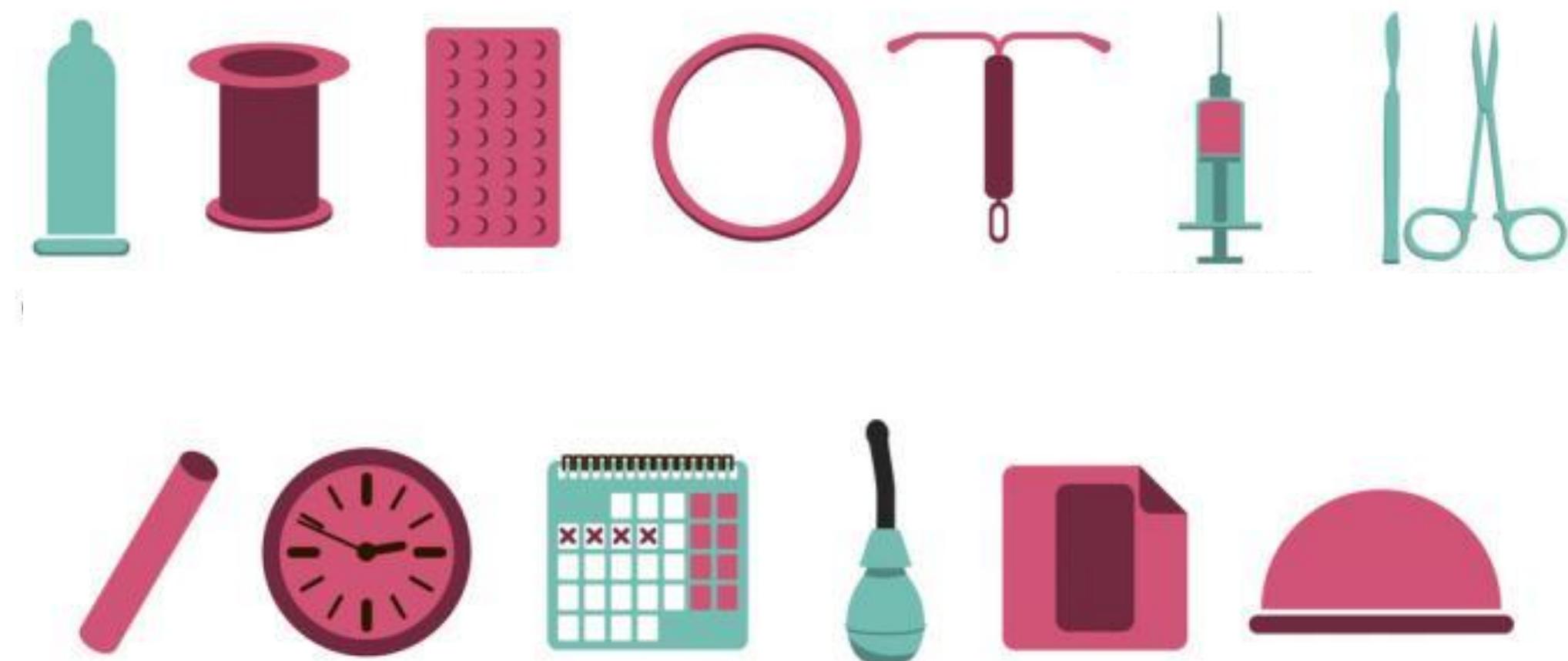


# CONTRACEPTION

YEAR 8 PSHE WORKSHOP

## Contraception methods





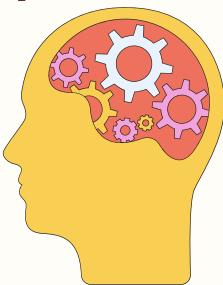
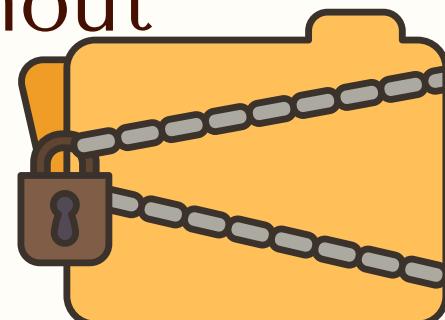
# Rules for today

