

RELATED FOUNDATIONS:

- Student Engagement

RESOURCES:

Beach Ball

- Beach ball
- Permanent marker

Quiz, Quiz Trade

- Quiz, Quiz, Trade cards cut into strips

Trivia

- Buzzer or bell

Birth Control Trivia Activities

ACTIVITY GOAL: To increase or test student knowledge of STIs.

ACTIVITY INSTRUCTIONS: BEACH BALL ACTIVITY

1. Use a permanent marker to draw numbers all over the surface of a beach ball.
2. Use the numbered list of trivia questions.
3. Toss the ball out into the class.
4. The student who catches the ball says the number that is facing them on the ball and the teacher asks the corresponding question to the student.
5. The student can answer the question or defer the question to the class.

ACTIVITY INSTRUCTIONS: QUIZ, QUIZ, TRADE

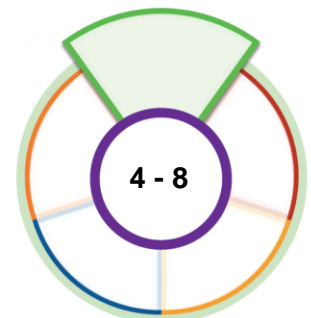
1. Cut the trivia questions into strips on the dotted lines, fold each strip in half to make a quiz card, with question on one side and question and answer on the other.
2. Provide each student with a quiz card.
3. Have students find a partner. Student 1 asks the question on their card while holding up the question side to student 2.
4. Student 2 answers the question to the best of their ability and the student 1 provides the correct response where needed.
5. Follow the same process with student 2 asking the question on their card.
6. Once both questions have been answered, students trade cards and find another partner to repeat quiz.

ACTIVITY INSTRUCTIONS: TRIVIA CHALLENGE

1. Divide class into 2 or 3 teams.
2. Read a question from the trivia questions
3. The first team to hit the buzzer/bell answers the question.
4. Consider offering a small incentive to the winning team

Curriculum Connections

- Grade 4: C1.5 Puberty – changes; emotional, social impact, C2.4: Puberty – personal hygiene and care
- Grade 5: C1.3: Reproductive system C1.4 Menstruation, spermatogenesis
- Grade 6: C2.5: Understanding of puberty changes, healthy relationships
- Grade 7: C1.3: Delaying sexual activity C2.4: Sexual health and decision making
- Grade 8: C1.4 Decisions about sexual activity; supports C2.4: Decision making,



1. Does someone under the age of 16 need parental consent to obtain birth control pills?

Does someone under the age of 16 need parental consent to obtain birth control pills?

A: No. There is no minimum age to prescribe contraception and youth are under no legal obligation to inform their parents that they are being prescribed/using contraception.

2. Can condoms be used with water-based lubricants?

Can condoms be used with water-based lubricants?

A: Yes. Oil or petroleum-based lubricants (e.g. Vaseline or hand lotion) cause condoms to break.

3. How should oral contraceptives (the birth control pill) be taken to maximize effectiveness?

How should oral contraceptives (the birth control pill) be taken to maximize effectiveness?

A: To maximize efficacy, the pill should be taken as prescribed, at the same time every day.

4. How often is the Depo-Provera injection administered?

How often is the Depo-Provera injection administered?

A: Depo-Provera injections are given every 3 months by a healthcare provider.

5. Is it possible to become pregnant after vaginal intercourse during menstruation?

Is it possible to become pregnant after vaginal intercourse during menstruation?

A: Yes, some people have shorter menstrual cycles and ovulate earlier than day 14, since sperm can survive 4-5 days inside the body, this can lead to fertilization and pregnancy.

6. Does air need to be squeezed out of the tip of the condom before putting it on?

Does air need to be squeezed out of the tip of the condom before putting it on?

A: Yes. This helps to decrease the chance of breakage.

7. Withdrawal is an effective method of birth control. True or False?

Withdrawal is an effective method of birth control. True or False?

