

## Middle School FLASH Lesson 7

### Birth Control Methods

#### 30 Minute, Zoom-Friendly P.E. Lesson

Learning Objectives:

1. Describe how birth control methods can reduce the risk of pregnancy.
2. Define emergency contraception and its use.
3. Describe the benefits of birth control methods.
4. Identify resources for reproductive and sexual healthcare services.

PowerPoint: <https://docs.google.com/presentation/d/1p5-vnpGVwILFPflqQLBHygaMGqbj55KzVBgqD7IPdC4/edit?usp=sharing>

**7 minutes**

#### **Introduction**

Review Group Agreements and provide Anonymous Questions link.

Today we're learning about birth control, which is an important way to prevent pregnancy for people who are having vaginal sex, or penis into vagina sex.

Most people use some kind of birth control to prevent pregnancy the first time they have vaginal intercourse. In fact, 99% of couples have used birth control at some point in their lives, and teens themselves are very good at using birth control.

I want to point out that this lesson is for everybody—people who are having vaginal sex now or who will in the future, and teens of all sexual orientations and genders. Even if someone won't ever need birth control, learning about it now will help them act as health educators for their friends and families on this important topic.

**(SLIDE)** We are going to watch a video to learn about a few birth control methods: Condoms, The Patch, The Ring, The Shot, The Pill, The IUD, The Implant, and Withdrawal.

Play Video "Tips for Safer Sex and Pregnancy Prevention" (3:45)

<https://youtu.be/fhl6SFBHgcs>

**(SLIDE)** This next video is about Emergency Contraception, which is a type of birth control that can be used after unprotected sex.

Play Video "What Is Emergency Contraception? (The Morning After Pill)" (2:00)

<https://youtu.be/Z1LTban3Z84>

- For people over 165lbs, there is another type of emergency contraception available, which does require a prescription from a doctor.

**23 minutes  
(About 4  
minutes per  
slide)**

### **The Truth About Birth Control Activity**

I'm going to give you all a document with information on all the birth control methods we'll cover today. You might want to have this open for this next activity.

**Insert Birth Control Fact Sheet document in chatbox or make it available for students elsewhere.**

**Screenshare Birth Control Method Shuffle. Insert link into the chatbox.**

We are going to sort the birth control methods we heard about into different categories. Remember that you can refer to your fact sheet.

1. Methods that can only be used by people with a penis vs. Methods that can only be used by people with ovaries.

**Encourage students to move the birth control methods on the jamboard. Gently correct any mistakes.**

<b>Used by people with a penis</b>	<b>Used by people with ovaries</b>	
<ul style="list-style-type: none"><li>• Condom</li><li>• Withdrawal</li></ul>	<ul style="list-style-type: none"><li>• IUD</li><li>• Implant</li><li>• Emergency Contraception</li></ul>	<ul style="list-style-type: none"><li>• Birth Control Pill</li><li>• Patch</li><li>• Vaginal Ring</li><li>• Depo Shot</li></ul>

- These methods can only be used by a person with ovaries because the hormones in these methods tell the ovaries not to release an egg. Without an egg, a pregnancy cannot begin.

2. **(SLIDE)** Methods that require a trip to the doctor's office or clinic vs. methods a person can get from a drugstore without a doctor's prescription.

**Encourage students to move the birth control methods on the jamboard. Gently correct any mistakes.**

<b>Require a prescription from a doctor</b>	<b>Can be purchased at a drugstore</b>	
<ul style="list-style-type: none"><li>• IUD</li><li>• Implant</li><li>• Depo Shot</li></ul>	<ul style="list-style-type: none"><li>• Birth Control Pill</li><li>• Patch</li><li>• Vaginal Ring</li></ul>	<ul style="list-style-type: none"><li>• Condoms</li><li>• Emergency Contraception</li></ul>

- In Washington State, the law says that birth control is completely confidential for all people, including teens. The clinic staff is not allowed to tell anyone, including parents, without the teen's permission. At many of the clinics, teens can sign up for free Washington State birth control insurance.
- It's important for people to get EC quickly, or have it on hand at home because it works best the sooner it's taken, right after unprotected sex.
- Most brands of EC can be purchased at the drugstore by people of any age, without ID, if the drugstore carries EC. EC costs \$35-50.
- People of any age can buy condoms at the drugstore or gas station without ID. They cost about \$1/condom and usually come in packs.

- People can often get EC and condoms for free or for much less money at a clinic.
3. **(SLIDE)** Methods that are safe and good at preventing pregnancy vs. methods that are not safe or are not good at preventing pregnancy.

<b>Safe and good at preventing pregnancy</b>	<b>Not safe or good at preventing pregnancy</b>
<ul style="list-style-type: none"> <li>• All Methods</li> </ul>	

- All of these birth control methods are safe and very good at preventing pregnancy.
- Some are more effective than others. The IUD and Implant are nearly perfect at preventing pregnancy. *Withdrawal can be less effective because it requires a person to know their body very well and can be done incorrectly.*
- Using any one of these methods is much more effective than using none.
- All methods of birth control are much less risky for a person's body than pregnancy and childbirth.

4. **(SLIDE)** Methods that protect against STIs vs. Methods that only protect against pregnancy.

<b>Protects Against STIs</b>	<b>Doesn't Protect Against STIs</b>	
<ul style="list-style-type: none"> <li>• Condom</li> </ul>	<ul style="list-style-type: none"> <li>• IUD</li> <li>• Implant</li> <li>• Emergency Contraception</li> <li>• Depo Shot</li> </ul>	<ul style="list-style-type: none"> <li>• Birth Control Pill</li> <li>• Patch</li> <li>• Vaginal Ring</li> <li>• Withdrawal</li> </ul>

- Fortunately, the one method of birth control that protects against pregnancy and STDs is easy to get and easy to use.
- Condoms can be used with any other birth control method, giving the highest level of pregnancy and STD protection. It is a great idea to use a condom with another birth control method!

5. **(SLIDE)** Methods that are good options for teens and methods that are not good options for teens. **There may be disagreement among students.**

<b>Good options for teens</b>	<b>Not good options for teens</b>
<ul style="list-style-type: none"> <li>• All Methods</li> </ul>	

- All of these methods can be used by teens. Many teens successfully use birth control, including all of the methods we've covered today.
- The three most common methods used by teens are condoms, the pill, and withdrawal.

	<ul style="list-style-type: none"><li>• It's up to a person to decide which method is the best option for them! If a certain method isn't a good match for someone, their doctor can help them find a new one.</li></ul>
	<p><b>Daily Log:</b></p> <p>1. When does a person take emergency contraception?</p> <p><i>Any of the following answers are acceptable:</i></p> <ul style="list-style-type: none"><li>a. <i>Within 5 days of unprotected sex, after having sex without birth control or a condom, after a condom breaks, if a person is raped.</i></li></ul>