

# TITLE – Contraception

DATE:



By the end of the lesson,  
students will be able to

I can name the main types of contraception and how they prevent conception and/or protect against STIs

I can describe when, where and how to access contraception, and how to seek help in the event of contraception failure

I have confidence in being able to negotiate condom use within a relationship



3 Minutes

TODAY'S  
BIG  
QUESTION

What words or ideas come to mind when you hear the word *contraception*?

# Time to talk – think, pair, share

In pairs with the person sitting next to you label yourselves

A & B

Take it in turns to consider:

**“Why might people want or need contraception?”**

Add to the previous persons ideas

Prompts:

- Health
- Planning for the future
- Feeling safe
- Reducing risk

**Support starters**

- *People might use contraception because...*
- *One reason contraception can be important is...*
- *Contraception helps people to...*
- *Some people choose contraception so that they can...*






Contraception = ways people can reduce the chance of pregnancy and/or protect themselves from sexually transmitted infections (STIs).



# What do you think?

Students decide:

-  Definitely true
-  Sometimes true
-  Not true

**“Contraception helps people to...”**

- Protect their health
- Plan if or when they want children
- Reduce stress or worry
- Reduce the risk of STIs
- Feel more in control of their choices

# Contraception and its link to pregnancy

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- **Pregnancy should be a choice – as soon as a female starts her menstrual cycle then there is capacity to fall pregnant**
- **Pregnancy happens through sexual intercourse**
- **Pregnancy can happen **even if people try to be careful****
- **No contraceptive method is 100% effective**
- **Some beliefs about preventing pregnancy are myths**

## Common misconceptions

- **Thinking “being careful” always works**
- **Assuming position or washing afterwards prevents pregnancy**
- **Believing contraception works the same for everyone**

**Some of these ideas sound convincing, but they don't actually work — we'll explore that shortly.**

# Signposting support

- If you would like further guidance or support on this topic the following services can help:
- GP surgeries
- Sexual Health Clinics
- Pharmacies

These services exist to give advice,  
not judgement.



# Contraception and its link to STI's (sexually transmitted infections)

- Some contraception helps **prevent pregnancy** only
- **Barrier methods**, such as condoms, can help **reduce the risk of STIs**
- Knowing the difference helps people make **safer choices**



# Checking for understanding

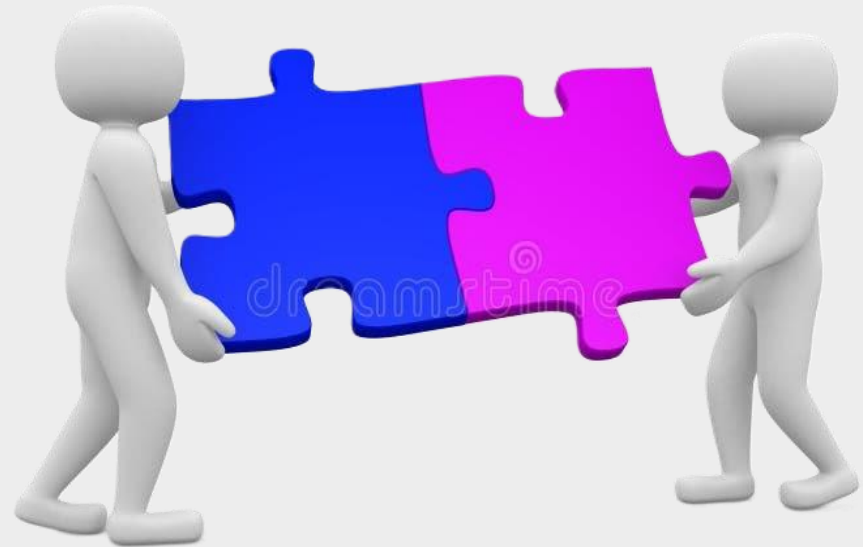
- HANDS UP FOR TRUE
- HAND DOWN FOR FALSE

- Some people can have an STI without knowing ✓
- All contraception protects against STIs ✗
- STIs can sometimes be treated if caught early ✓

# Statement match up

- In your booklets on page 27, you have 10 beginnings and 10 endings.
- Can you read through and match up the beginning with the end.
- Each statement links to contraception and things we have learnt today

This activity checks what you understand so far — it's okay to get things wrong.





Complete your EXIT  
TICKET questions on  
page .....

These link to the key  
knowledge you need  
to know for this block  
of work