

Activity: 9-10.3.3

Key Messages

- There are different types of contraception available for young people and they have various pros and cons.
- It is important to think about contraception before you become sexually active and to use contraception consistently.
- A condom should always be worn during sexual intercourse to decrease the risk of pregnancy (opposite sex couples) and the risk of contracting an STI (all couples).

Activity Details

Victorian Curriculum

Health & PE Evaluate health information from a range of sources and apply to health decisions and situations
VCHPEP148

Time 50 minutes

Levels 9 & 10

Equipment

- a set of *Contraception matching* cards per group
- *Contraception matching* Teacher reference sheet

Contraception matching

Purpose

To compare the effectiveness of the major contraceptive methods contrasting key advantages and possible problems.

Teaching notes

Allow plenty of time for class discussion after students have matched their card bundles. This activity can also be completed as a whole class by giving each student a separate card and asking them to walk around the classroom and find students with corresponding cards to complete their bundle.

Procedure

1. Divide the class into groups of 4-5 students.
2. Distribute a set of *Contraception matching* cards to each group.
3. Ask students to match each contraceptive method with the corresponding key advantage and possible problem card, so that there are three cards in each bundle.
4. Check each group's answers to ensure they have grouped the cards correctly (see *Teacher reference sheet*).

Discussion

A class discussion could include the following questions:

- What is the most effective method of contraception?
- What is the least effective method of contraception?
- Which method is the hardest to access/ use?
- Which method is the easiest to access/ use?
- Is there any method without potential problems?
- Which methods would be more suited to young people than others?
- Who should take responsibility for buying contraception in a relationship?
- Where could a young person go in your local area if they wanted to find out more about using contraception?
- How do you talk to someone about contraception? What do you say?
- Does any method give more protection than the others?
- What is the only method that protects against STIs and pregnancy?
- What do you think are the most important factors to consider when choosing contraception?

Finish by asking each student to **privately** identify the best method/s of contraception for a young person in their situation. Don't discuss this as a class, but let students know that their choice of contraception may change over time.

Contraception matching: Teacher reference sheet

Method and its effectiveness	Key advantages	Possible problems
Male Condom 98% effective if used correctly and consistently	Excellent protection against pregnancy and STIs when used correctly, inexpensive and easily available.	May break or leak if used incorrectly.
The Pill 99.7% if used correctly and consistently	Continuous protection against pregnancy, helps with painful, heavy and irregular periods, nothing to apply or insert at time of intercourse.	Must be remembered every day, no STI protection.
Implanon™ >99.9%	Continuous protection against pregnancy for three years, nothing to apply or insert at time of intercourse.	Minor surgical procedure, irregular bleeding for some people, no STI protection.
Vaginal Ring 99.7% + if used correctly and consistently	Continuous protection against pregnancy for one month at a time, nothing to apply or insert at time of intercourse.	Must remember to remove for menstruation, must remember to replace if removed for sex, no protection against STIs.
Abstinence 100% if used consistently	No side effects, nothing needs to be purchased, can be used anytime, anywhere, excellent protection against pregnancy and STIs, always an option.	Requires commitment and self-control from both partners.
No method 15%	Nothing to purchase.	No protection against pregnancy, no protection from STIs.
Emergency Contraception 85% if taken within 96 hours of having unprotected sex.	Can be used up to 120 hours after intercourse, good for emergency situations.	May cause nausea and vomiting, no protection from STIs.
Withdrawal Effectiveness varies – Failure rate increases if male unable to predict and control ejaculation.	Nothing to purchase, always an option.	Dependent on male partner, requires great control, no protection against STIs, limited protection against pregnancy.

This information was correct on publication. Any changes to information or practice will be posted on the *SafeLanding* website.



Method and its
effectiveness



Key advantages



Possible
problems



No side effects, nothing
needs to be purchased, can
be used anytime, anywhere,
excellent protection against
pregnancy and STIs,
always an option.





Continuous protection
against pregnancy, helps
with painful, heavy and
irregular periods, nothing to
apply or insert at time
of intercourse.



Continuous protection
against pregnancy for three
years, nothing to apply or
insert at time of intercourse.



Requires commitment
and self-control from
both partners.



