

Sexual health: lesson 2



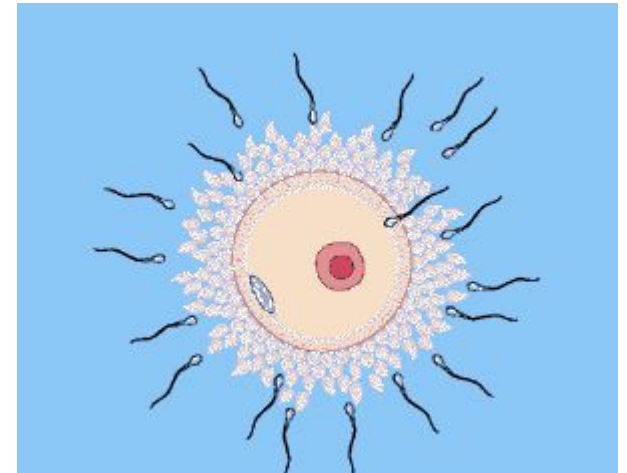
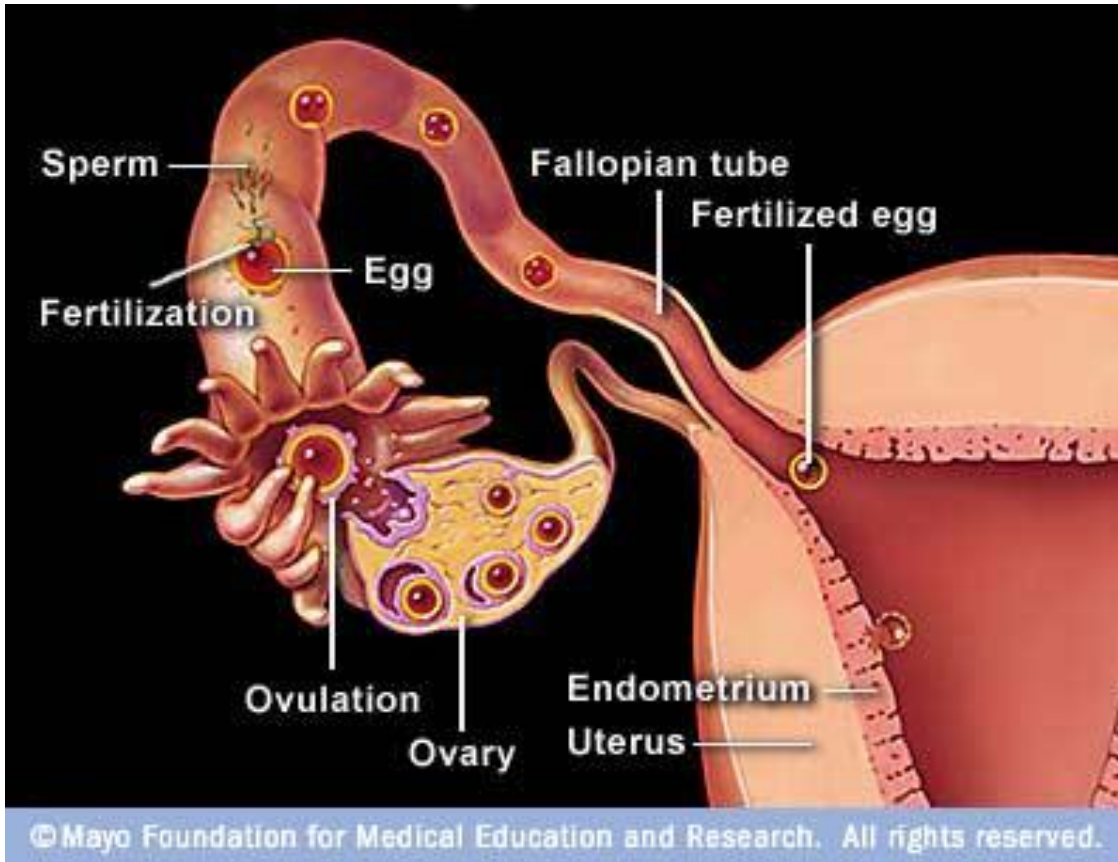
- Facts about pregnancy
- What are the different types of birth control?
- How effective are they ?
- What is the 'morning-after' pill?
- How does it work?
- Where can I get it?



Quickie :Myths or Truths ? (M/T)

1. A girl can't get pregnant the first time that she has sex.
2. You have to have sex lots of times to get pregnant.
3. You can use cling film, plastic bags, crisp packets or anything else instead of a condom.
4. A girl can get pregnant if she has sex during her period.
5. A boy's testicles (balls) will explode if he doesn't have sex.
6. A girl can't get pregnant if she has sex standing up, sitting down, or if she jumps up and down afterwards.
7. Condoms can be washed out and re-used.
8. You'd always know if you had an STI because it would hurt when you urinate

Conception :Fertilisation



[Watch](#)

[:www.youtube.com/watch?v=hAgOk3-loUY
&feature=player_embedded](https://www.youtube.com/watch?v=hAgOk3-loUY&feature=player_embedded)

Conception

- During each menstrual cycle, **an egg is released by one of the ovaries** (ovulation). The egg travels into the fallopian tube. If fertilization is to occur, sperm ejaculated into the vagina must swim up the uterus and into the fallopian tube **where one sperm penetrates the egg**. The fertilized egg then travels into **the uterus**, where it embeds itself in the lining of the uterus (endometrium).

