

Lesson 7: Birth Control Basics

OBJECTIVES

1. Students will be able to recognize different types of birth control methods.
2. Students will be able to categorize all FDA-approved birth control methods according to their level of effectiveness at preventing pregnancy.

AGENDA

10 minutes	Do Now
35 minutes	Birth Control Methods: PowerPoint Presentation
5 minutes	Closure: Exit Ticket & Homework
50 minutes	Total

MATERIALS

- Vocabulary Reference List
- Birth Control Grid Student Worksheet
- Birth Control Grid Teacher Key
- PowerPoint slides
- Birth Control Kit
- Penis Models (with condoms) kit
- Exit Ticket
- Homework
- Condom Steps

SUGGESTED ACCOMMODATIONS

- Do Now:
 - Question 1: Have students circle yes/no/I don't know
 - Question 2: Provide students with lists of ideas to select from.
 - Question 3: Provide students with an appropriate age range to select from.
- Birth Control Methods PPT:
 - Provide copy of PPT with highlighted information corresponding to worksheet.
 - Birth Control Grid Worksheet: Give students teacher-answer sheet with key words blank for students to fill in. Provide pre-written answers for students to glue onto worksheet, (can use copy of teacher-answer sheet to cut out).
- Exit Ticket: Provide true/false labels pre-typed for students to add to worksheet

CALIFORNIA HEALTH EDUCATION STANDARDS

1.3.G Explain the effectiveness of abstinence in preventing HIV, other STDs, and unintended pregnancy.

1.5.G Explain the effectiveness of FDA-approved condoms and other contraceptives in preventing HIV, other STDs, and unintended pregnancy.

Lesson 7: Birth Control Basics

DO NOW ACTIVITY

10 minutes

(This part of the lesson is modeled after "Advocates for Youth: Right. Respect. Responsibility" Curriculum)

Have students respond to the following questions in their journals:

1. **Do you want to have children someday?**
2. **Create a list of what someone would need to do or personal goals they would want to accomplish in order to be ready to have a child.**
(Students will likely suggest things like "have money, have a job, have a place to live, etc.")
3. **Based on all the things you wrote on your list, what is the best age for you to have children? What are the + (pros) and - (cons) of this age?**

Give students enough time to answer each question individually. Ask for a few volunteers to share their answers. Acknowledge and normalize that some students might and some might not want to have children. Also, some might not know at all. All of these are fine. Their responses may also vary based on their family and cultural values. Allow students to respond authentically since some may be children of young parents. Write on the board what your student volunteers say, summarizing their thoughts.

Suggested Script: *"Based on what some of you said, we have an idea of what someone who wants children has to do to get ready by ages (insert ages they gave you), let's look at what they can do to reach those goals."*

Birth Control Methods: PowerPoint Presentation

35 minutes

(This part of the lesson is modeled after "Health Connected" Sexuality Curriculum)

Transition from the do now to today's lesson on birth control. Introduce the topic by explaining the following.

1. Pass out the Birth Control Grid worksheet.
2. Use the PowerPoint presentation to discuss birth control methods. Give students time to take notes in the Birth Control Grid worksheet and answer questions as they come up.

Teacher Tip: *For easily distracted groups, pass the birth control samples around the room at the end of this section, or put them on one table in the front of the room so that students can come up in small groups to see the different methods. Also, at the end of the session, make sure to get birth control samples back.*

3. As each method of birth control is discussed, pass around a sample of that method from the birth control kit.

Suggested Script: *“Birth control, sometimes called contraception, is a way to prevent pregnancy. There are many different kinds of birth control that work by preventing the sperm and egg from joining in a variety of ways, if they are used consistently and correctly. This means the method is used every time the way it was intended.”*

Birth Control Methods

***Note:** We recommend you cover the following information with your students as you are reviewing the PowerPoint. These definitions and suggested scripts will complement the PowerPoint.

