

Contraception & Choices



Aims & Objectives

To increase young peoples knowledge about the wide range of contraceptive methods, their efficacy and how they work. To explore and discuss choices around unplanned pregnancy and what options are available.

By the end of the session students will:

- ❖ be able to name 3 methods of contraception and how they work
- ❖ have increased understanding of the options available around unplanned pregnancy
- ❖ have an increased understanding of how all aspects of health can be affected by choices made in sex and relationships
- ❖ know what services are available and where to access them

RSHE Framework: **RE6, RE8, RE9, RE21, RE31, RE37, HE5**

Group Agreement

- ❖ We will be open
- ❖ The classroom is a safe space
- ❖ We will be nice and respectful
- ❖ We won't be forced to get involved
- ❖ Remember, we are all different
- ❖ We will listen to others and share our points of view
- ❖ We will try to use respectful language
- ❖ Asking questions

NUH Sexual Health— Faith and Equality in RSE

NUH recognise diversity and understand that in many faiths it is taught that sex should only take place within marriage. This is the teaching of many faiths, however some people believe it is ok to have sex outside of marriage. We are all different and have different views. The law says that people in this country can choose to have sex when they reach the age of 16 regardless of whether they are married or not.

Recognising the diversity of views is important to prepare pupils for life in modern Britain and to develop respect for others.

Contraception

Contraception aims to prevent pregnancy, and some can help prevent STIs.

A woman can get pregnant if a mans sperm reaches one of her eggs.

Contraception stops this happening by:

- ❖ stopping egg production (**Ovulation**)
- ❖ keeping the egg and sperm apart (**Fertilisation**)
- ❖ stopping the combined sperm and egg (fertilised egg) attaching to the lining of the womb (**Implantation**)

Contraception

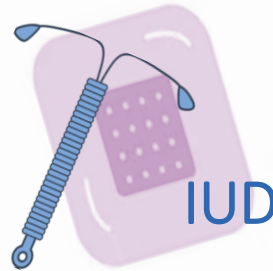
LASTS FOR YEARS
LASTS FOR WEEKS
LASTS FOR DAYS
MONTHS

USE EVERY TIME
YOU HAVE SEX

USE EVERY DAY

LASTS FOR WEEKS
- MONTHS

LASTS FOR
YEARS



IUD

Patch

(needs to be changed once a week)

Combination



IUS

Vaginal Ring

(worn for 21 days)

Contraceptive
Implant
Injections and caps
Contraceptive
Injection
Barrier between
(mini pill or POP)

These are the most effective methods of contraception as they do not rely on the user to do anything. All are fitted by a nurse or doctor and are over 99% effective.

Emergency Contraception



When do I need Emergency Contraception?



Whenever you have

- ❖ Unprotected sex / withdrawal / Split condoms / forgotten pill / 1st time sex
- ❖ Ejaculation onto your bits!
- ❖ If you are worried

Emergency Contraception can be used up to 120 hours after putting yourself at risk of pregnancy.

The sooner you take it the more effective it is, please come and talk to us as soon as possible.

Why might people NOT use Contraception?