Must be remembered every
day, no STI protection.





Minor surgical procedure,
irregular bleeding for some
people, no STI protection.



Must remember to remove
for menstruation, must
remember to replace
if removed for sex, no
protection against STIs.



Abstinence
100% if used consistently.



Nothing to purchase,
always an option.





Excellent protection against pregnancy and STIs when used correctly, inexpensive and easily available.



Implanon™
> 99.9%.





Vaginal Ring
99.7% + if used correctly
and consistently.



Dependent on male partner,
requires great control, no
protection against STIs,
limited protection against
pregnancy.





The Pill
99.7% if used correctly
and consistently.



May break or leak if
used incorrectly.





Male condom
98% effective if used correctly
and consistently.



Can be used up to 120 hours
after intercourse, good for
emergency situations.





Emergency
contraception

85% if taken within 96 hours
of having unprotected sex.



Nothing to purchase.





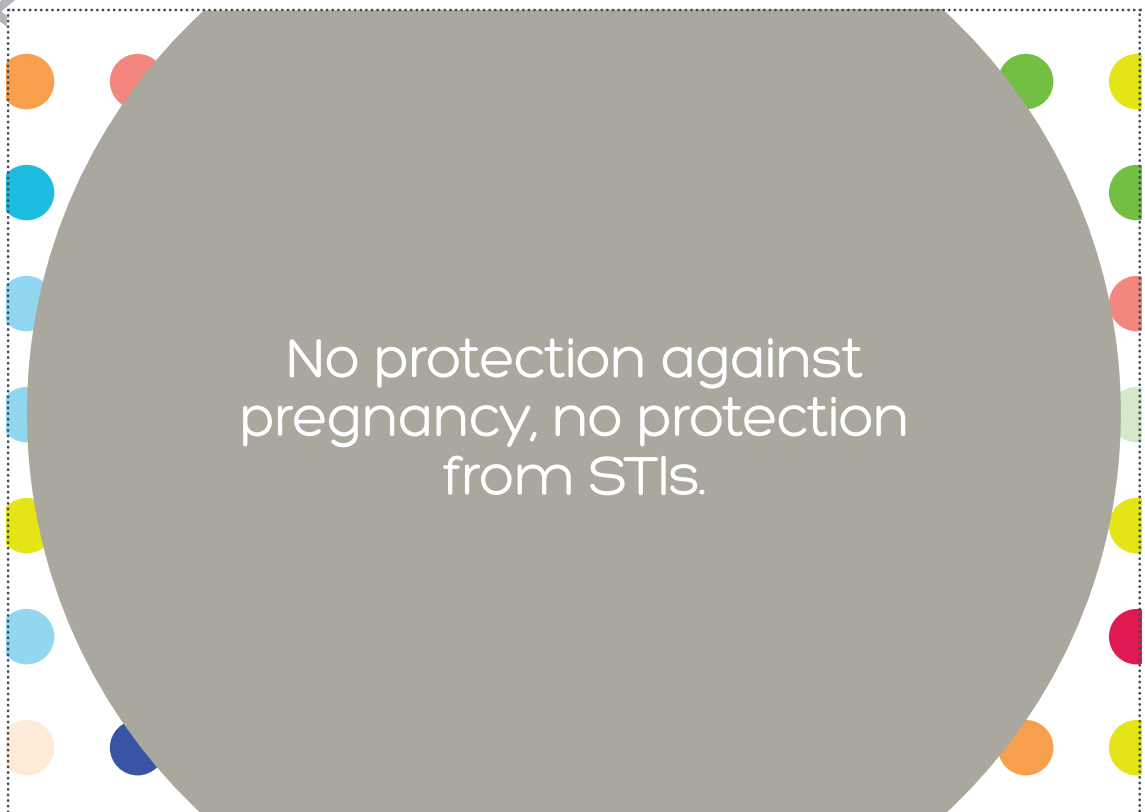
Withdrawal

Effectiveness varies.
Failure rate increases if male
unable to predict and
control ejaculation.



May cause nausea and
vomiting, no protection
from STIs.







Continuous protection
against pregnancy for one
month at a time, nothing to
apply or insert at time
of intercourse.

