

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.

Activity: 7-8.13.2

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.
- It is important to seek advice about what contraception is suitable for your body, and to use contraception consistently.

Activity Details

Victorian Curriculum

Health & PE Plan and use strategies and resources to enhance the health, safety and wellbeing of their communities VCHPEP130

Time 20 minutes

Levels 7 & 8

Equipment • *Predicting pregnancy* teacher reference sheet.

Predicting pregnancy

Purpose

To demonstrate the risk of pregnancy during intercourse both with, and without, contraception.

Teaching notes

You will need to point out that about 10% of the population is same-sex attracted and that the numbers don't reflect that fact. You could also discuss the sexual health risks mentioned in this activity for people who have sex with the same sex, particularly in relation to contracting an STI, and the precautions both men and women could take to reduce the risk. It is advisable to work out the percentage figures for your class in advance.

Procedure

1. Briefly discuss with the students the risks associated with intercourse without contraception. Include discussion on sex between the same-sex and opposite sex.
Let students know this activity focuses on sex between a man and a woman.
2. Ask all the students to stand up. Tell them that if they all had intercourse once a week for a year, without contraception, by the end of the year 85% of them would be pregnant or have made their partner pregnant.
3. To clearly illustrate this, ask 15% of students to sit. Ask them all to look around and to compare the size of the group standing to the size of the group sitting.
4. Repeat the exercise using the numbers that would become pregnant using the withdrawal method.
5. Discuss the effectiveness of this method, including lack of ability to control withdrawal, pre cum and transmission of STIs. However, if withdrawal is the only option, it is better than no method.
6. Repeat the exercise using the numbers of people who would become pregnant using condoms, the Pill, Implanon™ and abstinence. Compare each.
7. Be sure to discuss that, although there are many forms of effective contraception, only condoms offer protection from STIs.

Discussion

Class discussion could include the following questions:

- What is the most effective form of preventing pregnancy?
- Why/when might abstinence be a difficult choice to stick to?
- If abstinence is not possible, what is the second most effective method?
- Discuss each method, including the positives and negatives of each, cost, availability and ease of use.

Predicting pregnancy: contraception failure rate

Percentage of women experiencing unplanned pregnancy in one year of typical use of the method (highlighted).

Method	Number of students			
	25	50	75	100
Abstinence	0	0	0	0
Implanon™	0 - 1	0 - 1	0 - 1	1
Pill	2	4	6	8
Condom	4	8	12	15
Withdrawal	7	14	21	27
No contraception used	21	42 - 43	63 - 64	85

Source: Sexual Health & Family Planning Australia 2008, *Contraception: An Australian clinical practice handbook, 2nd edition*, SH&FPA, Canberra.