

Activity: 7-8.13.1

Key Messages

- Contraception is a means of having sexual intercourse and decreasing the risk of pregnancy.
- A condom should be worn every time people have sexual intercourse to decrease the likelihood of pregnancy and of contracting an STI.

Activity Details

Victorian Curriculum

Health & PE Develop skills to evaluate health information and express health concerns VCHPEP129

Time 30 minutes

Levels 7 & 8

Equipment

- Contraception: an overview presentation accessible from Resources section at www.rse.fpv.org.au
- *Contraception information* Teacher reference sheet
- Contraception kit (optional) available from www.fpv.org.au

Contraception kit

Purpose

To establish the meaning of contraception.

To familiarise students with different forms of contraception.

To discuss the various ways in which each contraceptive device works.

Teaching notes

Although this activity seeks to inform students about the types of contraception available, particularly those used more commonly by young people, the main message should be the importance of always using a condom when having sexual intercourse, as it is the only means of preventing both pregnancy and STIs. If a situation ever arises where people have unprotected sex, it is best to advise the students to seek emergency contraception as well as an STI check. STI checks are simple to administer and necessary, as most STIs are asymptomatic. You may also like to research the cost of these contraceptives in your local area.

Procedure

1. Ask the students to sit in a circle.
2. Revise the steps of conception with the students, using the Magnel or Magno-mate (with overlays) or another visual aid.
3. Explain that, sometimes, people don't want to have a baby but still want to be able to enjoy having sexual intercourse with each other.
4. Introduce each form of contraception, one at a time, and briefly explain: how it works; side effects; the percentage success rate; the protection it offers from STIs; where to buy it and if a script is needed.

Please note: At year 7-8 level the key contraceptive methods to cover are condoms, the Pill, emergency contraception and Implanon™.

5. Encourage the students to learn how to use a condom properly, before they need to use one for sexual intercourse. Proper use will increase the protection it offers and decrease the likelihood of slippage and breakage.
6. Correct condom size is also very important, to decrease the chance of slippage and increase the efficacy of use. Condom sizing relates to the width of the penis, not the length, as all erect penises are of a similar length.

Contraception information

Name	How it works	Side effects	% success rate	STI protection	Easy to get?
Combined Pill	<p>Contains synthetic hormones progesterone and oestrogen.</p> <p>Stops ovulation and thickens cervical mucus so sperm can't get through.</p> <p>Also used to regulate 'period'/bleeding/acne.</p> <p>One hormone pill is taken daily for 21 days, followed by up to 7 sugar pills which causes a withdrawal bleed/period. Pills must be taken at a regular time daily.</p>	<p>Mood changes, nausea, mild fluid retention, breast changes, skin changes—usually settle over time.</p> <p>May not be suitable for everyone.</p>	<p>99.7% when taken as instructed.</p> <p>The biggest problem is that the effects are nullified if women forget to take the pill, or experience vomiting or diarrhoea.</p>	No.	<p>Yes.</p> <p>Acquire a script from a doctor and purchase at a pharmacy.</p> <p>Cost varies between brands.</p>
Implanon™	<p>Contains synthetic hormone progesterone.</p> <p>Stops ovulation.</p> <p>Thickens cervical mucus.</p> <p>A small, 4cm rod is implanted in the arm, below the skin, by a qualified doctor.</p> <p>Slowly releases hormone.</p> <p>Lasts for three years. Can be removed at any time by a doctor and effects are immediately reversible.</p>	<p>Mood changes, nausea, mild fluid retention, breast changes, skin changes—usually settle over time.</p> <p>Some women cease to menstruate. Others have heavier or more frequent periods or irregular bleeding.</p>	99.9%.	No.	<p>Yes.</p> <p>Need a script from a doctor and purchase at a pharmacy.</p> <p>Note: Return to doctor for insertion.</p>
Vaginal Ring	<p>Contains synthetic hormones progesterone and oestrogen.</p> <p>Stops ovulation and thickens cervical mucus so sperm can't get through.</p> <p>Regulates 'period'/bleeding/acne.</p> <p>A flexible rubber ring containing the hormones is placed inside the vagina for three weeks at a time.</p> <p>Hormones are slowly released into the blood stream. It's removed and discarded, period/bleed occurs, replaced after seven days (one week). Three weeks in and one week out.</p>	<p>Mood changes, nausea, mild fluid retention, breast changes, skin changes—usually settle over time.</p>	98-99 when used as instructed.	No.	<p>Yes.</p> <p>Need a script from a doctor and purchase at a pharmacy.</p>

Please also refer to the contraception fact sheets on the fpv.org.au website.

Contraception information (continued)

Name	How it works	Side effects	% success rate	STI protection	Easy to get?
Emergency Contraception	<p>Contains high levels of progestogen.</p> <p>Can be used up to 120 hours after unprotected sex, though it is most effective if taken within the first 24 hours.</p> <p>Delays ovulation.</p>	<p>May cause irregular bleeding.</p> <p>Nausea and vomiting, rare.</p>	<p>Decreases each day.</p> <p>About 85% if taken within the first 24 hours of having unprotected sex.</p> <p>Will have no effect after five days.</p>	No.	<p>Yes.</p> <p>Don't need a Medicare card or prescription.</p> <p>The pharmacist will ask questions to ensure it is suitable for you to take, and to make sure you understand how to take it.</p>
Condom	<p>Latex rubber sheath that is worn over the fully erect penis. Works as a contraceptive by collecting the semen following ejaculation to prevent sperm from entering the vagina.</p> <p>Works against STIs by stopping bodily fluid being shared between partners.</p> <p>Must be placed on penis before any genital to genital touching.</p> <p>Best used with a water based lubricant.</p> <p>Single use only.</p>	<p>Very rare allergy to latex.</p> <p>Non-latex condoms also available, though they are slightly more expensive.</p>	<p>98% with correct use.</p> <p>82% typical use.</p>	Best protection available.	<p>Yes</p> <p>Cheap.</p> <p>Available in supermarkets, pharmacies, petrol stations, some toilets and vending machines.</p> <p>Often free at youth health centres, sexual health clinics.</p>
IUD	<p>A small, plastic device with a nylon string attached. It stops the sperm from meeting an egg. It stops an egg from sticking to the lining of the uterus. Lasts five years.</p>	<p>There are two types—Copper and Hormonal.</p> <p>Copper may cause painful periods.</p> <p>Hormonal eases periods. Need to check string is in place after every period.</p>	<p>More than 99% effective.</p>	No.	<p>Has to be inserted by a doctor.</p>
Depo Provera™	<p>Contains synthetic hormone progestogen. Is injected every 12 weeks. Stops the release of an egg. Stops the egg from sticking to the uterus.</p>	<p>May have irregular bleeding/spotting. May have breast tenderness, headaches, weight gain, mood changes, loss of interest in sex. Make periods painful.</p>	<p>99.8% with correct use.</p> <p>94% typical use.</p>	No.	<p>Yes. Need a script from a doctor and purchase at a pharmacy. Return to doctor for injection.</p>