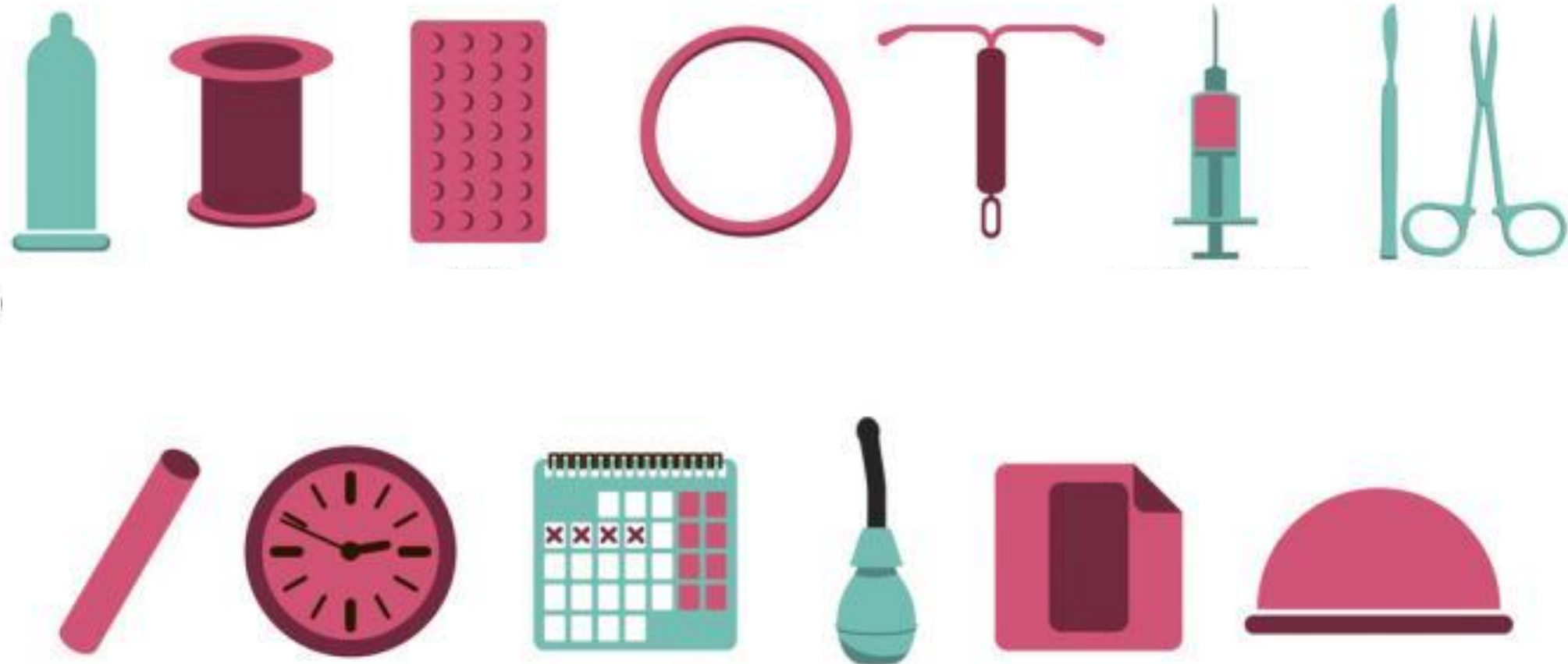


CONTRACEPTION

YEAR 8 PSHE WORKSHOP

Contraception methods





Rules for today

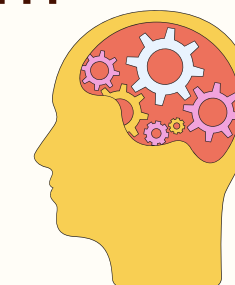


- Today is about making sure you have the knowledge to keep yourself safe and free from harm
- We are talking about a topic that may make some people feel uncomfortable but it is important that everyone has the same knowledge shared with them

good bye



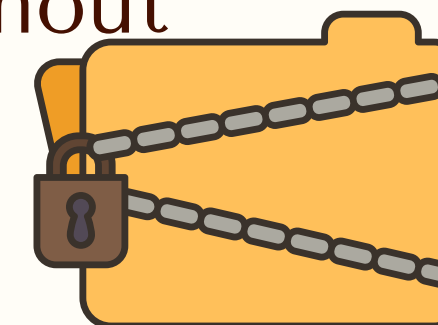
- As this is a compulsory part of RSHE, if anyone is not focusing and is disruptive to the learning of others, they will be sent back to their normal timetabled lesson and will complete this session after school on a set day.



