



Contraception

An introduction to contraception and condom usage

Relationships

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Year 8 - Relationships 9

Notes for teachers

General notes

1. Create a safe and respectful environment

- Establish ground rules for how to behave.
- A partnership agreement can be a useful tool.
- Do this at the start of term and remind pupils of the partnership agreement and ground rules every lesson.

[Need help? Watch this video guide on how to create safe spaces.](#)

2. Lesson highlights: key slides are indicated with this symbol:



3. Make sure pupils know who to talk

- Some lesson topics could be triggering, ensure students know who to speak to from a safeguarding and wellbeing perspective.

4. Introduce the students featured in the videos

- Life Lesson videos show real and diverse young people from across the UK, some of these people may come from very different backgrounds and have different views to your students. Talk about this with your students so they understand the importance of respecting others. Be clear that disrespectful comments in response to individuals is not tolerated.
- Draw attention to this respect symbol seen on slides as a reminder (shown here on the right)



Lesson specific notes

- A. Stress that it is important to talk about contraception but that there is not an assumption that students are sexually active.
- B. Flag that although some behaviours on slide 7 may not get someone pregnant, they can still transmit STIs.
- C. If possible, you can get students to practice putting on a condom once they have seen the demonstration. Demonstration kits are available via www.fpa.org.uk
- D. This video on slide 16 describes methods of contraception, including how to use a condom.



Worksheets

Print the next 1 or 2 slides

Date:

Title: Contraception

Learning objective: To understand the responsibilities surrounding contraception and how to effectively use contraception when having intercourse.

KEY TERMS

Contraception

Techniques and methods to prevent pregnancies when having sexual intercourse.

STIs - Sexually transmitted infections

An infection (= a condition in which bacteria or viruses that cause disease have entered the body) that can be passed from one person to another by sexual activity (e.g. intercourse, oral sex, hands on genitals)

Do now task:

1. What is contraception?
2. What different types are available?
(List as many as you can)

Challenge:

Where can you get condoms?

Activity – How can you get pregnant?

Tick the box to say whether you think someone can get pregnant in the given scenarios.

	Yes	No
When having oral sex		
When rubbing a vulva and penis against each other without clothes		
When rubbing a vulva and penis against each other with clothes on		
When having intercourse, but the penis is pulled out of the vagina before ejaculation		
When having intercourse, and the penis is ejaculating inside the vagina		
When the other person puts a finger into the vagina that has semen or precum on it		
When touching the penis with hands (and not touching the vagina later)		

Activity –Condom Use

You are going to write a user manual for condoms.

Your manual must include a set of clear instructions and a “what to keep in mind” section.

Activity – Negotiating condom use

Use this area to make any notes to help you with your role play.

Review:

Which of the following statements are true?

- 1. If you use oil or lotion with a condom, it can break.
- 2. Condoms and dental dams are only available online.
- 3. There are many different types of contraception.
- 4. All types of contraception are equally effective.
- 5. If you take the contraceptive pill, you do not need to get tested for STIs.

Lesson title:

DATE:

Contraception



Learning objective: To understand the responsibilities surrounding contraception and how to effectively use contraception when having intercourse.

**Do now
task:**



1. What is contraception?
2. What different types are available?
(List as many as you can)



Challenge:
Where can you get condoms?

Learning outcomes

Students will be able to:

- Learn about what contraception is and what the difference is between contraception and protection against STIs
- Learn about pregnancy risk in different scenarios
- Learn that there are different types of contraception that are available of which some protect against STIs.
- Learn how to put on a condom
- Learn about factors that can influence negotiation of contraception.
- Reflect about gender dynamics influencing use of contraception.

Lesson Ground Rules



Do this

1. Actively listen to others, without interrupting
2. Make sure everyone in the group has a chance to speak
3. Respect others' opinions and differences including the diverse young people you will be hearing from in the videos



Don't do this

1. Dominate the conversation
2. Shame or judge others for their opinions
3. Make assumptions or generalisations about your classmates



You'll see this symbol through the lesson, it's a reminder to the class of the ground rules.

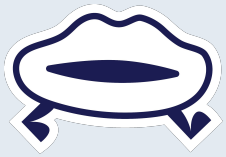
Key terms we will use

Contraception

Techniques and methods to prevent pregnancies when having sexual intercourse.

STIs - Sexually transmitted infections

An infection (= a condition in which bacteria or viruses that cause disease have entered the body) that can be passed from one person to another by sexual activity (e.g. intercourse, oral sex, hands on genitals)



Contraception - Getting on the same page

- 1. What is contraception for?**
- 2. In what kind of situation does one need contraception?**
- 3. What needs to happen, so that someone is at risk of becoming pregnant?**





Activity - How can you get pregnant?



