



Title: How adults plan and prevent a pregnancy: contraception and condoms (V2)

Level: SECOND

Code: 2.13

Links to Curriculum for Excellence

Experiences and outcomes	Benchmarks
I am able to describe how human life begins and how a baby is born. HWB 2-50a	<ul style="list-style-type: none">• Gives reasons why contraception may be used, for example, to prevent pregnancy and infection.

Learning Intentions

- Children understand the reasons why contraception may be used.

Success Criteria

- I can explain what contraception is used for.
- I can explain what a condom is used for.

Resources to support this activity

- PowerPoint slides

NOTE: This is a relatively brief input that provides information for children about contraception and condoms. It should follow input **2.12 The baby's story**. (The learning activity could also follow on from **2.11 How do people have sex/what do they do?** if this has been completed). The input is brief because it is largely concerned with giving some factual information. Of course, children may have questions, and it may prove helpful to run through the material more than once to assure comprehension.

Activity

1. Spend some time recapping with the children what they have learned in exploring 'the baby's story' (and if they have used the relevant activity 'how people have sex').
2. Introduce the idea that adults might not want to get pregnant/have a baby if they have sex, along these lines: *So, we have learned that when a woman and a man have sex this might mean that the woman gets pregnant. If this is something that the adults want, then that's great. But maybe they don't want to have a baby. Can you think of any reasons why adults might not want to have a baby?* Acknowledge contributions and say that there is something that adults can do to make sure they don't make a baby, and that's what this lesson is about.
3. Ask the children to think for a moment about whether they have ever heard the words on the slide – say that you won't ask them any questions, the words are: **Contraception** and **Condoms**. Explain that in the next few slides the children will learn more about what these things are and how they work to help make sure that a woman does not get pregnant and so men and women don't become parents unless they want to.
4. Use the series of slides that follow to address both contraception and condoms, pausing to check understanding as you go.

What is contraception and how does it work?

- We know that sperm come from a man and the sperm has to get to the egg inside a woman to make a baby.
- If a woman and man are having sex and they don't want to have a baby, then they can use contraception.
- Contraception is sometimes called birth-control.
- There are lots of different kinds of contraception.
- The woman can take a pill or have an injection or have a little implant put just under the skin on her arm. So, all these things are like a medicine that stop the sperm and egg making a baby.
- Condoms are also a contraception (more about that again soon).
- When people want to have a baby, they stop using contraception.

What is a condom and how does it work?

- There are 2 kinds of condoms – one for a man and one for a woman. They stop the sperm meeting the egg so that they can't make a baby.
- A man fits the condom over his penis when it is hard. When he has sex and his sperm comes out, the sperm gets caught in the condom and so it cannot meet the egg.
- A woman's condom fits inside her vagina so that when the man puts his penis inside during sex then when the sperm comes out it gets caught in the condom.
- Condoms can also do another important thing.
- If an adult has an infection called a sexually transmitted infection it can be passed on to another person when they have sex. If a man or woman uses a condom this protects them from the infection.

5. To end, acknowledge that this is a lot of things to think about, and that children can ask questions at any time.

Connecting with home

The text below could be used to communicate with home about this activity.

The children are continuing their learning about relationships, sexual health and parenthood. We have already learned about what we called *the baby's story* – thinking about conception, pregnancy and birth. We have also learned about what sex is. Children at this age also have questions about contraception and condoms and so we will be sharing some information with the children about what these things are.

Practitioner Notes