



Title: Introduction to Contraception

DATE:

Ready to Learn Reminders

- Sit in the seating plan.
- Take your coat/hat/scarf off.
- Get equipment out (including green pen).
- Write title, date, subheading and underline – keep your book beautiful!
- Complete DNA in silence.

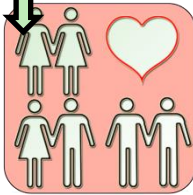


Do Now Activity
Retrieval

Practice

Starter





Introduction to Contraception



LEARNING OUTCOMES

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, Supress, Oestrogen, Progesterone, Copper, IUS, IUD, Contraception



3 Minutes



STARTER ACTIVITY

Should schools be teaching about abstinence only in sex and relationships education?
What impact would this have?
What do you think should be taught?

EFFECTIVE GROUND RULES

CREATIVE CURRICULUM

PSHE

EFFECTIVE GROUND RULES

CREATIVE CURRICULUM

Show respect

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

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

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

You don't have to say things about yourself if you don't want to (**You have the right to pass**)

PSHE CLASSROOM RULES DEALING WITH SENSITIVE TOPICS

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

It's OK to get things wrong

SAFEGUARDING YOUR WELFARE & HAVING YOUR INTERESTS AT HEART

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

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

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

Don't show the fact you are embarrassed through silliness

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



Introduction to contraception



ASSESSMENT FOR LEARNING

BASELINE CONFIDENCE CHECKER



BEFORE 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										
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										

Complete a baseline assessment of where you think you are at for this lesson
(Discussion or complete sheet)



2 Minutes



←

	I'm not confident at all		I'm getting more confidence		Confident		Very confident		Super confident
--	--------------------------	--	-----------------------------	--	-----------	--	----------------	--	-----------------

STARTER ACTIVITY – FREEZE FRAME

Instructions: Pick a number and you have until I count down from 5 to strike a pose
(Freeze frame) -

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

PAIR & SHARE
THOUGHTS & FEELINGS

DID?

MIGHT?

COULD?

CAN? /
WILL?

IS?
DOES?

SECOND

HOW?

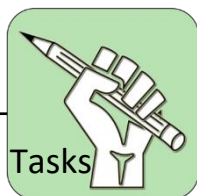
WHAT?

WHERE?

WHO?

WHY?

FIRST

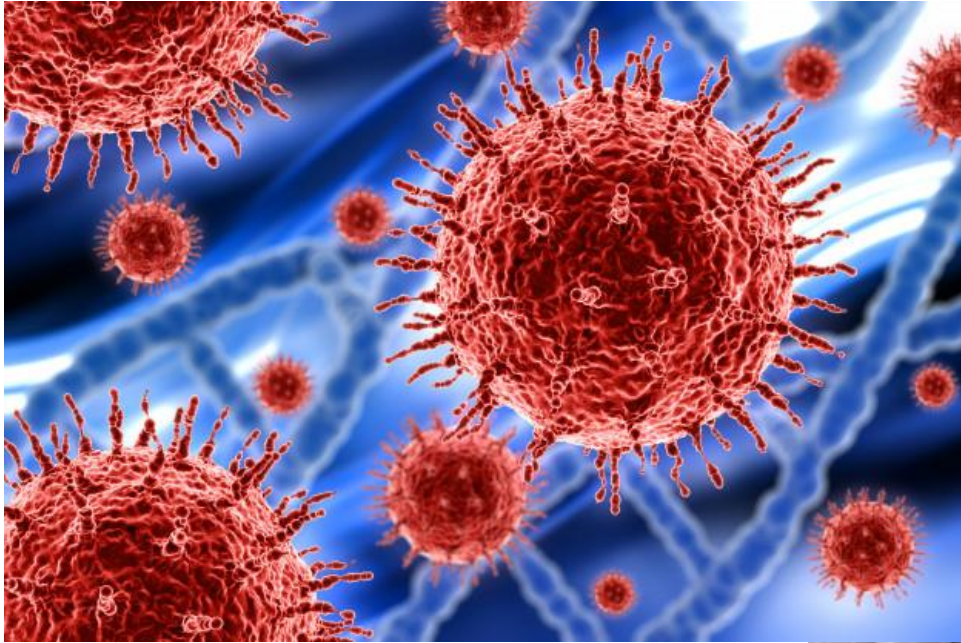


Using the grid above come up with three questions about the image

2 Minutes



CONTRACEPTION HELPS TO REDUCE THE RISK OF TWO THINGS!



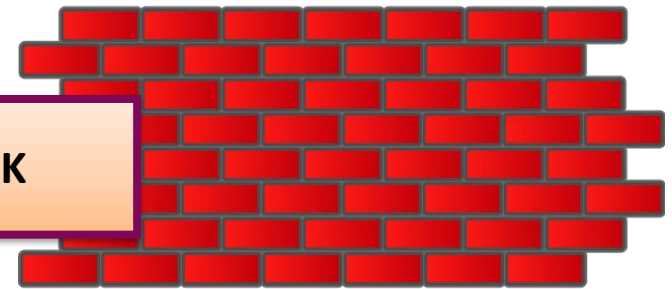
HOW CAN YOU REDUCE THE RISK OF PREGNANCY?

