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Integrated Learning Activities

CREATIVE WRITING: Birth Control Song Lyrics

Write down 5-10 lines of any song you like. Then they rewrite the lyrics to include birth control. You can write about a specific method of birth control or about birth control in general. It can have any tone—serious, funny, etc. The only requirement is that the new lyrics are PG and only use medically accurate information.

MATH: Birth Control Effectiveness

1. Answer the following questions about the odds of getting pregnant with each of the following methods:

- No birth control

If couples have vaginal sex without birth control, they have an 85% chance of getting pregnant within the year. If 50 couples have vaginal sex without using birth control, how many pregnancies would be expected by the end of the year?

Answer: 42 or 43 pregnancies with no birth control

- Using the IUD

If couples use the IUD for pregnancy prevention, they have much less than a 1% chance of getting pregnant within the year. If 50 couples have vaginal sex using the IUD, how many pregnancies would be expected by the end of the year?

Answer: 0 pregnancies (at the very most, 1 pregnancy)

- Using the condom

If couples use the condom correctly for pregnancy prevention every time they have sex, they have a 2% chance of getting pregnant within the year. If 50 couples have vaginal sex using the condom, how many pregnancies would be expected by the end of the year?

Answer: 1 pregnancy

2. Based on these math problems, what conclusions can you draw about the effectiveness of the IUD and the condom, when used correctly and every time?

Answer: They are both very effective. The IUD is more effective.

3. What could a couple who wanted a higher level of protection against pregnancy do?

Answer: Use the IUD and condom at the same time, or not have sex.

Lesson 7: Assessment Key and Standards Alignment

Question	Answer	Standards
1. Circle the birth control methods that a person can only get from a clinic or doctor's office.	IUD, Implant, Depo, Patch, Pill, Ring	NHES: SH3.8.4
2. Which of the following birth control methods protects against pregnancy and STDs, including HIV? A. Condom B. Pill C. IUD D. EC	A	NHES: SH1.8.31 NSES: PR.8.CC.3
3. Where could a person get medically accurate information about pregnancy prevention?	Possible correct answers: Any resource listed on the resource sheet, or whatever resource you shared with students (e.g. school-based health center, school nurse, etc.)	NHES: SH3.8.6 SH3.8.8 NSES: PR.8.AI.1 PR.8.AI.2 PR.8.AI.3
4. Describe 2 ways to prevent pregnancy for a couple who is having vaginal sex.	Correct answers include any methods of birth control or abstinence	NHES: SH1.8.30 SH1.8.32
5. Describe 2 important things a person should know about condoms	Possible correct answers: <ul style="list-style-type: none"> Prevent pregnancy Prevent STDs including HIV Easy to get Easy to use No age restriction Any of the instructions for using condoms correctly 	NHES: SH1.8.31 NSES: PR.8.CC.3
Exit Ticket: When does a person take emergency contraception?	Any of the following answers are acceptable: <ul style="list-style-type: none"> Within 5 days of unprotected sex After having sex without birth control or a condom After a condom breaks If a person is raped 	NSES: PR.8.CC.4 PR.8.AI.2
Individual Homework: Birth Control Laws		NHES: SH3.8.6 NSES: PR.8.AI.3

Lesson 7: Assessment Questions

1. Circle the birth control methods that a person can only get from a clinic or doctor's office.

IUD

Patch

Implant

Pill

Condom

Ring

Depo

Withdrawal

2. Which of the following birth control methods protects against pregnancy and STDs, including HIV?

A. Condom

B. Pill

C. IUD

D. EC

3. Where could a person get medically accurate information about pregnancy prevention?

4. Describe 2 ways to prevent pregnancy for a couple who is having vaginal sex.

5. Describe 2 important things a person should know about condoms.

Exit Ticket

Handout

When does a person take emergency contraception?

Family Homework: Talking About Birth Control

All Family Homework is optional. Students may complete Individual Homework instead.

Purpose: Family Homework is a chance to share your beliefs about sexuality and relationships, and the beliefs of your family, culture or religion.

Directions: Student will do the homework with a family member or trusted adult who is like family. Find a quiet place where the two of you can talk privately for 5-10 minutes. Please follow these guidelines:

- It is OK for either of you to skip a question.
- What you discuss will not be shared with anyone else, unless you give one another permission to share it.
- Take turns asking questions. When it is your turn to listen, try to understand the other person's response.

Ask the adult: Today we learned about birth control methods. Did you learn about birth control in school when you were a student? If so, what do you remember about the class?

Ask the student: Tell me something you learned about birth control methods today.

Ask each other: Do you think teens should be required to get their parent's permission to use birth control? Why or why not?



Family Homework Confirmation Slip: Talking About Birth Control

Due: _____

We have completed the family homework.

Date

Signature of family member or trusted adult

Student's name

Signature of student

Individual Homework: Birth Control Laws

Name: _____

Period: _____

Use the Internet to answer the following questions about state birth control laws. You may use the following tips for searching online.

