

UNIT 6: ADVOCACY FOR HEALTHY RELATIONSHIPS & SEXUAL HEALTH

Lesson 5:

Sexual Health – Contraceptives: Pregnancy and
STI Prevention





OBJECTIVES:

REVIEW TYPES OF CONTRACEPTIVE AND DISEASE-PREVENTION METHODS
EVALUATE FACTORS THAT IMPACT DECISIONS ABOUT CONTRACEPTIVE OPTIONS
DESCRIBE THE STEPS OF PROPER CONDOM USE

Warm-Up:

Brainstorm or “Quick Write” everything you remember learning about contraceptives in previous health classes.



ABSTINENCE

Avoiding high risk behavior such as:

- Nicotine Use
- Drug Use
- Engaging in Sexual Activity



CONTRACEPTION

Contraception is a method that reduces the risk of pregnancy resulting from sexual activity.

How do Contraceptives Work?





Types of Contraceptives

Place the contraceptives into the correct category

Abstinence	Vaginal Ring	Contraceptive Implant	Vasectomy
Dental Dam	Diaphragm	Contraceptive Patch	Internal Condom (Female)
Oral Contraceptive (The Pill)	Tubal Ligation	Birth Control Shot	Hormonal IUD (Intrauterine Device)
External Condom (Male)	Copper IUD (Intrauterine Device)	Emergency Contraception	Contraceptive Sponge

Barrier Methods

Barrier Methods prevent fertilization by blocking the sperm from reaching the egg.

If a sperm cannot fertilize an egg, there is no pregnancy.

Diaphragm



Internal Condom



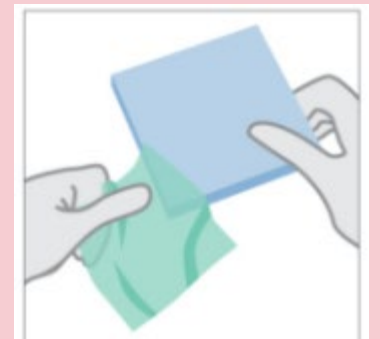
External Condom



Contraceptive
Sponge



Dental Dam



Hormonal Methods

Hormonal Methods affect the menstrual cycle by altering hormones in the body.

- Prevents ovulation (no new eggs will be released)
- Impede the thickening of the endometrium
- Prevent ovulation

Oral Contraceptive
(The Pill)



Vaginal Ring



Contraceptive Patch




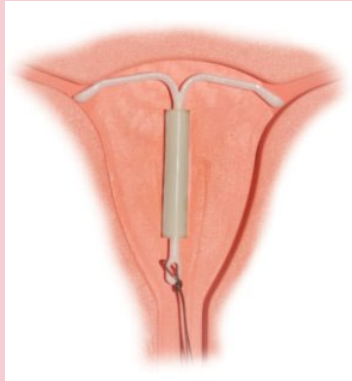


Birth Control Shot



Implanted Devices

Progestin IUD & Contraceptive Implant: Contain hormones & work like the other hormonal methods

Copper T IUD: Made of copper which is a natural spermicide which decreases sperm's mobility

Copper IUD (Intrauterine Device)	Hormonal IUD (Intrauterine Device)	Contraceptive Implant	
			

Emergency Contraception

Used after:

- Unprotected vaginal intercourse
- Birth control failed

How it works:

- Prevents fertilized egg from implanting on uterine wall





Permanent Methods

Types of Methods:

- Tubal Ligation – A surgical procedure that permanently closes or blocks the fallopian tubes
- Vasectomy – Involves cutting the vas deferens so sperm cannot travel from the testicles to the urethra

Brainstorm:



1. Why do you think there are so many different contraceptive options?
2. What factors should a person consider when choosing a contraceptive option?

Factors to Consider



- Personal values & beliefs
- Purpose:
 - Prevent pregnancy, STIs, or both?
- Availability:
 - Prescription or not
 - Doctor visit required? If so, how often?
- STIs
- Cost
- Reversible or permanent
- Ease
- Personal Health conditions
- Sexual history

Activity



Evaluating
Contraceptive
Options

Scenarios

External Condoms:



**What do
you
already
know?**



Condom Use Card Sort

**Place the cards
in the correct
order to outline
proper condom
use**



Condom Demonstration



Correct Order of Condom Use



1. Give and obtain consent
2. Check the expiration date
3. Carefully open the condom package
4. Check that the condom is right side out for unrolling
5. Gently pinch the tip of the condom
6. While holding the tip, place the condom on the head of the erect penis
7. Roll the condom all the way down the penis
8. Sexual activity takes place
9. Pull the condom-covered penis out and away from the other person's body
10. Remove the condom, tie the end in a knot to avoid spillage, and throw it in the garbage

***Remember – Condoms cannot be reused!**

External Condoms:



**What do
you
already
know?**

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Closure:

What information from today's class period would you share with a peer who does not have health class this year?