Words you should know



penis	the male reproductive cells
vagina	the female reproductive cells
genitals	is the sperm
intercourse	n
sperm	sexual pleasure
ova	or female)
semen	the vagina
erection	genitals
ejaculation	when the penis is stiff (necessary for intercourse)
clitoris	the female sexual organ
masturbation	when the semen shoots out of the penis

Can you match up these words with their definitions?
Press **start** to begin.

start



Sexual Health

Contraception /birth control



Sex – the basics

A **sperm can live** in the vagina or womb for as long as **seven days**, waiting to meet an egg.

Consequently, there isn't really ever a time during the menstrual cycle when you can be sure you won't get pregnant if you have **unprotected sex**.

Unprotected sex means having intercourse without using any form of **birth control (contraception)**.

This means you have to use some form of contraception EVERY SINGLE TIME you have sex.

➤ *Name at least 3 forms of contraception*

Do you know what else you have to worry about if you have unprotected sex?



Teenage pregnancy

The UK currently has the highest rate teenage pregnancies in all of Europe

Just under **40,000** young girls get pregnant every year in the UK.

- Sometimes this is planned.
- Sometimes it's because of carelessness.
- Sometimes it's the result of an accident.
- Sometimes it's the result of ignorance.



Birth control – Barriers

It is the most effective method of preventing **the spread of STIs**. The most common is **the condom**.

Condoms are made of latex or polypropylene. They are put onto the **erect penis** before penetration. After **ejaculation** the condom contains **the semen**

The condom must be immediately removed and the penis cleaned. When used properly, condoms are **98% effective**, meaning that two women in 100 will get pregnant in the course of a year of regular condom use.



Condoms are very effective at preventing the spread of most STIs, including HIV/AIDS.



Teens and Contraception (or birth control)

- Watch here
- [putting a condom on \(NHS choices\)](#)
3m47

Birth control – contraceptive pills



Contraceptive pills contain hormones that prevent pregnancy. They come in strips like those shown below and must be taken on a daily basis to be effective. When taken properly, they are **over 99% effective**. That means that over the course of a year less than one woman in 100 will get pregnant while taking the pill.



While birth control pills are very effective in preventing pregnancy, **they do NOT protect you from STIs.**





Condoms



When the penis ejaculates, the sperm is contained within the condom so it can't enter the vagina or womb and fertilize an egg.(Conception)

Using a condom also protects both sexual partners from most sexually transmitted infections.

Use

www.youtube.com/watch?v=tcpfZKvOFZ4&feature=player_embedded

to demonstrate how to put a condom on (interactive 1m 12)

Now it's your turn !!!!



A silver pushpin is pinned to the top center of the white paper.

You can get condoms for free from many places.
For example:

- your GP
- an NHS sexual health clinic (they are also called GUM clinics – ‘GUM’ stands for ‘genito-urinary medicine’)
- a family planning clinic.

You can also buy them from many places, for example pharmacies, petrol stations, most newsagents and supermarkets. So there's no excuse not to use one!



Birth control – barriers



Diaphragms (otherwise known as cervical **caps**) are made of latex or silicone. They are usually used with spermicide and are inserted in the vagina and placed over the cervix. They block the semen from entering the womb.

When used properly, cervical caps are **92–96% effective**. This means that between four and eight women in 100 will become pregnant in the course of a year of regular use.



Female condoms are made of latex and are inserted inside the vagina before intercourse. Like the male condom, they contain the semen after ejaculation.

Diaphragms and female condoms do NOT protect you from STIs.



Birth control – the hormone injection/patch



It is now possible to have **a contraceptive injection** that prevents pregnancy. It lasts between eight and twelve weeks, depending on the type.

The contraceptive patch works in a very similar way to the contraceptive injection. It is placed on the skin and releases hormones into the body which prevent pregnancy. Each patch lasts for one week and patches must be worn for three out of every four weeks.



The injection and patch are both as effective as the contraceptive pill at preventing pregnancy. However, **they do NOT protect you from STIs.**



Birth control – implants and insertions

Contraceptive implant: this is a small tube which is implanted under the skin (usually in the arm). It releases hormones which prevent pregnancy. It lasts for three years and is as effective as the pill.



The intrauterine system (or IUS) is similar in design to the IUD, but contains contraceptive hormones which are slowly released into the body. The IUS can be left in the body for five years. It is equally as effective as the contraceptive pill.

