



Lealands
High School

Relationships and Sex Education programme

YEAR 9 LESSON 1: **CONTRACEPTION**



Do Now:

Complete the quiz on the handout on your desk

YEAR 9 LESSON 1:

CONTRACEPTION

Learning outcomes:

I can...

- name the main types of contraception and how they work to prevent conception and/or protect against STIs
- Describe when, where and how to access contraception, and how to seek help in event of contraception failure
- apply my knowledge of contraception to assess the best contraceptive options in a range of scenarios

Ground Rules

To make everyone feel respected, listened to and safe, we must all:

Respect privacy: We can discuss examples but do not use names or descriptions that identify anyone, including ourselves.

No negative comments to others: Everyone has their own knowledge on this topic. No one knows too little or too much. Therefore, you must be respectful about what others know.

Listen to others: It is okay to disagree with each other, but we should listen properly before making assumptions or deciding how to respond. When disagreeing, challenge the statement not the person.

Use correct terminology: We will be focusing on facts during the session, so only use scientific or acceptable language. Do not use slang.

No judgement: We can explore beliefs and misunderstandings about the topic without fear of being judged.

Choose level of participation: Everyone has the right to choose not to answer a question or join discussion. We never put anyone 'on the spot'.

CONTRACEPTION QUIZ



On your own,
complete the question
quiz.

If you're not sure
about an answer,
have a guess!

Be ready to feedback

**Add any questions you have to the
anonymous question box**

CONTRACEPTION RESEARCH

- View the posters and leaflets around the room
- Read the information fully
- Choose key information to summarise

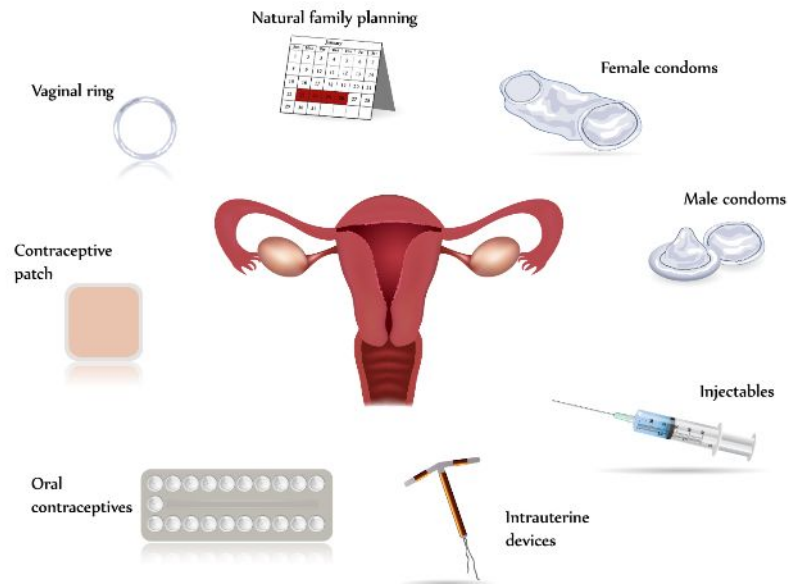
RESEARCH QUESTIONS

- What is it? How does it work? How reliable?
- What are the advantages and disadvantages?
- Does it protect from STIs?
- Is it suitable for young people?

We will feed back as a class and fill in our gaps.

USING CONTRACEPTION: KEY POINTS

- No method is 100% effective
- Contraceptive reliability is dependent on correct use
- Some of the most reliable forms of contraception do not protect against STI transmission. Therefore, many people use more than one method of contraception.



WHOSE RESPONSIBILITY?

Who should be responsible for providing contraception in a relationship? Why?

How would you advise them about when and how they should talk to each other about contraception?

What would you say to Jane?

What would you say to Omar?



Jane and Omar are really keen on each other and have both told their best friends that they are thinking about having sex.

Jane tells you she thinks it's always the boy's responsibility to carry condoms as she is worried people might think she is easy if she carries them with her.

Omar tells you he thinks it is a girl's responsibility to take the pill or other method of contraception as she is the one who can get pregnant.

WHICH METHOD?

Jasmin and David have just started going out and are planning to have sex. Neither has had sex before. Jasmin is very bad at remembering to take any medication.

Nico is single and regularly goes out clubbing where he gets drunk and often has sex with people he just met that night.

Sonia used to be in a long term relationship with a man who was unfaithful to her but is now going out with Daisy.

Rosie and Keith are in their late 30's and faithful to each other. Rosie cannot take the pill, or have a coil fitted for medical reasons. Neither of them like using condoms and they definitely do not want any more children.

SIGNPOSTING

If you want to talk to someone about today's lesson:



- Tutor, PSM or Head of Year
- Local Pharmacist
- Relate Relationships Advice
 - 0300 100 1234
 - Online chat available at www.relate.org.uk
- Brook
 - 0808 802 1234
 - Website www.askbrook.org.uk
- Luton Sexual Health
 - 01582 497070
 - Website www.lutonsexualhealth.org.uk