- This website will bring you to a map of the United States. Click on the state you want to learn about and scroll down to read about birth control laws and condom laws for teens. <http://sexetc.org/action-center/sex-in-the-states/>
- Try doing a general internet search with the phrase “birth control laws in (insert your state).”

1. Write the name of the state you want to research. It can be the state you live in or any other state that interests you.

2. Can teens get birth control without their parent's or guardian's permission? If there are any special rules about this, please write them down.

3. Can teens get condoms without their parent's or guardian's permission?

The Best Thing...

Visual

Instructions: Work with your small group to complete the sentence below about your group's method of birth control. Think about why a person using it might like it. For example, do you think they would find it convenient, easy to use, helpful for other health issues, etc.?

In our opinion, the best thing about

_____ *(name of method)* is

Developing a Local Sexual Health Resources List

Teacher Guide

In order to ensure that students have access to the health care services they need, it is important for teachers to develop a sexual health resource sheet specific to their geographic area. FLASH provides a resource sheet for King County, Washington, as an example that can be used as a template. If you are not familiar with the resources in your area, the following national resources will help you in compiling a local resource sheet. If, for some reason, you cannot develop a local resource sheet, a national resource sheet has been provided for you.

FLASH recommends referring young people to clinics and agencies that are teen and LGBT friendly, culturally competent, supportive of all pregnancy options, and that consider the teen to be their primary client. When creating your local resource sheet, keep these criteria in mind.

Confidential

Individual state policies on teens accessing reproductive health care are provided by Sex, etc., a project of Rutgers University. <http://sexetc.org/action-center/sex-in-the-states/>

Birth Control and STD Clinics

To find local birth control and STD clinics, call your local health department. If you need further assistance finding clinics that offer a full array of services, the following links may be of help.

- www.plannedparenthood.org to find a local Planned Parenthood clinic
- <http://www.hhs.gov/opa/> to find a local Title X clinic
- [www.not-2-late](http://www.not-2-late.org) to find locations for accessing emergency contraception
- <http://locator.aids.gov/> to find HIV testing locations

Help Finding a Clinic and Other Services

The U.S. Department of Health and Human Services, Health Resources and Services Administration maintains a list of sliding scale or free clinics across the United States.

<http://findahealthcenter.hrsa.gov/>

Prenatal Care

To find prenatal care providers who serve teens, call your local WIC provider. The link below provides a State number that can direct you to a local provider.

www.fns.usda.gov/wic/toll-free-numbers-wic-state-agencies

Abortion Clinics

The National Abortion Federation maintains a list of abortion providers by state.

<http://prochoice.org/think-youre-pregnant/find-a-provider/>

Adoption Agencies

Open Adoption and Family Services works with clients from across the nation. Should a client prefer a local resource, they will work with her to identify a local provider.

<http://www.openadopt.org/>

Sexual Health Resources In the U.S.

Handout

Confidential

Click on the map to find out if sexual health services are confidential in your state.
<http://sexetc.org/action-center/sex-in-the-states/>

Birth Control and STD Clinics

There are many websites and phone numbers to help teens find birth control, condoms, emergency contraception, pregnancy tests, STD tests and HIV tests.

- Enter your zip code or call to find the nearest Planned Parenthood clinic. www.plannedparenthood.org 1-800-230-PLAN
- Enter your zip code to find the nearest birth control clinic that is free or low cost. <http://www.hhs.gov/opa/>
- Enter your zip code to find a clinic for HIV tests, birth control, counseling and other services. www.aids.gov
- Enter your zip code to find the nearest place to get emergency contraception. www.not-2-late.com
- Call your local public health department to get information about local birth control and STD clinics.
- Birth control method information (World Health Organization): Scroll down to see chart. <http://www.who.int/mediacentre/factsheets/fs351/en/>
- STD Information (Centers for Disease Control): <http://www.cdc.gov/std/>
- HPV Vaccine Information (Centers for Disease Control): <http://www.cdc.gov/vaccines/vpd-vac/hpv/>

Help Finding a Clinic and Other Services

- Enter your address to find the nearest health clinics that are free or low cost. These clinics are for all health issues, not just sexual health.
<http://findahealthcenter.hrsa.gov/>

Prenatal Care

- Scroll to your state to find the phone number for the Women, Infants, Children (WIC) Program. <http://www.fns.usda.gov/wic/toll-free-numbers-wic-state-agencies>
- WIC is a nutrition program that helps pregnant women, new mothers, and young children eat well, learn about nutrition and stay healthy. They also give information about where to get prenatal care.

Abortion Clinics

- Click on the map to see a list of abortion clinics in your state.
<http://prochoice.org/think-youre-pregnant/find-a-provider/>
- Call 1-877-257-0012 to find the nearest abortion clinic.
- Call 1-800-772-9100 to get more information about abortion and where to get financial help.

Adoption Agencies

- Call 1-800-772-1115 to talk with an adoption counselor at Open Adoption and Family Services.
- The phone line is open 24 hours a day.

