

Contraception Relationships and Sex Education lesson plan

- for use with Contraception Choices website

This lesson plan has been designed as a 1 hour class for use with students to provide detailed information about contraceptive methods and practical considerations when considering starting or switching contraception.

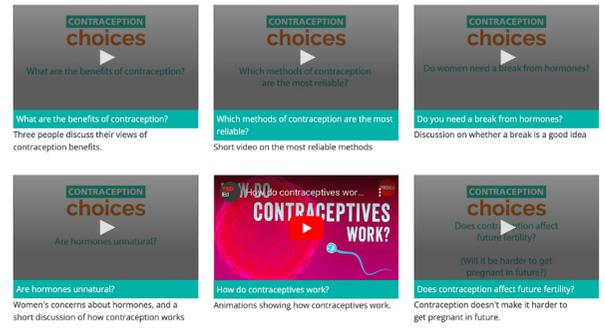
Suggested learning outcomes:

- To understand what contraception is and why you might want to use it
- To understand that there are different options with different ways to use
- To think about what aspects of contraception might be important to consider
- To understand why different contraception might suit different people differently

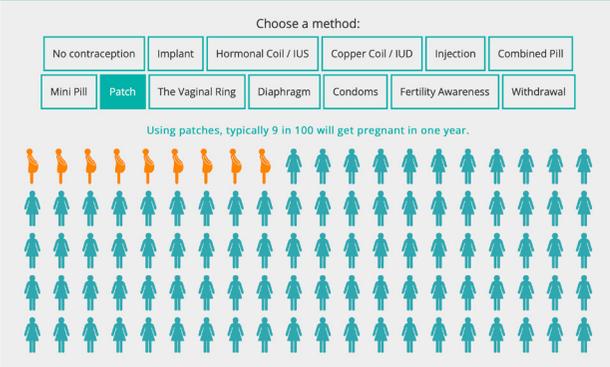
There are lots of additional resources that can be used to support knowledge gathering and supplement this lesson plan:

- Sex Education Forum resources: <https://www.sexeducationforum.org.uk/resources>
- Brook resources: <https://www.brook.org.uk/resources/>

	Purpose of section	Activity	Resources	Timing
General introduction and gather questions and concerns	Explain the usefulness of the session and learning outcomes	Ask students why session is useful Verbally present learning outcomes Provide way to anonymously highlight concerns and questions	See suggested learning outcomes above Post-it notes/paper and box for students to confidentially ask questions – collected at beginning of session to inform specifics of session	5 minutes

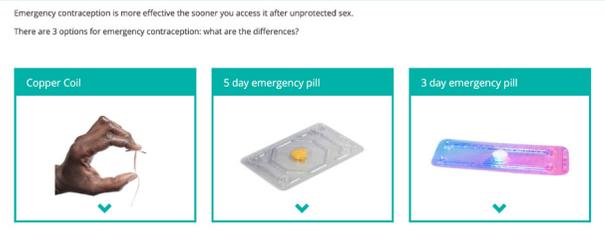
	Purpose of section	Activity	Resources	Timing
<p>Introduction to contraception</p>	<p>Explain what contraception is Explain why people might want to use contraception</p>	<p>Question and answer (e.g):</p> <p>“What is contraception?”</p> <p>“Why do people use contraception?”</p> <p>then optional videos to explain in further detail</p>	<p>Videos can be used to provide additional information within the video section: https://www.contraceptionchoices.org/videos</p> 	<p>5-15 minutes (depending on use of videos)</p>

<p>Contraception shout out</p>	<p>To get students to identify as many methods of contraception as possible</p>	<p>“Call out all the types of contraception you can name”</p>	<p>Write methods on the board</p> <p>Worksheet for students to write down on https://www.contraceptionchoices.org/contraceptive-methods as overview to highlight all key methods</p> 	<p>5 minutes</p>
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<p>Contraceptive effectiveness</p>	<p>To understand that different contraceptives have different effectiveness [at preventing pregnancy]</p>	<p>“How many people would fall pregnant if not on contraception?”</p> <p>Ask students what methods they think are most effective</p>	<p>https://www.contraceptionchoices.org/infographic</p> <p>Click through each contraceptive method</p> 	<p>5 minutes</p>

<p>Overview of each contraceptive method</p>	<p>To know a few key facts about each contraceptive method</p>	<p>Ask students what they know about each contraceptive method in relation to periods/acne/need to remember/STI prevention</p>	<p>https://www.contraceptionchoices.org/whats-right-for-me/table</p> <p>Worksheet for students to fill in</p> 	<p>5 minutes</p>
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<p>What's right for me?</p>	<p>To help students understand things to consider when deciding about contraception</p>	<p>Go through the interactive website tool</p>	<p>https://www.contraceptionchoices.org/whats-right-for-me</p> <p>Can be done by individual students on phones/tablets/computers, or a demonstration can be given on main screen</p> 	<p>10 minutes</p>

<p>Emergency contraception</p>	<p>To help students understand that methods can be used after sex to reduce/prevent pregnancy</p>	<p>Discuss the different methods, effectiveness and how they can be accessed using website for reference</p>	<p>https://www.contraceptionchoices.org/emergency-contraception</p> <p>Worksheet for students to fill in</p> 	<p>5 minutes</p>
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<p>Wrap up</p>	<p>To check for any questions and re-address learning outcomes</p>	<p>Re-present learning outcomes</p> <p>Answer outstanding questions (e.g posted in box/written on post-its)</p>	<p>End of session quiz sheets</p> <div data-bbox="1301 300 1579 699"> <p>Contraception - worksheet</p> <p>Types of contraception: how many can you name?</p> <p><input type="text"/> <input type="text"/> <input type="text"/></p> <p><input type="text"/> <input type="text"/> <input type="text"/></p> <p><input type="text"/> <input type="text"/> <input type="text"/></p> <p>Key facts about contraception methods:</p> <table border="1"> <thead> <tr> <th>Type of contraception</th> <th>Key facts</th> </tr> </thead> <tbody> <tr><td> </td><td> </td></tr> </tbody> </table> <p>Information about emergency contraception:</p> <table border="1"> <thead> <tr> <th>Type of emergency contraception</th> <th>How effective?</th> <th>How can it be accessed?</th> </tr> </thead> <tbody> <tr><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td></tr> </tbody> </table> </div> <div data-bbox="1615 300 1892 699"> <p>Final quiz – true or false:</p> <ol style="list-style-type: none"> Condoms are the most effective form of contraception. <input checked="" type="checkbox"/> <input type="checkbox"/> Contraception can be accessed online, via a pharmacy or your GP/sexual health clinic. <input checked="" type="checkbox"/> <input type="checkbox"/> Your periods might get lighter if you use the combined contraceptive pill. <input checked="" type="checkbox"/> <input type="checkbox"/> Long-acting reversible contraceptive methods include the implant, the hormonal coil and the non-hormonal coil. <input checked="" type="checkbox"/> <input type="checkbox"/> You need to remember daily to use long-acting reversible contraception. <input checked="" type="checkbox"/> <input type="checkbox"/> Condoms will protect from sexually transmitted infections as well as providing contraception. <input checked="" type="checkbox"/> <input type="checkbox"/> </div>	Type of contraception	Key facts											Type of emergency contraception	How effective?	How can it be accessed?										<p>10 minutes</p>
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