



What are the different types of contraception available?

Do Now

Answer the following questions:

1. There are three different types of STI. One is a virus, what are the others?
2. When used correctly how effective is a male condom?
3. True or false: If you get tested at an STI clinic they will speak to your family.
4. Contraception is used to prevent some consequences of sex. Name two consequences of sex.



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Parasite and bacteria
2. When used correctly how effective is a male condom?
98%
3. True or false: If you get tested at an STI clinic they will speak to your family.
False
4. Contraception is used to prevent some consequences of sex. Name two consequences of sex. **Pregnancy, STIs, emotional distress...**

Connect

During previous lessons, you have learned about the **consequences** of sex, in particular unprotected sex.

Most of these consequences can be negative such as STIs, pregnancy and emotional distress. However, it's important to remember that these consequences can also be positive such as pregnancy, pleasure and connectivity.

This week you are going to learn about **contraception**, the range available and the efficacy of these. This is important as contraception will help to protect you from the consequences learnt previously.

Safe Space

- It's okay to get things wrong.
- You don't have to contribute if you don't feel comfortable.
- There is a non-judgemental approach – we challenge the opinion not the person.
- Conversations stay in this classroom – unless adults deem there to be a safeguarding issue.

Show Mutual Respect

- Follow our three ground rules.
- STAR and Track to show respect to the speaker.
- Adhere to the Brook Best Pledge.

Challenge Yourself

- Enjoy the lessons, challenge your perceptions, and learn how to seek further knowledge, understanding and support.



What is contraception?

Contraception, also known as birth control is a method or device used to prevent pregnancy (and in few cases STIs). Birth control has been used since ancient times, but effective and safe methods of birth control only became available in the 20th century. **Make a note of this in your booklet.**

A woman can get pregnant if a man's sperm reaches an egg. Contraception tries to stop this happening by:

- Keeping the egg and sperm apart
- Stopping egg production
- Stopping the fertilised egg from attaching to the lining of the womb.

There are 15 methods of contraception widely available in the UK and not each method will work for each individual. We are going to focus on some of the most common methods used. **Make a note of each type as we learn about them.**

What do different faiths say about contraception?

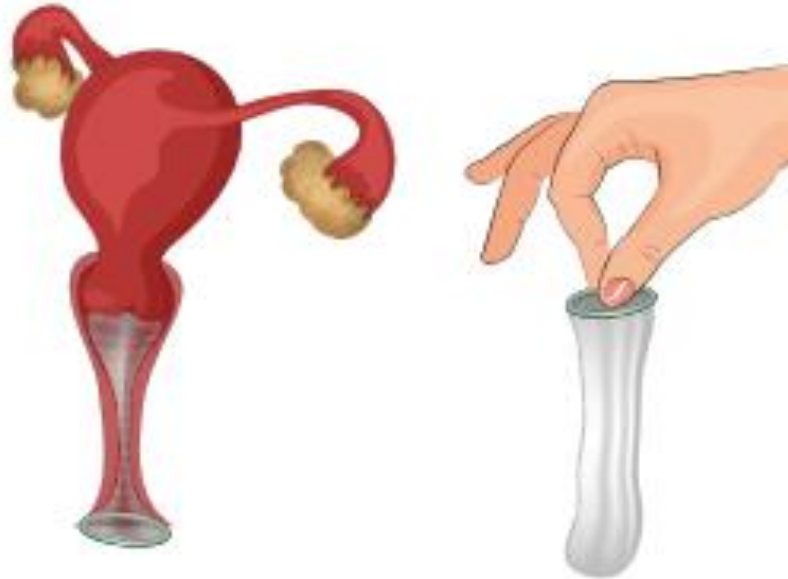
Many faith groups do not believe in sex outside of marriage and for this reason do not encourage the use of contraception outside of marriage. Contraception is used within many marriages for health and family-planning purposes. Different religions have different views on contraception within marriage.

