



Title: Contraception and Condoms

Level: SENIOR

Code: S.10

Links to Curriculum for Excellence

In terms of Curriculum for Excellence this level is concerned with extending or deepening what is described at Fourth Level.

Experiences and outcomes	Benchmarks
Using what I have learned I am able to make informed decisions and choices that promote and protect my own and others' sexual health and wellbeing. HWB 4-47b	<ul style="list-style-type: none">Understands the rights and responsibilities required for safe and enjoyable sex.

Learning intentions

- Earlier learning about contraception and condoms is reinforced and refreshed.
- Young people are informed about the purpose and main methods of contraception.
- Young people know where contraceptive advice and information are available.

Success criteria

- Young people can name the main methods of contraception available to them.
- Young people understand that decisions and practices regarding contraception are a part of relationships which are safe and enjoyable.
- Young people know where to go for information and advice on contraception.

Resources to support this activity

- The Sandyford NHS Greater Glasgow and Clyde website here <http://www.sandyford.org/sexual-health-information/contraception/>
- Cartoon animations (all 1 minute) All available here https://www.youtube.com/channel/UCeTj209nWm4kOSREoS5SFWw/videos?utm_source=FSRH+%2F+Medfash+e-bulletin+list&utm_campaign=e05cbf32b7-EMAIL_CAMPAIGN_2018_07_25_12_10&utm_medium=email&utm_term=0_38e3eb61fe-e05cbf32b7-273231565&mc_cid=e05cbf32b7&mc_eid=aba5a16876

Or via individual links

Cows talk Contraceptive Implants <https://youtu.be/Pw1HruBL5Zs>

Elephants talk Emergency Contraception <https://youtu.be/LkCQYaFIPzY>

Pufferfish talk Condoms <https://youtu.be/ehRpXeXOSyl>

- FPA poster: <https://sexwise.fpa.org.uk/sites/default/files/resource/2018-04/contraceptive-choices-at-a-glance-chart-sexwise-fpa.pdf>
- Condom demonstration <https://youtu.be/Rr2bahvJuOo>

NOTE:

Contraception: This activity suggests young people go online to look at and learn about different methods of contraception. Alternatively, you may have a local health practitioner or agency who would visit with a 'dummy kit' which shows the range of methods available – these can also be borrowed/provided by local agencies for you to use.

Condom demonstrator: These can be purchased or provided by a local agency, different models are available. They provide good practical experience of using a condom.

Activity

1. Ensure access to iPads/tablets, PCs or that young people have phones that they can use in class.

Introduce the session along these lines:

- Today is about contraception.
- Contraception protects someone from getting pregnant.
- A person might also use contraception to control or stop menstruation, such as managing heavy periods.
- In the session the young people will be finding out about (*acknowledge this could be refreshing what they know already*) contraception, especially what's called *Long Acting Reversible Contraception* and *Emergency Contraception* and *Condoms*.

2. At this early stage and throughout address both young men and young women equally and engage all in discussion. State explicitly that there's no assumption young people are having sex, and nothing today is personal, so let's make sure everyone respects confidentiality. Ask young people to go to the site that will help provide a lot of good information today (display on the Smart Board) <http://www.sandyford.org/sexual-health-information/contraception/>

3. First task. On the site ask young people to check out these 6 boxes (you will come to the others shortly)

- **Coils**
- **Hormonal Coils**
- **Combined Oral Contraception Pill**
- **Progestogen Only Pill**
- **Combined Hormonal Patch**
- **Combined Hormonal Vaginal Ring**

Ask the young people to think about these questions:

- What did you know about already?
- What's new to you?
- Anything would like to know more about?

4. After some time, bring the group back together and check out responses to what they have been reading – questions may be resolved through discussion - note down any questions that remain outstanding. Print and share and run through the FPA poster with contraception choices pictured and explained. <https://sexwise.fpa.org.uk/sites/default/files/resource/2018-04/contraceptive-choices-at-a-glance-chart-sexwise-fpa.pdf>

5. Go back to the site and ask young people to check out the sections on **Implant** and **Injection**. Go through a similar process – reading, conversation, feedback and questions. End with the animation: **Cows talk Contraceptive Implants** <https://youtu.be/Pw1HruBL5Zs>

6. Do a similar thing with the section: **Emergency contraception**

In discussion of emergency contraception:

- In terms of the window there is to use it, use both ‘days’ and translate where necessary to ‘hours’ – stress that it need not be the ‘morning after/next day’ that *as soon as* is the message.
- In most areas Emergency Contraception is available from your local pharmacy and of course nearest sexual health clinic or drop in or your GP. In most areas pharmacies provide it free and it is available to under 16s. As facilitator of this activity it is worth checking the practice of your nearest Pharmacies.

End with the animation: **Elephants talk Emergency Contraception** <https://youtu.be/LkCQYaFIPzY>

7. **Condoms**. Acknowledge that the young people have likely had a condom demonstration before, this is a refresher. Share the short film (1 minute 43) Condom demonstration

<https://youtu.be/Rr2bahvJuOo> In discussion of condoms that follows:

- Stress that they are the best way to protect yourself from most STIs.
- That using them for oral sex too also then provides protection from STIs transmitted that way.
- Ask the young people what they think about brands and quality – if necessary correct any misconception that the condoms available for free from condom services are less reliable/not as good as brands they might buy (like Durex).

End with the animation: **Pufferfish talk Condoms** <https://youtu.be/ehRpXeXOSyI>

8. **A few things to remember** Share the slide and check understanding, or have any discussion required, one point at a time.

A few things to remember

- Talking about contraception or condoms is important because otherwise people make assumptions that one person has got it sorted – they might not have.
- If you sort what you need then the experience of sex will be more relaxed, safe and enjoyable.
- You have a right to access accurate information and to get contraception and condoms.
- Remember the importance of consent – just because someone has sorted contraception or got condoms it doesn’t mean they are intent on having sex. You still need to talk and pay attention when it comes to consent.

9. **To end. Create a slide about your local sexual health services or clinics to share.**

Remind young people of the site providing information today. Remind them that they can access free contraception and advice from young people’s clinics and their GP. Review if there are any unanswered questions. If they can’t be addressed take them away and bring some responses back to the group next time you meet.

Practitioner Notes