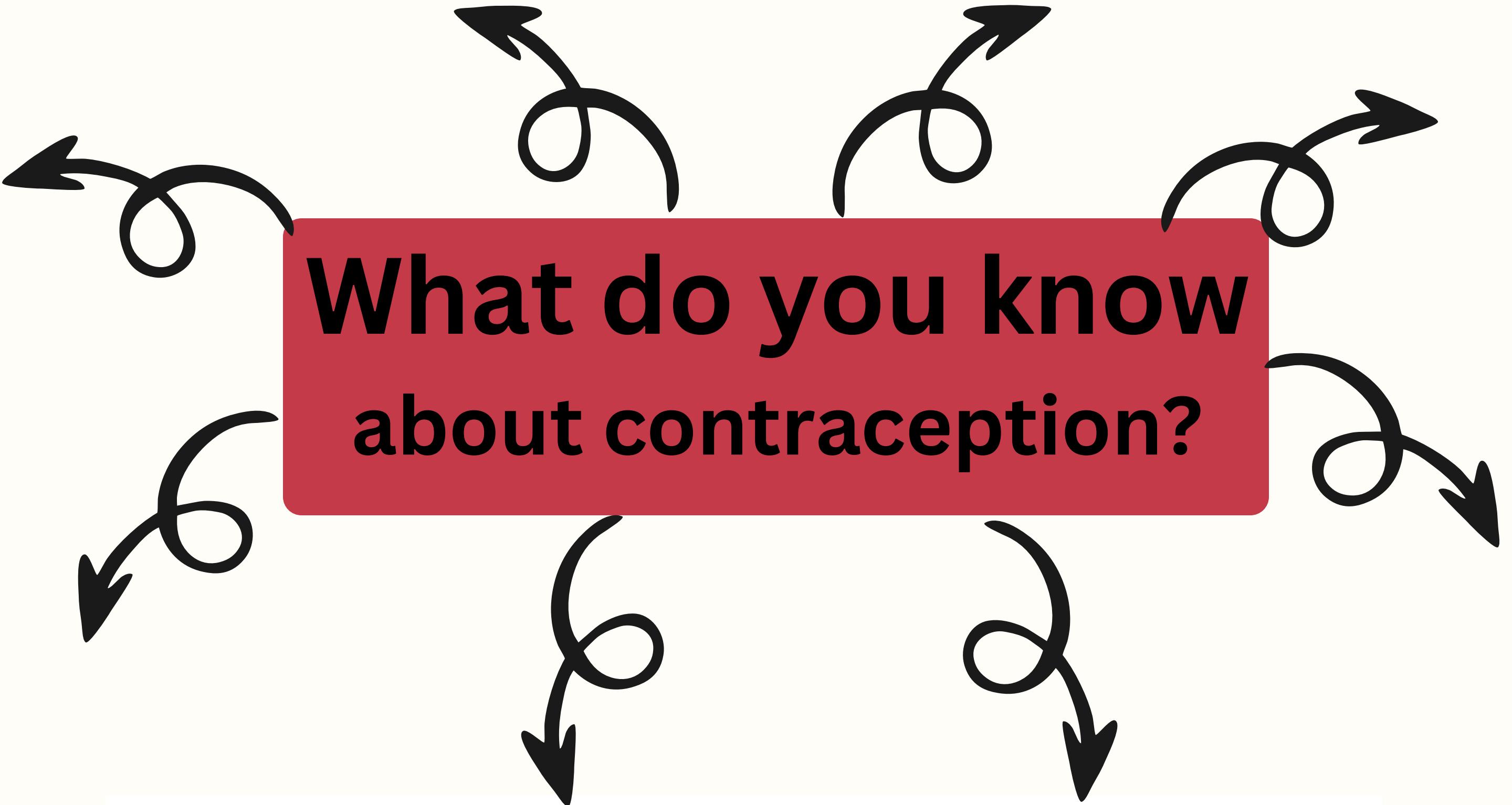


good bye



- 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
- 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

