

# Lesson Plan – Contraception Part I

<b>TOPIC:</b> Contraception Part I	<b>TARGET-AGE RANGE:</b> 12–18	<b>TIME:</b> 45 minutes
<b>SUBJECT:</b> Life Skills		
<b>IDEAL NUMBER OF LEARNERS:</b> 40		
<b>WHAT ADVANCE PREPARATION, IF ANY, IS REQUIRED OF THE TEACHER FOR THIS LESSON?</b> <ul style="list-style-type: none"><li>• Update yourself on birth control method information by reviewing the Contraceptive Chart used with this lesson. Additionally, you may want to visit a nearby reproductive health clinic to get updated information and possibly samples that can be used for educational purposes. If you do not feel qualified to lead a discussion about contraception, inviting a health professional who is an expert in this area is another option.</li></ul>		
<b>LEARNING OUTCOMES:</b> <p>By the end of this lesson learners will be able to:</p> <ol style="list-style-type: none"><li>1) List six highly effective birth control methods. [knowledge]</li></ol>		
<b>LIFE SKILLS DEMONSTRATED IN THIS LESSON:</b> <ol style="list-style-type: none"><li>1) Critical thinking skills to evaluate the benefits of various methods of contraception.</li></ol>		
<b>RESOURCE MATERIALS FOR TEACHER:</b> <p><i>[Teacher’s Note: If you are able to get any sample birth control methods to include in the envelopes, that is ideal, but pictures from the internet or simply the Contraceptive Chart used with this lesson can suffice if need be.]</i></p> <ul style="list-style-type: none"><li>• One envelope with a copy of the Contraceptive Chart inside and the word “condoms” written on it.</li><li>• One envelope with a copy of the Contraceptive Chart inside and the words “birth control pills” written on it.</li><li>• One envelope with a copy of the Contraceptive Chart inside and the word “IUD Coil” written on it.</li><li>• One envelope with a copy of the Contraceptive Chart inside and the word “implant” written on it.</li><li>• One envelope with a copy of the Contraceptive Chart inside and the word “injectables” written on it.</li><li>• One envelope with a copy of the Contraceptive Chart inside and the word “withdrawal” written on it.</li><li>• Chalkboard and chalk with the following four questions written on it:<ol style="list-style-type: none"><li>1) Does the method prevent pregnancy?</li><li>2) Does the method prevent STIs and HIV?</li><li>3) How effective is the method?</li><li>4) What are the possible side effects?</li></ol></li></ul>		
<b>MATERIALS FOR LEARNER:</b> <ul style="list-style-type: none"><li>• Contraceptive Chart—One copy per learner</li></ul>		



# Lesson Plan – Contraception Part I

This lesson is enhanced when learners have the following background knowledge: Content from the International Technical Guidance on Sexuality Education—Key Concept 6 – Sexual and Reproductive Health; 6.1 – Pregnancy Prevention

## PROCEDURE:

**[Teacher’s Note:** *Despite the physical challenges inherent in using withdrawal effectively, we include it because—withdrawal is more effective than previously thought and withdrawal is common among adolescents, free, and always available. In fact, when withdrawal is used correctly, experts calculate that only four percent of couples are likely to get pregnant in a year. Taking typical human error into account, 22% would get pregnant, which is comparable to the diaphragm, sponge, and other spermicides.*

*In contrast, over three times as many couples (85%) would get pregnant using no method for a year, making withdrawal significantly more effective than using nothing. It should also be noted that withdrawal reduces the risk of sexually transmitted infections (STI) and the human immunodeficiency virus (HIV) by about half, which is better than most other methods of birth control, excluding condoms.*

*In contrast to previous assumptions, research shows that for many men, their pre-ejaculate fluid contains no sperm, and that some men will have a small amount of sperm in their pre-ejaculate fluid, which may account for the 4% pregnancy rate in perfect use.]*

### Step 1) 5 minutes

Introduce the lesson by saying to learners, “You will be learning about contraceptive methods with the purpose of becoming more familiar with them. Whether you are sexually active now or will be at some point in the future, it’s important to know how to reduce the risk of unintended pregnancy and STIs. Contraception enables couples to choose if, when, and how many children to have. It’s important to know about birth control so that you can prevent STIs and plan for your future.”

