



Positive Relationships:



How do I make sure my intimate relationships are safe?

Learning intention: To know how and why different contraceptives are used.

Do Now:

How do I make sure my intimate relationships are safe?

Produce a list of the different methods of contraception.

Challenge: state how the different methods of contraception work.

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Ground Rules

- We will not ask each other personal questions.
- We have the right to 'pass' if we do not wish to comment.
- We agree to join in and make a positive contribution.
- We will listen to each other without interrupting.
- We will show respect for each other and each others' views, even where they are different from our own.
- We agree that it is OK to make mistakes and learn from them.
- We will support each other and encourage those who are less confident than ourselves



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- Contraceptives – things you can use to stop getting pregnant and also prevent catching STIs.
- STIs – Sexually transmitted infections (diseases and illnesses caught by people who have unsafe sex).
- Conception - the action of conceiving a child or of one being conceived.
- Condom - a thin rubber cover worn on a man's penis for contraceptive or as a protection against infection.
- Pill – Hormonal contraception that suppresses ovulation and prevents conception.
- Ovulation – when the ovaries release an egg during the menstrual cycle.



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Image response



Task: Complete the worksheet about contraception in as much detail as you can, based on your current knowledge and understanding.

Challenge: are there any other types of contraception that you are aware of?



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Task: Further information matching – add more detail to your worksheet



Condoms: Made of very thin latex and used to cover the penis during sexual intercourse. It stops pregnancy by catching the sperm and stopping it from meeting the egg.



Contraceptive injection: This is given to a female by a doctor or nurse once every 3 months. It stops an egg being produced each month. It also makes it harder for sperm to enter the uterus.

Contraceptive pill: A small tablet taken once a day by a female to prevent pregnancy. It works by stopping the body from releasing an egg each month. It can also reduce heavy periods.



Female condoms (Femidom): Made from soft, thin polyurethane. They are worn inside the vagina. A thin, rubbery band at the end is squeezed and inserted into the vagina. It prevents pregnancy by stopping the sperm from entering the uterus.





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Signposting support: accessing contraception



GPs and sexual health clinics provide a wide range of contraceptives, but condoms are also available in shops and pharmacies. Condoms may also be available in dispensers in some public toilets.

Certain types of contraceptive pill are available in some pharmacies and online pharmacies.



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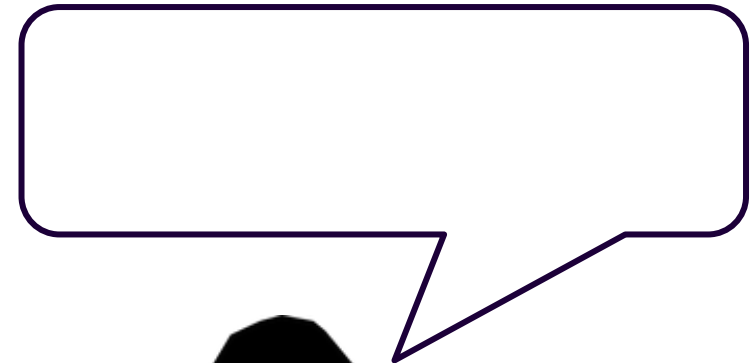
Talking heads

Task: In your books make a list of:

- 3 things that you have learnt
- 2 things that you want to know more about
- 1 thing you already knew



Resources adapted from PSHE Association





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Signposting support



If you would like further guidance or support:

- speak to a parent/carer, tutor, head of year, school nurse/counsellor or other trusted member of staff in the school
- GP or a sexual health clinic

Visit:

- A Better Medway: www.abettermedway.co.uk
- Medway Contraception and Sexual Health Clinics: www.cloverstreet.nhs.uk 0300 790 0245
- Brook: www.brook.org.uk/help-advice
- Childline: www.childline.org.uk 0800 1111
- Get It: www.getit.org.uk



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Task: Write a postcard for someone who needs advice about using contraception. Focus on five top tips to ensure contraception is accessed and used properly.

You could consider:

What should a person think about before they choose a method of contraception?

Why is it important to use contraception correctly?

Where can a person access contraception and find more information and advice?





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Discuss what three pieces of advice you would give a teenager who was planning on having sex for the first time?

My first piece of advice would be..

This is because..

Another piece would be..

This is important because..

A final piece of advice would be..

This is because..

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Type:	What is it?	Type:	What is it?
	How does it work?		How does it work?

Type:	What is it?	Type:	What is it?
	How does it work?		How does it work?

Complete the text boxes on the diagram to show the steps in using a condom safely.

Before sex:

Check the _____ and _____ on the condom



Open the packet by tearing from the _____ side

Check the condom is the right way round



Squeeze the _____ and roll the condom down to the _____

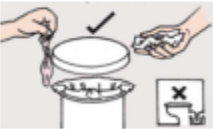


After sex:

Ensure condom stays on when the penis is _____

Remove condom from the base to ensure semen does not _____

Wrap condom in tissue and dispose of it in the _____



Missing words

expiry date	ridged	tip	base
withdrawn	safety mark	bin	leak

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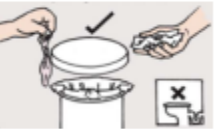


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Task:
Read the quotes and make a list of:

- 3 things that you have learnt
- 2 things that you want to know more about
- 1 thing you already knew

My girlfriend and I are ready to have sex. I went to the local sexual health clinic and called them ahead of time, so they had some dental dams that they gave me for free. They said they'll reduce our chance of catching an STI.

We're waiting to have sex for now, we know that no contraception is 100% effective so there's still a chance of getting pregnant. We don't feel ready for that.

I'd bought condoms from the shop before, but then I found out it was so easy to get condoms for free with the C-card scheme.

I wanted to talk through my options for contraception with someone before I had sex, so I booked an appointment at the local sexual health clinic. We had a chat and they reminded me how to use a condom properly.

I got the pill from my local sexual health clinic but they were giving me headaches - so I booked an appointment with my GP and now that I'm using a different type of contraceptive pill I feel much better.

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