

A Healthy Look at Sexuality

Lesson Six

Pregnancy and Hormonal Contraceptive Methods

(Adapted from 9/10 F.L.A.S.H., Lessons 20-23, www.kingcounty.gov/health/FLASH; and Safer Choices, Level 1, Classes 8 and 10.)

LESSON 6: PREGNANCY AND HORMONAL CONTRACEPTIVE METHODS

Time needed

One class period

Student learning objectives

1. Explain the function of each male and female reproductive part in pregnancy and contraception.
2. Identify the basic steps of how pregnancy happens.
3. Understand the risk of pregnancy when having unprotected sex.
4. List the 2 main ways that hormonal contraceptives work.
5. Categorize the hormonal contraceptive methods according to their effectiveness and how they are administered.
6. List a minimum of 5 hormonal contraceptive methods

Agenda

1. Introduction and Overview
2. How Pregnancy Happens
3. Risk of Pregnancy With Unprotected Sex
4. Preventing Pregnancy
5. Video: “Sex Smart for Teens: Birth Control”
6. “Sex Smart for Teens: Birth Control” Debrief
7. How Hormonal Contraceptive Methods Work
8. Hormonal Contraceptive Methods
9. Closure
10. Homework

Materials needed

1. Transparencies: *Reproductive System 3-5*
2. Opaque Container
3. 30 participants: 26 pieces of candy (or the same colored game chip) and 4 pieces of different candy (or different colored game chip)
20 participants: 17 pieces of candy (or the same colored game chip) and 3 pieces of different candy (or different colored game chip)
15 participants: 13 pieces of candy (or the same colored game chip) and 2 pieces of different candy (or different colored game chip)
4. Whiteboard or Newsprint
5. Appropriate Markers
6. Birth Control: *Choosing a Method That’s Right for You (DOH)*
7. Contraceptive Method Kit (if available)
8. Video: *Sex Smart for Teens: Birth Control*

(Adapted from 9/10 F.L.A.S.H., Lessons 20-23, www.kingcounty.gov/health/FLASH; and Safer Choices, Level 1, Classes 8 and 10.)

9. Anonymous Question Bag or Box
10. Index Cards of the Same Size, Shape, and Color
11. Worksheet: *Contraceptive Methods* (1 per student)
12. Handout: *Local Health Resources List* (if available)
13. Parent/Guardian Homework: *Contraceptive Methods* (1 per student)
14. Parent/Guardian Homework: *Contraceptive Methods* (1 per student)

Preparation

1. Print 1 copy of the following (located under Worksheets and Printouts at the end of the Lesson 5):
 - **Transparency: *Reproductive System 3*,**
 - **Transparency: *Reproductive System 4*,** and
 - **Transparency: *Reproductive System 5*.**
2. Print 1 copy of:
 - **Transparency: *Hormonal Methods Chart***
3. Put the following in an opaque container:
 - Enough pieces of candy (or game chips) for your whole group, with 85% of the pieces one kind/color and 15% a different kind/color (e.g., 85% Hershey's kisses with silver wrappers, 15% with purple wrappers)
 - **For 30 participants—26 pieces of one candy (or the same colored game chip) and 4 pieces of a different candy (or different colored game chip) in an opaque container.**
 - **For 20 participants—17 and 3.**
 - **For 15 participants—13 and 2...**
4. Create a **Contraceptive Method Kit** that includes every contraceptive method (or contact local Planned Parenthood or health department to inquire about loaner kits).
5. Print 1 copy per student of the following (located under Worksheets and Printouts at the end of the lesson):
 - **Brochure: *Birth Control: Choosing a Method That's Right for You (DOH)*,**
 - **Handout: *Local Health Resource List*** (if available),
 - **Worksheet: *Contraceptive Methods*,**
 - **Parent/Guardian Homework: *Contraceptive Methods*,** and
 - **Parent/Guardian Homework: *Contraceptive Methods Confirmation Slip*.**

Instructions

1. Introduction and Overview

- a. Ask the group what they learned in the previous lesson.
- b. Explain that today we will be learning about how pregnancy happens and how hormonal contraceptive methods prevent pregnancy. Contraception is

(Adapted from 9/10 F.L.A.S.H., Lessons 20-23, www.kingcounty.gov/health/FLASH; and Safer Choices, Level 1, Classes 8 and 10.)

what people use to prevent pregnancy when they aren't ready to be a parent.