Sexual Health Resources In King County

Handout

Confidential

Teens of any age can get all the services listed on this handout confidentially in Washington State. Confidential services include birth control, condoms, emergency contraception, pregnancy tests, STD and HIV tests, prenatal care, abortion and adoption.

Birth Control and STD Clinics

These clinics have birth control, condoms, emergency contraception, pregnancy tests, STD tests and HIV tests. Services are confidential. Teens in Washington State can sign up for free birth control insurance, called Take Charge, at Public Health and Planned Parenthood.

Public Health – Seattle & King County
Free or low cost teen clinics
206-263-1505
www.teenclinic.com

Planned Parenthood Great Northwest
1-800-769-0045
www.plannedparenthood.org

- Birth control method information (World Health Organization): Scroll down to see chart. <http://www.who.int/mediacentre/factsheets/fs351/en/>
- STD information (Centers for Disease Control): <http://www.cdc.gov/std/>
- HPV vaccine information (Centers for Disease Control): <http://www.cdc.gov/vaccines/vpd-vac/hpv/>

Help Finding a Clinic and Other Services

Community Health Access Program
(CHAP Line)
206-284-0331 or 1-800-756-5437
Also helps people apply for health insurance
chap@kingcounty.gov

Teen Link
1-866-833-6546
www.866teenlink.org

Prenatal Care

Public Health – Seattle & King County
Maternity Support Clinics and WIC
206-263-1505
www.kingcounty.gov/healthservices/health/personal/MSS.aspx

Abortion Clinics

Cedar River Clinics
(425) 255-0471
www.cedarriverclinics.org

Planned Parenthood
1-800-769-0045
<http://www.plannedparenthood.org/planned-parenthood-great-northwest>

Adoption Agencies

Amara
(206) 260-1700
<http://amaraparenting.org>

Open Adoption & Family Services
1-800-772-1115
<http://www.openadopt.org/>

Withdrawal

Vaginal Rings

patch

Birth Control Pill

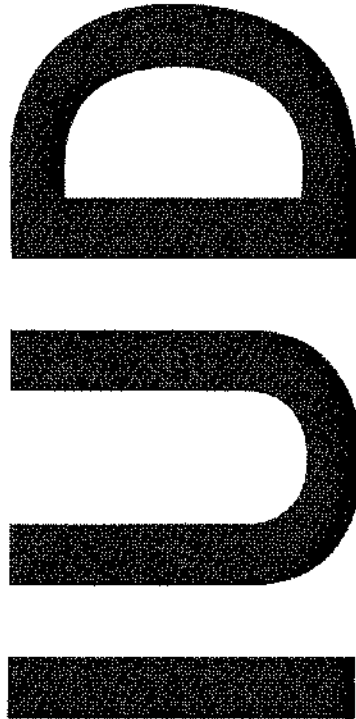
**Depot
shots**

EC

**Emergency
Contraception**

Condom

plant



Withdrawal

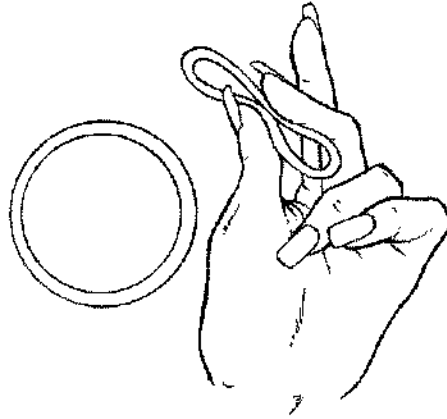
Fact Sheet

- ☒ Withdrawal is another word for pulling out.
- ☒ A person pulls their penis out of their partner's body before ejaculating, making sure not to get semen near the vagina.
- ☒ Withdrawal is free and always available.
- ☒ It is much more effective than most people think, when used correctly.
- ☒ Withdrawal is very effective for people who can tell when the semen is about to leave their penis. It takes experience and a lot of self-control to be able to pull out completely in time.
- ☒ Pre-cum is a fluid that can be seen on the tip of the penis before ejaculation. It's also called pre-ejaculate. Studies show that only some people's pre-cum contains a small amount of sperm.
- ☒ Withdrawal lowers the chance of getting HIV and some other STDs, but it does not fully protect against these infections.

Source: *Contraceptive Technology*, 20th revised edition, 2011.

Vaginal Ring

Fact Sheet

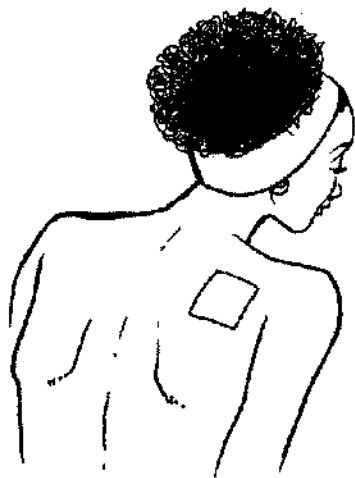


- ☒ The ring is very effective when used correctly.
- ☒ The ring, also known as the NuvaRing, is a soft, plastic, flexible ring, about 2 inches wide.
- ☒ A person puts the ring inside their own vagina, and it stays there for 3 weeks. It does not hurt.
- ☒ The ring has hormones inside it, similar to the ones that occur naturally in a person's body.
- ☒ The ring prevents pregnancy mainly by stopping the ovaries from releasing an egg each month.
- ☒ The ring is very helpful for people with heavy or painful periods.
- ☒ The ring is very safe.
- ☒ It does not protect against STDs or HIV.
- ☒ A person needs to go to a doctor to get started on the ring.

