

RELATED FOUNDATIONS:

- Student Engagement

RESOURCES:

- Birth Control Match-Up Cards
- Birth Control Inquiry Activity

HELPFUL WEBSITES:

- sexandu.ca
- sexualhealthontario.ca
- healthunit.com

Birth Control Match-Up

ACTIVITY GOAL: To review what students have learned about birth control methods and their effectiveness for preventing STIs and pregnancy.

ACTIVITY INSTRUCTIONS:

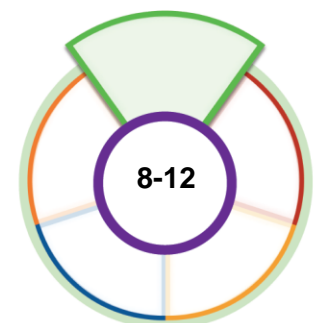
1. Print and cut out method, description and image match-up cards
2. Shuffle cards and distribute one card per student
3. Encourage students to circulate and find the other 2 people with the matching method, description and image cards
4. Have student trios share with the class their method, description and image
5. Have students line up from least effective to most effective birth control method. Discuss.
6. Have students divide according to whether or not their method protects against STIs. Discuss.

Educator prompts

- Why is it important to think about and discuss birth control methods?
 - For individuals to weigh the pros and cons and be ready to talk to their healthcare provider about birth control.
 - To plan ahead and avoid pregnancy, as most methods require an appointment with a healthcare provider and time to start working
 - Partners can discuss risks and options responsibly when thinking of having sexual intercourse.
- What is the most effective method for preventing pregnancy and STIs?
 - Abstinence
- How can someone decrease their risk of an STI if they choose to use a hormonal method of birth control?
 - A condom or internal condom can reduce risk of STIs and can be used in addition to a hormonal method

Curriculum Connections

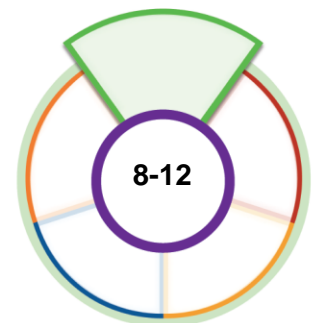
- Grade 8: D2.3 Decision making considerations and skills
- Grade 9: C1.4 Preventing pregnancies and STIs
 - C2.3 Thinking ahead about sexual health, consent, personal limits
- Grade 10: C2.5 Decision making communication and healthy sexuality
- Grade 11: C2.3 Reproductive and sexual health; proactive measures





- Who can you talk to about birth control?
 - Parent or trusted adult
 - Healthcare provider
 - Middlesex-London Health Unit 519-663-5317
- How does consent relate to birth control?
 - Sexual consent is when everyone involved wants and agrees to any physical intimacy
 - When talking about birth control we are talking about sex, and consent is required for any form of sexual activity
 - Consent is more than not saying “no”
 - Optional video to share: [Kids Help Phone: What is consent?](#)

Curriculum Connections

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Birth Control Match-Up Cards

Method	Description	Image
<h1>Condom</h1>	<ul style="list-style-type: none">• Soft latex cover that fits over an erect penis• Traps sperm in the condom so it cannot fertilize the egg• No prescription required• Purchase at a drug store or get for free from the Health Unit• Reduces the risk of most STIs	 Two condoms are shown in their individual packaging. The one on the left is black and the one on the right is orange. They are set against a background split diagonally into blue and yellow.
<h1>Female Condom</h1>	<ul style="list-style-type: none">• Polyurethane pouch worn inside the vagina• Prevents sperm from entering the uterus• No prescription is required• Purchase at a drug store• Reduces the risk of most STIs	 A female condom is shown against a blue background. It is a clear, flexible polyurethane pouch with a white ring at the top and a white strap at the bottom.

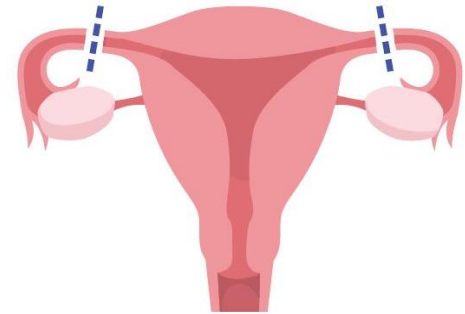
Abstinence

- Avoiding all genital contact or intercourse
- No pregnancy or STI risk
- Abstinence is a choice that everyone is allowed to make and because of that, it gives a person a sense of control over their own decisions