Buddhism	Contraception is allowed.
Christianity (Catholic)	Forbids the use of contraception
Christianity	Some protestant denominations allow contraceptive use.
Hinduism	Contraception is allowed.
Islam	Islamic law states that children are a gift from Allah. Some believe that they must therefore have many children, but Allah and the Prophet state that children have the rights to education and future security. These rights allow couples to prevent pregnancy.
Judaism	Judaic law does not forbid the use of contraception if it is to prevent ill health of the mother.

What is a male (external) condom?

Male condoms (also known as external condoms) are made of latex which is a very thin rubber and they fit the penis. They act as a barrier preventing sperm and other sexual fluids from entering the vagina, the mouth, the penis or the anus. This barrier method will protect against pregnancy and STIs.

Efficacy: The ability to produce the desired result (how effective it is at doing what it is supposed to do.)



Efficacy
85% with
normal use

98% with
perfect use

What are the pros and cons?

Main Advantages

- Only contraceptive method that protects against pregnancy and STIs
- You only need to use them when you have sex
- There are no serious side effects (some people are allergic to latex but there are alternatives)
- Readily available in a variety of brands, textures and sizes
- You can use condoms in addition to other methods of contraception

Main Disadvantages

- Can interrupt sex
- Can sometimes split or come off
- Must be handled carefully following ejaculation
- Some people find talking about condoms or buying them awkward

What is a female (internal) condom?

Female, or internal condoms are like other condoms except they fit inside the vagina instead of covering the penis. They are made of polyurethane and line the vagina.

They stop pregnancy by acting as a barrier to the sperm and they also stop the transfer of sexual fluids between partners which will provide protection against STIs.

Efficacy
95% perfect
use



What are the pros and cons?

Main Advantages

- Only contraceptive method that protects against pregnancy and STIs
- You only need to use them when you have sex, but they can be in for up to 8 hours before you have sex
- There are no serious side effects
- You can use condoms in addition to other methods of contraception

Main Disadvantages

- They can slip or get pushed up into the vagina if not used properly
- You need to make sure the penis goes into the condom and not between the condom and the vagina
- They are not as easily available as male condoms and can be more expensive to buy

What's the difference?

Task: What are the differences and similarities between the male (external) and female (internal) condoms?



Similarities	Differences
<ul style="list-style-type: none">• Both protect against STIs and pregnancy• Both can be used with other contraceptive methods• Both are barrier methods• You only need to use them when you have sex• You should only use them once	<ul style="list-style-type: none">• Male condoms are worn on the penis whereas female condoms are inserted into the vagina• Female condoms are more expensive• Female condoms are less readily available



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What is the pill? (Oral Contraceptives)

There are around 70 different types of oral contraceptive pill available containing various doses and mixes of hormones.

They work by preventing the female body from releasing an egg each month. They also thicken the mucus of the entrance to the womb, making it difficult for sperm to get through. They also thin the lining of the womb making it more difficult for a fertilised egg to be implanted into the womb.

Efficacy

92% normal
use

99.7% perfect
use



What are the pros?

Main Advantages

- Easy to take and completely reversible
- Do not interrupt sex
- Most females do not experience serious side effects
- May provide some protection against ovarian cancer, cancer of the womb and benign cysts of the breast
- May reduce menstrual cramps, result in more regular, lighter and shorter periods
- Can improve acne on the skin

What are the cons?

Main Disadvantages

- Not suitable for women who are pregnant or breastfeeding or with risk factors for blood clotting
- Can produce rare but serious and potentially fatal complication e.g. linked to blood clots
- Do not protect against STIs
- Can result in irregular periods or spotting
- Must be taken correctly on a daily basis (less effective if a pill is missed or in cases of severe vomiting or diarrhoea)
- May cause side effects such as mood changes, headaches and bloating

What is the implant?

The contraceptive implant is a small, flexible plastic rod that is placed just under the skin in the upper arm. It releases the hormone progestogen. It is inserted into your arm by a trained healthcare professional and it can be in place for three years.

The implant stops ovulation and thickens the mucus around the cervix, which makes it harder for sperm to get through. It also makes the lining of the womb thinner so that a fertilised egg is less likely to implant.