Source: *Contraceptive Technology*, 20th revised edition, 2011.

Patch

Fact Sheet

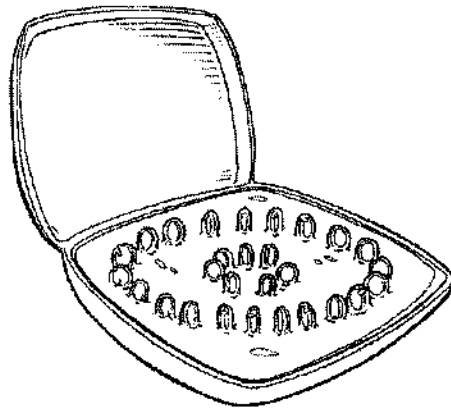


- ☒ The patch is very effective when used correctly.
- ☒ The patch is a small, thin, beige-colored patch that sticks to a woman's skin.
- ☒ A person puts on a new patch once a week, for 3 weeks in a row, and then has 1 week without a patch.
- ☒ The patch has hormones similar to the ones that occur naturally in the body. The hormones are released into the body through the skin.
- ☒ The patch prevents pregnancy by stopping the ovaries from releasing an egg each month.
- ☒ People can still take showers, swim, play sports, and go in hot tubs with the patch.
- ☒ The patch is very safe.
- ☒ The patch does not protect against STDs or HIV.
- ☒ A person needs to go to a doctor to get started on the patch.

Source: *Contraceptive Technology*, 20th revised edition, 2011.

Birth Control Pill

Fact Sheet



- ☒ Birth control pills are very effective at preventing pregnancy when used correctly.
- ☒ A woman takes the pill once a day to prevent pregnancy.
- ☒ It is made of hormones similar to the ones that occur naturally in a woman's body.
- ☒ The pill prevents pregnancy mainly by stopping the ovaries from releasing an egg each month.
- ☒ Sometimes people take the pill to help with other health issues. For example, it helps prevent cancer of the ovaries and uterus, it makes bones stronger, it helps acne, and it makes period cramps better.
- ☒ The pill is very safe.
- ☒ The pill does not protect against STDs or HIV.
- ☒ A person needs to go to a doctor to get started on the pill.

Source: *Contraceptive Technology*, 20th revised edition, 2011.

Depo Shot

Fact Sheet



- ☒ Depo is very effective at preventing pregnancy.
- ☒ The Depo shot, also known as Depo-Provera, is given into a woman's arm or hip every 3 months.
- ☒ It is made of a hormone similar to one that occurs naturally in the body.
- ☒ The shot prevents pregnancy mainly by stopping the ovaries from releasing an egg each month.
- ☒ The shot is very safe.
- ☒ The shot does not protect against STDs or HIV.
- ☒ A person needs to go to a doctor to get started on the shot.

Source: *Contraceptive Technology*, 20th revised edition, 2011.

EC (Emergency Contraception)

Fact Sheet



- ☒ EC is a pill women take to prevent pregnancy after sex.
- ☒ EC is also known as the "morning after pill" and "emergency contraception."
- ☒ EC is much more effective the sooner it is taken. It can prevent pregnancy if taken up to 5 days after intercourse.
- ☒ Most kinds of EC are made of a hormone similar to one that occurs naturally in the body.
- ☒ It prevents pregnancy by delaying or stopping the ovaries from releasing an egg.
- ☒ EC is very safe.
- ☒ EC will not harm a pregnancy (for example, if the person accidentally takes it when already pregnant).
- ☒ Some brands of EC can be bought by men or women at the drug store without a doctor's prescription.
- ☒ For more information about getting EC, go to www.not-2-late.com.
- ☒ It does not protect against STDs or HIV.

Source: *Contraceptive Technology*, 20th revised edition, 2011.

