



# Title: Types of Contraception's available

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.



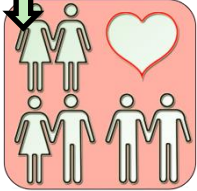
*Do Now Activity*

Retrieval

Practice

Starter





# Types of Contraception available



## LEARNING OUTCOMES

### Knowledge, Skills & Actions

To understand how a variety of different forms of contraception work

To be able to identify which types of contraception would be best used by different types of people

To explore which forms of contraception protect against pregnancy, STI's or both





### New Vocabulary

IUD, IUS, Diaphragm, Patch, Injection, Vasectomy, Contraception Ring, Abstinence, Condom, Pill, Femidom



## STARTER ACTIVITY

IUS	Diaphragm	Patch	 VAGINAL RING
Abstinence	Injection	Femidom	
Vasectomy	Ring	IUD (Coil)	 DIAPHRAGM
Implant	Pill	Condom	
Withdrawal	Family planning		

What does the term contraception mean?  
Which is the odd one out and why?  
Whose responsibility is it to organise and choose the right contraception?

## EFFECTIVE GROUND RULES

CREATIVE  
CURRICULUM

### Show respect

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

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

It's OK to get things wrong

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

# PSHE

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

## EFFECTIVE GROUND RULES

CREATIVE  
CURRICULUM

**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

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








# Types of Contraception Explained

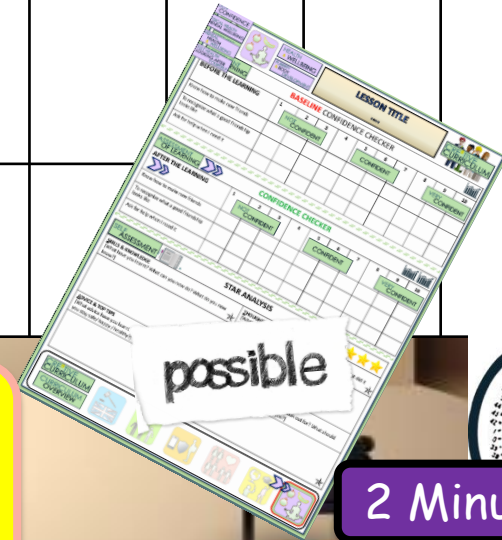


ASSESSMENT  
FOR LEARNING

## BASELINE CONFIDENCE CHECKER



BEFORE THE LEARNING	1	2	3	4	5	6	7	8	9	10
	NOT CONFIDENT				CONFIDENT				VERY CONFIDENT	
I can name a wide range of contraceptive methods										
I understand how at least five different types of contraceptives work										
I know where I can access further reliable information on this topic										



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

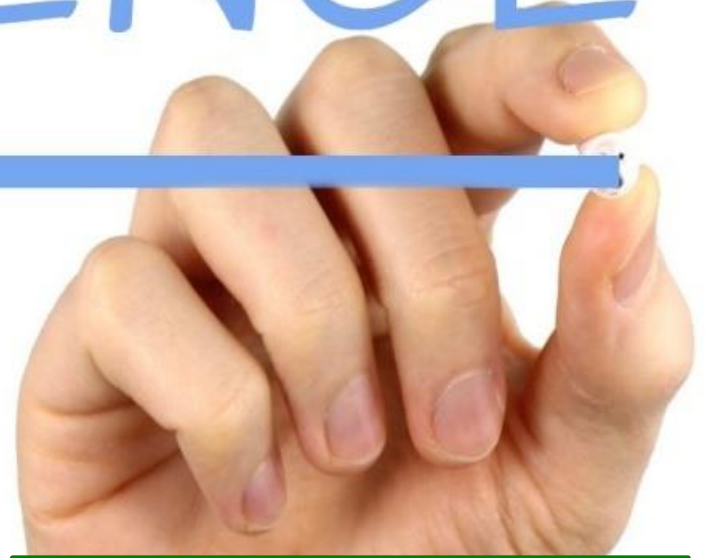
Confident

Very  
confident

Super  
confident

# ABSTINENCE

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ODD ONE OUT...  
Why?