Efficacy

99.95%



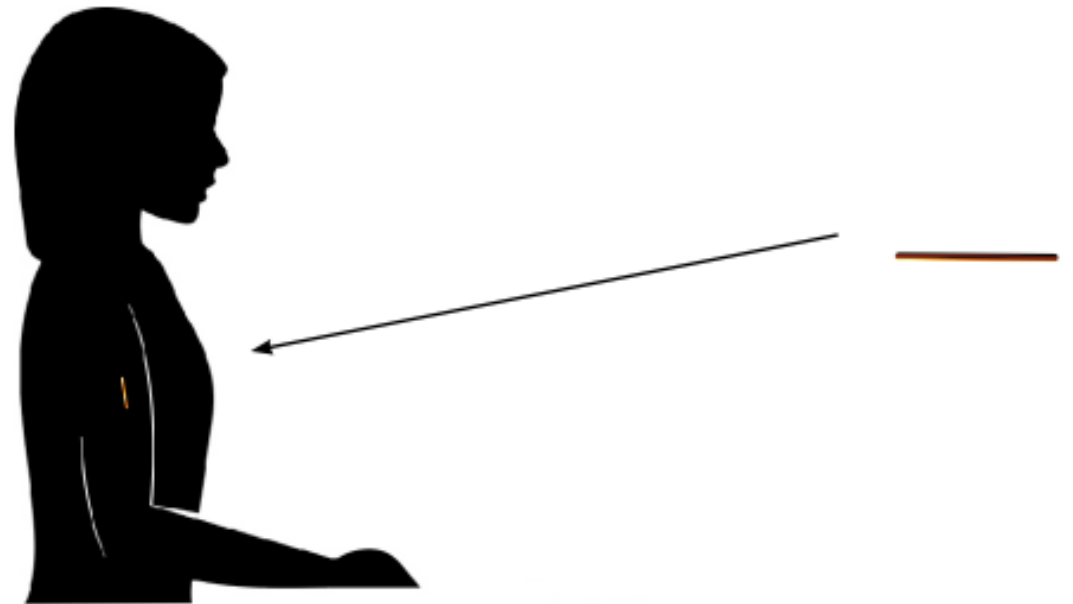
What are the pros and cons?

Main Advantages

- Does not interfere with sex
- Are useful for those who cannot take oestrogen

Main Disadvantages

- May cause irregular bleeding for the first few months
- Can cause side effects such as headaches, tender breasts, changes in mood and sex drive and bloating,
- Does not protect against STIs



What is the injection?

The injection usually contains progestogen and it is administered by a doctor or a nurse once every 12 weeks.

The injection works to stop ovulation, thicken the mucus around the cervix (making it harder for sperm to get through) and thin the lining around the womb (so that a fertilised egg cannot implant).

Efficacy

97% normal
use

99.7% perfect
use

What are the pros and cons?

Main Advantages

- Long-acting hormonal method without the need for a daily dose
- Does not interfere with sex
- May reduce heavy painful periods and help with premenstrual symptoms

Main Disadvantages

- Periods and fertility may take up to a year to return after stopping injections
- May cause headaches, dizziness, pimples and greasy skin, tender breasts, mood swings, weight gain and bloating
- Does not protect against STIs
- Side effects can continue for a short while after the injections have stopped.



What's the difference?

Task: What are the differences and similarities between the injection and the implant?

Similarities	Differences
<ul style="list-style-type: none">• Both stop ovulation, thicken the mucus around the cervix and thin the lining of the womb• Neither interfere with sex• Neither the implant or injection protect against STIs• Both contain the hormone progestogen	<ul style="list-style-type: none">• The implant can be in place for up to 3 years – you need to the injection every 12 weeks• The implant is more effective• The injection can affect periods and fertility for up to a year after injections stop

What is the IUD? (copper coil)

The **intrauterine device (IUD)** also known as the coil or copper IUD is a small, soft, T-shaped plastic device which contains copper (which is toxic to sperm). It is put into the uterus (womb) through the vagina by a specially trained doctor or nurse.

