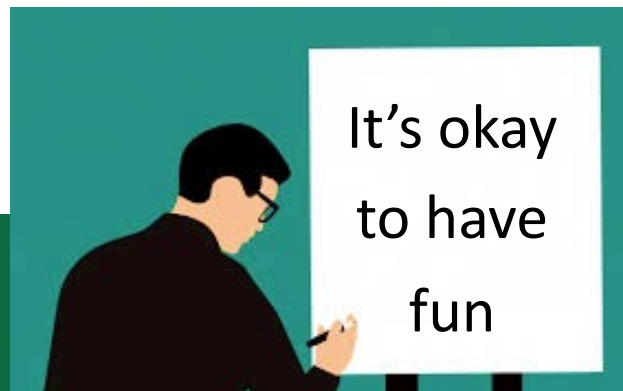


What should be the rules for this lesson?



Establishing Ground Rules

- No put downs
- Respect each other
- No personal questions
- Questions are welcome
- Use correct terms
- Listen when others are speaking
- Classroom discussions are confidential
- Respect personal boundaries
- We will be sensitive to diversity, and be careful about making careless remarks



Do you have any questions?
Put them in the
'Ask It' Basket!

What other slang words do you know for....



Graffiti Wall Activity

Split into 3 groups and come up with as many words for each of the following:

Vagina

Penis

Sex



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What do you know about contraception?



Contraception Methods Research

1. Visit the posters around the room
2. Read the information fully
3. Choose key information to complete the table on your sheets

Method of Contraception	Advantage	Disadvantage	Protection from STIs
Male condom			
Female condom			
Combined pill			
Progestogen-only pill			
Intrauterine device (IUD)			
Diaphragms & Caps			
Contraceptive implant			

Method of Contraception	Advantage	Disadvantage	Protection from STIs
Emergency contraception			
Intrauterine system (IUS)			
Fertility awareness			
Contraceptive injection			
Vaginal ring			
Contraception patch			
Sterilisation			

Key points



Emergency Contraception

The emergency contraceptive pill Levonorgestrel (LNG) can be taken:

- within 96 hours (four days) of unprotected sex,
- however it is most effective within the first 72 hours (three days) of unprotected sex.

The emergency contraceptive pill Ulipristal Acetate (UPA) can be taken:

- within 120 hours (five days) of unprotected sex.

Key points



Using Contraception

- No method is 100% effective
- Contraceptive reliability is dependent on correct use
- Some of the most reliable forms of contraception do not protect against STI transmission. Therefore, many people use more than one method of contraception.
- **If** condoms are used correctly, they are the only form of contraception that can reduce the risk of STIs.

Do you have to be 16+ to access contraception?

Under 16's can access contraception confidentially, though the law around consent & legal age to have sex still applies.

Just because someone has contraception it doesn't mean they are sexually active or even want to be. Girls can use contraception to regulate periods, its is not just used to prevent pregnancy.

Condom demonstration



How to put on a condom correctly

Follow these 5 simple steps:

1. Check
2. Feel
3. Roll
4. Pinch
5. Remove

Condom demonstration



How to put on a condom correctly

1



CHECK

There are 3 things you need to look for:

1. Make sure the condom hasn't expired
2. Make sure there are no rips or holes in the pack
3. Make sure it has a BSI kite mark or a CE mark on the package. This means that the condom has been tested and is very good quality



Condom demonstration



How to put on a condom correctly

2



FEEL

Before opening, feel for the rib of the condom inside the packaging. Push this to the side so that when you tear it open you don't tear the condom as well. Tear the packet from the serrated zigzag edge and remove the condom. Handle the condom carefully as it can be damaged by things like sharp nails, jewellery and body piercings.



Condom demonstration



How to put on a condom correctly

3



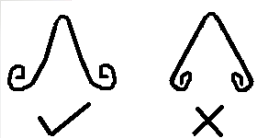
ROLL

The condom can only easily roll on in one direction so you need to make sure the condom is the right way up.

Make sure the condom is put on the penis as soon as it is erect (hard), to help protect against

unplanned pregnancy and STIs.

Use your other hand to roll the condom down the penis all the way to the base.



Condom demonstration

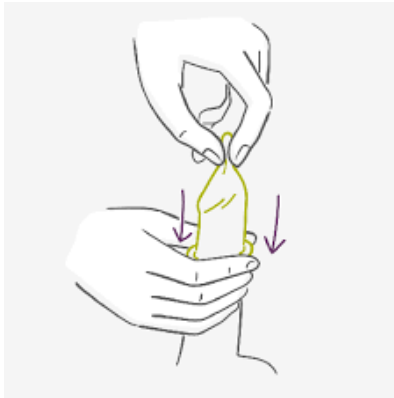


How to put on a condom correctly



PINCH

When you put it on the penis, pinch the tip of the condom between your thumb and forefinger to get rid of any air and allow for a little space at the top as you roll it down the shaft. Once it is on, slide your fingers alongside to get rid of any air bubbles. You can apply some lube to the outside as well.