### Step 2) 15 minutes

Ask learners to tell you what methods of birth control they have heard about. As they volunteer ideas write these on the chalkboard if possible. Once their list is complete, make sure it includes the following methods—condoms, birth control pill, IUD coil, implant, injectables, and withdrawal. If they have not offered these methods, add them to the list. Next explain to learners that you will be focusing class time on the methods most often used by young people. **[Teacher’s Note:** *Circle condoms, birth control pills, implant, injectables, IUD coil, and withdrawal on the board as you say the following part.]* Explain the six methods that you will be focusing class time on to learners.

### Step 3) 20 minutes

Ask learners to count off in order to form six groups of no more than six people. If there are more people, add extra groups and duplicate methods for those groups as needed. Assign each small group a method of birth control by handing them an envelope. Explain to learners, “You should study the method of birth control using the materials in the envelope, and then create a three-minute advert with your group to be presented during the next class period. The advert should respond to the four questions on the chalkboard and provide accurate information. You should be ready to perform your advert for the class during our class tomorrow.” Explain that the advert can be for television or radio. Give them 15 minutes to study the materials and create and rehearse their advert. **[Teacher’s Note:** *While learners are preparing, visit the groups to see if they need help understanding their method and answer questions as needed.]*



# Lesson Plan – Contraception Part I

## PROCEDURE (CONTINUED):

*[Teacher's Note: This lesson focuses on a subset of birth control methods, rather than every method, in order to achieve sufficient depth in one class period to support pregnancy and STI prevention. We focus on these six methods based on what methods are most popular and available in the region. The Contraceptive Chart contains information on additional methods and can be used to answer questions and provide supplemental information to the learners.]*

### Step 4) 5 minutes

Gather the attention of your learners and explain that during the next class period, the lesson will continue with each small group performing their advert for the class. Explain that during each presentation, the learners who are not presenting will be asked to look for information in the advert to complete a worksheet. Answer any final questions from learners and close the lesson.

## KEY MESSAGES OF LESSON:

- 1) There are many effective methods of contraception.
- 2) Having sexual intercourse without contraception puts you at greatest risk for unintended pregnancy and STIs, so using contraception is best if you plan to have sex.
- 3) Condoms are the only form of contraception that protects against both unintended pregnancy and STIs, including HIV.

## ASSESSMENT OF LEARNING OBJECTIVES AT CONCLUSION OF LESSON:

- Teachers can collect the Advert Watchers Worksheet for assessment of the learning objectives.

## HOMEWORK WITH FOCUS ON FAMILY INVOLVEMENT ACTIVITIES:

- None




## POSSIBLE ADAPTATIONS:

- Large class size—See notes listed in Step 3
- Limited materials/technology—None





Adapted from: Advocates for Youth, Life Planning Education & Family Life and Sexual Health – High School Version, Lesson 10: Birth Control Methods; Public Health – Seattle & King County, Revised 2011 [www.kingcounty.gov/health/flash](http://www.kingcounty.gov/health/flash)






# Contraceptive Chart

METHOD	HOW WELL DOES IT WORK?	HOW TO USE	PROS	CONS
<b>THE IMPLANT</b> 	> 99%	A health care provider places it under the skin of the upper arm  It must be removed by a health care provider	Long lasting (up to 3 years)  No pill to take daily  Often decreases cramps  Can be used while breastfeeding  You can become pregnant right after it is removed	Can cause irregular bleeding  After 1 year, you may have no period at all  Does not protect against human immunodeficiency virus (HIV) or other sexually transmitted infections (STIs)
<b>PROGESTIN IUD</b> 	> 99%	Must be placed in uterus by a health care provider  Usually removed by a health care provider	No pill to take daily  May improve period cramps and bleeding  Can be used while breastfeeding  You can become pregnant right after it is removed	May cause lighter periods, spotting, or no period at all  Rarely, uterus is injured during placement  Does not protect against HIV or other STIs
<b>COPPER IUD</b> 	> 99%	Must be placed in uterus by a health care provider  Usually removed by a health care provider	May be left in place for up to 12 years  No pill to take daily  Can be used while breastfeeding  You can become pregnant right after it is removed	May cause more cramps and heavier periods  May cause spotting between periods  Rarely, uterus is injured during placement  Does not protect against HIV or other STIs