- Ask questions!



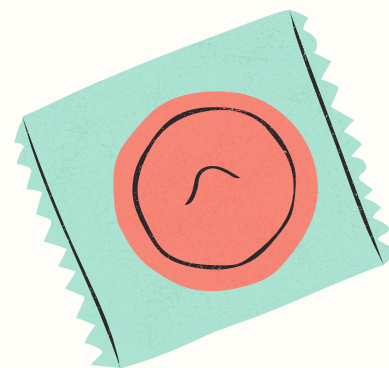
- We would like a level of confidentiality respected throughout
- Enjoy the session and get involved



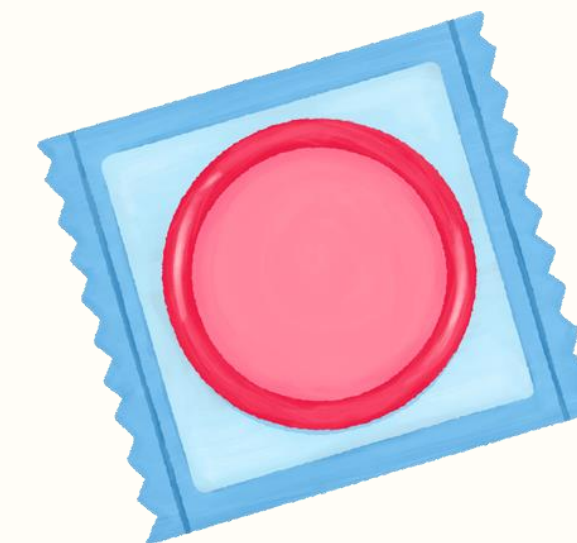


**What do you know
about contraception?**

Use the space you have been given to 'brain dump' everything you know about
contraception



