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## Introduction to contraception

KS3 Year 8 Lesson 5

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### Learning objective

- We are learning about how and why different contraceptives are used

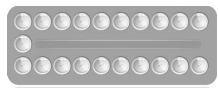
### Learning outcomes

- I can describe what is meant by contraception
- I can explain how and why condoms are used
- I can explain how and why the contraceptive pill is used
- I can explain where to get contraception from

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## Image response



Complete the grid in as much detail as you can, based on your current knowledge and understanding.

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## Further information matching

Can you match the description cards to the correct image?



**Condoms:** Made of very thin latex and used to cover the penis during sexual intercourse. It stops pregnancy by catching the sperm and stopping it from meeting the egg.

**Contraceptive injection:** This is given to a female by a doctor or nurse once every 3 months. It stops an egg being produced each month. It also makes it harder for sperm to enter the uterus.

**Contraceptive pill:** A small tablet taken once a day by a female to prevent pregnancy. It works by stopping the body from releasing an egg each month. It can also reduce heavy periods.

**Female condoms (Femidom):** Made from soft, thin polyurethane. They are worn inside the vagina. A thin, rubbery band at the end is squeezed and inserted into the vagina. It prevents pregnancy by stopping the sperm from entering the uterus.



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## Condom demonstration



Complete the text boxes on the diagram to show the steps to using a condom safely.



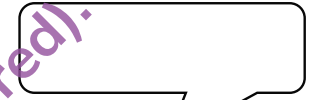
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## Talking heads



Read the quotes and make a list of:

- 3 things that you have learnt
- 2 things that you want to know more about
- 1 thing you already knew



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## Signposting support: accessing contraception



GPs and sexual health clinics provide a wide range of contraceptives, but condoms are also available in shops and pharmacies. Condoms may also be available in dispensers in some public toilets.

Certain types of contraceptive pill are available in some pharmacies and online pharmacies.

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## Signposting support



If you would like further guidance or support:

- speak to a parent/carer, tutor, head of year, school nurse/counsellor or other trusted member of staff in the school
- GP or a sexual health clinic

Visit:

- A Better Medway: [www.abettermedway.co.uk](http://www.abettermedway.co.uk)
- Medway Contraception and Sexual Health Clinics: [www.cloverstreet.nhs.uk](http://www.cloverstreet.nhs.uk) 0300 790 0245
- Brook: [www.brook.org.uk/help-advice](http://www.brook.org.uk/help-advice)
- Childline: [www.childline.org.uk](http://www.childline.org.uk) 0800 1111
- Get It: [www.getit.org.uk](http://www.getit.org.uk)

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## Assessing progress

Write a postcard for someone who needs advice about using contraception. Focus on five top tips to ensure contraception is accessed and used properly.



You could consider:

What should a person think about before they choose a method of contraception?

Why is it important to use contraception correctly?

Where can a person access contraception and find more information and advice?

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## More activities

### FAQs list

Create a list of frequently asked questions about condoms and/or the contraceptive pill. Present your list in a Question and Answers leaflet format.



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