2. How Pregnancy Happens

- a. Explain that in the previous lesson they learned the body parts for the male and female reproductive systems, in this lesson they will learn more specifically about how pregnancy happens.
- b. Explain the following by showing how pregnancy happens using the **Transparencies: Reproductive Systems 3-5** (Located under Worksheets and Printouts at the end of the Lesson 5):

During sexual intercourse, semen containing an average of 250 million sperm is ejaculated from the penis into the vagina.

Sperm travel up to the cervix and with the assistance of cervical fluids, travel further up through the uterus and towards the fallopian tubes.

Sperm can live in the female body for up to five days. It takes only one sperm to penetrate the ovum and for fertilization to occur.

If a woman's ovary releases an ovum (egg) within or just prior to these five days and a sperm penetrates the ovum, fertilization occurs.

Once the ovum is fertilized in the fallopian tube, it will travel down into the uterus and may implant in the uterine lining.

When this happens, you are pregnant.

3. Risk of Pregnancy With Unprotected Sex

NOTE TO TEACHER: The purpose of this activity is to demonstrate the odds of pregnancy occurring when a reliable contraceptive method is not used. It is estimated that 85 out of 100 couples of all ages using no contraceptive method would experience a pregnancy after one year¹. Younger women have higher fertility than older women which may be why the video "*Sex Smart for Teens: Birth Control*" states that 90 out of 100 teen couples using no contraceptive method will experience a pregnancy within one year.

¹ Hatcher RA, Trussell J, Nelson AL, Cates W, Stewart FH, Kowal D. *Contraceptive Technology: Nineteenth Revised Edition*. New York NY: Ardent Media, 2007.

(Adapted from 9/10 F.L.A.S.H., Lessons 20-23, www.kingcounty.gov/health/FLASH; and Safer Choices, Level 1, Classes 8 and 10.)

- a. Explain to the group that now that they know how pregnancy happens, it's easy to understand the risk of pregnancy involved with unprotected intercourse.
- b. Ask the group:

If 30 (20, 15) couples of all ages were having unprotected sex that could result in a pregnancy, how many of them would become pregnant within one year? That is, no one is using any kind of contraceptive method or trying to prevent pregnancy in any way.
- c. Pass around the bag of candy (or game chips) you prepared earlier and ask the students to choose one without looking in the bag.
- d. Explain to the students that for the purposes of this activity, they represent a group of people who, for the past year, have been engaging in unprotected sex that put themselves or their partner at risk for pregnancy.
- e. Ask the students who got the candy represented least to stand up. Announce to them and the rest of the group:

“You are not pregnant!”
- f. About 85% of 30(20, 15) couples of all ages having unprotected sex that could result in pregnancy will become pregnant within one year. That is, about 26(17, 13) couples will be pregnant.

4. Preventing Pregnancy

- a. Explain to the group that if they don't want to be one of those pregnant couples, then there are methods of contraception available that if used consistently and correctly will successfully prevent pregnancy.
- b. Clarify that the next two lessons are focused on how to prevent pregnancy not sexually transmitted infections. Sexually Transmitted Infections (STIs) will be addressed in future lessons.
- c. Explain that continuous abstinence from vaginal intercourse is still the most effective way to avoid pregnancy; however, because most people will be sexually active at some point in their lives it is important to know how to avoid pregnancy or delay it until the right time.
- d. Explain that not all methods work for all people. That is why there are several different ways to prevent pregnancy. This lesson focuses on the hormonal methods of preventing pregnancy and the next lesson will

(Adapted from 9/10 F.L.A.S.H., Lessons 20-23, www.kingcounty.gov/health/FLASH; and Safer Choices, Level 1, Classes 8 and 10.)

concentrate on other contraceptive methods. Stress that there is a method of contraception for everyone, including abstinence.