Today's Agenda



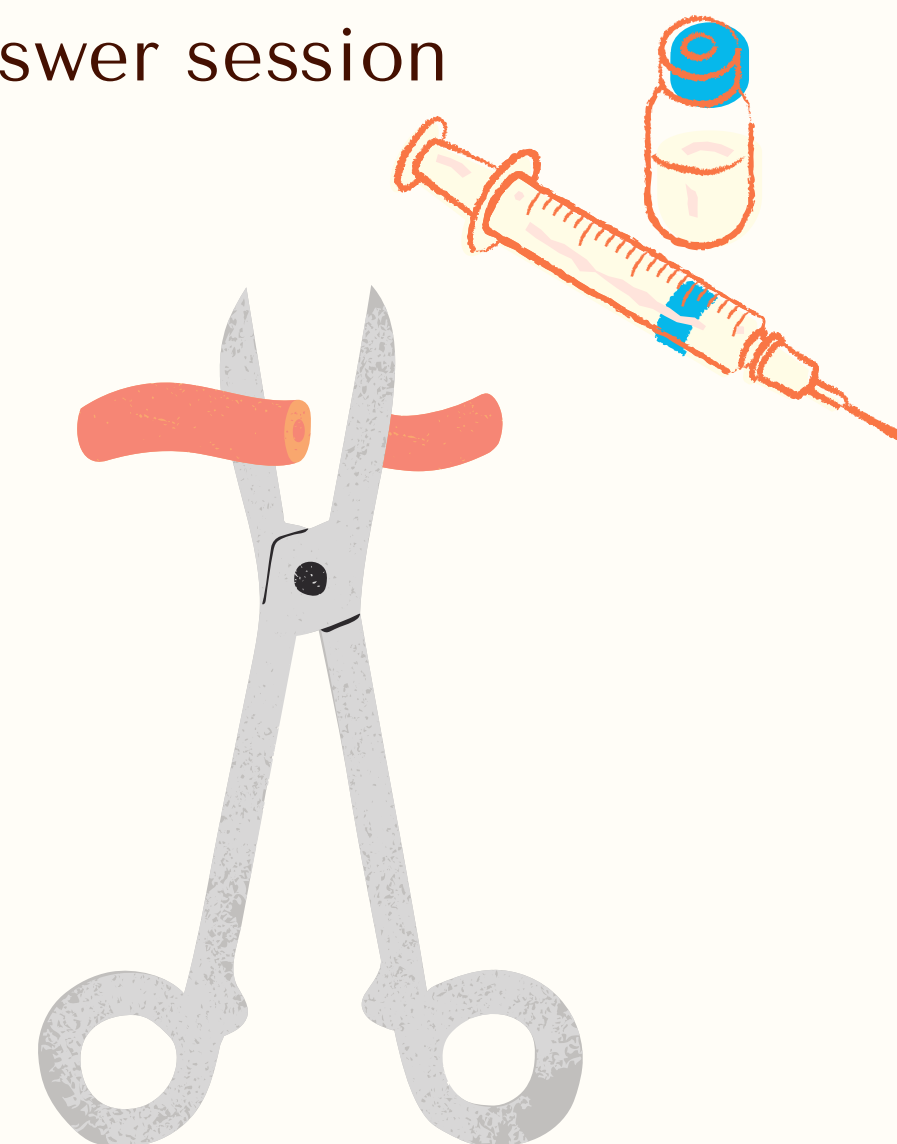
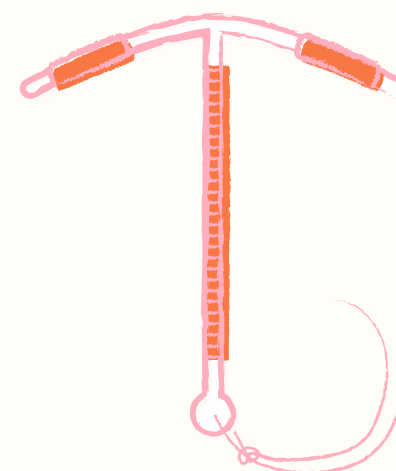
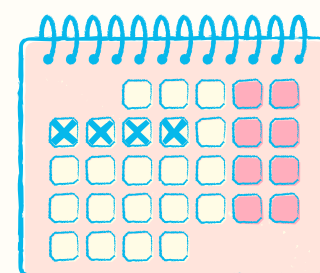
01 General overview of contraception

04 Question and answer session

02 CONDOMS!

03 Carousel of contraception

05 Reflection



What is contraception?

Contraception refers to the methods that are used to prevent pregnancy. Some methods of contraception can also be used to prevent sexually transmitted infections (STIs). Contraception is **FREE on the NHS for all ages and you can get it from a range of places including sexual health services or your GP.**

Why is contraception important?

Family planning allows people to attain their desired number of children, if any, and to determine the spacing of their pregnancies. It is achieved through use of contraceptive methods and the treatment of infertility.

Contraceptive information and services are fundamental to the health and human rights of all individuals.

The prevention of unintended pregnancies helps to lower maternal ill-health and the number of pregnancy-related deaths. Delaying pregnancies in young girls who are at increased risk of health problems from early childbearing, and preventing pregnancies among older women who also face increased risks, are important health benefits of family planning.