Abstinence

Suggested Script: *“Abstaining from vaginal sex is the only 100% effective way to prevent pregnancy when done consistently and correctly. In fact, it is the method used by most middle school students.”*

Ask students what you mean by “when done consistently and correctly.” Affirm or correct their statements until you feel satisfied that they understand that abstinence only works when people use it every time. This means that a penis is not going near a vagina or anus. In other words, a person is choosing not to participate in any type of sexual activity. Tell them that most people are not abstinent forever but choosing to delay having sex until you are a bit older can be a very healthy choice.

External condoms

Suggested Script: *“External condoms (sometimes called male condoms) are worn on a penis. Anyone can buy them at a store (including middle school students) and they are very effective at preventing pregnancy when used consistently (meaning every time a couple has vaginal sex) and correctly. External condoms are also available for free in your school’s Wellness Center or through your school’s nurse. They also have the added bonus of protecting against HIV and other sexually transmitted diseases or STDs.”*

Teacher Tip: Explain that, while students may be familiar with the term “male” condom, you are using this term to reflect how the methods are used, rather than to assign a gender to them.

The Pill, The Patch & The Ring

Suggested Script: “The birth control pill, the patch, and the ring all contain hormones that are very effective at preventing pregnancy. The patch and the ring work for a month at a time and then have to be replaced. The patch you replace once a week and the ring you replace once a month. The pill needs to be taken once a day, at the same time every day. A pack of pills lasts one month and then you need to start the next pack. These are called short-acting methods that you can get from a clinic.”

IUDs, The Shot & The Implant

Suggested Script: “Most IUDs, the shot, and the implant contain hormones that are very effective at preventing pregnancy for anywhere between a few months (3 months for the shot) and many years (up to 10 for some IUDs). These are called long-acting methods that you can get from a clinic too.”

Emergency Contraception (Plan B)

Suggested Script: “Emergency contraception, often called Plan B, is medicine that is taken after unprotected vaginal sex to prevent pregnancy and the sooner it is taken after vaginal sex, the more effective it is. This is not an abortion method.”

Withdrawal or Pulling Out

Suggested Script: “Withdrawal, often called pulling out, is when a penis is removed from a vagina before sperm is ejaculated to prevent pregnancy and while it is not as effective as some other methods, it is definitely better than not using anything. It is not, however, the same thing as abstinence.”

Discussion: (after activity)

1. What methods are most effective in preventing pregnancy?
2. What methods help prevent pregnancy and STDs?
3. Where can you get Emergency Contraception (EC)?

Closure: Exit Ticket & Homework

5 minutes

To conclude today's lesson, distribute the exit ticket titled "Birth Control Basics". Explain to students that the purpose of the exit ticket is to assess their understanding of today's lesson.

Also, distribute tonight's homework titled "Media Hunt: Condoms?" where students will have an opportunity to view 2 videos and assess whether the characters in the videos addressed condoms.

Lesson 7: Vocabulary

- 1. Contraception:** Another word for birth control. Something that helps prevent pregnancy.
- 2. Birth control method:** A device, medication, procedure, or behavior choice that helps people to prevent pregnancy. This gives people a choice of if or when they want to have children.
- 3. Effectiveness:** A measurement of how well a birth control method works at preventing a pregnancy from occurring.
- 4. Hormonal method:** Any type of birth control that uses artificial forms of the hormones estrogen and/or progesterone to prevent pregnancy. The birth control pill is an example of a hormonal method.
- 5. Intrauterine Contraception Device (IUD):** A small, T-shaped object that is put inside the uterus to prevent pregnancy. Some types contain hormones and others do not.
- 6. Emergency contraception:** A type of birth control a person can use up to 5 days after having sexual intercourse to help prevent pregnancy. The pill form of this is sometimes called the Morning After Pill or Plan-B.
- 7. Over-the-counter method:** Any method of birth control that someone can get without a prescription from a health care provider. These include condoms and some forms of emergency contraception.