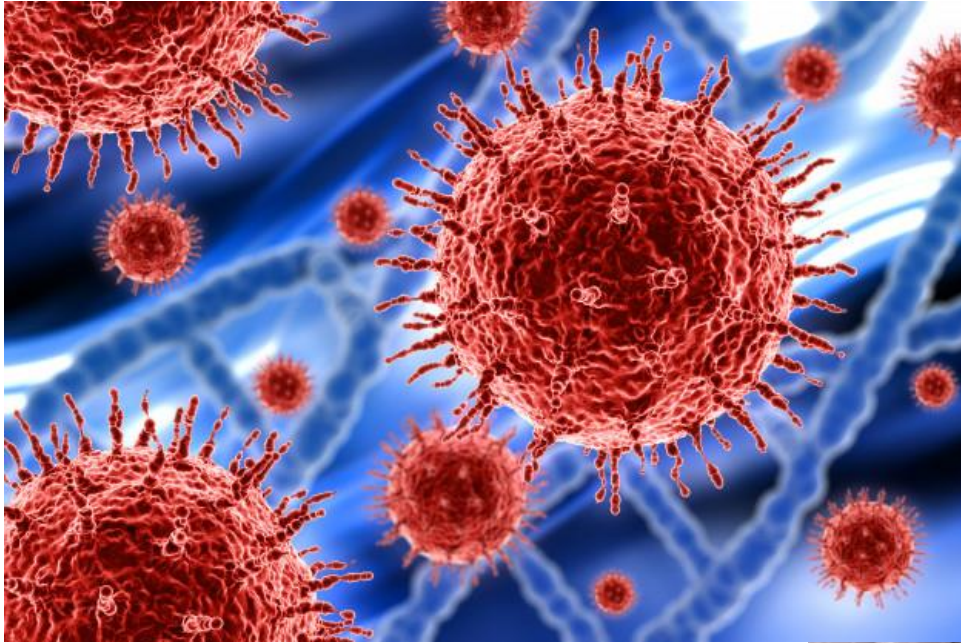
What does this term mean?

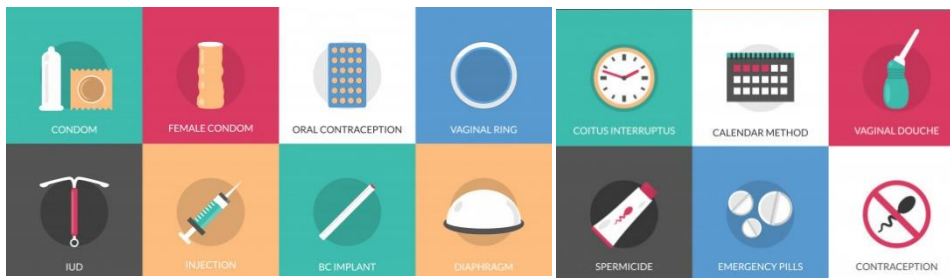
Did you know?

*Abstinence is the practice of not having sex. Refraining from all aspects of sexual activity). IT is a safe, effective and free way to avoid getting pregnant and catching an STI*



# CONTRACEPTION HELPS TO REDUCE THE RISK OF TWO THINGS!





### CONTRACEPTION FLASH CARDS VERSION 2

CONTRACEPTION TYPE:			
Block	Disable	Suppress	LARC
Description:			
Pros:			
Cons:			

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Description:			
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CONTRACEPTION TYPE:			
Block	Disable	Suppress	LARC
Description:			
Pros:			
Cons:			

### CONTRACEPTION FLASH CARDS VERSION 1

CONTRACEPTION TYPE:	
Barrier Method	Long acting Reversible (LARC)
Description:	
Pros:	
Cons:	

CONTRACEPTION TYPE:	
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Description:	
Pros:	
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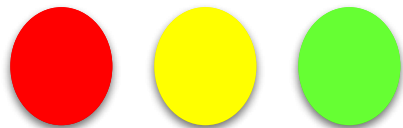
CONTRACEPTION TYPE:	
Barrier Method	Long acting Reversible (LARC)
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Description:	
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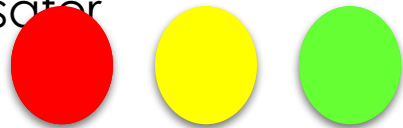
## Optional Task

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

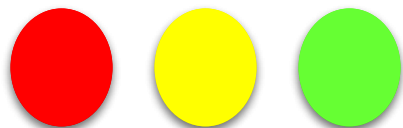
You can get pregnant when standing up and having sex



