

1. Respect the feelings of others.
2. Use correct vocabulary (no slang words)
3. Do not ask questions in order to show off or embarrass others.
4. If you have a serious question that you do not want to ask in class, write it and put it in the question box.
5. Do not tell personal stories.  
Always say "I know someone who..."
6. Respect the privacy of everyone in class, including the teacher.
7. Do not share information (including worksheets) with younger children.
8. Do not discuss information in a crude or joking manner inside or outside of the classroom.

## Family Life Rules

# Birth Control

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8<sup>TH</sup> GRADE FAMILY LIFE

## **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.

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## **Warm-up:**

List ways teens can protect themselves from pregnancy and/or contracting sexually transmitted infections?

Barrier Methods	Hormonal Methods	Other Methods
A method that puts a <b>physical wall</b> between the <b>sperm and egg</b> so they cannot join.	<p>This method helps to:</p> <ul style="list-style-type: none"><li>• Prevent ovulation from occurring</li><li>• Thin the uterine lining</li><li>• Thicken the mucus in the cervix</li></ul>	Other methods are anything that does not fall into the barrier or hormonal categories.

## BARRIER METHODS

- Condom

## HORMONAL METHODS

- Depo-Provera (The Shot)
- Contraceptive Patch (Ortho Evra)
- Oral Contraceptives (The Pill)
- Vaginal Ring (NuvaRing)
- Contraceptive Implant (Nexplanon)
- Intrauterine Device (IUD)

## OTHER METHODS

- Abstinence
- Vaginal Spermicides
- Withdrawal

# Hormonal Methods

# Hormonal Methods of Birth Control

Effectiveness	Advantages	Disadvantages
<p><b>99%</b> effective against pregnancy <b>(when taken correctly)</b></p> <p>*Prevents ovulation  *Thins the uterine lining  *Thickens the cervical mucus</p>	<ul style="list-style-type: none"><li>*Reduce menstrual cramps.</li><li>*Lighter Periods</li><li>*Reduces the risk of ovarian cancer.- The Pill</li><li>*Safe, Easy and Convenient</li></ul>	<ul style="list-style-type: none"><li><b>*Does not protect against STI's.</b></li><li>*Can cause weight change.</li><li>*Must have a prescription.</li><li>*Breast tenderness</li><li>*Nausea</li><li>*May cause bleeding between periods</li><li>*May cause irregular menstrual cycles and/or spotting</li></ul>

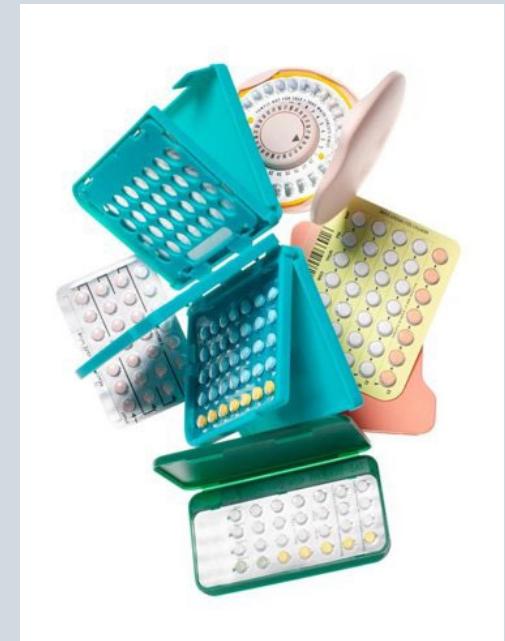
# Oral Contraceptives (The Pill)

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Most commonly used form of birth control for women.

## Effectiveness

Must be taken at the same time every day.



# Depo-Provera (The Shot)

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Injected into a woman's body every 12 weeks.

## Advantages

Does not need to be taken daily.



# Contraceptive Implant (Nexplanon)

- \*Flexible plastic tube inserted into the inner upper arm
- \*Releases hormones for up to 5 years
- \*If implant is removed before the 3 years, pregnancy protection stops



Advantages	Disadvantages
Once it is implanted - prevents pregnancy until it expires or is removed	Minor surgical procedure- (numbing) required for insertion



# Vaginal Ring (NuvaRing)

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- \* Small, flexible ring a woman inserts into her vagina once a month.
- \* Left in place for three weeks and then taken out for the remaining week.