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)

Way 3: Suppress ovulation in women

- Hormonal contraceptives (E.G Implants, The Pill, Patch, Vaginal Contraceptive Ring, Injection)

Supress



Which of these methods would also prevent STI's?

Contraception Kit – Show and Tell – If you own one



Did you know?

Some condoms are now vegan friendly and others are not made out of latex – There is a condom to suit almost everyone no matter what your allergy – ask at a pharmacy or your doctor

Helpful questions for today:

- What is it?
- Who uses it?
- How does it work?
- Where could you get it from?
- How well does it protect against:
 - a) Pregnancy?
 - b) STI's (sexually transmitted diseases)?

TED-Ed Talk



How do Contraceptives work?

Task: Pick one or two colours and answer all the related questions

What thinking is needed? next steps? Where are we now

What is wrong? Is it safe? can it be done?

THINKING

JUDGEMENT



How does pregnancy occur after sexual intercourse?

What are the three basic ways contraception works

Can something be done? New ideas? What are the solutions/suggestions?



INFORMATION

FEELINGS

CREATIVITY

2 Minutes

THINKING
HATS



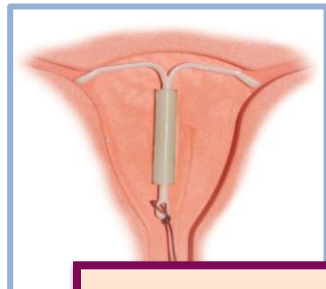
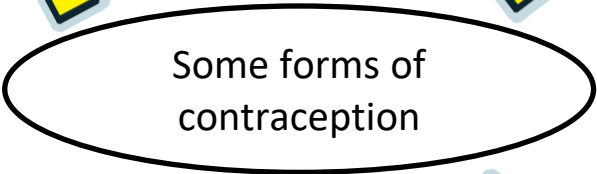
Condom – Barrier method