Condom

Fact Sheet

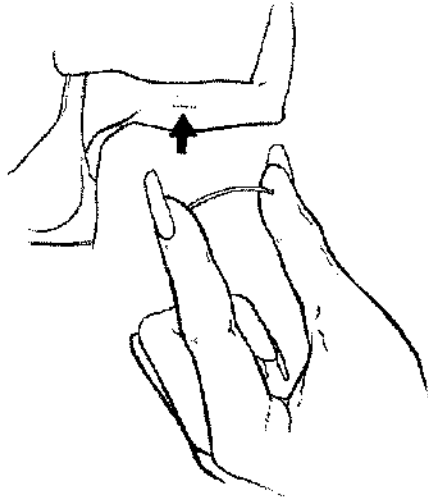


- ☒ Condoms are very good at preventing pregnancy, STDs, and HIV.
- ☒ Condoms are one of the easiest birth control methods to get. Condoms are sold at many drug stores, gas stations and clinics.
- ☒ A condom is like a very thin, very strong glove worn over the penis to catch semen.
- ☒ A condom is used by unrolling it over an erect penis, leaving the tip of the condom hanging off the end of the penis.
- ☒ A person should squeeze the tip of the condom to push out any air.
- ☒ When semen leaves the penis, it is caught in the condom.
- ☒ When the penis is pulled out of the partner's body, the condom must be held onto the base of the penis, so it won't slip off and spill semen into the other person.
- ☒ The condom is used only once and then thrown away.
- ☒ Using a condom together with another birth control method gives even more protection against pregnancy.
- ☒ Condoms come in vinyl or polyurethane if a person is allergic to latex.

Source: *Contraceptive Technology*, 20th revised edition, 2011.

Implant

Fact Sheet

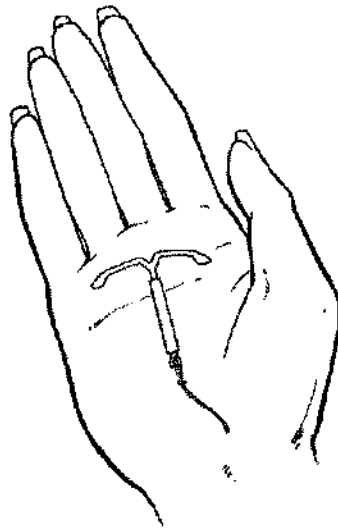


- ☒ The implant is the most effective method of birth control.
- ☒ The implant prevents pregnancy for up to 3 years.
- ☒ It is very safe.
- ☒ The implant is a soft tube that goes under the skin of a woman's upper arm. It only takes a few minutes for a doctor to insert or remove the implant. Stitches are not needed, just a band aid.
- ☒ The implant has a hormone in it, similar to a hormone that occurs naturally in the body. The hormone is slowly released out of the tube and into the body.
- ☒ The implant works by making it hard for sperm to get into the uterus and by stopping the ovaries from releasing an egg each month.
- ☒ The implant does not protect against STDs or HIV.

Source: *Contraceptive Technology*, 20th revised edition, 2011.

IUD

Fact Sheet



- ☒ The IUD is excellent at preventing pregnancy.
- ☒ The IUD prevents pregnancy for 5 to 10 years, depending on the type of IUD.
- ☒ It is very safe.
- ☒ The IUD is a small T-shaped object that stays inside the uterus. The IUD folds into a small tube that goes through the vagina and into the uterus. It is placed into the uterus by a doctor.
- ☒ IUDs work by slowing down sperm. Some IUDs also work with hormones.
- ☒ It does not protect against STDs or HIV.

Source: *Contraceptive Technology*, 20th revised edition, 2011.

Warm Up

Visual

Birth control is used by people who have vaginal sex in order to prevent getting pregnant or starting a pregnancy. There are many different types of birth control to choose from.

True or False? Most people use some kind of birth control to prevent pregnancy the first time they have vaginal intercourse.

I. *These are the top 3 methods used by teens in the United States.*

Answer	(1) Condoms, (2) Pill, (3) Withdrawal
Talking Points	<ul style="list-style-type: none">• <i>What do you notice about these methods? (Two of them are used by males; two can be used without going to a clinic; the number 1 method is good for both pregnancy and STD protection.)</i>• <i>Teens are very good at using birth control and condoms, and preventing pregnancy.</i>

5. Complete the sentence

Show *The Best Thing... Visual*. Give the groups 3 minutes to work together on completing the sentence.

I'd like each small group to work together to complete the sentence on the screen. "In our opinion, the best thing about (the name of your group's birth control method) is..." You should try to imagine what a person using the method might really like about it. When you're done we're going to have each small group read their sentence.

Allow 3 minutes to write, then have each group read their statement.

Thank the class for their good work in teaching each other about birth control methods.

Good job teaching each other about birth control methods today. It was an interesting topic and I hope everyone learned a lot.

6. Assign homework

Allow students to choose between the individual or family homework and explain the assignments as needed.

Individual Homework: Birth Control Laws

Family Homework: Talking About Birth Control, available in multiple languages on the FLASH website

7. Exit ticket

Hand out the *Lesson 7 Exit Ticket*.

Question:

When does a person take emergency contraception?