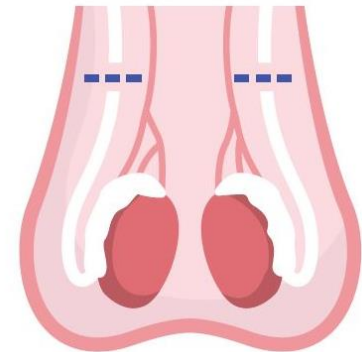
Tubal Ligation

- Involves surgery
- Is permanent
- Blocks the fallopian tubes so the sperm and egg cannot meet
- Does not protect against STIs



Vasectomy

- Involves surgery
- Is permanent
- Blocks the tubes that carry the sperm to the penis
- Does not protect against STIs



Oral Contraceptive Pill

- For a person with a vulva
- Take one every day
- Prevents the ovary from releasing an egg (ovulation)
- Regulates menstrual cycles
- Requires a prescription from a doctor
- Does not protect against STIs



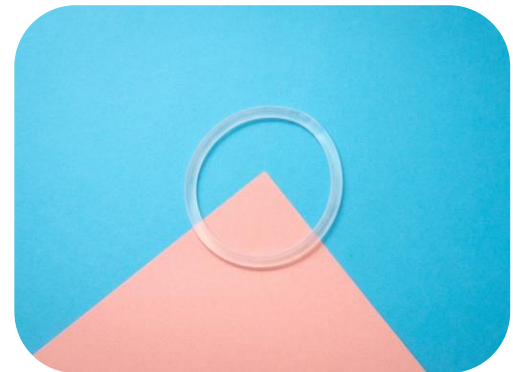
Contraceptive Patch

- Brand name: Evra
- Worn on the skin
- Change it once a week
- Prevents the ovary from releasing an egg (ovulation)
- Requires a prescription from a doctor
- Does not protect against STIs



Vaginal Ring

- Brand name: Nuvaring
- A ring that is put inside the vagina
- Releases hormones that prevent the ovary from releasing an egg (ovulation)
- Use monthly
- Requires a prescription from a doctor
- Does not protect against STIs



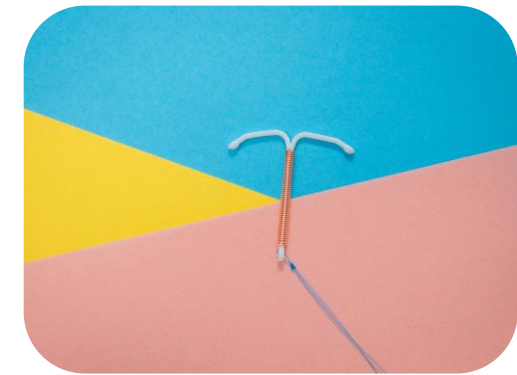
Injectable Contraception

- Brand name: Depo-Provera
- An injection that is given in the muscle every 10-13 weeks by a doctor
- Prevents the ovary from releasing an egg (ovulation)
- Requires a prescription from a doctor
- Does not protect against STIs



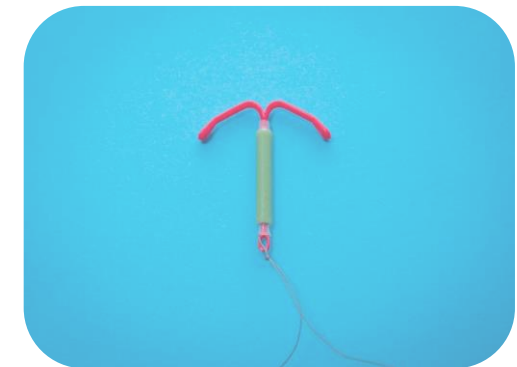
Intrauterine Device (IUD)

- Small T-shaped plastic frame that is surrounded by a thin copper wire
- Put in the uterus by a doctor
- Can remain in the uterus for 3-10 years
- Copper causes changes in the uterus which destroys sperm
- Also known as Intrauterine Contraception (IUC)
- Does not protect against STIs



Intrauterine System (IUS)

- Small T-shaped plastic frame that contains a hormone called levonorgestrel
- Put in the uterus by a doctor
- Slowly releases hormone that changes lining and mucous of uterus making it difficult for sperm to reach egg
- Can remain in the uterus for up to 5 years
- Also known as Intrauterine Contraception (IUC)
- Does not protect against STIs



Withdrawal

- During sex, penis is pulled out of the vagina before ejaculation
- High risk of pregnancy
- Does not protect against STIs



Image Sources:

<https://unsplash.com/photos/Wb-rLP27Gvo>

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canva.com

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<reproductive-health-supplies-coalition-cHrcHdg2H9E-unsplash.jpg>

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<http://www.stickpng.com/img/people/fingers/fingers-crossed>