EXIT TICKET: Birth Control Basics

Name: _____ Period: _____

True or False? Next to each statement, determine if it is true or false.

_____ Condoms help prevent pregnancy and Sexually Transmitted Diseases (STDs) like HIV.

_____ To get some birth control methods, like The Pill and the IUD, people need to visit a doctor.

_____ Young people 12 or older can get birth control without parental permission.

_____ There is no age requirements to buy condoms in a store.

_____ If some of the FDA-approved birth control methods fail, you can use Emergency Contraception to keep from getting pregnant.

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EXIT TICKET: Birth Control Basics**ANSWER KEY**

True or False? Next to each statement, determine if it is true or false.

True Condoms help prevent pregnancy and Sexually Transmitted Diseases (STDs) like HIV.

True To get some birth control methods, like The Pill and the IUD, people need to visit a doctor.

True Young people 12 or older can get birth control without parental permission.





True There is no age requirements to buy condoms in a store.

True If some of the FDA-approved birth control methods fail, you can use Emergency Contraception to keep from getting pregnant.




Worksheet: Birth Control Grid

Name: _____ Period: _____ Date: _____

Birth Control Grid: Student Worksheet





Method	How is it used correctly?	How effective is it?	Where can you get it?	Does it lower your risk for STDs?
<p><i>ABSTINENCE (NOT HAVING SEX)</i></p> 				
<p><i>EXTERNAL CONDOM</i></p> 		85-98%		
<p><i>INTERNAL CONDOM</i></p> 		79-95%	School Nurse Free Clinics Pharmacies Corner stores	
<p><i>IUD</i></p> 	-"T" shaped plastic device inserted into a woman's uterus -Leave in hormonal type for 3 or 5 years -Leave in copper type for up to 10 years.			





Method	How is it used correctly?	How effective is it?	Where can you get it?	Does it lower your risk for STDs?
<p><i>IMPLANT</i></p> 			<p>Free clinics Your Doctor</p>	
<p><i>THE PILL</i></p> 			<p>Free clinics Your Doctor</p>	
<p><i>THE PATCH</i></p> 	<ul style="list-style-type: none"> -Stick patch to upper arm, upper torso or buttocks -Change every week for 3 weeks -No patch worn on 4th week -Takes 1-2 weeks to start working 		<p>Free clinics Your Doctor</p>	
<p><i>THE RING</i></p> 	<ul style="list-style-type: none"> -Insert in vagina -Leave inside for 3 weeks -Remove during 4th week -Takes 1-2 weeks to start working 		<p>Free clinics Your Doctor</p>	




Method	How is it used correctly?	How effective is it?	Where can you get it?	Does it lower your risk for STDs?
<p><i>THE SHOT</i></p> 	<p>Doctor gives you an injection every 12 weeks -Make your appointment early! -Takes 1-2 weeks to start working</p>			
<p><i>EMERGENCY CONTRACEPTION</i></p> 	<p>-1 or 2 pills take ASAP -Can use up to 5 days after unprotected sex or condom failure</p>	<p>89%</p>		
<p><i>*WITHDRAWAL OR PULL-OUT METHOD</i></p> 		<p>70-97%</p>		