Answer:

Any of the following answers are acceptable:

- Within 5 days of unprotected sex
- After having sex without birth control or a condom
- After a condom breaks
- If a person is raped

g. *This birth control method cannot be used by teens.*

Answer	None. They can all be used by teens!
Talking Points	<ul style="list-style-type: none"> Many teens successfully use birth control, including all of the methods we're studying today.

h. *This method gives excellent protection against pregnancy and STDs, including HIV.*

Answer	Condom
Talking Points	<ul style="list-style-type: none"> Fortunately, the one method of birth control that protects against pregnancy and STDs is easy to get and easy to use. Condom group, please remind the class how to use a condom correctly. You can find it on your fact sheet. (Roll it all the way down, pinch the tip, hold it onto the base of the penis when pulling out of partner's body)

i. *This method can be used after sex to prevent pregnancy.*

Answer	EC
Talking Points	<ul style="list-style-type: none"> Ask: <i>In what situations would a person need birth control after sex?</i> (Didn't use birth control; condom breaks; used another birth control method incorrectly; rape/did not consent to sex.) EC works best the sooner it's taken. It must be taken within 5 days of unprotected sex in order to work. Ask: <i>What do you think would happen if EC didn't work?</i> (The person would be pregnant. It would not harm the pregnancy.)

j. *This method is easy to use.*

Answer	Opinions will vary. (Be sure to include IUD, implant and condom.)
Talking Points	<ul style="list-style-type: none"> What makes your group's method easy or convenient to use?

k. *This method can be used together with any other birth control method, giving the highest level of pregnancy, HIV and other STD protection.*

Answer	Condom
Talking Points	<ul style="list-style-type: none"> Using two methods of birth control, with one of them being a condom, is the very best protection.

c. *This method is very good at preventing pregnancy.*

Answer	All
Talking Points	<ul style="list-style-type: none"> • Every method of birth control is very good at preventing pregnancy. • Does anyone have a method that is nearly perfect? (IUD and implant) • Using any one of these methods is much more effective than using none.

d. *A person can only get this method by going to a doctor's office or clinic.*

Answer	IUD, Implant, Depo Shot, Birth Control Pill, Patch, Vaginal Ring
Instructions	<ul style="list-style-type: none"> • Distribute <i>Sexual Health Resources</i> (Local, U.S. or King County)
Talking Points	<ul style="list-style-type: none"> • Share state law about confidentiality. For example: <i>It's important to know that here in Washington State, the law says that birth control is completely confidential for all people, including teens. The clinic staff is not allowed to tell anyone, including parents, without the teen's permission. At many of the clinics, teens can sign up for free Washington State birth control insurance.</i> • Give the names and locations of nearby clinics. Point out if services are free or low cost. For example: <i>In this community, teens can get birth control at [insert local clinic].</i>

e. *A person can get this method from a drugstore without a doctor's prescription.*

Answer	Condom, EC
Talking Points	<ul style="list-style-type: none"> • Ask: <i>Why would it be important for people to get EC quickly, or have it on hand at home? Because it works best the sooner it's taken, right after unprotected sex.</i> • <i>Most brands of EC can be purchased at the drugstore by people of any age, without ID, if the drugstore carries EC. EC costs \$35–50.</i> • <i>People of any age can buy condoms at the drugstore or gas station without ID. They cost about \$1/condom and usually come in packs.</i> • <i>People can often get EC and condoms for free or for much less money at a clinic.</i>

f. *This method is very safe. It is not harmful to a person's body.*

Answer	All
Talking Points	<ul style="list-style-type: none"> • All birth control methods are very safe. • All methods of birth control are much less risky for a person's body than pregnancy and childbirth. • If a certain method isn't a good match for someone, their doctor will help figure it out.

4. “The truth about birth control” activity

In this activity, students stay in their small groups. The teacher will read a statement. If the small group thinks the statement is true for their method, they raise their sign. Before moving to the next statement, the teacher makes sure students are holding up the correct method signs and covers talking points related to the statement.

If students ask why abstinence was not included as a birth control method, let them know that abstinence was important enough to need an entire lesson to itself. This lesson focuses on methods used during vaginal sex.

Note: Research indicates that it’s important to create a positive perception of birth control methods.¹⁸ Information about contraindications or specific health risks will be covered by medical providers, in the event that a student seeks out a particular method of birth control. It is also covered on suggested links on the resource sheet, for students who want more medical information. The focus of this lesson is on the *advantages* of each method.

I’m going to read a statement. If the statement is TRUE for your method, raise your birth control method sign and keep it up so everyone can see it. We will have a discussion before we move on to the next statement. Here’s the first one...

a. *This method can only be used by a person who has a penis.*

Answer	Condom, Withdrawal
Instructions	<ul style="list-style-type: none"> Have each small group say the name of their method and how it is used (students are teaching each other). Show the method to the class, if you have samples.
Talking Points	Reinforce key concepts.

b. *This method can only be used by a person who has ovaries.*

Answer	IUD, Implant, EC, Depo Shot, Birth Control Pill, Patch, Vaginal Ring
Instructions	<ul style="list-style-type: none"> Have each small group say the name of their method and how it is used (students are teaching each other). Show the method to the class, if you have samples.
Talking Points	<ul style="list-style-type: none"> <i>Why can these methods only be used by a person who has ovaries? Because the hormones in these methods tell the ovaries not to release an egg. Without an egg, a pregnancy cannot begin.</i> Reinforce key concepts.

Activities

1. Warm Up

Display warm up as bell work.

Prompt:

Birth control is used by people who have vaginal sex in order to prevent getting pregnant or starting a pregnancy. There are many different types of birth control to choose from.