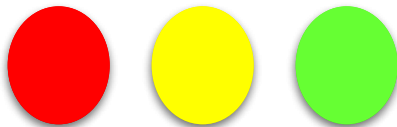
Wearing two condoms (double bagging) makes sex safer



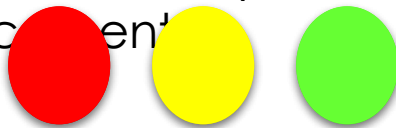
The contraceptive pill is effective at preventing STI's



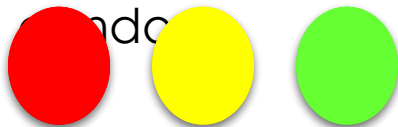
Women and girls are more fertile at specific times of the month



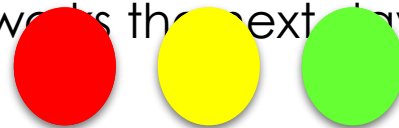
If a person is silent or doesn't say no this means they have given consent



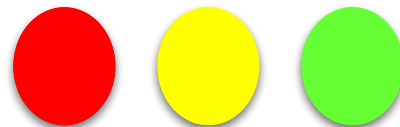
You can use a small plastic bag or cling film instead of a condom



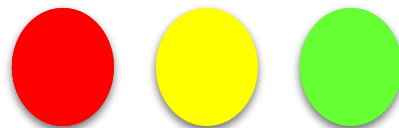
Emergency Contraception (sometimes referred to as the morning after pill) only works the next day



You can get many forms of contraception for free



If a clinic gives you advice about contraception your parents will know



What do you think?

FAKE THE NEWS TRUTH FAKE THE NEWS TRUTH FAKE THE NEWS TRUTH FAKE THE NEWS TRUTH FAKE THE NEWS TRUTH



# Contraception Kit – Show and Tell – If you own one

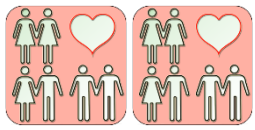


Did you know?

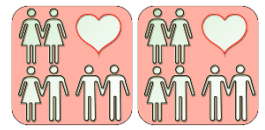
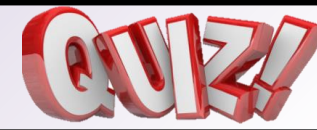
*Some condoms are now vegan friendly and others are not made out of latex – There is a condom to suit almost everyone no matter what your allergy – ask at a pharmacy or your doctor*

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)?