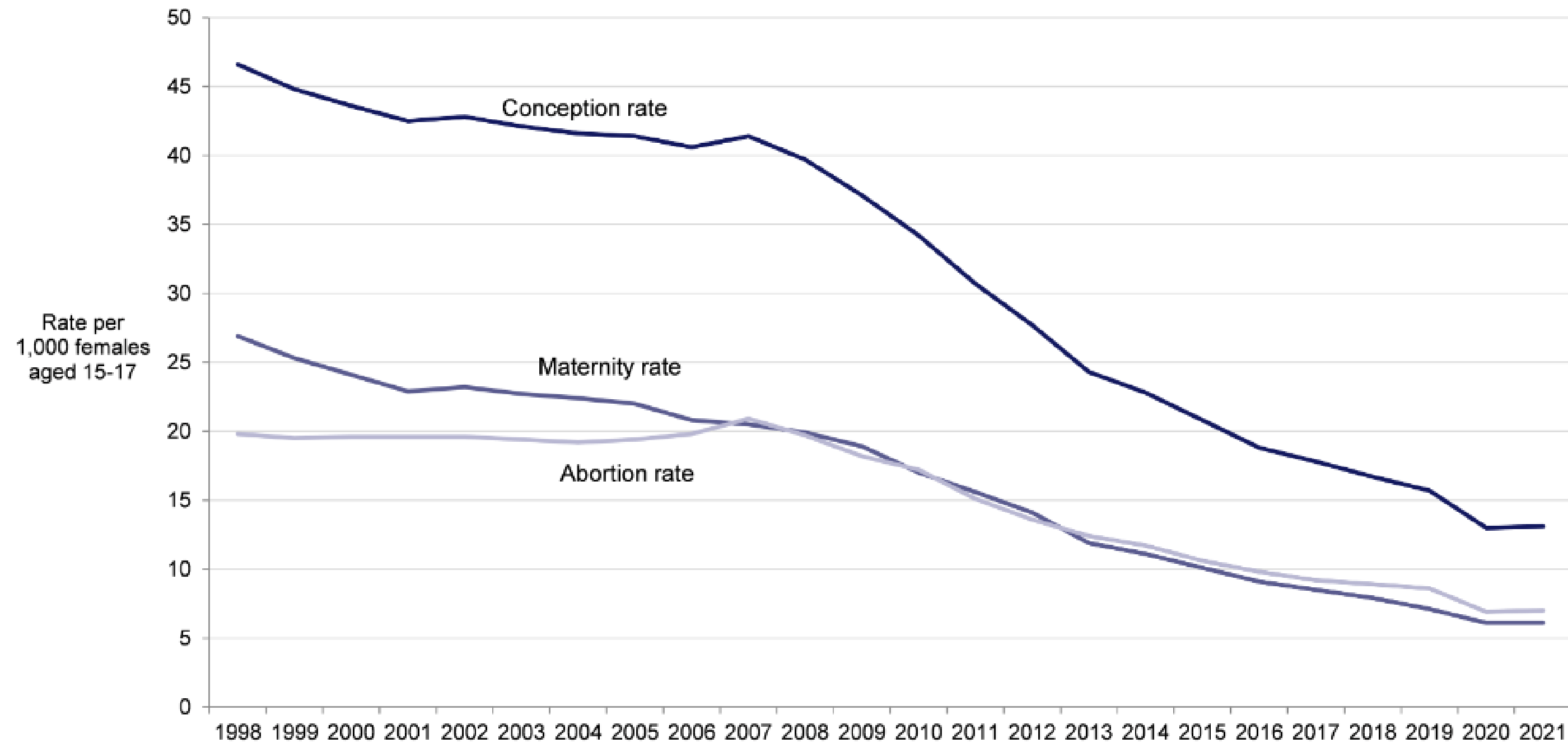
By reducing rates of unintended pregnancies, contraception also reduces the need for unsafe abortion and reduces HIV transmissions from mothers to newborns. This can also benefit the education of girls and create opportunities for women to participate more fully in society, including paid employment.

According to 2017 estimates, 214 million women of reproductive age in developing regions have an unmet need for contraception. Reasons for this include:

- limited access to contraception
- a limited choice of methods
- a fear or experience of side-effects
- cultural or religious opposition
- poor quality of available services
- gender-based barriers.



