

Abstinence/Contraception-Health Class HS

Time: 55 minutes

Materials: Abstinence Mixer Cards (with the 3 different questions each on a different color card). Condom Line-Up Cards, wooden condom demonstration model and condoms. Birth Control Method Cards. Birth Control Kit.

End Understanding

I have access to a wide range of effective and safe birth control methods, including abstinence.

Essential Questions

- What is abstinence and when might I choose to use it?
- Are birth control methods safe and effective?
- How would I access them?
- What are the correct steps for condom use?

Assessments

- Abstinence Mixer Debrief
- Condom Line-up
- Birth Control Methods Report-back Discussion

Lesson Steps & Activities

1. Answer anonymous questions from first day
2. Birth Control Introduction Time: 5 min

“Today’s topic is birth control methods. including abstinence. “

“Why do you think it might be important for all people to learn about birth control?”

Be sure to mention the following if not mentioned:

- *There are many myths about how to prevent pregnancy. Is it important to know what works and what doesn’t?*
- *Some methods have benefits other than preventing pregnancy, such as preventing STDs or regulating the menstrual cycle.*
- *We can all be sources of information for our friends and family*

2. Abstinence Group Activity Time: 10 mins

"After this first activity , we're going to go over all the different methods of someone who's sexually active can use to prevent pregnancy. Our first activity is about the only 100% effective method to prevent pregnancy and STD's. What is that?" (Abstinence)

Share: *"Here's a couple of things to know about Abstinence:*

- *Abstinence means 'to not do something'. Sexual abstinence can be a lot of things, anywhere from refraining from any sexual contact at all, to refraining from certain sexual activities.*
- *People can abstain from sexual activity at any point in their life, at any time, for any reason and it*
- *Could be about their health, their values, their experience, their relationship, etc.*
- *People practicing sexual abstinence do not always call it that. Often they say 'I'm choosing to not have sex or I'm waiting.'*
- *Today, we are going to define abstinence as refraining from or not engaging in any activity that could expose a person to a sexually transmitted infection or pregnancy.*

Say: *"We are going to do an activity where you will hear what your classmates think about sexual abstinence. There are no right or wrong answers and please be respectful of everyone's opinions and beliefs. In just a moment you have 2 minutes to work in small groups and ask each other the question written on your card. Try to remember the answers you hear because we will ask you to report back after. I'll let you know when it's time to come back to the group."*

Instruct: *There are three different cards. The questions on the cards ask:*

- *What are two benefits of using abstinence? What are two challenges?*
- *What are 2 reasons a person might choose not to have sex even if they weren't concerned about pregnancy or sexually transmitted infections?*
- *What are 3 skills that a person or a couple who chose not to have sex would need in order to practice abstinence effectively?*
- *Any questions?*

Pass out the abstinence cards and give students 2 minutes to work in their groups and ask their questions

Debrief activity: Facilitate a discussion about abstinence by going over the mixer questions. Read out the questions and have students raise their hand if they had that card. Several students with each question should report back to the class on what they heard. Keep the conversation abstinence-positive.

Say: *Let's go over the three cards and hear some of the ideas you all came up with. Let's start with the first card:*

- (Green) What are two benefits of using abstinence? What did you all hear?
 - Its free and always available
 - It's 100% effective, if people abstain from all risky activity
 - People can choose abstinence at any point in their lives for any reason
- (Green) What are two challenges that you heard?
 - Peer pressure
 - Pressure from partner
 - Requires good communication and planning
 - Attraction and temptation
- (Pink) What did you hear for 2 reasons a person might choose not to have sex even if they weren't concerned about pregnancy or sexually transmitted infections?
 - Religious, Family, Cultural beliefs
 - They're not ready to have sex, emotionally
 - They aren't interested in having sex
 - They are focusing on other important things in their life, like school or sports
 - Don't feel like their current relationship is ready
 - Past experiences
 - Health reasons
- (Orange) What did you hear for the last question, what are 3 skills that a person or a couple who chose not to have sex would need in order to practice abstinence effectively?
 - It is your choice and you can speak up to communicate that
 - Knowing yourself and your boundaries
 - Communication (talking about your values and discussing your boundaries with your partner)
 - Honesty
 - Respect each other's limits
 - Planning for when it feels like things are going further than you'd like. You can have a plan for yourself, and a plan that you and your partner agree on.