# Contraception



## ROUND 1

## IDENTIFY THE CONTRACEPTION METHOD

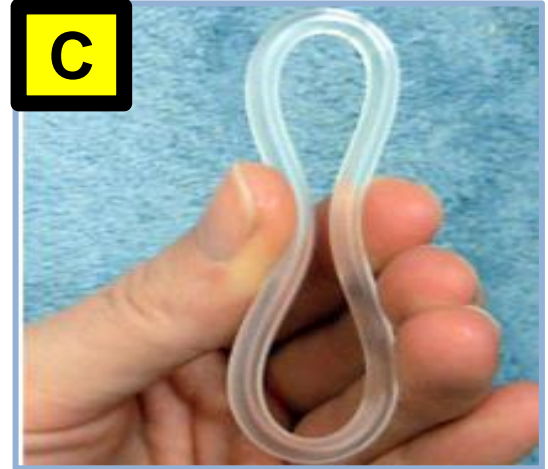
A



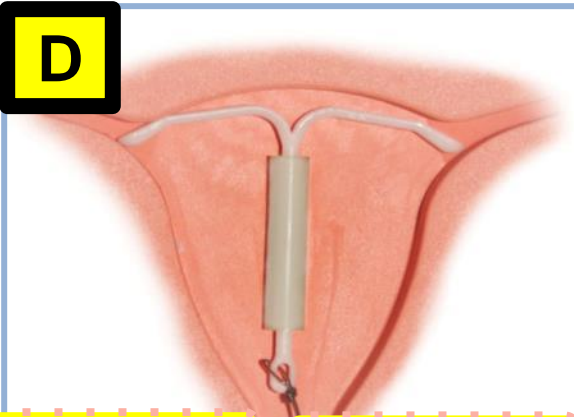
B



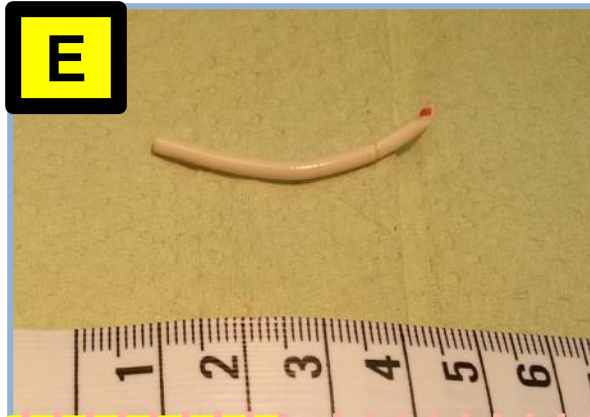
C



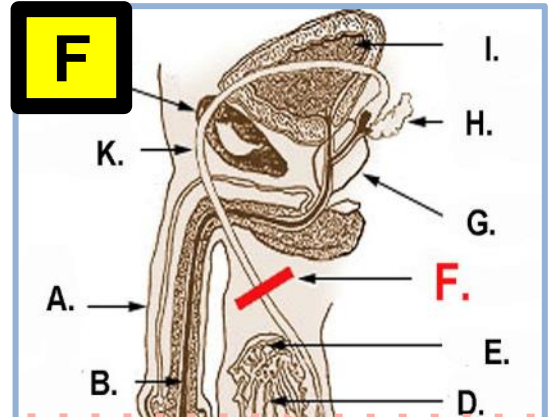
D



E



F



Implant

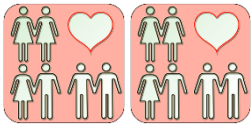
Pill

Condom

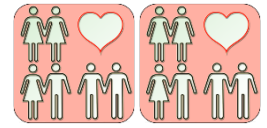
Vasectomy

Ring

IUD (Coil)



# Contraception



## ROUND 1

## IDENTIFY THE CONTRACEPTION METHOD

A

**Condoms**— Made of latex, put on to an erect penis before penetration

B

**Contraceptive Pill** — Contains hormones and is taken daily at the same time by women. Stops the lining of the Womb thickening.

C

**Contraceptive Ring** — Also known as the vaginal ring and is inserted into the vagina.

D

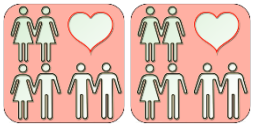
**IUD or Coil**  
— Small plastic and copper mechanisms that are placed in the womb. Prevents sperm meeting the egg

E

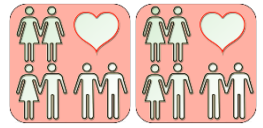
**Implant**— A small tube inserted under the skin (usually in the arm). It releases hormones which prevent pregnancy

F

**Vasectomy** — Sterilisation, a surgery taken by men to prevent them from being able to produce children. For females this is called a Hysterectomy



# Contraception



## ROUND 2

## TRUE OR FALSE

**A**

You can get infected with AIDS but not HIV

**B**

Taking the contraceptive pill will not prevent you from catching an STI

**C**

When used properly, condoms are 90% effective in preventing pregnancy

**D**

The morning after pill is an effective form of regular contraception

**E**

Chlamydia is the most common form of STI in the UK

**F**

Most forms of contraception will also protect you from catching an STI

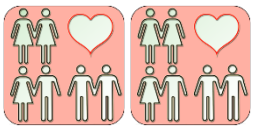
**G**

You can leave an IUD in the uterus for up to 15 years

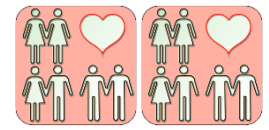
**H**

HIV will eventually turn into AIDS if left untreated





# Contraception



## ROUND 2

## TRUE OR FALSE

**A**

You can get infected with AIDS but not HIV

**B**

Taking the contraceptive pill will not prevent you from catching an STI

**C**

When used properly, condoms are 90% effective in preventing pregnancy  
They are 98% effective