They prevent sperm from surviving in the womb and from reaching an egg and they make it difficult for a fertilised egg to travel along the tubes and implant in the womb.

Efficacy

99.2% normal
use

99.4% perfect
use

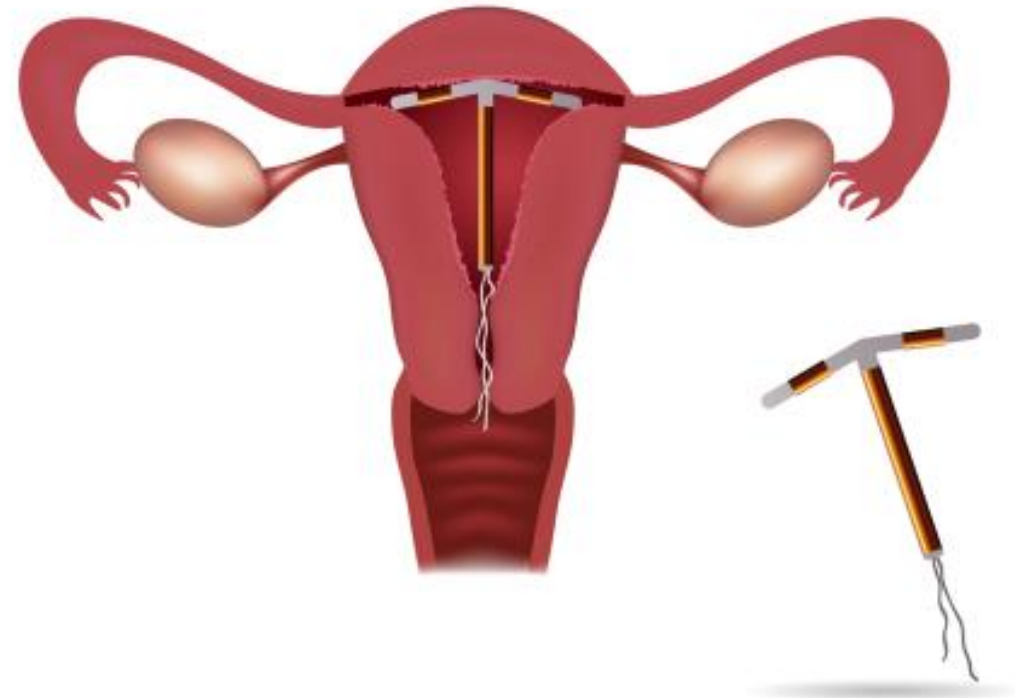
What are the pros and cons?

Main Advantages

- Effective in general for five years
- Do not interrupt sex
- Normal fertility returns as soon as they are removed

Main Disadvantages

- May cause heavier, longer or more painful periods, increased cramping and dizziness
- Do not protect against STIs
- Small risk of expulsion or perforation



What is the IUS? (hormone coil)

The **intrauterine system (IUS)** is a small, soft, T-shaped plastic device which contains the hormone progestogen. It is put into the uterus (womb) through the vagina by a specially trained doctor or nurse.

How do they work?

- They release a continuous supply of progestogen to the womb
- They thicken the mucus in the neck of the womb, making it difficult for the sperm to enter
- They thin the inner lining of the womb

Efficacy
99.8%

What are the pros and cons?

Main Advantages

- Effective in general for five years
- Do not interrupt sex
- Option for those who cannot tolerate oestrogen and those breast-feeding
- Normal fertility returns as soon as they are removed
- Periods normally become lighter, shorter and less painful
- Not affected by other medicines

Main Disadvantages

- Can cause irregular bleeding, particularly for the first three months
- May cause temporary side-effects such as headaches, breast tenderness and nausea
- Do not protect against STIs
- Small risk of expulsion or perforation

What's the difference?

Task: What are the differences and similarities between the IUS and the IUD?



