



Title: Contraception and Condoms

Level: SENIOR

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

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

Resources to support this activity

- Young people will need access to tablets/phones for this activity.
- The teacher/educator needs to research/identify local services that provide contraception/condoms to young people in their local area. Please remember to find out what *free condom provision* there is where you are.
- NHS Inform: <https://www.nhsinform.scot/healthy-living/contraception/getting-started/the-different-types-of-contraception>
- NHS Inform Emergency Contraception <https://www.nhsinform.scot/healthy-living/contraception/emergencies/emergency-contraception>
- Male condom demonstration (duration 1 minute 43) <https://vimeo.com/684152273>
- Female condoms: How do they work? (duration 1 minute 5) <https://youtu.be/EfwstN51Zlw>
- Cartoon animations (all 1 minute) Produced by FPA, more about their work here: [Let's talk about sex! | Sexwise](#) All animations available here: [Sexwise - YouTube](#)

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

Whenever you use content on a platform like YouTube, please cue the film you intend to play in advance, check it is the film you want to view, and skip adverts.

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 male/external condom which would supplement the information and film suggested in this activity.

Activity

1. Throughout, address both young men and young women equally and engage all in discussion. At the outset of the session 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.
2. Ensure access to iPads/tablets, PCs or that young people have phones that they can use in class. Introduce the session (with slide). In your intro, acknowledge this will be/could be refreshing what they know already:

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 you will find out about contraception, especially what's called Long Acting Reversible Contraception (Injections, implants and coil) and Emergency Contraception and Condoms.

3. Explain that before checking out all the different kinds of contraception here is a set of statements to talk about, the suggestion would be to do this in one group/full class so that you can get a good sense of where young people are on this matter. As you share the information explore whether any of this is known, surprising or raises any questions. Focus on the last point made: Why might 1 in 3 of these young people not be using any form of protection/contraception? What might the consequences be?

In a recent Scottish study, we have learned that 1 in 5 young people have had sexual intercourse at age 15. When they did:

31% used a condom.

26% of young women were using the contraceptive pill.

9% used a condom and the young women was using the pill.

34% did not use a condom or other contraceptive.

4. Ask young people to go to the site that will help provide a lot of good information today: **NHS Inform** <https://www.nhsinform.scot/healthy-living/contraception/getting-started/the-different-types-of-contraception>

Explain that to start you will be looking at some methods of contraception one by one – this will include **contraceptive implants, contraceptive injections**, then **emergency contraception** then **condoms**.

5. First task, ask young people to check out the 2 sections on **Implant** and **Injection** on the NHS Inform site. Post the guide questions on the slide. Have young people look, talk and then come back after a few minutes for some discussion.
- What did you know about already?
 - What's new to you?
 - Anything would like to know more about?

End with the animation (fun and informative): **Cows talk Contraceptive Implants**

<https://youtu.be/Pw1HruBL5Zs>

6. Do a similar thing with **Emergency contraception** again using NHS Inform at this location (and the prompt questions on the slide): <https://www.nhsinform.scot/healthy-living/contraception/emergencies/emergency-contraception>

In discussion of emergency contraception ensure you cover these points:

- 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 the local pharmacy and of course nearest sexual health clinic or drop in or GP. In most areas pharmacies provide it free and it is available to under 16s. As facilitator of this activity, it is important to check the practice of your nearest Pharmacies.

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

7. Condoms and lubricant

Acknowledge that young people will have had lessons about condoms and lube before. So, before you remind them of some basic info, that you'll share a few slides with quotes from young people aged 16 and 17 talking about using condoms; say that some are positive about them, some are people saying what gets in the way of using them, encourage some feedback/views on the quotes that you share over the next few slides. (This may be a time to pick up earlier conversations about condom use. The purpose of these slides is to acknowledge that there is resistance to condom use, and that there are important influences on their use like a young person's confidence and communication between partners).

I wouldn't have sex without using something, I think I'm more afraid of getting pregnant than catching an STI though. They seem a lot less stressful!

I feel like guys get really embarrassed about condoms, they treat it like it's a joke or something and they are fine with that, but actually when it comes to it, they don't know what to do.

I definitely think it's more expected for girls to protect themselves, guys don't seem that bothered.

There is a real thing that guys don't think it's manly to use condoms, you never hear people talking about condoms unless it's like a joke or making fun of someone.

I think it's both of your responsibility, I mean even if you are a lassie. It's not like you wouldn't notice if a guy hadn't put a condom on. I think it's ok for girls to refuse having sex, and guys as well for that matter, if their partner doesn't want to be protected. You have to share the responsibility and the result, if it goes wrong, equally. It's about respecting each other.

After some discussion, acknowledge that the young people have likely had a condom demonstration before, if so, this is a refresher. However, check around the room that this is the case. In all circumstances it is worth using the short film (1 minute 43) Condom demonstration <https://vimeo.com/684152273> and using condoms with demonstrators if you have them.

To capture some key points, share this slide:

Are all male/external condoms the same?

- No, they come in different sizes. They can be different length or different width.
- Male/external condoms also come in different colours, some have flavours or different thickness or shape to give a different feel.
- Flavoured condoms are only for oral sex, they should not be used for penetrative sex.
- When a condom fits properly it is more effective – so fit is really important. Also, the better fit, the better it will feel. It helps for boys to practice with different types and sizes of condom on their own to make sure they use one that's comfortable and fits well.

Then find out what the young people know about the internal (female) condom, share the short animation from Brook: <https://youtu.be/EfwstN51Zlw> (The film ends with encouragement to go to Brook's website for more, tell the group this isn't available in your area and that the best way to find a service will be shared at the end of the activity).

There are some key points that may have already come up in discussion, if not, to sum up on the discussion of condoms, please stress:

- Condoms are the best way to protect yourself from most STIs.
- That using them for oral sex too also then provides protection from STIs.
- 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/ehRpXeX0Syl>

Following the condom slides there are 2 further slides about **lubricant**. Share and ensure understanding.

If you have time, leaving time for the end slides, return to the **NHS Inform** main pages about types of contraception <https://www.nhsinform.scot/healthy-living/contraception/getting-started/the-different-types-of-contraception> Ask young people to check out any remaining types that they want to know more about, explaining that you will come back to together to find out what they have had confirmed or might be new to them. 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.

8. **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>
9. **A few things to remember** Share the 2 slides 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.

10. **To end. Create a slide about your local sexual health services, clinics, free condom provision, pharmacies 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. Make sure they know about free condom provision in your area – this might include a free postal service, if it does please share this information. As you share the slide use knowledge in the room to extend information on what is available and where.

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.

Additional information

This animation was used in the Third/Fourth Level Condoms activity and could be shared again. Condoms: How to use them effectively animation (duration 2 minutes 54) <https://youtu.be/oaLdNErJ-Fk> (only about the male condom)

ChildLine provides good information about condoms (and other things to do with contraception):

[Contraception and safe sex | Childline](#)

NHS Lanarkshire have information for use with young people with learning disabilities: [How to put on a Condom | NHS Lanarkshire \(scot.nhs.uk\)](#)

Practitioner Notes