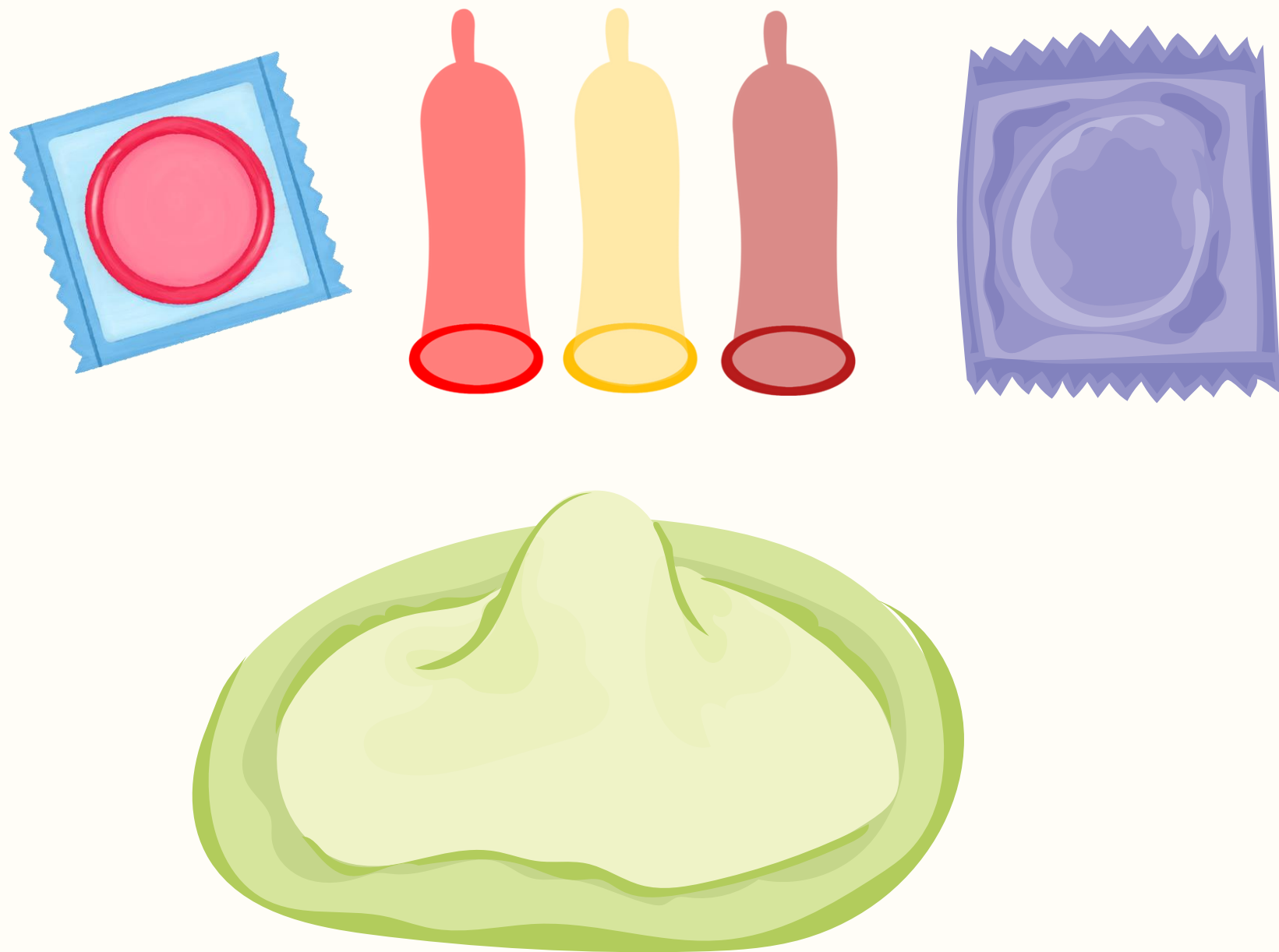
England under 18 conception, maternity and abortion rates 1998 - 2021



Commenting on the data in the [press statement](#) from the Faculty of Sexual and Reproductive Health, Alison Hadley, Director of the TPKE said:

02 CONDOMS

What are they??