- e. Ask the group who besides women need to know this information. From their responses, stress that this information is also important information for men and same sex partners. Ask the group to give you reasons why men and same sex partners also need this information. The following are some of the points that should come up in the discussion:

Why Men Also Need This Information

Men need to be involved with decisions about contraception with their female partner because they are just as responsible for pregnancy prevention as the woman.

If the woman gets pregnant, it is also his responsibility. Men can be involved with contraceptive method decisions by asking their female partner if they're on a hormonal method of contraception before engaging in intercourse, by going with her to the clinic to get her contraception, by helping pay for her method of contraception, by buying condoms and spermicide, by using condoms consistently and correctly, etc.

Why Same Sex Partners Also Need This Information

They may have a heterosexual friend or relative that needs the information.

A person may still be questioning their sexual orientation and have a sexual encounter with the opposite sex.

6. Video: “Sex Smart for Teens: Birth Control”

- a. Explain that the video they are about to watch is about the various contraceptive methods available. The video describes the contraceptive methods as birth control.
- b. Pass out the **Worksheet: Contraceptive Methods** and ask students to fill out the worksheet as best as they can while watching the video. Explain that they will review this sheet during this class period when they are discussing hormonal contraceptive methods and in the next class when they are discussing barrier and other contraceptive methods.
- c. Show **Video: “Sex Smart for Teens: Birth Control.”**

(Adapted from 9/10 F.L.A.S.H., Lessons 20-23, www.kingcounty.gov/health/FLASH; and Safer Choices, Level 1, Classes 8 and 10.)

7. “Sex Smart for Teens: Birth Control” Debrief

- a. Ask students what some of the main messages in the video were. Some of the main messages in the video include:

Abstinence from sexual intercourse is the most effective way to avoid pregnancy.

There are many myths about what will prevent a person from becoming pregnant.

It is important to take control of your future.

Raising a child is financially costly.

It is important to talk to your partner before having sex.

There is a right method for you.

It is recommended to talk to a parent or trusted adult when possible.

8. How Hormonal Contraceptive Methods Work

- a. Explain that we will review the hormonal contraceptive methods but first it is important to understand how hormonal contraception works. Ask if anyone can explain how the video explained this.
- b. Explain that the primary way that hormonal contraceptive methods work is by preventing an ovum from being released from an ovary. In addition, it may thicken the cervical mucus, making it more difficult for sperm to enter the uterus, and it may thin the uterine lining.
- c. Demonstrate the ways that hormonal contraceptive methods work by using the **Transparencies: Reproductive System 3-5** (Located under Worksheets and Printouts at the end of the Lesson 5).

9. Hormonal Contraceptive Methods

- a. Draw the following chart on newsprint or whiteboard or show a transparency:

	Method of Contraceptives	M/F?	Does a person need a prescription?	Does it protect against STIs?	How effective is it at preventing pregnancy?	How often is this method administered?
Hormonal						

- b. Ask the group to name out loud some hormonal contraceptive methods they learned from the video. As they say them out loud, fill in the chart like the following:

	Method of Contraceptives	M/F?	Prescription needed?	Does it protect against STIs?	How effective is it at preventing pregnancy?	How often is this method administered?
Hormonal	Pill					
	Shot					
	Patch					
	Vaginal Ring					
	Hormonal IUD					
	Implant					
	EC					

- c. After brainstorming a list, hand out the **Brochure: Birth Control: Choosing a Method That's Right for You (DOH)**.
- d. Go over each hormonal contraceptive method (showing a sample of each from the contraceptive method kit, if possible) and as you do, fill out the chart like the following:

(Adapted from 9/10 F.L.A.S.H., Lessons 20-23, www.kingcounty.gov/health/FLASH; and Safer Choices, Level 1, Classes 8 and 10.)

