

Birth Control Basics

A Lesson Plan from Rights, Respect, Responsibility: A K-12 Curriculum

Fostering respect and responsibility through age-appropriate sexuality education.

TARGET GRADE: Grade 8

TIME: 50 Minutes

MATERIALS NEEDED:

Index cards one per student
One set of the seven method

One set of the seven method
cards with two additional
copies

for use by teacher

One set of the three category
cards

Newsprint one piece, posted
at the front of the room

Markers

Masking tape

Optional a birth control kit
with the above methods to
show students (Note: Many
Planned Parenthoods sell
birth control kits as does Total
Access Group here
http://www.totalaccessgroup.com/contraceptive_demonstration_educator_kit.htm)

Homework Birth Control
Basics one per student

ADVANCE PREPARATION FOR LESSON:

Print one set of the three category cards with one each of the following per page:

- Protects for a Few Years (Long-Acting Methods)
- Protects for a Month (Short-Acting Methods)
- Protects right now

Seven method cards copied double-sided so that the method is on one side and the three statements are on the other side two sets needed as noted in the materials section

- abstinence
- external condoms
- internal condoms
- pills/patch/ring
- IUDs/shot/implant
- withdrawal
- emergency contraception
- dual use

LEARNING OBJECTIVES:

By the end of this lesson, students will be able to:

1. Describe the impact of correct and consistent use of a birth control method on how effective it is at preventing pregnancy. [Knowledge]
2. Correctly recall that there is generally a gap between when a person may start to have vaginal sex and when they may wish to get pregnant, which makes using effective birth control important. [Knowledge]
3. State correctly what emergency contraception is. [Knowledge]

A NOTE ABOUT LANGUAGE:

been very careful about our language throughout this curriculum. You may notice language throughout the curriculum that seems less familiar - using the pronoun

names in scenarios and role-plays and referring to

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Note to the Teacher:

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one at a time by showing the card with name of the method on it, stating the information about the method below and then tape the method card in the correct column you have already created.

ay to prevent pregnancy when done consistently and correctly. In fact, it is the method used by most 8th graders. Ask

statements until you feel satisfied that that they understand that abstinence only works

vagina. Tell them that most people are not abstinent forever but choosing to delay having sex until you are a bit older can be a ve

buy them at the store (including 8th graders) and they are very effective at preventing pregnancy when used consistently (meaning every time a couple has vaginal sex) and correctly. They also have the added bonus of protecting against most sexually transmitted

Abstinence

Statement 1) Abstinence, if used consistently and correctly, is 100% effective at preventing pregnancy.

Statement 2) Abstaining from vaginal, oral, and anal sex can also protect against STDs.

Statement 3) Abstinence never fails.

(NOT TRUE) Abstinence can fail if, for example, a person is under the influence of drugs or alcohol and

External Condom

Statement 1) External Condoms can help make sex last longer.

Statement 2) You must be 16 years old to purchase external condoms.

(NOT TRUE) Condoms can be legally bought from any store at any age. While they may be placed behind a counter, anyone of

Statement 1) Internal condoms can be placed inside a vagina or an anus.

Statement 2) An internal condom cannot be used with an external condom; it can cause both condoms to break.

Statement 3)

(NOT TRUE Internal condoms do help prevent STIs.)

Pills/Patch/Ring

Statement 1) The pill, patch and ring can help reduce menstrual cramps and make menstrual periods shorter.

Statement 2) The pill, patch and ring, if used consistently and correctly, are each 99% effective at preventing pregnancy.

Statement 3) The pill, patch and ring, if used consistently and correctly, are also really effective at preventing STD(=)ET-~~k~~ an

Statement 1)

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Statement 1) Withdrawal or pulling out, prevents most STDs.
(NOT TRUE Since withdrawal does not prevent skin-to-skin touching or fluid exchange, if one person is infected with an STD it can still be passed to their partner even if they used withdrawal perfectly.)

Statement 2) Withdrawal is more effective at preventing pregnancy than doing nothing if someone has unprotected sex.

Statement 3) Pre-
penis when it is erect, may contain some sperm. Withdrawal cannot
ina.

Emergency Contraception

Statement 1) Anyone of any age and gender can buy emergency contraception from a drugstore like Target, CVS, Rite Aid or Walgreens.

Dual Use

Statement 1) Dual use generally means using a condom in addition to another method of birth control for STD and pregnancy prevention.

Statement 2)

before they used dual use with their partner.

(NOT TRUE Dual use is something two people can decide on their own if they want to increase their protection.)

Statement 3) A person of any age is legally allowed to buy condoms at a drugstore like Target, CVS, Rite Aid or Walgreens.

**Protects
For a Month
(Short-Acting Methods)**

**Protects
Right Now**