



Title: Getting pregnant – Truths and Myths

Level: THIRD

Code: 3.11

Links to Curriculum for Excellence

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 3-47b I know how to manage situations concerning my sexual health and wellbeing and am learning to understand what appropriate sexual behaviour is. HWB 3-49a	<ul style="list-style-type: none"> Identifies negotiation skills required to have safe and enjoyable sex, for example, knowing when the time is right, mutual responsibility to prevent unintended pregnancy, use of contraceptives, confidence to refuse unwanted sexual contact. Knows how to access confidential information, guidance and help.

Learning Intentions

- Young people are given basic knowledge about conception.
- Myths or false information is challenged.

Success Criteria

- I can describe how pregnancy occurs.
- I can challenge myths about conception/getting pregnant.

Resources to support this activity

- PowerPoint slides
- 2 x card games for Truth/Myth tasks (Prop 1 and Prop 2)

NOTE

- There are a series of learning activities at Third Level that might usefully be delivered as a package of learning. Delivered as a group there is more flexibility in terms of how long to give each activity, depending on the conversation generated this learning activity and the others may not each need a 50-minute slot – or you might return to review learning after working through several. The other activities alongside this activity on **Getting Pregnant** are:
 - **3.12 Contraception**
 - **3.13 Condoms**
 - **3.14 Sexual health: Getting advice and support**
- Young people need an understanding of conception/how people have sex in order to undertake this learning activity. Material is available on this at Second Level (2.11 and 2.12); conception is covered in a shorter form in this activity as a refresh of what should be previous learning.

Activity

1. Explain that the activity is about getting pregnant – not just the facts about getting pregnant, but also some of the things that people say about how not to get pregnant. Introduce the idea that some things talked about today will be **truths** and some things will be **myths**. Share the slide:

Truth: Something that is a fact, accurate, that can actually happen, that is real.

Myth: Something that might be believed by people but isn't true; a fiction; a fake idea or story.

2. **Truth or myth?** This explores the idea of a truth and a myth – things the young people might have heard, and before they consider pregnancy. Ask the young people to work in 2s/3s and to read through the cards provided (see prop). Their task is to make 2 piles of cards – one is statements they believe to be true, the other statements they believe are myths. Give them time to discuss and sort then work through and find out who through what – importantly focus on the *why* they think/know it is truth or myth.
 - Young people may come up with reasons such as it is a scientific fact or not, it's something they have been brought up to believe is true, it's something they have checked themselves... and you can discuss the veracity of each source of information or reassurance about truth or myth.
 - It's also possible using the game to acknowledge that a lot of myths have a wee bit of truth but are mostly false.

This is a fun introductory task, set a timer if this helps – 1 minute per statement? Followed by some feedback/discussion.

Truth or myth cards (Prop 1)

1. Tomatoes are a fruit	Truth. This is because it contains the ovary and the seeds of a flowering plant.
2. Dogs sweat through their tongue	Myth. Panting is not the same as sweating. Most of their sweat glands are in their footpads. (But panting does keep them cool)
3. Bats are blind	Myth. They can't see in colour but at night they can see better than we do.
4. If you cut an earthworm in half it will regenerate and become 2 worms.	Myth. The front end will live but the back end will die.
5. Goldfish have a 3 second memory	Myth. Actually, they have a good memory. You can train a goldfish to respond to different light or music.
6. You should drink 8 glasses of water every day.	Myth. It's probably good advice though.
7. If you swallow chewing gum it will stay in your stomach for 7 years.	Myth. It might not digest well but it will just come out in your poo – probably looking the same as when it went in.
8. The inventor of the toilet was called Thomas Crapper.	Myth. But he is real and did help make toilets better with things like flushing!
9. Planet Earth is round.	Truth. Well, it's an oblate spheroid – it's definitely not flat.

10. Finger nails and hair keep growing after you die.	Myth. It just doesn't.
11. $1 + 1 = 2$	Truth. No question.
12. It's dangerous to wake someone up if they are sleepwalking.	Myth. Sleepwalking is dangerous. Wake them up!

13. How does a pregnancy begin? Remind the young people that the focus today is on getting pregnant, before getting to some truths and myths about that, share the series of slides. NOTE: This should be a refresh of previous learning. If young people have had no input on conception/pregnancy/birth material at Second Level activity 2.12 can be covered in full.

14. Pregnancy: truth or myth? Use the cards (prop 2) and ask young people to work in their small groups again – a similar task with a further 12 statements about getting pregnant. Have them work on it, decide what they think - and then as a class/group work through the slides to discuss further.

Truth or myth cards (Prop 2)

1. You can get pregnant the first time you have sex.	TRUTH. If it's your first time or 10th time or 100 th time, the chances of getting pregnant are the same.
2. Scotland has one of the highest rates of teenage pregnancy in Europe.	TRUTH. We do.
3. You can't get pregnant if you have sex during your period.	MYTH You <i>can</i> get pregnant if you have sex during your period. Your ability to get pregnant is dependent on when you ovulate, and not directly associated with your period.
4. If a boy/man pulls out before he comes/ejaculates you can't get pregnant.	MYTH When the boy/man has an erect penis he can have pre-cum that has sperm in it. This means pulling out is not a good method to stop pregnancy.
5. Using contraception makes it harder to get pregnant later on.	MYTH Contraception does prevent pregnancy when you're using it, which is exactly how you want it to work! But once you stop taking it, your fertility returns.
6. Sperm can live for 3 to 5 days in the right conditions.	TRUTH If the sperm is in a warm, moist environment it can live after the boy/man has ejaculated/come. If it then gets inside the girl/woman's vagina there is a risk of pregnancy
7. Washing their vagina after sex will prevent a girl/woman from getting pregnant	MYTH Washing might push the semen further into the girl/woman's vagina.
8. The best ways to <i>not</i> get pregnant is to not have sex, or if you are having sex, to use contraception.	TRUTH. Not having penetrative sex (penis in vagina) means you won't risk pregnancy. If you use contraception when you are ready to have sex this will stop pregnancy happening.
9. You can't get pregnant if you have sex standing up.	MYTH If you have penetrative sex (penis in vagina) with no contraception or condoms, you risk getting pregnant. Gravity

	has no effect on a sperm’s ability to travel through the vagina, into the uterus where it can reach an egg.
10. A healthy mum is more likely to have a healthy baby.	TRUTH When it is possible to plan for a pregnancy the parents can plan to eat well, stop drinking alcohol, not smoke and take vitamins and supplements that help.
11. Having sex in water or in the shower prevents you from getting pregnant.	MYTH It doesn’t matter where you have sex – same rules apply – you can still get pregnant.
12. A sandwich bag or plastic wrap will work as good as a condom	MYTH Please don’t! This will not work. Condoms are designed to work.

15. **To end**, acknowledge contributions and remind the young people that they can come to you with any questions that they have.

Connecting with home

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

We are continuing our learning about relationships, sexual health and parenthood. We will be giving information to young people about getting pregnant – in particular we want them to know the facts and know what isn’t true about anything they might be told. As with all our learning we are providing this information now so that young people have it and understand the importance of the choices they will make in relationships. In other lessons we will give information about contraception and condoms.

This article that talks about the myths teenagers might hear about getting pregnant:

<https://sexetc.org/info-center/post/pregnancy-myths-debunked/>

Practitioner Notes