# Contraceptive Chart

METHOD	HOW WELL DOES IT WORK?	HOW TO USE	PROS	CONS
<b>INJECTABLE CONTRACEPTIVES</b> 	94–99%	Get shot every 3 months	Each shot works for 12 weeks Private Usually decreases periods Helps prevent cancer of the uterus No pill to take daily Can be used while breastfeeding	May cause spotting, no period, weight gain, depression, hair or skin changes, change in sex drive May cause delay in getting pregnant after you stop the shots Side effects may last up to 6 months after you stop the shots Does not protect against HIV or other STIs
<b>THE PILL</b> 	91–99%	Must take the pill daily	Can make periods more regular and less painful Can improve PMS symptoms Can improve acne Helps prevent cancer of the ovaries You can become pregnant right after stopping the pills	May cause nausea, weight gain, headaches, change in sex drive—some of these can be relieved by changing to a new brand May cause spotting the first 1–2 months Does not protect against HIV or other STIs
<b>PROGESTIN-ONLY PILLS</b> 	91–99%	Must take the pill daily	Can be used while breastfeeding You can become pregnant right after stopping the pills	Often causes spotting, which may last for many months May cause depression, hair or skin changes, change in sex drive Does not protect against HIV or other STIs
<b>THE PATCH</b> 	91–99%	Apply a new patch once a week for three weeks No patch in week 4	Can make periods more regular and less painful No pill to take daily You can become pregnant right after stopping patch	Can irritate skin under the patch May cause spotting the first 1–2 months Does not protect against HIV or other STIs



# Contraceptive Chart

METHOD	HOW WELL DOES IT WORK?	HOW TO USE	PROS	CONS
<b>THE RING</b> 	91–99%	Insert a small ring into the vagina  Change ring each month	One size fits all  Private  Does not require spermicide  Can make periods more regular and less painful  No pill to take daily  You can become pregnant right after stopping the ring	Can increase vaginal discharge  May cause spotting the first 1–2 months of use  Does not protect against HIV or other STIs
<b>MALE/EXTERNAL CONDOM</b> 	82–98%	Use a new condom each time you have sex  Use a polyurethane condom if allergic to latex	Can buy at many stores  Can put on as part of sex play/foreplay  Can help prevent early ejaculation  Can be used for oral, vaginal, and anal sex  Protects against HIV and other STIs  Can be used while breastfeeding	Can decrease sensation  Can cause loss of erection  Can break or slip off
<b>FEMALE/INTERNAL CONDOM</b> 	79–95%	Use a new condom each time you have sex  Use extra lubrication as needed	Can buy at many stores  Can put in as part of sex play/foreplay  Can be used for anal and vaginal sex  May increase pleasure when used for vaginal sex  Good for people with latex allergy  Protects against HIV and other STIs  Can be used while breastfeeding	Can decrease sensation  May be noisy  May be hard to insert  May slip out of place during sex

# Contraceptive Chart

METHOD	HOW WELL DOES IT WORK?	HOW TO USE	PROS	CONS
<b>WITHDRAWAL</b> (Pull-out)	78–96%	Pull penis out of vagina before ejaculation (that is, before coming)	Costs nothing  Can be used while breastfeeding	Less pleasure for some  Does not work if penis is not pulled out in time  Does not protect against HIV or other STIs  Must interrupt sex
<b>DIAPHRAGM</b>  	88–94%	Must be used each time you have sex  Must be used with spermicide  A health care provider will fit you and show you how to use it	Can last several years  Costs very little to use  May protect against some infections, <b>but not HIV</b>  Can be used while breastfeeding	Using spermicide may raise the risk of getting HIV  Should not be used with vaginal bleeding or infection  Raises risk of bladder infection
<b>RHYTHM</b> (Natural Family Planning, Fertility Awareness)  	76–99%	Predict fertile days by—taking temperature daily, checking vaginal mucus for changes, and/or keeping a record of your periods  It works best if you use more than one of these  Avoid sex or use condoms/spermicide during fertile days	Costs little  Can be used while breastfeeding  Can help with avoiding or trying to become pregnant	Must use another method during fertile days  Does not work well if your periods are irregular  Many things to remember with this method  Does not protect against HIV or other STIs