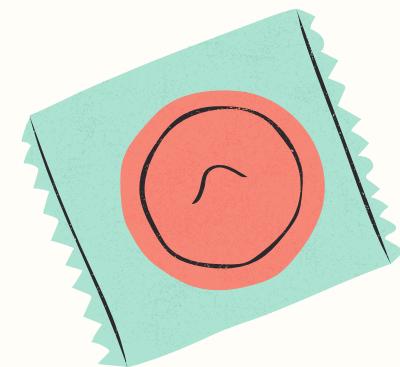




**What do you know  
about contraception?**

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

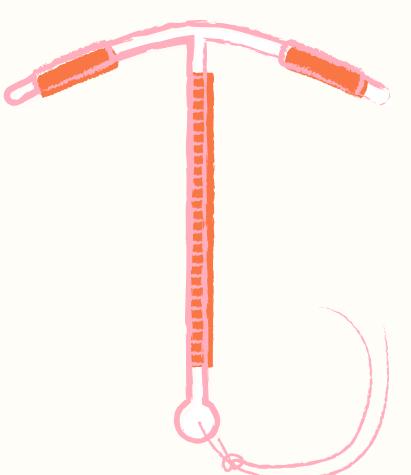
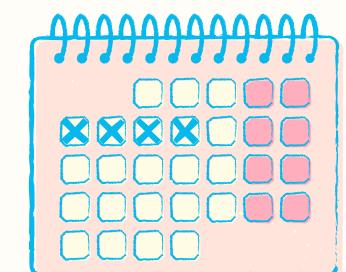
# Today's Agenda



**01** General overview of contraception

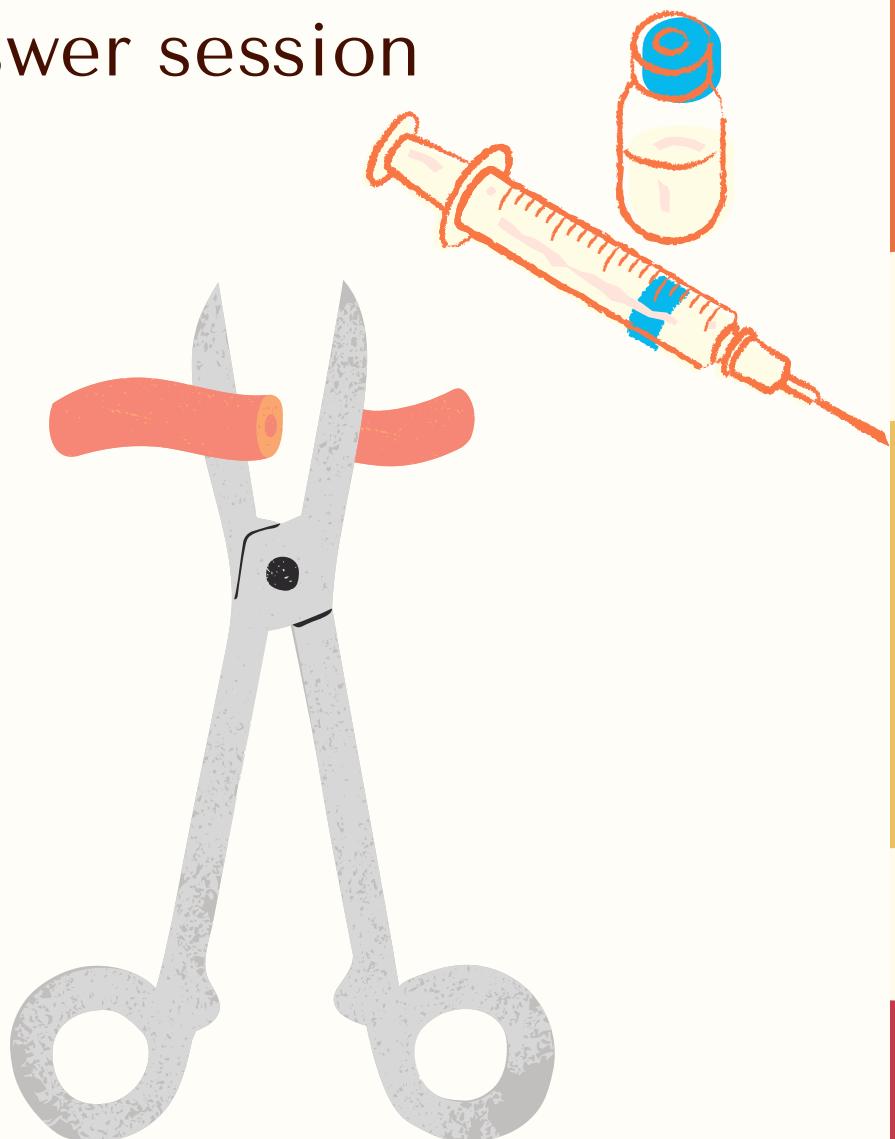
**02** CONDOMS!