The condom may split if air is trapped inside.



Condom demonstration



How to put on a condom correctly

5



REMOVE

After sex is finished, withdraw the penis before it gets soft. To do this, hold the condom on at the base until the penis is withdrawn, and then take it off, wrap it in tissue and throw it in the bin (not down the toilet).



Don't flush condoms down the toilet.

What have you learnt about contraception?



The Contraception Quiz

Answer each question to check your knowledge and learning on contraception

Contraception quiz

1. Name 3 methods of contraception:
2. What is the difference between a barrier method and a hormonal method of contraception?
3. Which method protects against STIs?
4. What makes condom use less effective?
5. Which method of contraception is the least reliable?
6. What is emergency contraception and how should it be used?
7. Can a female still get pregnant if the male withdraws before he ejaculates?
8. Can a female get pregnant if she has her period?
9. Is there any method of contraception that is 100% effective?



Some of your questions answered



Ask It Basket

**'Ask It'
Basket
Answers!**



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SIGNPOSTING

If you want to talk to someone about today's lesson:



- Form Tutor or Head of Year or Miss Khan
- Local Pharmacist
- Mrs Yates in the Medical Office
- Relate Relationships Advice
 - 0300 100 1234
 - Online chat available at www.relate.org.uk

SANDWELL:

•Lyng Centre for Health and Social Care, Frank Fisher Way, West Bromwich, B70 7AW

(Open from 8am – 9pm on weekdays and from 9am – 12.30pm on Saturdays)

•Rowley Regis Hospital, Moor Lane, Rowley Regis, B65 8DA
(Open on Thursdays only, from 5pm – 8pm)

WALSALL:

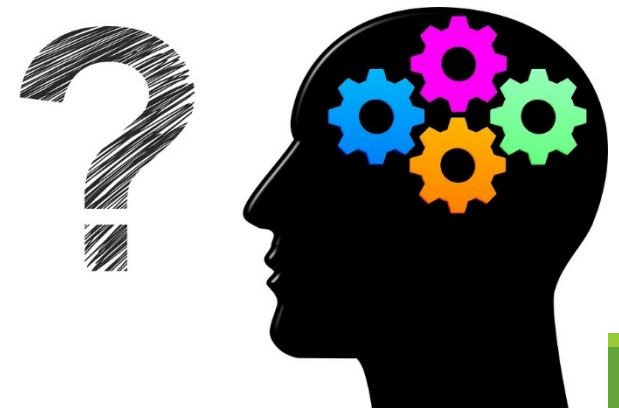
•Walsall Sexual Health Clinic, Pleck Road, Walsall WS2 9ES
(Thursday - 2:00 pm – 7:00 pm for patients aged under 25)

•WiSH (Walsall Integrated Sexual Health), 36 Navigation Street Walsall WS2 9ED
(Saturday 1:00 pm – 3:00 pm for patients aged under 25)

•Willenhall Health Centre, Field Street, Willenhall, WV13 2NY
(Thursday - 2:00 pm to 6:00 pm – Appointments Only)

QUIZ TIME!

1. A woman will not get pregnant if she has sex standing up.
2. Condoms make sex less pleasurable.
3. A woman will not get pregnant if she washes her vagina after sex.
4. The withdrawal method (withdrawing the penis before ejaculation) is a reliable method of preventing a pregnancy.
5. A woman can get pregnant during her period.
6. You cannot get an STI if your partner is a virgin.
7. Using 2 condoms at once provides extra protection.
8. STI's are transmitted during oral sex.



WHOSE RESPONSIBILITY?

Who should be responsible for providing contraception in a relationship? Why?

How would you advise them about when and how they should talk to each other about contraception?

What would you say to Jane?

What would you say to Omar?

Jane and Omar are really keen on each other and have both told their best friends that they are thinking about having sex.