# Contraceptive Chart

METHOD	HOW WELL DOES IT WORK?	HOW TO USE	PROS	CONS
<p><b>SPERMICIDE</b> (Cream, gel, sponge, foam, inserts, film)</p> 	72–82%	<p>Insert more spermicide each time you have sex</p>	<p>Can buy at many stores</p> <p>Can be put in as part of sex play/foreplay</p> <p>Comes in many forms—cream, gel, sponge, foam, inserts, film</p> <p>Can be used while breastfeeding</p>	<p>May raise the risk of getting HIV</p> <p>May irritate vagina, penis</p> <p>Cream, gel, and foam can be messy</p>
<p><b>EMERGENCY CONTRACEPTION PILLS</b> (Progestin EC)</p> 	58–94%	<p>Works best the <b>sooner</b> you take it after unprotected sex</p> <p>You can take EC up to 5 days after unprotected sex</p> <p>If pack contains 2 pills, take both together</p> <p>You should start a birth control method right after using EC to avoid pregnancy</p>	<p>Can be used while breastfeeding</p> <p>Available at pharmacies, health centers, or health care providers—call ahead to see if they have it</p> <p>Women and men of any age can get some brands without a prescription</p>	<p>May cause stomach upset or nausea</p> <p>Your next period may come early or late</p> <p>May cause spotting</p> <p>Does not protect against HIV or other STIs</p> <p>Women under age 17 need a prescription for some brands</p> <p>Ulipristal requires a prescription</p> <p>May cost a lot</p>

Adapted from: *Your Birth Control Choices*, Reproductive Health Access Project / March 2015 [www.reproductiveaccess.org](http://www.reproductiveaccess.org)





# Lesson Plan – Contraception Part II

<b>TOPIC:</b> Contraception Part II	<b>TARGET-AGE RANGE:</b> 12–18	<b>TIME:</b> 45 minutes
<b>SUBJECT:</b> Life Skills		
<b>IDEAL NUMBER OF LEARNERS:</b> 40		
<b>WHAT ADVANCE PREPARATION, IF ANY, IS REQUIRED OF THE TEACHER FOR THIS LESSON?</b> <ul style="list-style-type: none"><li>• Update yourself on birth control method information by reviewing the Contraceptive Chart used in Part I of this lesson. Additionally, you may want to visit a nearby reproductive health clinic to get updated information and possibly samples that can be used for educational purposes. If you do not feel qualified to lead a discussion about contraception, inviting a health professional who is an expert in this area is another option.</li></ul>		
<b>LEARNING OUTCOMES:</b> <p>By the end of this lesson learners will be able to:</p> <ol style="list-style-type: none"><li>1) List six highly effective birth control methods. [knowledge]</li><li>2) Describe at least one reason that birth control is important. [attitude]</li><li>3) Describe the benefits of at least three methods. [knowledge]</li></ol>		
<b>LIFE SKILLS DEMONSTRATED IN THIS LESSON:</b> <ol style="list-style-type: none"><li>1) Critical thinking skills to evaluate the benefits of various methods of contraception.</li><li>2) Communication skills to demonstrate the benefits of one method of contraception.</li></ol>		
<b>RESOURCE MATERIALS FOR TEACHER:</b> <p><i>[Teacher's Note: If you are able to get any sample birth control methods to include in the envelopes, that is ideal, but pictures from the internet or simply the Contraceptive Chart used in Part I of this lesson can suffice if need be.]</i></p> <ul style="list-style-type: none"><li>• Chalkboard and chalk with the following four questions written on it:<ol style="list-style-type: none"><li>1) Does the method prevent pregnancy?</li><li>2) Does the method prevent STIs and HIV?</li><li>3) How effective is the method?</li><li>4) What are the possible side effects?</li></ol></li></ul>		
<b>MATERIALS FOR LEARNER:</b> <ul style="list-style-type: none"><li>• Advert Watchers Worksheet—One copy per learner</li></ul>		



# Lesson Plan – Contraception Part II

This lesson is enhanced when learners have the following background knowledge: Content from the International Technical Guidance on Sexuality Education—Key Concept 6 – Sexual and Reproductive Health; 6.1 – Pregnancy Prevention

## PROCEDURE:

### Step 1) 5 minutes

Introduce the lesson by reminding learners about the topic and group assignment of making an advert. Remind learners that whether they are sexually active now or will be at some point in the future, it's important to know how to reduce the risk of unintended pregnancy and STIs.