	Method of Contraceptives	M/F?	Prescription required?	Does it protect against STIs?	How effective is it at preventing pregnancy?*	How often is this method administered?
Hormonal	Pill	F	Yes	No	A	Daily
	Shot	F	Yes	No	A	Every 3 Months
	Patch	F	Yes	No	A	Weekly
	Vaginal Ring	F	Yes	No	A	Monthly
	Hormonal IUD	F	Yes	No	A+	5-7 Years
	Implant	F	Yes	No	A+	Every 3 Years
	EC	F	No if 18 or older	No	At least 75%	Within 5 Days After Sex

*KEY²	B- About 80%	B 81-90%	A 91-99%	A+ Over 99%
-------------------------	---------------------	-----------------	-----------------	--------------------

NOTE TO TEACHER:

- An alternative to showing examples and discussing all contraceptive methods is to show the Video: *Sex Smart for Teens: Birth Control*.
- If you have a contraceptive method kit available, show participants examples of the various hormonal contraceptive methods.
- As all hormonal contraceptive methods are for women, it may not be necessary to write “F” after every method. You can just stress that these methods are for women only. In addition, as all hormonal contraceptive methods do not protect against STIs, it likewise may not be necessary to write “No” after every method. However, it is important to stress that hormonal contraceptive methods do not offer protection against STIs.
- The effectiveness rates given are based on typical use of each method.
- All hormonal contraceptive methods except Emergency Contraception (EC) have a perfect use effectiveness rate of 99.7% or better. EC reduces the risk of pregnancy (8% per act of intercourse) by at least 75%.³
- Many people misunderstand the mechanism by which EC prevents pregnancy. Like all other hormonal contraceptive methods, EC primarily **PREVENTS** pregnancy when taken within 5 days of unprotected sex by preventing the release of an ovum. In addition, it may thicken cervical mucus and thin the uterine lining. If a pregnancy is already established

² Hatcher RA, Trussell J, Nelson AL, Cates W, Stewart FH, Kowal D. *Contraceptive Technology: Nineteenth Revised Edition*. New York NY: Ardent Media, 2007

³ Hatcher RA, Trussell J, Nelson AL, Cates W, Stewart FH, Kowal D. *Contraceptive Technology: Nineteenth Revised Edition*. New York NY: Ardent Media, 2007.

(Adapted from 9/10 F.L.A.S.H., Lessons 20-23, www.kingcounty.gov/health/FLASH; and Safer Choices, Level 1, Classes 8 and 10.)

and growing in the uterus, EC will not affect it. EC is not considered a primary form of a hormonal contraception as is the pill, the patch, the ring, the shot, Implant, and the hormonal IUD. EC is for backup for such circumstances as if a condom breaks, a person falls behind on taking their pills, or a woman is forced to have sex.

- Also note that the video, “Sex Smart for Teens” states that EC is effective for up to 72 hours or 3 days. In fact, EC can work for up to 5 days or 120 hours even though it is most effective the sooner it is taken after unprotected sex.

7. Closure

- a. If you haven't already mentioned the following, do so at this point:

Washington State has a program called Take Charge that provides many people with free birth control. Planned Parenthood is a place where people can apply for this program and receive free or lower-cost birth control.

According to Washington State Law, young people do not need their parents'/guardians' permission to get contraception. However, we do encourage you to talk to your parents/guardians about your decision to start a contraceptive method.

- b. Provide students with the **Handout: *Local Health Resource List*** (if available).
- b. Overview of lesson: today we learned how pregnancy happens, the risk of pregnancy when having unprotected sex, and the different kinds of hormonal contraceptive methods. In the next lesson we will talk about other ways of preventing pregnancy.
- c. Pass anonymous question bag or box around.
- d. Answer anonymous questions.