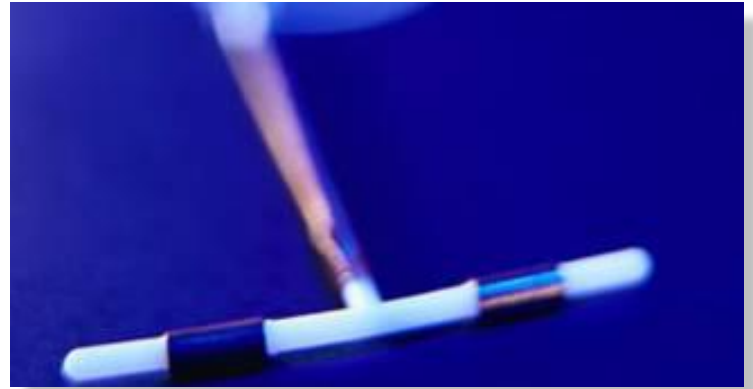


These do NOT protect you from STIs!



Birth control – implants and insertions

Intrauterine devices (IUDs) (sometimes called **coils**) are small plastic and copper mechanisms that are placed in the womb. They prevent the sperm from meeting an egg, or, if this method fails and the egg has become fertilized, it stops it from implanting in the lining of the womb. They can remain in the womb for 3–10 years, depending on the type, and are about **as effective as the contraceptive pill.**



They do NOT protect you from STIs!

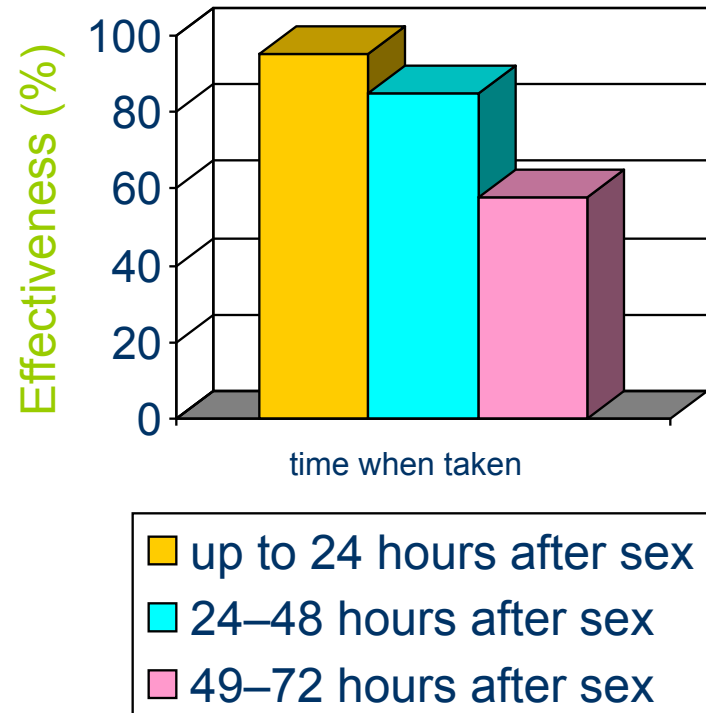


The morning-after pill

The morning-after pill is a form of emergency contraception. It can consist of either one pill or a set of two pills which are taken at the same time.



If your regular method of contraception fails and you take it **within 72 hours**, it can be very effective at preventing pregnancy. It is most effective if taken within the first 24 hours, but its effectiveness decreases substantially after then.



What does the morning-after pill do?

It contains a hormone which can stop the ovaries from releasing an egg, or if an egg is already fertilized, the hormone will prevent it from implanting in the womb's wall.

It does NOT continue to protect you from pregnancy for any length of time after taking it, so the next time you have sex you have to take the right precautions.



It does not normally have any side-effects, but in rare cases it can cause vomiting. If this occurs within two hours of taking the pill then you will need to get another one.



It is not harmful to take it more than once, although it does become less effective the more often it is taken.



How can accidents be avoided?

Can you think of any factors that could lead to pregnancy, even when **contraception** is used?

Sometimes a **condom** can split.

How can this be avoided?

- Sometimes this is the result of dryness or friction. If the vagina is very dry, use **lubricant**.
- Be sure to remove the condom very carefully from its packaging to avoid nicking it with the wrapping or a fingernail.
- If the condom does split, you should take immediate action and get the **morning-after pill** or seek advice from an expert.



Comparing contraceptives



Condoms

Combined pill

Morning-after pill

All three

Which contraceptives do these descriptions apply to?

Press **start** to begin.

start

Not 100% effective at protecting against STIs



What have you learnt?

Every year in the UK
pregnant.

teenagers under 18 get

If a condom

professional.

Drag the words to the correct places to complete the text.

Press **start** to begin.

start

ovaries

your GP

regular

40,000

the pill

less

antibiotics

seven

condom

womb

two

prescription

24 hours

STIs

72 hours

essential

morning-after pill