Could someone with a vagina having sex with someone with a penis get pregnant in the following scenarios?

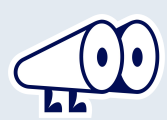


Tick the box to say whether you think someone can get pregnant in the given scenarios.

	Yes	No
When having oral sex		
When rubbing a vulva and penis against each other without clothes		
When rubbing a vulva and penis against each other with clothes on		
When having intercourse, but the penis is pulled out of the vagina before ejaculation		
When having intercourse, and the penis is ejaculating inside the vagina		
When the other person puts a finger into the vagina that has semen or precum on it		
When touching the penis with hands (and not touching the vagina later)		

Challenge:

Compare your thoughts with the person sat next to you.



There are many different types of contraception available

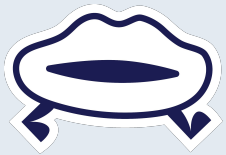




Contraception - Facts and types

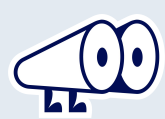
- Contraception allows people to decide if and when they want to get pregnant. Some methods also protect against sexually transmissible infections and help keep people healthy.
- Contraception is free for people in the UK.
- One can access it at sexual health and contraception clinics, GPs, pharmacies, and at some young people's services
- Not all contraceptive methods are equally effective. Especially if they are not used correctly or forgotten, they do not prevent pregnancy.

- Withdrawal (pulling out the penis before ejaculation) is not an effective contraceptive method, as sperm can get into the vagina before ejaculation as well.
- For people who are sexually active, it is really important to get checked for STIs regularly, even when using contraception.
- If someone engages in sexual activity without using contraception or if contraception fails, one can access emergency contraception at the pharmacy. This is a pill you take. The sooner it is taken, the more effective it is at preventing pregnancy.



- 1. Why is it important that people have access to contraception?**
- 2. Can you think of factors that can make it difficult for people to access contraception (e.g. poverty, family situation etc.)?**
- 3. At what point in your life do you need to think about contraception?**





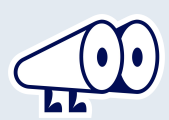
Condoms are a popular contraceptive method



- There are condoms that get put onto the penis. They come in different colours and sizes. They can be bought in chemists, pharmacies and supermarkets and are available in sexual health clinics for free.
- There are also condoms that get inserted into the vagina. These are less common but can also be accessed in some sexual health clinics and pharmacies or online.
- Condoms protect against both pregnancy and STIs.

- Effectiveness with perfect use is 98%. 85% with realistic use.
- Condoms can break if not used correctly, for example when there is not enough lubrication (liquid used to reduce friction), a size is used that is too small, when there is not enough room left at the top, or if it is pierced by something sharp like a person's nail. They should not be used with any lotion, oils or vaseline not, as they might break.
- If a condom breaks, one can access the emergency contraceptive pill at a pharmacy, even if they are under 16.





How to put on a condom



<https://vimeo.com/746615888/80419171eb>





Activity - Condom use



After watching the video, do you think you're an "expert" on condom use?

It's time to put your knowledge to the test.



You are going to write a user manual for condoms.

Your manual must include a set of clear instructions and a "what to keep in mind" section.

1. Carefully remove wrapper.
2. ...

What to keep in mind:

- Take care not to damage the condom when removing it from the wrapper
- ...

Challenge:

Peer Assessment – share your instructions with your partner. Give them some feedback.



Whose responsibility is contraception?

1. Click to play the video:



2. Questions to think about while watching:

1. Who do you agree with?
2. Hayden says contraception is the man's responsibility. What are his reasons? Do you agree?
3. Jade says that often, the responsibility for contraception falls onto the girl. Why do you think that is the case? Do you think that is fair?





Activity - Negotiating condom use

Imagine a situation in which two people would like to have sex. Neither of them thought of bringing a condom. Person A wants to go ahead and have sex anyways, but person B does not want to do this.



Think about what reasons each of these people might have for their stance, and act out their potential dialogue with a partner, talking about what they each want to do and why, and what might be a possible solution.



Challenge:

What could one of the people in this scenario do if the conversation doesn't go in a direction that they want?

Lesson summary



Review



Which of the following statements are true?

1. If you use oil or lotion with a condom, it can break.
2. Condoms and dental dams are only available online.
3. There are many different types of contraception.
4. All types of contraception are equally effective.
5. If you take the contraceptive pill, you do not need to get tested for STIs.



Challenge:

Edit the false statements so that they are now true.

Where to get support and find information

NHS website

Information on how to
access
contraception:

www.nhs.uk/conditions/contraception/

Health for teens website

Information on safer
sex:

www.healthforteens.co.uk

**Your GP, local
pharmacy or
sexual health
clinic**