**03** Carousel of contraception



**04** Question and answer session

**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.

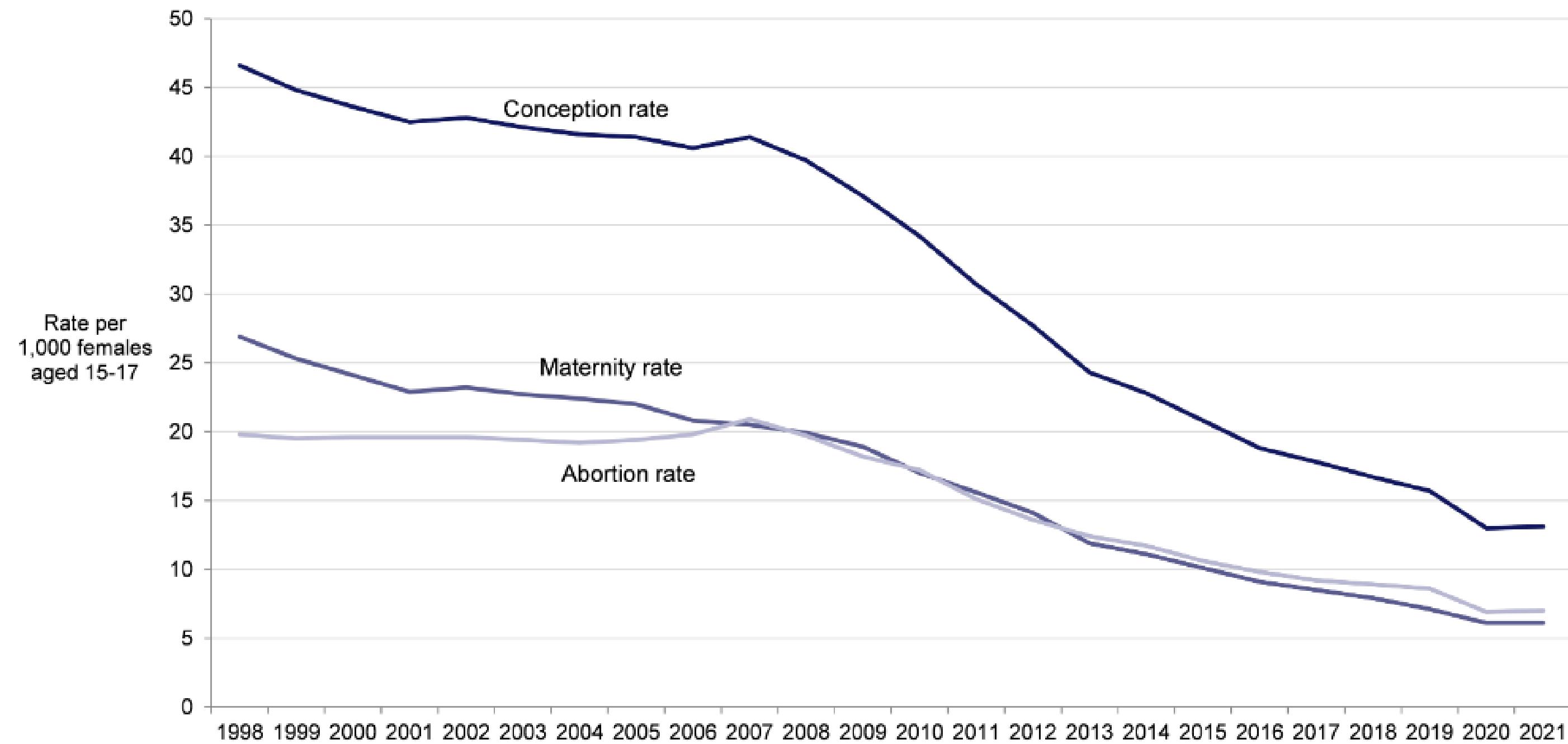
By reducing rates of unintended pregnancies, contraception also reduces the need for unsafe abortion and reduces HIV transmissions from mothers to newborns. This can also benefit the education of girls and create opportunities for women to participate more fully in society, including paid employment.

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.