Lets have a look together

Have a read together

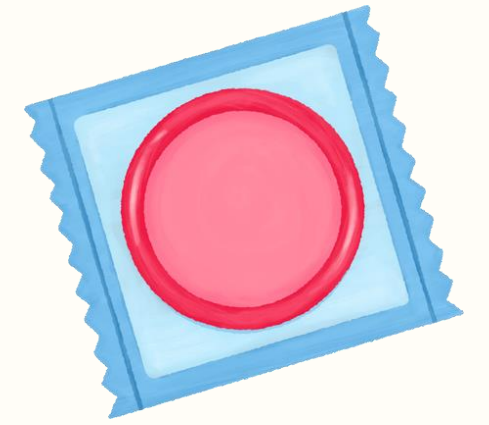
Ask some questions

In the session you can
have a go - on a pretend
penis...





CONDOMS - Things to know



**Some condoms fit better
than others**

**Make sure that once it's on,
it stays on**

**Put the condom on the right way the first
time**

**Sensitivity and
condoms**

**Anyone can buy
condoms**

**Condoms can
expire**

**Not all lubricants are the
same**

TYPES OF CONTRACEPTION

BARRIER METHOD

Condoms, internal condoms, diaphragms and caps

LONG TERM METHODS

The hormonal coil, the copper coil, the implant and the injection

HORMONAL METHOD

The combined pill, the progestogen-only pill, the patch, the vaginal ring

PERMANENT

Tubal occlusion and vasectomy

Over to you

Around the room are 6 stations

- 1 - Condom's - can you put one on?**
- 2 - External Condoms - what can you find out?**
- 3 - Internal Condoms - what can you find out?**
- 4 - The Implant - what can you find out?**
- 5 - The Injection - what can you find out?**
- 6 - The Combined Pill - what can you find out?**

You need to go round
in small groups

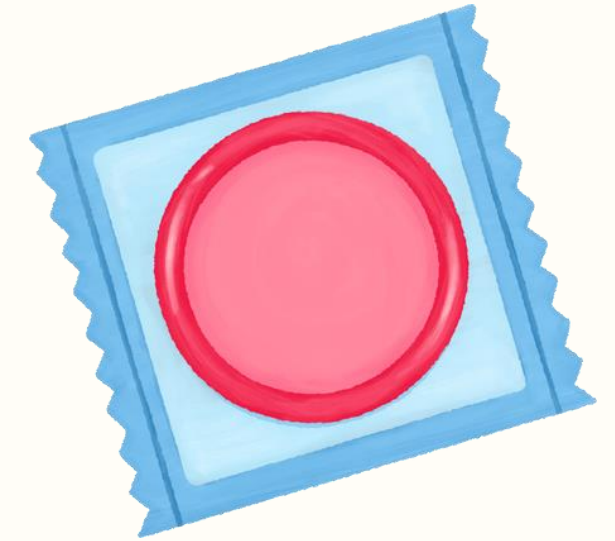
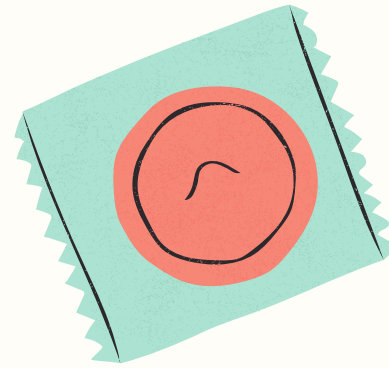
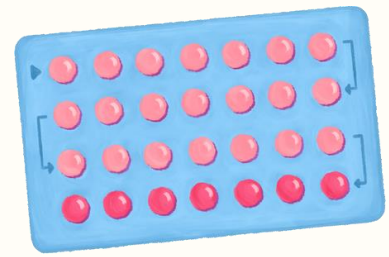
Best to be with
people you feel
comfortable with

Find out the right
information about
each one

You have 30 minutes

There is also a question box
(anonymous of course)