**D**

The morning after pill is an effective form of regular contraception

**E**

Chlamydia is the most common form of STI in the UK

**F**

Most forms of contraception will also protect you from catching an STI

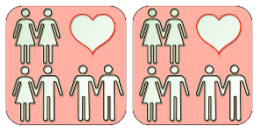
**G**

You can leave an IUD in the uterus for up to 15 years  
3 – 10 Years

**H**

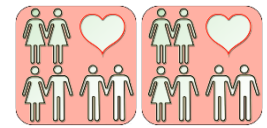
HIV will eventually turn into AIDS if left untreated





# Contraception

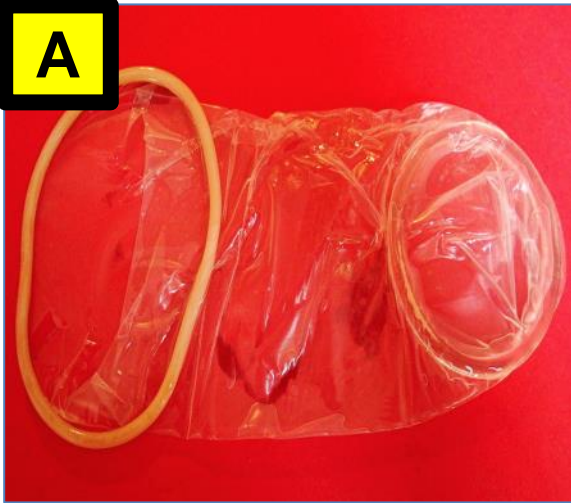
## QUIZ!