### Step 2) 30 minutes

Ask students to return to their small groups from the prior class. Then distribute a copy of the Advert Watchers Worksheet to each student. Explain by saying, “When you watch each advert, pay close attention. You’ll need to write down two important points about the birth control method being covered. You might write something like, “Very effective” or “Prevents pregnancy for 3 years” or “Makes periods better,” depending on the method of birth control. If you’re not sure, ask the group presenting after they have completed their advert.”

Ask for a small group to volunteer to share their advert first and bring them to the front of the room. After they have completed their advert correct any misinformation you may have heard and thank the group members for their work. Emphasize key points about the birth control method by using any of the following to guide discussion after each advert:

- What facts did you learn about that method from the advert?
- What questions do you still have about that method after the advert?
- Does this seem like a method young people would use? Why or why not?

Continue using this process until all six adverts have been shared and discussed. Then invite students to return to their original seats.

### Step 3) 5 minutes

After all adverts have been shared, process the activity by asking the following questions:

- What was the most effective method? (Answer: Using two methods together since no one method is 100% effective by itself)
- What is the biggest difference between condoms and other methods of birth control? (Answer: Condoms provide protection not only from pregnancy but also from most STIs, including HIV. Male condoms are the only method designed specifically for males to use).



# Lesson Plan – Contraception Part II

## PROCEDURE (CONTINUED):

### Step 4) 5 minutes

Conclude the lesson by noting the key concepts below:

- Using any one of these methods is much more effective for birth control than having sex without protection.
- All of these methods are very safe for birth control. Only condoms can protect against unintended pregnancy and STIs, including HIV.
- All of these methods are well liked by different people. That's why there are many choices.
- Condoms PLUS another reliable method is an excellent way to prevent pregnancy and STIs, including HIV.

Thank the class for their creativity in teaching each other about birth control, and collect their Advert Watchers Worksheet.

## KEY MESSAGES OF LESSON:

- 1) There are many effective methods of contraception.
- 2) Having sexual intercourse without contraception puts you at greatest risk for unintended pregnancy and STIs, so using contraception is best if you plan to have sex.
- 3) Condoms are the only form of contraception that protects against both unintended pregnancy and STIs, including HIV.

## ASSESSMENT OF LEARNING OBJECTIVES AT CONCLUSION OF LESSON:

- Teachers can collect the Advert Watchers Worksheet and submit for assessment of learning objectives.

## HOMEWORK WITH FOCUS ON FAMILY INVOLVEMENT ACTIVITIES:

- None

## POSSIBLE ADAPTATIONS:

- Large class size—See notes listed in Step 3 of Contraception Part I
- Limited materials/technology—None

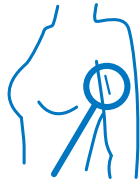
Adapted from: *Advocates for Youth, Life Planning Education & Family Life and Sexual Health – High School Version, Lesson 10: Birth Control Methods; Public Health – Seattle & King County, Revised 2011 [www.kingcounty.gov/health/flash](http://www.kingcounty.gov/health/flash)*



# Advert Watchers Worksheet

Name: \_\_\_\_\_

## THE IMPLANT



Important points:

- 1)
- 2)

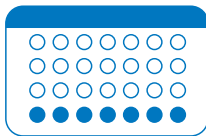
## INJECTABLE CONTRACEPTIVE



Important points:

- 1)
- 2)

## THE PILL



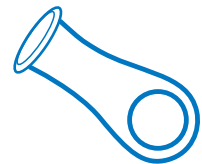
Important points:

- 1)
- 2)

## MALE/EXTERNAL CONDOM



## FEMALE/EXTERNAL CONDOM



Important points:

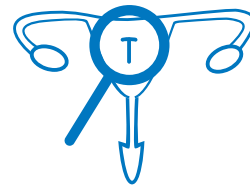
- 1)
- 2)

## WITHDRAWAL (Pull out)

Important points:

- 1)
- 2)

## COPPER IUD COIL



Important points:

- 1)
- 2)