REFLECTION



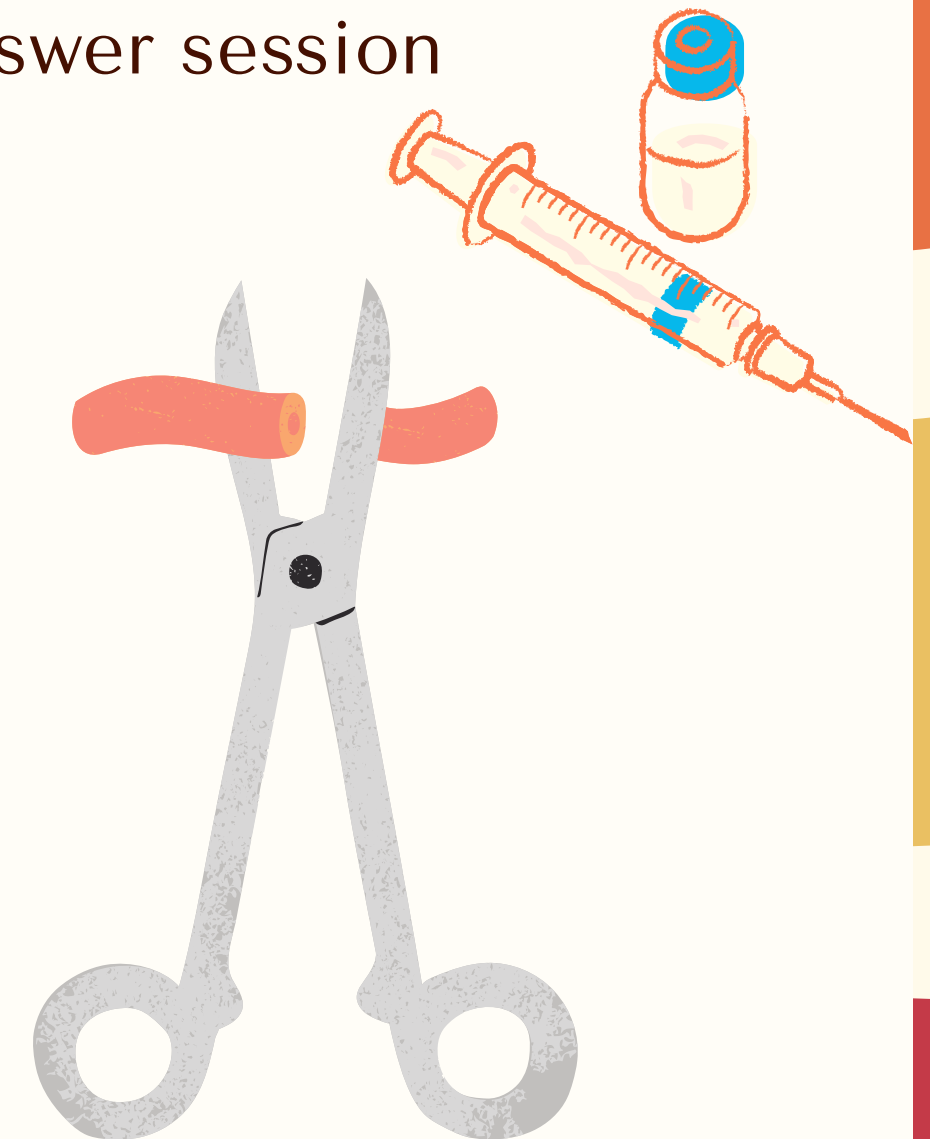
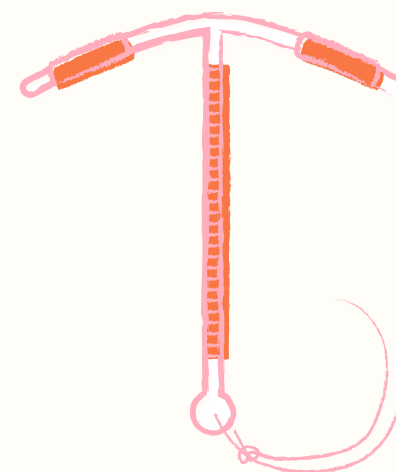
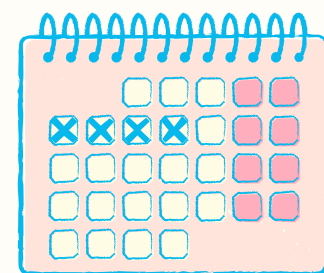
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**Thank
you!**