

Knowledge Organiser for Year 9: Relationship and Sex Education

1. Contraception

Types of Contraception:

1. Barrier Methods

- **Condoms (Male and Female):**
 - **Description:** Thin latex or polyurethane sheaths used to cover the penis or inside the vagina during intercourse.
 - **Effectiveness:** 98% effective when used correctly.
 - **Additional Info:** Also helps prevent sexually transmitted infections (STIs).
- **Diaphragm and Cervical Cap:**
 - **Description:** A flexible dome-shaped device inserted into the vagina to cover the cervix.
 - **Effectiveness:** 92-96% effective.
 - **Additional Info:** Often used with spermicide.

2. Hormonal Methods

- **The Pill (Combined or Progestogen-only):**
 - **Description:** Oral contraceptive tablets that release hormones to prevent ovulation.
 - **Effectiveness:** 99% effective with perfect use.
 - **Additional Info:** Must be taken daily; does not protect against STIs.
- **Contraceptive Injection:**
 - **Description:** Hormonal injection given every 12 or 13 weeks.
 - **Effectiveness:** 99% effective.
 - **Additional Info:** Requires a visit to the doctor.
- **Contraceptive Implant:**
 - **Description:** A small rod placed under the skin that releases hormones.
 - **Effectiveness:** 99% effective.
 - **Additional Info:** Lasts up to 3 years.

3. Intrauterine Device (IUD) / Coil:

- **Description:** A small T-shaped device inserted into the uterus.
- **Effectiveness:** Over 99% effective.
- **Additional Info:** Can be hormonal or copper-based.

4. Emergency Contraception:

- **Description:** Pills or an IUD used after unprotected sex to prevent pregnancy.
- **Effectiveness:** Up to 85% effective if taken within 72 hours of unprotected sex.

Effectiveness of Contraception:

- **Perfect use:** When contraception is used exactly as instructed.

You might have to try a few different methods to find one that suits you and your lifestyle.

You may also want to consider changing your method as your needs and body change throughout your life.

To explore which methods might be best suited to you visit brook.org.uk/best-contraception-for-me

| | Barrier methods: stop sexual fluids being transferred between partners (and some protect against STIs, too!). | | | Hormonal methods: synthetic versions of the hormones oestrogen and/or progesterone disrupt the process that leads to pregnancy. Some hormonal methods can help if you have heavy or painful periods, or if you struggle with acne. | | | | | | | Other methods | | |
|---|---|------------------|---------------------|--|--|-----------------------|-------------------------|---------------------|----------------------------|-----------------------------------|---|-----------------------------|---------------|
| | External condoms | Internal condoms | Diaphragms and caps | Combined pill | Progestogen-only pill (mini pill or POP) | Contraceptive implant | Contraceptive injection | Contraceptive patch | Contraceptive vaginal ring | Hormonal coil (LNG-IUD or Mirena) | Non-hormonal coil (Copper coil or Cu-IUD) | Fertility awareness methods | Sterilisation |
| Effectiveness (without mistakes) | 98% | 95% | 92-99% | 99% | 99% | 99% | 99% | 99% | 99% | 99% | 99% | 75-99% | 99% |
| Also protects against STIs | ✓ | ✓ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| May help with heavy periods | ✗ | ✗ | ✗ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✗ | ✗ | ✗ |
| Lasts for months or years | ✗ | ✗ | ✗ | ✗ | ✗ | ✓ | ✓ | ✗ | ✗ | ✓ | ✓ | ✗ | ✓ |
| Widely available | ✓ | ✗ | ✗ | ✓ | ✓ | ✓ | ✓ | ✗ | ✗ | ✓ | ✓ | ✓ | ✗ |
| Hormone free | ✓ | ✓ | ✓ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✓ | ✓ | ✓ |
| Can control when your period is | ✗ | ✗ | ✗ | ✓ | ✗ | ✗ | ✗ | ✓ | ✓ | ✗ | ✗ | ✗ | ✗ |
| Can improve skin appearance | ✗ | ✗ | ✗ | ✓ | ✗ | ✗ | ✗ | ✓ | ✓ | ✗ | ✗ | ✗ | ✗ |

TALK ABOUT IT

Although most methods are for use by people with vaginas, contraception is everyone's responsibility and it's important to discuss it with your sexual partners.

If you have a penis, you can always choose to use a condom. And if your partner asks you to use one then you should.

Responsibility in Contraception:

- Both partners share responsibility for contraception.
- **Communication:** Discussing contraception before sexual activity.
- **Consent:** Ensuring both partners agree on the method used.

2. How to Use a Condom

Condoms are usually made from very thin latex (rubber) and are designed to cover the penis. They stop fluids being transferred between you and your partner during sex.

Condoms and internal condoms are the only methods of contraception that prevent pregnancy AND protect you from sexually transmitted infections (STIs). To stay safe, always use condoms on sex toys too!

WHERE CAN YOU GET CONDOMS? (even if you're under 16)

- Brook services (FREE)
- Sexual health clinics (FREE)
- Some GPs (FREE)
- Pharmacies
- Petrol stations
- Vending machines
- Online

DON'T FEEL EMBARRASSED!

6 GOLDEN RULES

1 CHECK the expiry date, ensure there is a BSI Kitemark, CE or UKCA mark (a sign it is good quality) and no rips or holes in the pack.

2 FEEL the packet for the rim of the condom and push it to one side. Carefully tear the packet open on the other side. Check the condom is the right way around, with the rim on the outside, so it looks like a little hat.