## Disadvantages

Possible vaginal irritation



# Contraceptive Patch (Ortho Evra)

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- \* Birth Control Patch that sticks to the skin.
- \* Left in place for three weeks and then taken off for the remaining week.



## Disadvantages

Can cause skin irritation

# Intrauterine Device (IUD)

Small, "T-shaped" device made of flexible plastic.

A health care provider inserts an IUD into a woman's uterus to prevent pregnancy.

Effectiveness	Advantages	Disadvantages
Most effective form of birth control available.	Least expensive and long-lasting forms of birth control available.  Some women their period will stop.	Mild to moderate pain when the IUD is inserted.  Cramping or backache for a few days  Spotting between periods and irregular period within the first 3–6 months.

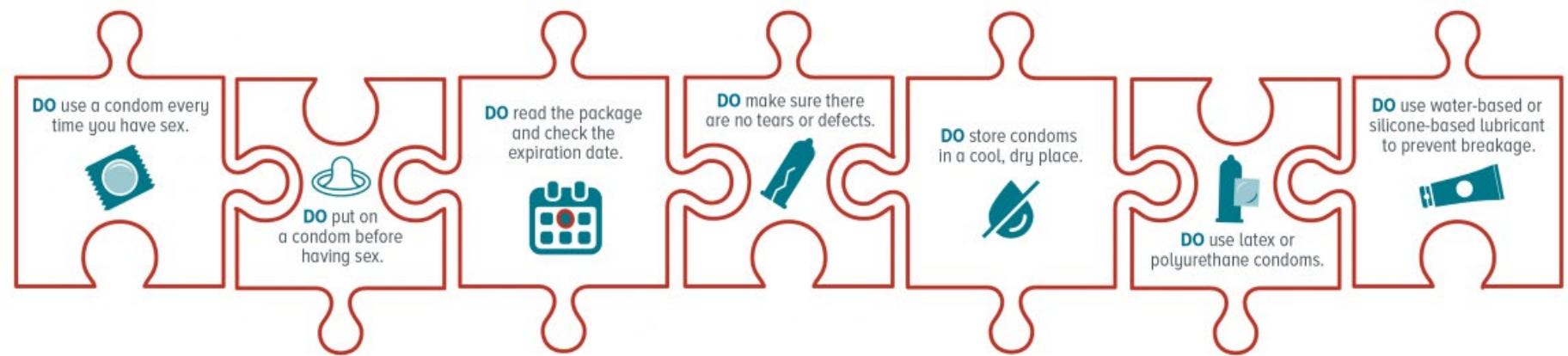
# Barrier Methods

# Condoms

Only form of temporary birth control available for men.

This method is a thin latex sheath that is placed over the penis and prevents sperm from entering the vagina.

Effectiveness	Advantages	Disadvantages
86%-97%	 <p>Available without prescription Easy to obtain Protects against most STI's.</p>	Can break.



# Proper Condom Use

# Other Methods

# Abstinence

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**Means waiting or refraining from all forms of sexual activity**

Effectiveness	Advantages	Disadvantages
<b>100%</b> effective for both pregnancy and protection for STI's.	100% effective No side effects No cost.	One partner might not want to remain abstinent.

# Vaginal Spermicides

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- Foams, Creams, jellies, films and suppositories.
- Contain a chemical that kills sperm
- Prevent sperm from entering the uterus.
- All must be inserted into the vagina before intercourse.

Effectiveness	Advantages	Disadvantages
When used correctly, <b>74%-95%</b> effective	No dangerous side effects  No prescription needed.	May cause vaginal irritation.  Does not protect against STIs.

# Withdrawal

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- \* Removal of the penis from the vagina before ejaculation occurs.
- \* **Not a form of birth control.**
- \* The penis secretes pre-ejaculatory fluid that can contain sperm and can cause pregnancy to occur.

Effectiveness	Advantages	Disadvantages
50%-80%	No hormones or devices used.	Not very effective in preventing pregnancy Does not protect against STI's. Requires self- control.

## **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.

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## **Closure:**

Knowledge Check