

TEACHER INFORMATION SHEET

Do Now answers:

1. Name 3 methods of contraception:

Could include: condom, femidom, oral contraceptive (the pill), contraceptive implant, contraceptive injection, IUD / IUS (the coil), diaphragm, dental dam, fertility awareness ('rhythm method'), withdrawal method, emergency contraceptive, vaginal ring, sterilisation / vasectomy

2. What is the difference between a barrier method and a hormonal method of contraception?

Barrier works by stopping sperm entering the uterus (e.g. on male reproductive function) whereas other methods including hormonal methods affect egg production (e.g. on female reproductive function) and/ or the ability of an egg to implant in the uterus.

3. Which method protects against STIs?

Some barrier methods (i.e. condoms and femidoms) protect against STIs

4. What makes condom use less effective?

A range of factors e.g. if it is expired, if it splits or comes off during sex, if it's put on the wrong way, if it doesn't have a kite mark, using two condoms at once, or a femidom and a condom together.

5. Which method of contraception is the least reliable?

Withdrawal method and fertility awareness

6. What is emergency contraception and how should it be used?

The emergency contraceptive pill is a pill that can be taken up to 72 hours (Levonelle) or 5 days (EllaOne) after unprotected sex.

7. Can a female still get pregnant if the male withdraws before he ejaculates?

Even if the male doesn't ejaculate, sperm can still be present in his pre-ejaculation fluid (the clear, sticky drops that are released when he's aroused). It can only take one sperm to get a female pregnant in her fertile time of the month, and the fluid can contain sexually transmitted infections. Also some men aren't aware that they are ejaculating until it's too late.

8. Can a female get pregnant if she has her period?

There's a chance that a female can get pregnant during a period, particularly towards the end of their menstrual cycle. Unprotected sex also increases the risk of infection by sexually transmitted infections (STIs).

9. Is there any method of contraception that is 100% effective?

No method of contraception is 100% effective. This is mostly due to user failure: methods without user failure tend to be much more effective (see chart below).

Scenario responses

Jasmin and David

They should definitely start out with condoms. Although they are both virgins and therefore likely to be free from STIs (unless carrying infection from shared needles, or STIs such as pubic lice caught through close contact that stopped short of sexual intercourse etc.), they need to become accustomed to using condoms. Condoms can be tricky to use at first (reliability drops from 98% to 85% in first year of use) so they both should get practised and comfortable with using them. However, since the reliability is only 85% to avoid pregnancy, then Jasmin should consider using an additional method. Since she forgets to take medicine,

it would be best to consider the contraceptive patch, implant or injection. A coil/cap/diaphragm would not necessarily be recommended. Most young women prefer to wait until after pregnancy for a coil, or at least until they are more sexually experienced, as coils require a specialist to fit which can seem quite daunting for someone new to sex. Coils can sometimes be less comfortable to fit prior to pregnancy. Caps/diaphragms are often quite fiddly to use so are more often recommended for someone who is sexually experienced.

Sonia and Daisy

Pregnancy is not a risk in same sex relationships. The risk of STI transmission in female/female sex is low but they should both consider getting tested for STIs due to Sonia's ex. They might consider the use of dental dams or finger condoms until they are sure both partners are free of infection.

Nico

Nico should always use condoms when having sex with other people and have regular checks for STIs. Ensure you discuss that this is high risk behaviour and he may wish to think about why he is choosing to have so many different partners.

Rosie and Keith

Vasectomy is an option for Keith, or sterilisation for Rosie. Or they could consider using fertility awareness methods where Rosie works out when she is fertile and abstains on those days. However, this method is time consuming and is not as accurate as other methods, and since they definitely don't want any more children, sterilisation may be a better option.