

**UNIT 6:** Family Life and Human Sexuality**LESSON TITLE:** Birth Control**Health Literacy Skill:**

- Core Concepts

**MSDE Performance Indicator:**

**1c.8.12:** Describe ways sexually active people can reduce the risk of pregnancy

**1c.8.13:** Explain ways sexually active people can reduce the risk of HIV, and other STIs including condoms and preventive medications.

**OBJECTIVE:** Students will be able to identify and describe ways sexually active people can reduce their risk of pregnancy and the transmission of sexually transmitted infections including the use of condoms and preventative medications.

**Teacher Notes:**

1. Teachers are encouraged to use best practices when presenting material to students.
2. Before starting lesson, review class expectations and Family Life guidelines with the class.
3. Remind students of anonymous question protocol.
  - a. **Teacher Suggestion:** Question box and/or Anonymous Padlet Page.
  - b. Padlet page for students to use throughout the family life unit and/or quarter. This should be added to each lesson. Be sure to review the settings...attribution should be off; require approval should be on.
4. **Teachers should review Family Life Teacher Resources:**
  - a. Secondary Family Life Teacher Vocabulary Resource
  - b. Answering Difficult Question Document
  - c. Teaching Sensitive Topics in Health Education

**MATERIALS:**

Birth Control PPT

Categories of Birth Control Chart Completed Notes

Birth Control Types Completed Notes

**VOCABULARY:**

Contraceptive      Birth Control      Forms of Birth Control

**MOTIVATION: Warm-Up: Ask student the following question:**

- a. List ways that teenagers can protect themselves from pregnancy and STI's.
  - i. **Possible responses:** Abstinence, Condoms, Birth Control, setting boundaries
- b. Teacher can use best practice on how students will respond

**Lesson Procedures:**

1. **Discussion: Definitions of Birth Control and Contraceptive.**  
Share with students that the words are interchangeable. Both will be used during this lesson.
2. **Teacher Choice : Categories of Birth Control:** Teachers use best practices to create a pre-assessment to determine students' prior knowledge of birth control methods using the information listed below:
  - a. Definitions: Barrier, Hormonal, and Other Birth Control Methods.
  - b. Specific examples within each category of birth control

3. **Activity: Categories of Birth Control:** Provide students with the worksheet and define each category of birth control and provide examples for each category. Encourage students to share their thoughts from the answers they provided in the pre-assessment.
4. **Worksheet: Birth Control Types Completed Notes:** Provide students with the complete organizer that discusses birth control types.
  - a. **Teacher Suggestion:** Have students use a highlighter as information is presented to help ensure learning.
5. **Discussion: Hormonal Methods of Birth Control:** Refer students to the birth control types completed notes handout to follow along as information is presented
  - i. Discuss with students how hormonal methods of birth control will have similarities in the areas of effectiveness, advantages, and disadvantages.
  - ii. Define each method of hormonal birth control along with specific advantages and disadvantages
  - iii. Share with students how hormonal methods of birth protect against pregnancy.
6. **Discussion: Barrier Method of Birth Control:**
  - i. Define a condom and how it is a barrier method along with the information on effectiveness, advantages, and disadvantages.
  - ii. Discuss proper use of a condom
  - iii. Share with students how condoms help protect against pregnancy and the transmission of sexually transmitted infections yet are not a 100% effect.
7. **Discussion: Other Methods:**
  - i. Define each method along with the specific information about effectiveness, advantages, and disadvantages.
  - ii. Share with students how condoms help protect against pregnancy and the transmission of sexually transmitted infections yet are not a 100% effect.

**CLOSURE : Exit Ticket: Knowledge Check:** Teachers should select a strategy to review information on birth control methods. Remind student to utilize the Anonymous Padlet Question Page or the Question Box if they have any questions about STIs.

**FORMATIVE ASSESSMENT:**

Exit Ticket: Knowledge Check