Similarities	Differences
<ul style="list-style-type: none">• Soft, plastic, T-shaped devices• Protection from pregnancy for up to 5 years• When removed fertility returns to normal immediately• Could result in expulsion or perforation• Do not protect from STIs	<ul style="list-style-type: none">• IUS (hormone coil) is slightly more effective• IUS can cause temporary side-effects such as headaches• IUD contains copper not the hormone progestogen• IUD may cause heavier, longer or more painful periods

NHS website or your GP

www.nhs.uk

Childline

www.childline.org.uk

0800 1111

Brook

<https://www.brook.org.uk/>

Medway Contraception and Sexual Health Clinics

www.cloverstreet.nhs.uk

0300 790 0245

Leicester Sexual Health

www.leicestersexualhealth.nhs.uk

You can also:

- Speak to a member of staff at school – your Form Tutor, Head of Year or Assistant Head. Any member of staff is here to help!
- Send an email to safe@brook-tmet.uk.
- Speak to a trusted adult– this might be a teacher, a sibling, a parent or grandparent. As long as this person is trustworthy then it's a good idea!

What are the different types of contraception available?

Do Now (Page 18): What is contraception?

Stetch: List the most common forms of contraception.

What are the different types of contraception available?

Do Now: What is contraception?

A method or device used to prevent pregnancy (and in a few cases STIs)

Stetch: How many different types of contraception can you remember so far?

Male condoms, female condoms, the pill, the implant, the injection, the IUD and the IUS.

Are there any more methods?

Patches, diaphragms, caps and vaginal rings are also methods of contraception.

Sexual abstinence is the practice of avoiding sexual activity. A person might decide to avoid penetrative sex or any form of sexual activity. This is the most effective way to avoid pregnancy or the spread of STIs.

Fertility awareness is a method used to track a female's menstrual cycle. This will calculate when a woman is more or less fertile. This is 75% effective on normal use. Women can check their fertility by recording their body temperature, using mobile apps or counting the days since their last period.

The **withdrawal method** involves removing the penis from the vagina prior to ejaculation, with normal use this is only 63% effective. Remember that pre-ejaculate can also contain millions of sperm.

Can contraception be permanent?

Some forms of contraception are more permanent. These are for people who do want children now or in the future.

Male sterilisation or a **vasectomy** involves cut and blocking the tubes which carry sperm. This means that ejaculation can take place but no sperm is present. This is 99.9% effective.

Female sterilisation involves the cutting or blocking of fallopian tubes so that the egg is not released into the uterus and cannot meet the sperm. This is 99.5% effective.

What is emergency contraception?

Emergency contraception can prevent pregnancy after unprotected sex or if the contraception you have used has failed. This could be a condom splitting or missing a pill.

There are 2 types of emergency contraception:

- The emergency contraceptive pill
- The intrauterine device (IUD or coil)

Emergency contraception doesn't cause an abortion. The emergency contraceptive pill prevents a pregnancy from happening.

These methods can be up to 93% effective if treated within 24 hours and this decreases to 53% days later.

The emergency contraceptive pill is free to under 16s. Anyone over the age of 16 will pay between £25 and £35 for the pill.

Where can you get contraception?

Contraception services are free and confidential, including for people under 16 years old. This means the doctor or nurse won't tell your parents or anyone else, as long as they believe you're mature enough to understand the information and decisions involved.

There are strict guidelines for healthcare professionals who work with people under 16. If they believe there's a risk to your safety and welfare, they may decide to tell your parents. The risk would need to be serious, and they'd usually discuss this with you first.

You can get free contraception and condoms from: most GP surgeries, community contraceptive clinics, some genitourinary medicine (GUM) clinics and sexual health clinics. Don't be put off if the first method you use isn't quite right for you: you can try another.



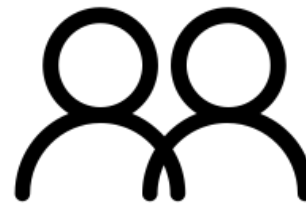
Who is responsible for contraception?

“Jane and Garyn 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.

Garyn 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.”

**Who do you think is responsible for contraception?
What would you advise Jane and Garyn?**





What advice would you give (page 19)?

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.

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

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

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.

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