Just to recap abstinence: not engaging in any sexual behavior with a partner is the only 100% effective way to prevent pregnancy and STD's. There are many reasons a person may choose to be abstinent-only you can know for sure what is right for you.

3. Condom Steps

Time: 10 mins

“Now, we are going to talk about some methods that people can use to prevent pregnancy if they decide to be sexually active.

We are going to spend some extra time on condoms. What do you already know about condoms?” (Let the class answer before adding any they missed. and clear up any myths).

Possible answers:

- They protect from both pregnancy and reduce the risk of transmission
- They’re relatively easy to find and cheap or free (health department, doctors office)
- They are easy to use

“Condoms are a type of birth control called ‘Barrier Method’. They prevent fluid from being transmitted from person to person during sexual contact. Condoms are good at preventing pregnancy and reduce the risk of transmitting STDs.

“There are a few different types of barrier methods. This next activity will help us learn how to use an external condom correctly.

Could I have 10 volunteers?”

Once you have 10 volunteers, instruct them to quickly work together to put the condom application steps in the correct order.

When volunteers are in line. ask the volunteers to read them in the correct order. Check with the audience.

Ask the audience: Are there any changes you want to make? Make any additional needed adjustments to the line-up. Ask students to read through a second time. Demonstrates with condom with wooden condom demonstration model.

Make sure to address the following debrief points.

1. Get Consent
~You could ask. "should we get a condom? Or say. "I want to use a condom." It is important that consent is given and received through all sexual activity. (Cup of Tea)
2. Check expiration date. Check for air pocket.
3. Carefully open the package. (no teeth or scissors)
4. Pinch tip of condom
~This keeps air out of the tip of the condom leaving room for semen
5. Roll condom down erect penis.
~Once the penis is erect, put on the condom. Condom should be snug -too tight and it may roll up the penis or break, too loose and it will slip off
6. Sex - with condom.
7. Ejaculation - with condom.
8. Hold the condom onto penis while pulling out.

9. Take the condom off penis.
10. Throw condom in the garbage.

“Most condoms are made out of latex. If someone has a latex allergy, they can use non-latex condoms. They are just as effective as latex condoms”

Final words: *“Remember, barrier methods, including condoms, when used properly are great at protecting against many STDs and preventing pregnancy!”*

4. Birth Control Methods

Time: 15 minutes

We already talked about one type of barrier method: the external condom. All Barrier methods work by preventing bodily fluids from being transmitted from person to person. Other barrier methods include dental dams (which are used during oral sex to prevent STD transmission) and internal condoms (which can be worn inside the body). Barrier methods work well to prevent pregnancy and reduce the risk of STDs.

Hormonal birth control is a medication a person would get from a doctor that works by keeping eggs from leaving the ovaries. Pregnancy cannot happen if there is no egg to join with sperm. Sometimes a person will start on hormonal birth control simply to help regulate their menstrual cycle, especially if their periods are very painful, heavy or irregular. Hormonal birth control doesn't provide any protection against STD infections.

Now is your opportunity to learn more about hormonal methods.

Split into small groups. Pass out ‘Birth Control Method’ worksheets and blank scratch paper to each group. Go to <https://www.plannedparenthood.org/learn/birth-control> and find the birth control method you have been assigned and answer these.

Give 5 minutes. Each group will present to the class.

IF TIME REVIEW PLAN B:

- Plan B is a brand of Emergency Contraception that is a hormonal method of birth control. But it is special because it is the only method that can be used after intercourse. Emergency contraception works the same way as the birth control pill, but instead of a person taking a pill every day to prevent ovulation, E.C. contains a higher dose of hormones that work almost immediately to prevent ovulation.

- Emergency Contraception is 85% effective at preventing pregnancy if a person takes it within 24 hours after intercourse. It can be effective for up to 5 days after intercourse, but will decrease in effectiveness each day.
- if a person hasn't gotten their period within 4 weeks after taking E.C., they should take a pregnancy test.
- A person may decide to use emergency contraception if the condom broke during vaginal intercourse, or if they were sexually assaulted or if a person forgot to take their regular hormonal birth control method.
- If a person is already pregnant, emergency contraception does nothing. It is not an abortion. It is birth control.
- All other hormonal methods of birth control are more effective than emergency contraception, so it should only be used if needed, which is why it is called emergency contraception.
- You do not need a prescription to get emergency contraception and there are no age restrictions, so anyone can purchase EC. at a pharmacy.