A: False. Withdrawal (pulling the penis out of the vagina prior to ejaculation) is not a reliable method. There may be a small amount of sperm (pre-ejaculate) on the penis at the beginning of sexual intercourse.

8. Can emergency contraception (the Morning After Pill) be taken up to 5 days after unprotected vaginal intercourse?

Can emergency contraception (the Morning After Pill) be taken up to 5 days after unprotected vaginal intercourse?

A: Yes, for some emergency contraceptives (Plan B), the earlier emergency contraception is taken, the more effective it is.

9. Can a condom be used more than once?

Can a condom be used more than once?

A: No. A condom can only be used once and should be thrown out after use.

10. Abstinence is 100% effective in the prevention of pregnancy. True or False?

Abstinence is 100% effective in the prevention of pregnancy. True or False?

A: True.

11. Name the birth control methods that you need a prescription from a healthcare provider to get.

Name the birth control methods that you need a prescription from a healthcare provider to get.

A: Birth control pills, Evra Patch, NuvaRing, Depo-Provera, IUD/IUS.

12. If a person can't remember to take a pill every day, what other hormonal birth control methods could they choose?

If a person can't remember to take a pill every day, what other hormonal birth control methods could they choose?

A: The Evra Patch, the NuvaRing, Depo Provera, and the IUD/IUS are all methods that do not need to be taken daily.

13. Where can a teen go for birth control methods and condoms?

Where can a teen go for birth control methods and condoms?

A: Walk-in clinic, family physician, or the birth control clinic at the health unit

14. Which methods of birth control also reduce the risk of STI's?

Which methods of birth control also reduce the risk of STI's?

A: Condoms. For best protection condoms should be put on before any sexual contact.

15. Give 2 rules for proper use of condoms

Give 2 rules for proper use of condoms.

A: Only use water-based lubricant/ do not use oil-based lubricant (it breaks down latex), protect from light, heat and cold, check expiry date and discard if old, use polyurethane if either partner has a latex allergy

16. Name 2 methods of birth control that are more than 82% effective

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A: The pill (Oral Contraceptive Pill), the patch (Evra), the ring (Nuva Ring), the needle (Depo-provera), IUD/IUS (Intrauterine Device/system)

17. Pregnancy is not possible when having sex for the first time. True or False?

Pregnancy is not possible when having sex for the first time. True or False?

A: False. A person who is ovulating can get pregnant any time they have unprotected sex, regardless of age or sexual history. Pregnancy can occur if sperm are present at the time of ovulation.

18. If someone is under the influence of drugs or alcohol, they cannot give consent for sexual activity. True or false?

If someone is under the influence of drugs or alcohol, they cannot give consent for sexual activity. True or false?

A: True. Sexual activity is not consensual if a person is impaired by drugs or alcohol, is sleeping or unconscious, or is intimidated or threatened.

19. What method of contraception is changed monthly?

What method of contraception is changed monthly?

A: Nuva ring (the ring) is a hormonal method changed once a month.

20. What method of contraception is given every 12 weeks?

What method of contraception is given every 12 weeks?

A: Depo Provera (the shot) is an injection given by a healthcare provider every 12 weeks.

21. What method of contraception is changed weekly?

What method of contraception is changed weekly?

A: Evra (the patch) is a hormonal method that is replaced weekly.

22. What method of birth control can be used up to 5 days after unprotected intercourse but is most effective in the first 24-72 hours? Where can you get it?

What method of birth control can be used up to 5 days after unprotected intercourse but is most effective in the first 24-72 hours? Where can you get it?

A: The emergency contraception pill (Plan B) can be taken after unprotected sexual intercourse to reduce the risk of pregnancy, the sooner it is taken the more effective it is. You can get it at your pharmacy or local public health unit

23. Pregnancy is possible before someone starts to get their period or if they have irregular periods. True or false?

Pregnancy is possible before someone starts to get their period or if they have irregular periods. True or false?

A: True. A person can still ovulate when they don't have a period or if their period is irregular. If they have unprotected sex, they can still get pregnant.