3 PINCH the tip of the condom and place on the head of the penis, allowing a little space at the top. This must be done before any sexual contact and only when the penis is hard.

4 ROLL the condom to the base of the penis using your other hand, and get rid of any air bubbles with your fingers. For extra pleasure, you can apply some lube to the outside too.

5 WITHDRAW the penis after ejaculation and before it gets soft, holding the condom at the base. Wrap the condom in tissue and throw it in the bin.

6 NOTE: Only use water based lube. If you are allergic to latex, alternatives are available.

DID YOU KNOW?

If a condom feels uncomfortable, it's probably because you need a different size. Condoms come in a variety of sizes and materials so you can find one that works for you.

3. Sexually Transmitted Infections (STIs)

STIs can be passed on through unprotected oral, vaginal or anal sex, sexual touching and sharing sex toys. HIV and syphilis can also be passed on by sharing needles. **Here are some other things you should know:**

| | Chlamydia | Genital herpes | Genital warts | Gonorrhoea | HIV | Pubic lice | Syphilis | Trichomoniasis |
|-----------|---|--|---|---|--|--|--|--|
| SYMPTOMS | <p>No symptoms in the majority of cases.</p> <p>Possible symptoms</p> <ul style="list-style-type: none"> » Unusual discharge from the vagina, penis or rectum » Burning/itching in the genital area » Pain when peeing » Heavy periods or bleeding between periods » Pelvic/lower abdominal pain » Abdominal pain during sex » Bleeding during/after sex » Painful swelling of testicles | <p>Often no signs or symptoms.</p> <p>Possible symptoms</p> <ul style="list-style-type: none"> » Flu-like fever, headache, aches and pains » Stinging, tingling or itching in the genital area » Small fluid-filled blisters which burst leaving small, red, very painful sores » Pain when urine passes over the sores » Possible discharge | <p>Often no visible symptoms and it can be months/ years before warts appear.</p> <p>Possible symptoms</p> <ul style="list-style-type: none"> » Can appear alone or in clusters like a cauliflower » Normally painless but can be itchy » Appear in/around the vagina, anus, upper thighs and anywhere on the penis, scrotum or urethra | <p>No symptoms in many cases.</p> <p>Possible symptoms</p> <ul style="list-style-type: none"> » Green/yellow discharge from the vagina » Green, yellow or white discharge from the penis » Anal discharge » Burning when peeing » Lower abdomen pain/tenderness » Heavy periods or bleeding between periods » Painful swelling of the foreskin » Pain or tenderness in the testicles | <p>Around 80% of people will have a short, two week flu-like illness soon after getting the HIV virus.</p> <p>This may last for two to three weeks with sore throat, fever, tiredness, achy joints, swollen glands and a rash. After this, there may be no symptoms for many years.</p> | <p>Symptoms can take a few weeks to appear and include itching, irritation and inflammation.</p> <p>You may be able to see:</p> <ul style="list-style-type: none"> » Black powder (droppings) » Brown eggs » Yellow-grey or red lice | <p>Often no signs or symptoms.</p> <p>Possible symptoms</p> <p>Stage 1: small, painless, very infectious sore on genitals, anus or mouth.</p> <p>Stage 2: may include painless rash on the palms or soles, wart-like growths on genitals, flu, weight loss, white patches on mouth roof</p> <p>Stage 3: rarely occurs in the UK. Only 1/3 will experience serious symptoms such as paralysis, loss of coordination, blind/deafness, stroke and dementia.</p> | <p>Often no signs or symptoms but if there are, they usually appear within a month.</p> <p>Possible symptoms</p> <ul style="list-style-type: none"> » Itching, swelling and soreness of the genitals » Frothy, yellow-green fishy vaginal discharge from the penis » Pain during sex and peeing » Lower abdominal pain » Itchy inner thighs » Needing to urinate more often |
| DIAGNOSIS | <p>Urine or swab test.</p> | <p>Examination by doctor or nurse.</p> <p>Swab of fluid from the blisters.</p> | <p>Examination by doctor or nurse.</p> | <p>Urine or swab test.</p> | <p>Blood test, four weeks after exposure will confirm HIV status. Do not delay seeking medical help.</p> | <p>Examination by doctor or nurse with a magnifying glass.</p> | <p>Blood test.</p> <p>Examination by doctor or nurse or swab if there is a sore.</p> | <p>Examination by doctor or nurse. Urine test or swab test.</p> |
| TREATMENT | <p>Course of antibiotics.</p> <p>Not getting treatment can cause infertility.</p> | <p>Antiviral medicines.</p> <p>Treatment is given to relieve symptoms.</p> | <p>Cream or lotion.</p> <p>Warts can be frozen, heated or removed.</p> <p>It can take months for warts to disappear.</p> | <p>Antibiotic injection in the buttock or thigh and a single antibiotic tablet.</p> <p>Not getting treatment can cause infertility.</p> | <p>Can be managed with drugs. There is no cure but left untreated, can develop into AIDS, when you cannot fight life-threatening infections. PrEP and PEP are drugs that prevent the virus taking hold if you are exposed to HIV.</p> | <p>Special lotions, creams or shampoo.</p> <p>No treatment can cause spreading, skin irritation and infections.</p> | <p>Single antibiotic injection or a course of injections.</p> <p>If reaches stage 3 it can be fatal.</p> | <p>Antibiotics.</p> <p>Unlikely to go away with no treatment.</p> |