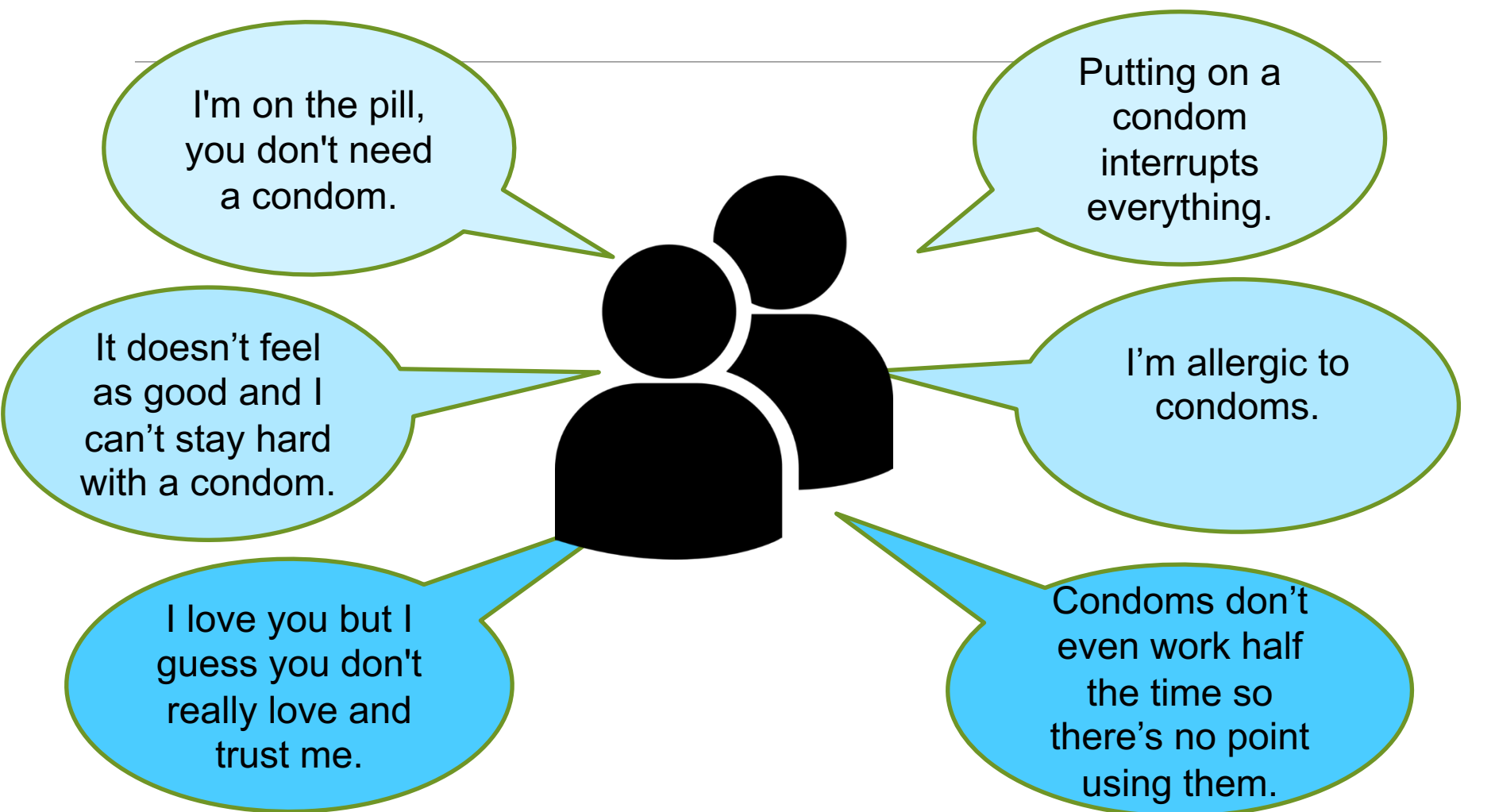
Jane tells you she thinks it's always the boy's responsibility to carry condoms as she is worried people might think she is easy if she carries them with her.

Omar tells you he thinks it is a girl's responsibility to take the pill or other method of contraception as she is the one who can get pregnant.



HOW TO RESPOND ASSERTIVELY

How could a person respond to these statements?



I'm on the pill,
you don't need
a condom.

Putting on a
condom
interrupts
everything.

It doesn't feel
as good and I
can't stay hard
with a condom.

I'm allergic to
condoms.

I love you but I
guess you don't
really love and
trust me.


Condoms don't
even work half
the time so
there's no point
using them.

RESPONDING ASSERTIVELY

Is this effective communication? Why? Why not?

How are both characters feeling during this conversation?

How might both characters feel afterwards if they do have sex?



Maybe we shouldn't...



Whoa, no!

Task:

- Rework the script to show more assertive responses.
- Compare your ideas with the example script.

TOP TIPS

Task:

Come up with a list of 10 top tips on using condoms

- 5 for HOW to use them**
- 5 for NEGOTIATING their use**





Sex and CONTRACEPTION

Learning outcomes:

I can...

- name the main types of contraception and how they work to prevent conception and/or protect against STIs
- Describe when, where and how to access contraception, and how to seek help in event of contraception failure
- apply my knowledge of contraception to assess the best contraceptive options in a range of scenarios
- I know how to put a condom on in the correct way