



# Contraception

worth talking about

## **Learning Objectives:**

- To understand the issues surrounding contraceptive choices.
- To be more confident with contraception decision making.

**"Where can I get contraception?"**  
**"Which method of contraception will suit me?"**  
**"I'm under 16 – can I get contraception?"**



# Starter

**Contraception**  
worth talking about

When should we  
be thinking about  
contraception?

Spend 2 minutes with the  
person sitting next to you  
deciding what age or time  
in your life would be a good  
time to start thinking  
about contraception.



# Where can you get advice and information from?



In your books write down as many places as you can think of .....



**Sexual Health Clinics**



**genitourinary medicine (GUM) clinics**

Whose responsibility is it to think about  
contraception - his or hers?



# Decisions Decisions...?

Which one  
would suit me  
the best?



Do I even need to bother  
... There is only 1 type  
available for boys and I bet  
she'll be using  
contraception anyway.





# So what kinds are there?



With the person sitting next to you, name as many types of contraceptives that you've heard of and write them down in your book.



# Let's watch

<https://youtu.be/-SDQwDEbQVk>

**BuzzFeed**

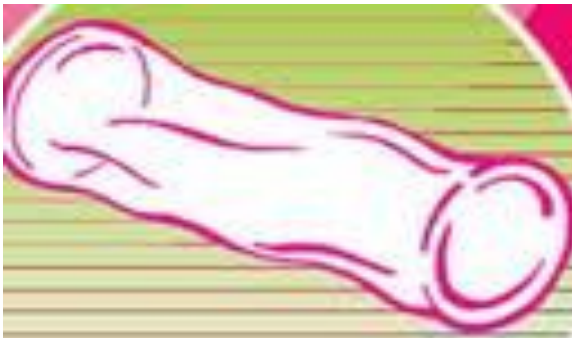
**presents**



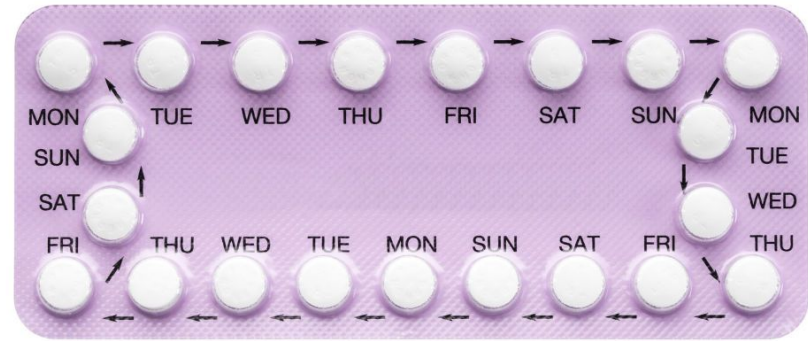
**LET'S ACTUALLY  
TALK ABOUT  
BIRTH CONTROL**

# For females

- The contraceptive pill
- Femidom (female condom)
- The coil/IUD
- The cap/diaphragm
- The injection
- The implant



# The combined pill



The combined oral contraceptive pill is usually just called "the pill". It contains artificial versions of the female hormones oestrogen and progesterone, which women produce naturally in their ovaries.

When taken correctly, the pill is over 99% effective at preventing pregnancy.

You need to take the pill at the same time every day. You could get pregnant if you don't do this, or if you miss a pill, or vomit or have severe diarrhoea.

# Femidom



Female condoms are made from thin, soft plastic called polyurethane. Female condoms are worn inside the vagina to prevent semen getting to the womb.

Using female condoms protects against both pregnancy and STIs.

A female condom needs to be placed inside the vagina before there is any contact between the vagina and the penis.

# IUD (coil)



An IUD is a small T-shaped plastic and copper device that's inserted into your womb (uterus) by a specially trained doctor or nurse.

The IUD works by stopping the sperm and egg from surviving in the womb or fallopian tubes. It may also prevent a fertilised egg from implanting in the womb.

IUDs with more copper are more than 99% effective.

An IUD works as soon as it's put in, and lasts for five to 10 years, depending on the type.

# Contraceptive Cap or Diaphragm



Covers the cervix so that sperm can't get into the womb. You need to use spermicide with it (spermicides kill sperm).

The diaphragm must be left in place for at least six hours after sex.

When used correctly with spermicide, a diaphragm is 92-96% effective at preventing pregnancy



# The contraceptive injection



The injection contains progestogen. This thickens the mucus in the cervix, stopping sperm reaching an egg. It also thins the womb lining and can prevent the release of an egg.

If used correctly, the contraceptive injection is more than 99% effective.

The injection lasts for eight, 12 or 13 weeks (depending on the type)

The injection does not protect against sexually transmitted infections



# The implant



The contraceptive implant is a small flexible tube about 4cm long that's inserted under the skin of the upper arm.

The implant stops the release of an egg from the ovary by slowly releasing progestogen into your body. Progestogen also thickens the cervical mucus and thins the womb lining.

If implanted correctly, it's more than 99% effective.

# For males

## Condoms

Condoms are the only contraception that protect against pregnancy and STIs.

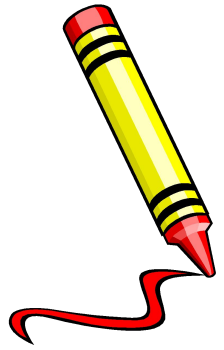
You can get free condoms from contraception clinics, sexual health clinics and some GP surgeries.

Condoms stop sperm from reaching an egg by creating a physical barrier between them.



# Your task

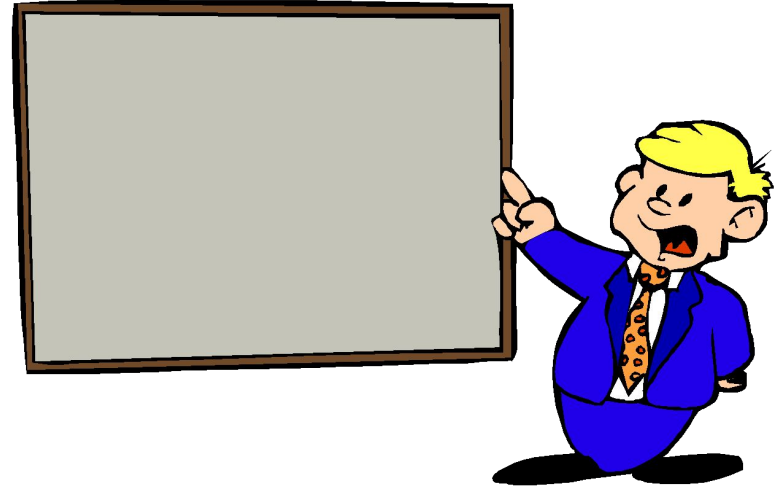
- Design a leaflet advising teenagers about contraception.
- Include points you have thought about and discussed in today's lesson.



# **Leaflet Success Criteria**

- Where can you buy or get hold of various types of contraception?**
- When should young people start thinking about contraception?**
- Who is responsible for using contraception?**
- What different types are available?**
- Why is important to research and discuss different types of contraception?**

# Plenary



- Discuss and present your leaflet to the rest of the class.
- What have you included and why
- Where might be a good place to have the leaflet available?
- Describe the presentation/layout