



## Title: How adults plan and prevent a pregnancy: contraception and condoms

Level: **SECOND**

### 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"><li>• Gives reasons why contraception may be used, for example, to prevent pregnancy and infection.</li></ul> |

### 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 **How human life begins, pregnancy and birth**. (The learning activity could also follow on from **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 ensure comprehension.

## Activity

1. Spend some time recapping with the children what they have learned in exploring **how human life begins, pregnancy and birth** (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. And ask: 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. The slides have the following information:

### **What do people use contraception?**

When a man and woman have sex, the man ejaculates sperm in to the woman's vagina.

If the sperm meets the woman's egg, she may become pregnant.

If a woman and man are having sex but don't want to have a baby, then they can use contraception. The woman and man can talk about what kind of contraception will work best for them.

### **There are lots of different kinds of contraception a woman can use.**

A woman can take a pill, have an injection or have a little implant put just under the skin on her arm. All these things are a medicine that stop the woman from becoming pregnant.

### **There is only one type of contraception a man can use.**

It is called a condom. A man fits the condom over his penis when it is erect.

During sex, his sperm comes out when he ejaculates. The sperm collects in the condom instead of going into the woman's vagina. So, the sperm cannot meet the egg.

### **There is also a condom for women.**

A female (woman's) condom fits inside her vagina.

During sex, the man's sperm comes out when he ejaculates. The sperm collects in the condom. So, the sperm cannot meet the egg.

### **Condoms offer protection too.**

If an adult has an infection called a sexually transmitted infection (STI) 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 STI.

5. Discuss any questions or views that arise. 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 how human life begins, 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