8. Homework

- a. Ask students to complete the **Parent/Guardian Homework: *Contraceptive Methods***. In addition they will have their parent/guardian sign the **Parent/Guardian Homework: *Contraceptive Methods Confirmation Slip*** to attest that they completed the assignment.

Worksheets and Printouts

(Adapted from 9/10 F.L.A.S.H., Lessons 20-23, www.kingcounty.gov/health/FLASH; and Safer Choices, Level 1, Classes 8 and 10.)

Transparency: Hormonal Methods Chart

	Method of Contraception	M/F?	Prescription needed?	Does it protect against STIs?	*How effective at preventing pregnancy?	How often is this method administered?
HORMONAL	Pill					
	Shot					
	Patch					
	Vaginal Ring					
	Hormonal IUD					
	Implant					
	EC					

*KEY⁴	B- About 80%	B 81-90%	A 91-99%	A+ Over 99%
-------------------------	---------------------	-----------------	-----------------	--------------------

⁴ Hatcher RA, Trussell J, Nelson AL, Cates W, Stewart FH, Kowal D. *Contraceptive Technology: Nineteenth Revised Edition*. New York NY: Ardent Media, 2007

(Adapted from 9/10 F.L.A.S.H., Lessons 20-23, www.kingcounty.gov/health/FLASH; and Safer Choices, Level 1, Classes 8 and 10.)

Worksheet: Contraceptive Methods

Directions: Fill in the following chart with the information presented during the video and/or class discussion. You will need to keep the completed worksheet as a reference for future lesson activities and exams.

	Contraceptive Methods	M/F?	Prescription needed?	Does it protect against STIs?	How effective at preventing pregnancy?	How often is this method administered?
Hormonal						
Barrier						
Other						

*KEY⁵	B- About 80%	B 81-90%	A 91-99%	A+ Over 99%
-------------------------	---------------------	-----------------	-----------------	--------------------

⁵ Hatcher RA, Trussell J, Nelson AL, Cates W, Stewart FH, Kowal D. *Contraceptive Technology: Nineteenth Revised Edition*. New York NY: Ardent Media, 2007

(Adapted from 9/10 F.L.A.S.H., Lessons 20-23, www.kingcounty.gov/health/FLASH; and Safer Choices, Level 1, Classes 8 and 10.)

Parent/Guardian Homework: Contraceptive Methods

Contraceptive Method information changes every year, as new methods are developed. In class, we have been studying various contraceptive methods, legal and available in the United States today.

Directions: Working together, but without looking at notes from class, how many of methods can you name?

Review and discuss the Contraceptive Methods handouts that you were given in class and that were discussed in the video.

Now ask one another the following questions, with the understanding that:

- You are each welcome to say, “That one is too private. Let’s skip it.”
- What you discuss will not be shared with anyone else, even within the family, unless you give one another permission to share it.
- It’s OK to feel silly or awkward and it’s important to try the exercise anyway.
- We recommend that you take turns asking questions.
- When it is your turn to listen, really try to understand the other person’s response.

ASK THE ADULT: What do you believe about contraceptive methods?

ASK THE STUDENT: How about you? What are your beliefs about contraceptive methods?

ASK THE ADULT: Have you (or a partner) ever used contraceptive methods? If so, what kinds? If not, why not...was it a matter of beliefs...did you want children?

ASK THE STUDENT: Do you think you'll want children? If so, when and how many do you want?

(Adapted from 9/10 F.L.A.S.H., Lessons 20-23, www.kingcounty.gov/health/FLASH; and Safer Choices, Level 1, Classes 8 and 10.)

Parent/Guardian Homework: Contraceptive Methods

CONFIRMATION SLIP

FOR FULL CREDIT, THIS EXERCISE IS DUE: _____

We have completed the Parent/Guardian Homework: *Contraceptive Methods*.

Date: _____

X _____
Student's signature

X _____
Signature of family member or friend