I didn't know
about fertility

I couldn't get hold of
emergency contraception
in time

I was forced
to have sex
and no
contraception
was used

The sex was
unplanned so we
didn't have a
condom

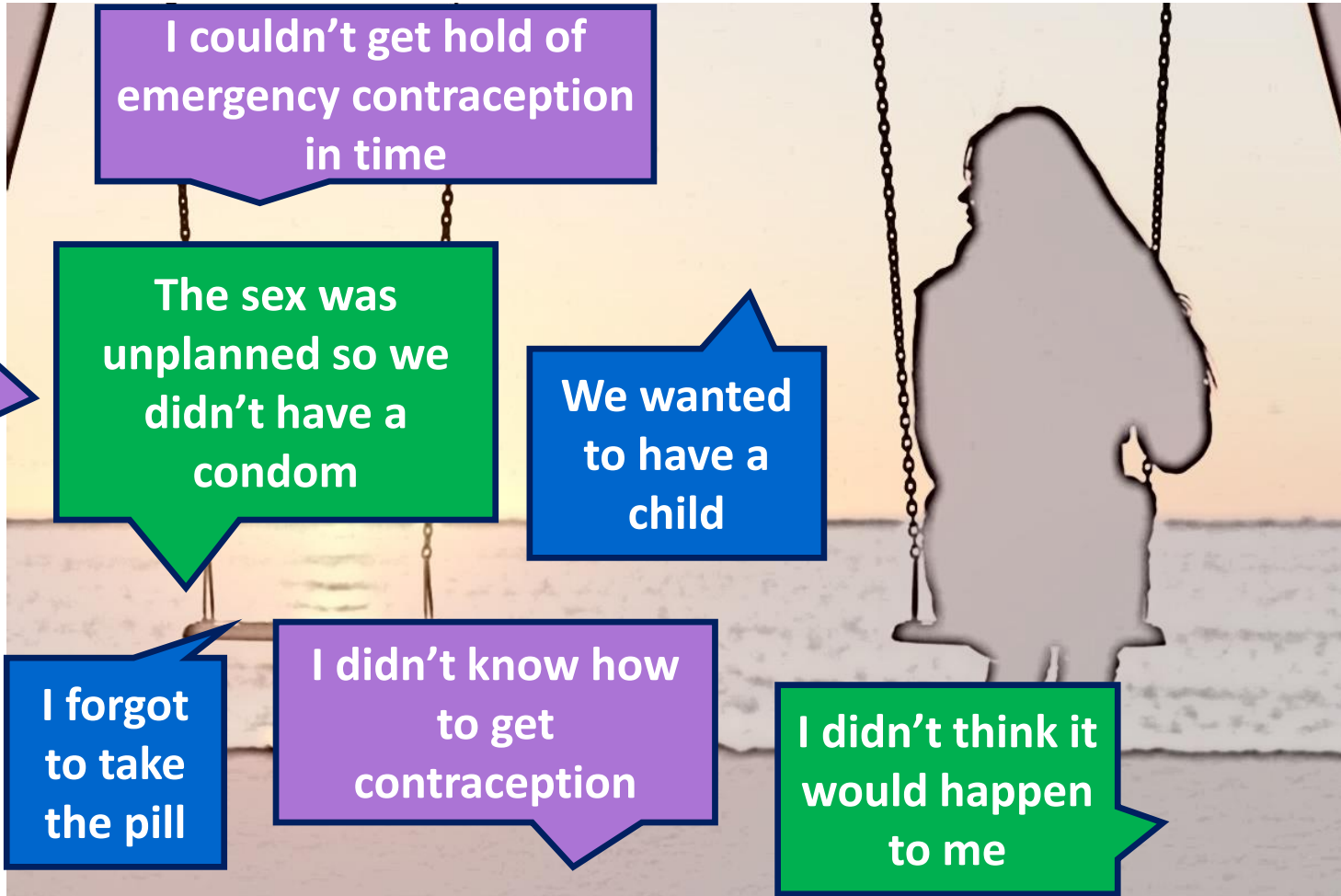
We wanted
to have a
child

Partner took
condom off
during sex

I forgot
to take
the pill

I didn't know how
to get
contraception

I didn't think it
would happen
to me



Holly and Jacob have been dating for a few months; they have had sex a couple of times and normally use condoms but not always.

Holly is starting to worry she is pregnant, as her period is late

What advice would you give Holly?

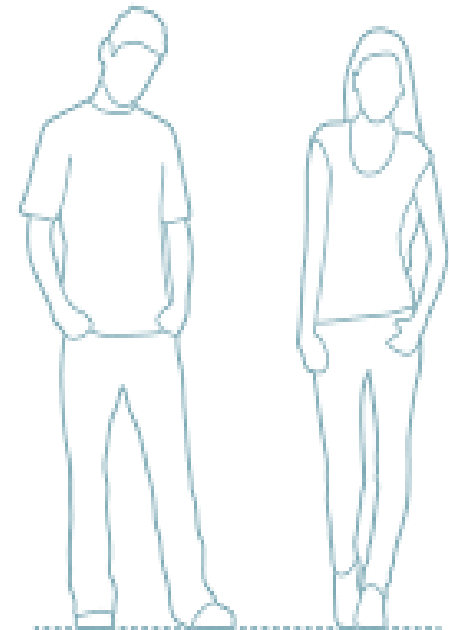


She's 15 and pregnant.

Why may they decide to . . .

- (a)** become parents
- (b)** give the baby up for adoption
- (c)** have an abortion

In your pairs discuss the three options above, think about the positives and negatives for each option



Pregnancy Choices

Parenting

- ✓ They love each other
- ✓ It is someone to love
- ✓ They don't agree in abortion
- ✓ They want to be parents
- ✗ They are too young
- ✗ They might split up
- ✗ Education
- ✗ Lack of financial support

Adoption

- ✓ They don't want to be parents
- ✓ They know baby will go to a good home
- ✓ They don't agree in abortion / unable to access in time
- ✗ Might regret it
- ✗ Emotional impact of giving baby up
- ✗ Going through pregnancy/labour

Abortion

- ✓ Too young
- ✓ Doesn't want to be a parent
- ✓ Wants to finish education
- ✓ Scared or worried about parents / peers / partner
- ✗ Religious or moral reasons
- ✗ Potential emotional impact
- ✗ Has no support network
- ✗ Is scared or worried

Useful links

NUH Sexual Health

<https://www.nuh.nhs.uk/pregnancy-choices>

NHS

<https://www.nhs.uk/conditions/pregnancy-and-baby/pregnancy-test/>

BPAS (British Pregnancy Advisory Service)

<https://www.bpas.org/>



Under 18's Drop in Clinic

Every Wed 2 – 6pm

Victoria Health Centre

Glasshouse Street



NUH Sexual Health Services



0115 9627 627

www.nuh.nhs/sexual-health-services

Twitter @NUHsexualhealth