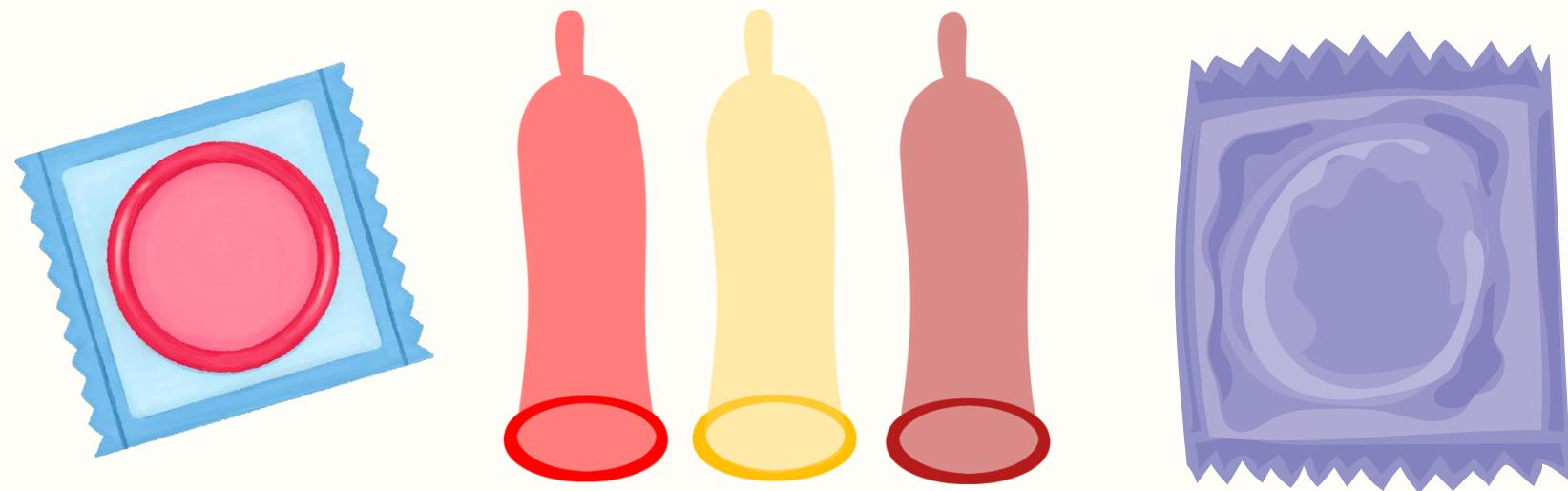
# England under 18 conception, maternity and abortion rates 1998 - 2021



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??



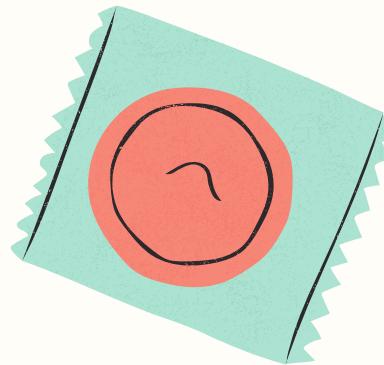
Lets have a look together

Have a read together

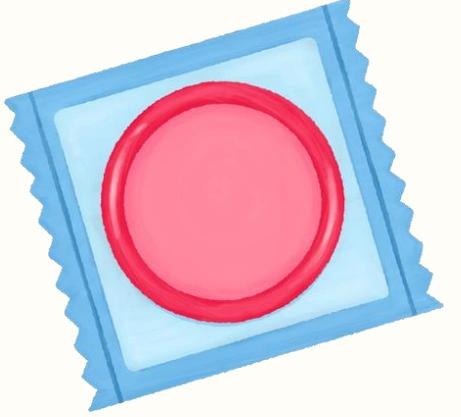
Ask some questions

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

## **HORMONAL METHOD**

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

## **LONG TERM METHODS**

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

## **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

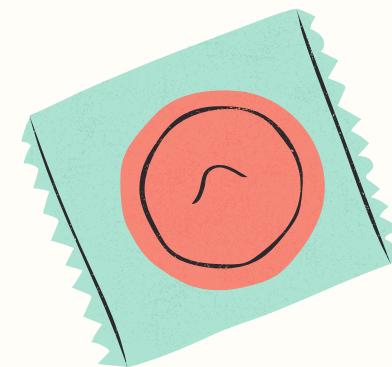
Best to be with people you feel comfortable with

Find out the right information about each one

You have 30 minutes

There is also a question box (anonymous of course)