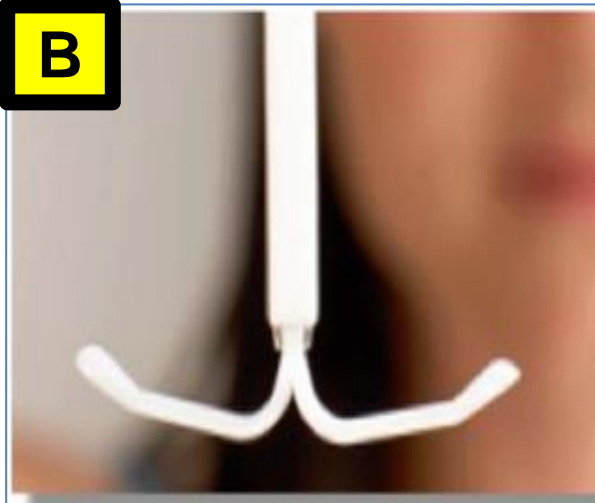
ROUND 3

IDENTIFY THE CONTRACEPTION METHOD

A



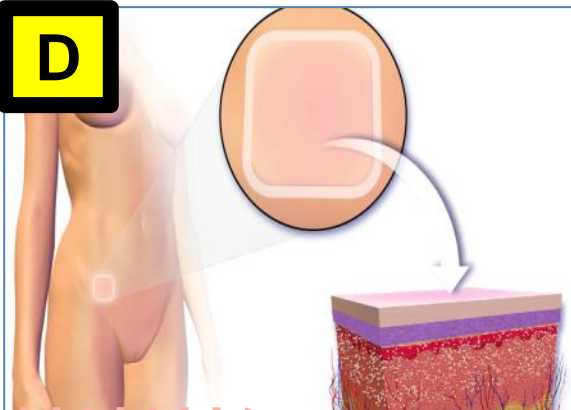
B



C



D



E



F



Abstinence

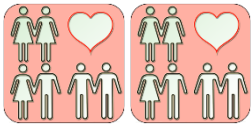
Injection

Femidom

IUS

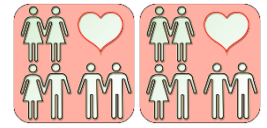
Diaphragm

Patch



# Contraception

**ANSWERS**



## ROUND 3

## IDENTIFY THE CONTRACEPTION METHOD

**A**

**Femidom**— A female condom used during intercourse as a barrier method of contraception. Similar to the condom

**B**

**IUS Intrauterine System**— Similar to IUD/coil, this contains contraceptive hormones and can last up to five years

**C**

**Diaphragm or Cap**— A barrier methods of contraception it fits inside the vagina and covers the cervix

**D**

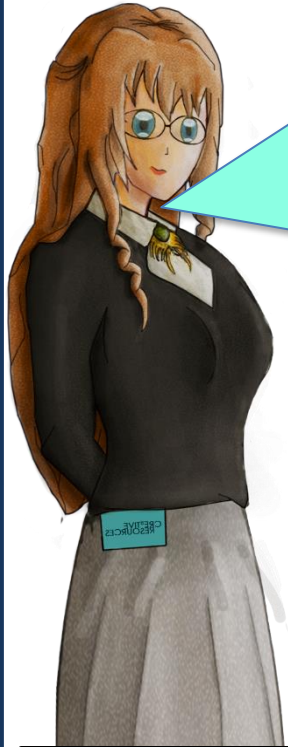
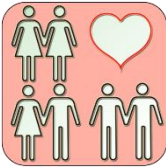
**Contraceptive Patch**  
— Similar to the injection, placed on the skin it releases hormones into the body. Patches last 1 week and are worn for three out of every four weeks.

**E**

**Abstinence** — Restraining yourself from having any form of sexual contact

**F**

**Injection**— an injection that prevents pregnancy. Can last between eight and twelve weeks depending on the type



**"All contraception should be free of charge for everyone"**

## 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 ...

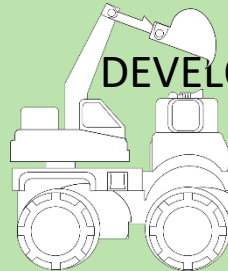
AGREE



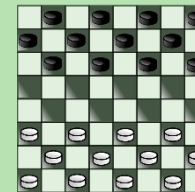
DISAGREE



DEVELOP



CHALLENGE



ALTERNATE  
IDEA





**3 Minutes**



Play video

**Femidoms**



**7 Minutes**



Play video

**Contraceptive  
Pill**



**6 Minutes**



Play video

**Contraception  
101 Video**



**3 Minutes**



Play video

**LARC Methods**



**2 Minutes**



Play video

**Barrier  
Methods**



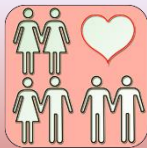
**3 Minutes**



Play video

**Contraceptive  
methods for males**

# 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 can name a wide range of contraceptive methods										
I understand how at least five different types of contraceptives work										
I know where I can access further reliable information on this topic										



**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



IMPORTANT  
INFORMATION

# SEEKING SUPPORT

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

IMPORTANT  
INFORMATION

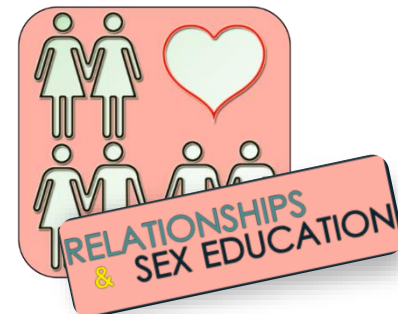
FOR MORE INFORMATION ABOUT THE TOPICS COVERED IN THIS UNIT  
WE WOULD ADVISE ONE OF THE BELOW:

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!

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:

- ☐ some pharmacies
- ☐ a sexual health clinic (GUM clinic)
- ☐ a contraception clinic
- ☐ some young people's services - call the national sexual health helpline on 0300 123 7123 for details
- ☐ Brook centers - for under-25s
- ☐ GP surgeries
- ☐ NHS Website <https://www.nhs.uk/live-well/sexual-health/>



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 ...

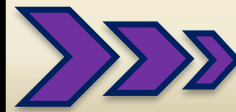
Before I would have said ... but now I will say...

A problem I overcame today was...

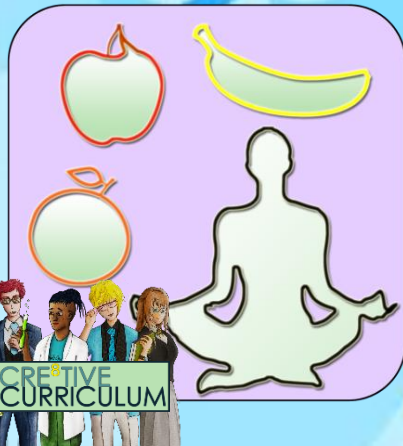
2 Minutes



**REFER TO MINDFULNESS**



**POWERPOINT**



Time for a little  
something extra?

?? Minutes