True or False? Most people use some kind of birth control to prevent pregnancy the first time they have vaginal intercourse.

2. Introduce the lesson

Explain that the purpose of the lesson is to learn about birth control, whether people need the information to prevent pregnancy now or in the future, or to act as health educators for others. Provide the answer to the warm up (true) and reinforce the idea that most people, including most teens, use birth control to prevent pregnancy.

Today we're learning about birth control, which is an important way to prevent pregnancy for people who are having vaginal sex, or penis into vagina sex.

Let's start with the warm up. True or false? Most people use some kind of birth control to prevent pregnancy the first time they have vaginal intercourse. What do you think? (Let students respond.) The answer is true. In fact, 99% of couples have used birth control at some point in their lives,¹⁶ and teens themselves are very good at using birth control.¹⁷

I want to point out that this lesson is for everybody—people who are having vaginal sex now or who will in the future, and teens of all sexual orientations and genders. Even if someone won't ever need birth control, learning about it now will help them act as health educators for their friends and families on this important topic.

3. Birth control study groups

Separate the class into 9 small groups. Assign each small group a method of birth control. Give each group a folder with one birth control method sign and copies of their birth control method fact sheet.

Instruct groups to study their assigned method of birth control in preparation for the activity. They should be prepared to say the name of their method and how it is used. While students are preparing, visit the groups to see if they need help understanding their method.

We're going to be working in small groups today. After I break you into groups, each group will be assigned a method of birth control and will be given a folder with some information about that birth control method.

You will all need to learn about the method assigned to your group so that you can answer questions about it. You will especially need to learn the name and how it is used. We will be using this information for a class activity.

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- Contact your local public health family planning clinic or Planned Parenthood (www.plannedparenthood.org) to see if they have kits for loan or for sale.
 - If you borrow or purchase a birth control teaching kit, use the written materials in this lesson plan, not those in the kit.
6. Review the *Birth Control Fact Sheets* used in this lesson. For background information, see these medically accurate sources.
- Public Health – Seattle & King County. They are downloadable at <http://www.kingcounty.gov/healthservices/health/personal/famplan/birthcontrol/brochures.aspx>
 - Association of Reproductive Health Professionals: <http://www.arhp.org/MethodMatch/>
 - Medline Plus, a service of the U.S. National Library of Medicine: <http://www.nlm.nih.gov/medlineplus/birthcontrol.html>
7. Prepare Visual for document camera or projector.

Materials Needed

Student Materials

- *Sexual Health Resources – King County, U.S.*, or develop a local resource sheet
- *Individual Homework: Birth Control Laws*
- *Family Homework: Talking About Birth Control*, available in multiple languages on the FLASH website
- *Lesson 7 Exit Ticket*

Classroom Materials

- *Lesson 7 Warm Up*
- *Birth Control Signs*
- *Birth Control Fact Sheets*
- *The Best Thing... Visual*
- Nine folders or 9 x 12 manila envelopes
- (Optional) Samples of the birth control pill, Depo shot, emergency contraception, implant, male condom, IUD, patch and vaginal ring.
- (Optional) Samples of the birth control methods not covered in class, in case questions arise: diaphragm, female condom, Cycle Beads and spermicide (gel, foam, film, sponge). Methods that do not need samples include tubal ligation, vasectomy and withdrawal.

Teacher Materials

- *Developing a Local Sexual Health Resources List: Teacher Guide* for those developing a local resource sheet

Teacher Preparation

1. Print *Birth Control Signs* on card stock so that you have one classroom set.
2. Assemble 9 folders or 9 x 12 manila envelopes for birth control study groups:
 - Label each of the 9 folders or envelopes with the name of a birth control method: pill, patch, shot, male condom, emergency contraception, IUD, ring, implant and withdrawal.
 - Put one *Birth Control Sign* into each folder or envelope.
 - Put 5 copies of the corresponding *Birth Control Fact Sheet* into folder or envelope.
 - For example, the folder or envelope labeled “condom” would have 5 copies of the *Condom Fact Sheet* and a *Condom Birth Control Sign* on card stock.
3. Visit <http://sexetc.org/action-center/sex-in-the-states/> to learn about laws for birth control confidentiality in your state.
4. (Optional) Create a local *Sexual Health Resource* handout for students, following the instructions in *Developing a Local Sexual Health Resources List: Teacher Guide*.
5. (Optional) Obtain a birth control kit.
 - If you teach in King County, WA, contact your local Public Health educator for a loaner kit. Go to: www.kingcounty.gov/health/FLASH (click on “find out about training here”)

Rationale

The FLASH curriculum includes birth control methods and abstinence in full lessons of their own, based on the effectiveness of both approaches.¹ Research has repeatedly shown that sexual health education, including teaching about birth control, does not cause teens to have sex sooner or more often.^{1 2 3 4 5 6} Its only impact is preventative. Based on national data, it is likely that most students receiving the lesson are not currently at risk of pregnancy, but a significant minority is currently at risk, and many more will be within the next few years.⁷

In this lesson, birth control is framed positively. Multiple studies demonstrate that having “more positive attitudes towards contraception, including condoms” and “perceiving more benefits of using contraception” are important protective factors against teen pregnancy.⁸ Students are not expected to memorize effectiveness rates, how each method of birth control works, or contraindications. If students should be interested in a prescription method at some point in their life, their medical providers will cover this information.