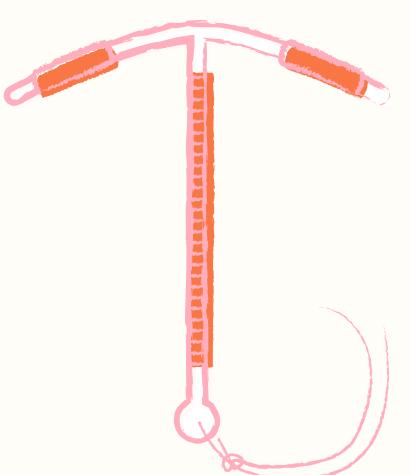
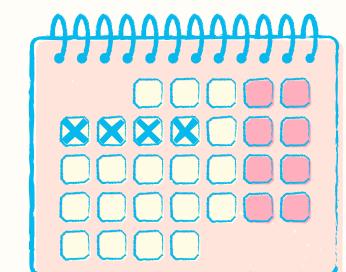
# REFLECTION



**01** General overview of contraception

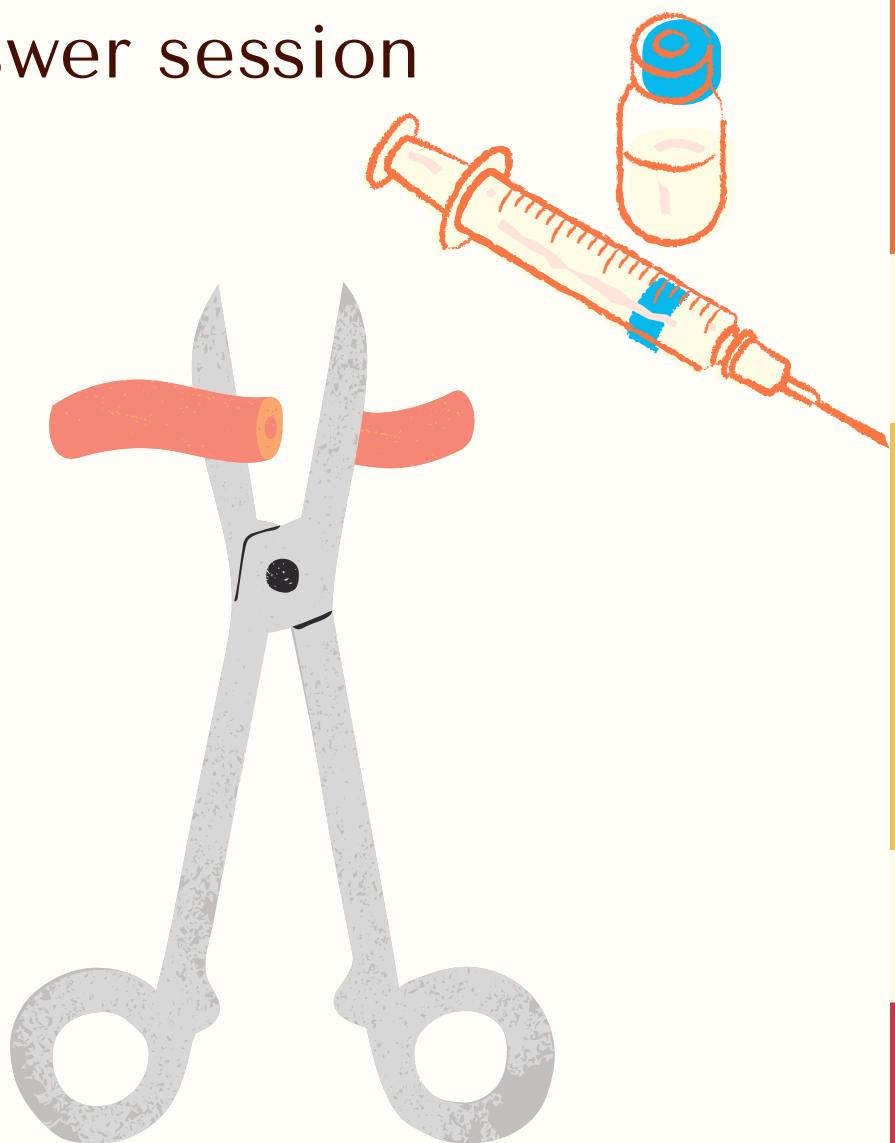
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Thank  
you!