****Not recommended for teenagers***

Teacher Birth Control Grid: Answer Key

Method	How is it used correctly?	How effective is it?	Where can you get it?	Does it lower your risk for STDs?
<p><i>ABSTINENCE (NOT HAVING SEX)</i></p> 	<ul style="list-style-type: none"> -Decide to wait -Tell your partner -No semen inside vagina or around vulva 	100%	<p>Your values Your mind</p>	Yes!
<p><i>EXTERNAL CONDOM</i></p> 	<ul style="list-style-type: none"> -Pinch tip and unroll over penis before sex -Use every time 	85-98%	<p>School Nurse Free Clinics Pharmacies Cornerstores</p>	Yes!
<p><i>INTERNAL CONDOM</i></p> 	<ul style="list-style-type: none"> -Put in vagina before sex -Put penis in pouch during sex -Use every time 	79-95%	<p>School Nurse Free Clinics Pharmacies Cornerstores</p>	Yes!
<p><i>IUD</i></p> 	<ul style="list-style-type: none"> -“T” shaped plastic device inserted into a woman’s uterus -Leave in hormonal type for 3 or 5 years -Leave in copper type for up to 10 years 	over 99%	<p>Free clinics Your Doctor</p>	No!

Method	How is it used correctly?	How effective is it?	Where can you get it?	Does it lower your risk for STDs?
<p><i>IMPLANT</i></p> 	<ul style="list-style-type: none"> -Thin, plastic implant inserted under the skin in the upper arm -Leave in for up to 3 years 	<p>Over 99%</p>	<p>Free clinics Your Doctor</p>	<p>No!</p>
<p><i>THE PILL</i></p> 	<ul style="list-style-type: none"> -Take 1 pill every day at the same time -Takes 1-2 weeks to start working. 	<p>Hormonal 92-97%</p>	<p>Free clinics Your Doctor</p>	<p>No!</p>
<p><i>THE PATCH</i></p> 	<ul style="list-style-type: none"> -Stick patch to upper arm, upper torso or buttocks -Change every week for 3 weeks -No patch worn on 4th week -Takes 1-2 weeks to start working. 	<p>Hormonal 92-97%</p>	<p>Free clinics Your Doctor</p>	<p>No!</p>
<p><i>THE RING</i></p> 	<ul style="list-style-type: none"> -Insert in vagina -Leave inside for 3 weeks. -Remove during 4th week -Takes 1-2 weeks to start working. 	<p>Hormonal 92-97%</p>	<p>Free clinics Your Doctor</p>	<p>No!</p>

Method	How is it used correctly?	How effective is it?	Where can you get it?	Does it lower your risk for STDs?
<p><i>THE SHOT</i></p> 	<ul style="list-style-type: none"> -Doctor gives you an injection every 12 weeks -Make your appointment early! -Takes 1-2 weeks to start working 	<p>Hormonal 92-97%</p>	<p>Free clinics Your Doctor</p>	<p>No!</p>
<p><i>EMERGENCY CONTRACEPTION</i></p> 	<ul style="list-style-type: none"> -1 or 2 pills takes ASAP -Can use up to 5 days after unprotected sex or condom failure 	<p>89%</p>	<p>Free clinics Pharmacies</p>	<p>No!</p>
<p><i>*WITHDRAWAL OR PULL-OUT METHOD</i></p> 	<ul style="list-style-type: none"> -The penis is pulled out of the vagina before ejaculation -No semen inside vagina or around vulva 	<p>70-97%</p>	<p>No device needed</p>	<p>No!</p>

****Not recommended for teenagers***

Homework: Let's Talk

Name: _____ Period: _____ Date: _____

Directions: For this homework, you will need access to the internet to watch two informative and entertaining videos about talking to your parents/guardians about sex and birth control. First, watch the five minute video from Planned Parenthood titled "Let's Talk". Then, watch the six minute video from SexEtc.org titled "Meet the Contraceptives" about the different types of birth control. After watching both videos, answer the following questions about talking about sex to your parents/guardians and about birth control.

Let's Talk- <https://www.youtube.com/watch?v=iwtl56dLG4w>

Meet the Contraceptives- <http://sexetc.org/videos/meet-the-contraceptives/>

1. Have you ever talked to your parents/guardians about sex? If you have, what did they say? Describe your conversation with them. If you have not talked to your parents/guardians about sex, how and when would you talk to them about it? Describe what you would say to them to start the conversation about sex.

2. What do you know now about birth control? Which birth control do you think would be best for you when you are ready to have sex?