Contraceptive Pill

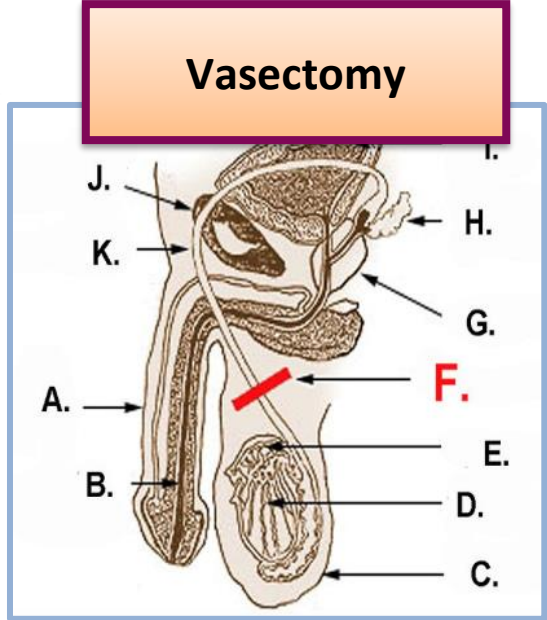


Contraceptive Ring



IUD or Coil

Implant



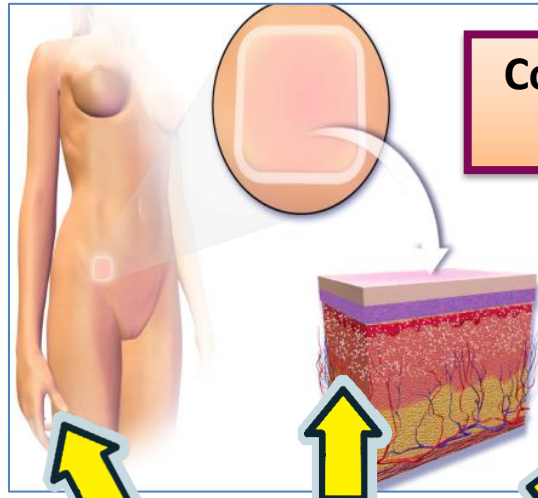
Vasectomy

Review Questions

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



Femidom – Barrier method

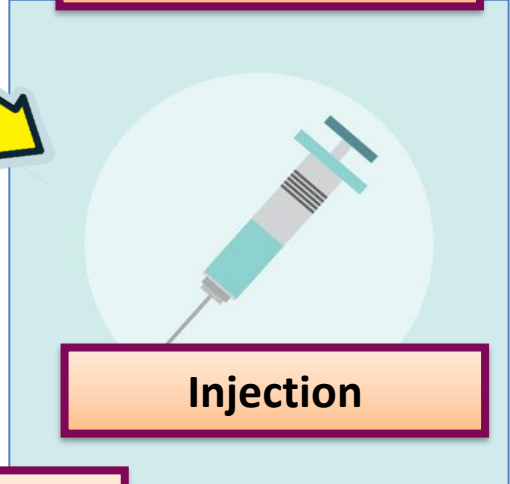


Contraceptive Patch



Diaphragm or cap

Some other forms of contraception

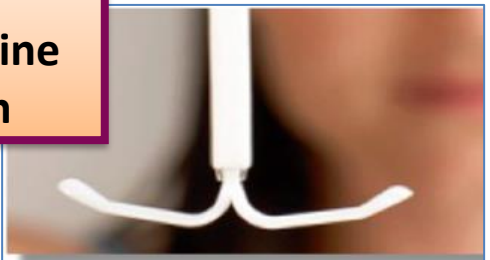


Injection

Abstinence

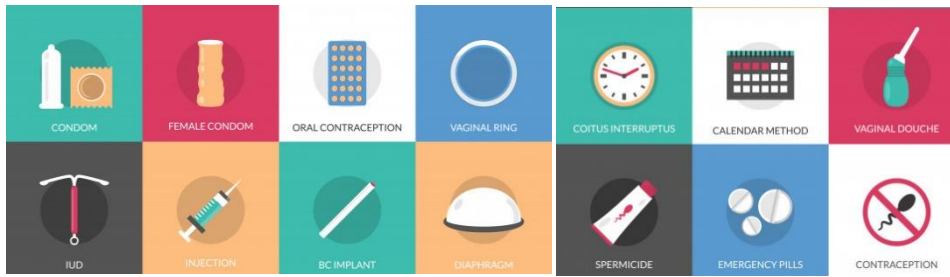


IUS Intrauterine System



Review Questions

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



CONTRACEPTION FLASH CARDS VERSION 2

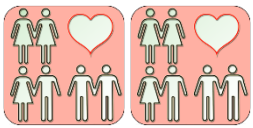
<p style="text-align: center; border: 1px solid black; padding: 2px;">CONTRACEPTION TYPE:</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 25%;">Block</td> <td style="width: 25%;">Disable</td> <td style="width: 25%;">Suppress</td> <td style="width: 25%;">LARC</td> </tr> </table> <p>Description: </p> <p>Pros:</p> <ul style="list-style-type: none"> > <p>Cons:</p> <ul style="list-style-type: none"> > 	Block	Disable	Suppress	LARC	<p style="text-align: center; border: 1px solid black; padding: 2px;">CONTRACEPTION TYPE:</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 25%;">Block</td> <td style="width: 25%;">Disable</td> <td style="width: 25%;">Suppress</td> <td style="width: 25%;">LARC</td> </tr> </table> <p>Description: </p> <p>Pros:</p> <ul style="list-style-type: none"> > <p>Cons:</p> <ul style="list-style-type: none"> > 	Block	Disable	Suppress	LARC	<p style="text-align: center; border: 1px solid black; padding: 2px;">CONTRACEPTION TYPE:</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 25%;">Block</td> <td style="width: 25%;">Disable</td> <td style="width: 25%;">Suppress</td> <td style="width: 25%;">LARC</td> </tr> </table> <p>Description: </p> <p>Pros:</p> <ul style="list-style-type: none"> > <p>Cons:</p> <ul style="list-style-type: none"> > 	Block	Disable	Suppress	LARC
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CONTRACEPTION FLASH CARDS VERSION 1

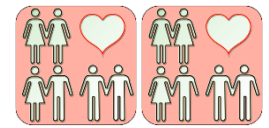
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Optional Task

Using what ever material your teacher has made available complete the fact file cards for nine different types of contraception



Contraception



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 ...

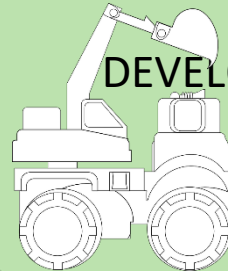
AGREE



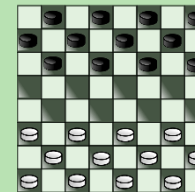
DISAGREE



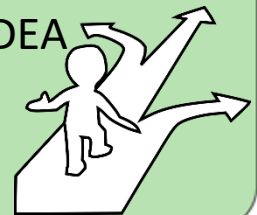
DEVELOP



CHALLENGE



ALTERNATE IDEA



SPLAT – TEAM CHALLENGE

1. The class is split in two – Nominate a player
2. Teacher will read out a definition or ask a question
3. The first nominated player to fly-swat / 'splat' the correct answer on the board gets the point. (hold it over the splat)
4. Teams may help their players

Wa
r

Mediation

Divorce

Aggressive or passive

72 hours

Assertive

Conflict Resolution

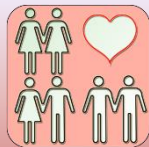
Money

Pregnancy

Relationships

School and work

LEARNING OUTCOMES



STOP!






Let us review our learning outcomes for this lesson
Knowledge, Skills & Actions

PAIR & SHARE

ASSESSMENT FOR LEARNING

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										
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										



Complete the confidence checker of where you think you are at for this lesson (Discussion or complete sheet)



3 Minutes

	I'm not confident at all		I'm getting more confidence		Confident		Very confident		Super confident
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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

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



REFER TO MINDFULNESS

▶▶▶ POWERPOINT



Time for a little something extra?

?? Minutes