Selection of methods in the lesson

This lesson focuses on a subset of birth control methods in order to achieve sufficient depth in one class period and to achieve teen pregnancy prevention goals. The nine methods focused on in this lesson are based on King County and national data on teen contraceptive use.^{9 10} A student handout on sexual health resources includes medically accurate links to all FDA-approved methods of birth control, if students or families are interested in learning more.

Inclusion of IUD

IUDs are now known to be safe and appropriate birth control for teens. They have been redesigned from IUDs used in the past. They are safe and effective for women who have been pregnant and those who haven't, including teens. Not only are they extremely safe, IUDs are among the most effective methods of birth control available; the hormonal ones (Mirena) are more effective than sterilization. They do not impair future fertility, and they do not increase the risk of HIV or other STDs.^{11 12 13}

Inclusion of withdrawal

Despite the physical challenges inherent in using withdrawal effectively, we include it because withdrawal is more effective than previously thought and withdrawal is common among teens, free and always available. In fact, when withdrawal is used correctly, experts calculate that only 4% of couples are likely to get pregnant in a year. Taking typical human error into account, 22% would get pregnant, which is comparable to the diaphragm, sponge and other spermicides.¹⁴

In contrast, over three times as many couples (85%) would get pregnant using no method for a year, making withdrawal *significantly* more effective than using nothing. It should also be noted that withdrawal reduces the risk of sexually transmitted diseases (STD) and the human immunodeficiency virus (HIV) by about half,¹⁵ which is better than most other methods of birth control, excluding condoms.

In contrast to previous assumptions, research shows that most men's pre-ejaculate fluid contains no sperm. Some men have a small amount of sperm in their pre-ejaculate fluid,¹⁵ which may account for the 4% pregnancy rate in perfect use.

Standards

National Health Education Standards (SHECAT)

Standard 1	Students will comprehend concepts related to health promotion and disease prevention to enhance health.
SH1.8.30	Summarize ways to prevent pregnancy, including not having sex and effective use of contraceptives.
SH1.8.31	Describe how the effectiveness of condoms can reduce the risk of pregnancy.
SH1.8.32	Describe ways sexually active people can reduce the risk of pregnancy.
Standard 3	Students will demonstrate the ability to access valid information, products, and services to enhance health.
SH3.8.4	Describe situations that call for professional sexual healthcare services.
SH3.8.6	Access valid and reliable sexual health information from home, school or community.
SH3.8.7	Locate valid and reliable sexual healthcare products.
SH3.8.8	Locate valid and reliable sexual healthcare services.
Standard 5	Students will demonstrate the ability to use decision-making skills to enhance health.
SH5.8.7	Choose a healthy alternative when making a sexual health-related decision.
SH5.8.8	Analyze the effectiveness of a sexual health-related decision.

National Sexuality Education Standards

PR.8.CC.3	Explain the health benefits, risks and effectiveness rates of various methods of contraception, including abstinence and condoms.
PR.8.CC.4	Define emergency contraception and its use.
PR.8.AI.1	Identify medically accurate resources about pregnancy prevention and reproductive health care.
PR.8.AI.2	Identify medically accurate information about emergency contraception.
PR.8.AI.3	Identify medically accurate sources of pregnancy-related information and support including pregnancy options, safe surrender policies and prenatal care.
PR.8.SM.1	Describe the steps to using a condom correctly.

FLASH Key Concepts

Birth control is excellent at preventing pregnancy.

Condoms are excellent at preventing pregnancy and STDs, including HIV.

Birth control is very safe.

Many teens successfully use birth control.

In this community, teens can get birth control at *[insert local clinic]*.

Teens of every sexual orientation and gender identity need to learn about birth control and STD prevention, for themselves or to help a friend.

Birth Control Methods

Grade 6–8, Lesson 7

Summary

The overall purpose of the lesson is for students to learn about birth control methods while developing positive attitudes and positive peer norms about birth control. Students first work in small groups to study their assigned method of birth control. In a full-class activity, the teacher reads aloud a statement about birth control and each small group must determine if the statement is true for their method. There is brief class discussion between statements. The class concludes with students making observations about the positive aspects of the different methods of birth control.

Student Learning Objectives

The student will be able to ...

1. Describe how birth control methods can reduce the risk of pregnancy.
2. Define emergency contraception and its use.
3. Describe the benefits of birth control methods.
4. Identify resources for reproductive and sexual healthcare services.

Lesson Timing

Warm up	Bell work + 2 minutes
Introduce the lesson	2 minutes
Birth control study groups	5 minutes
"The truth about birth control" activity	30 minutes
Complete the sentence	8 minutes
Assign homework	
Exit ticket	3 minutes
Total	50 minutes