

Middle School

7<sup>th</sup> Grade, Lesson 4

Protection – Pregnancy, STI, & HIV Prevention

Learning Objectives:

1. Describe the stages of a pregnancy from fertilization to birth (H1.Se1.7b)
2. List and describe commonly used methods of birth control including abstinence (H1.Se4.7a)
3. Describe methods to prevent the transmission of STDs/HIV, including abstinence (H1.Se4.7c)

<p>5 minutes</p>	<p><b>Introduction</b></p> <p>Review Group Agreements and Anonymous Questions procedure.</p> <p>Today we're going to be discussing protection, including pregnancy prevention, and preventing sexually transmitted infections, including HIV.</p> <p>Some of you may not feel like this information is relevant to you right now because you're not sexually active or not engaging in sexual activity with a risk for pregnancy. <b>Why might this information be important to know regardless?</b></p> <p><i>Many of you may become sexually active at some point in the future so it can be helpful to prepare by knowing how to protect yourselves from STIs and/or pregnancy. You could also use this information to help out a friend.</i></p>
<p>15 minutes</p>	<p><b>Stages of Pregnancy</b></p> <p>Today we'll be discussing pregnancy prevention, so first let's review how pregnancy happens and learn about the stages of a pregnancy.</p> <p>Pass out the stages of pregnancy handouts to small groups. Have them work together to put the steps into the correct order. Give students about 5-8 minutes to sort the stages.</p> <p>Review the correct answers as a class.</p> <p>For step 2, say: "The sperm usually enters the vagina when an ejaculation happens during penis-in-vagina sex. <b>Is there another way a fertilized egg can get inside the uterus?</b>"</p> <ul style="list-style-type: none"><li>• Some pregnancies start through in-vitro fertilization. This means that a doctor collects a sperm and an egg and fertilizes the egg outside of the body. They then place the fertilized egg inside the uterus. This option is usually for folks who have a hard time getting pregnant.</li><li>• A person can also get a sperm donor and place the donated sperm inside the vagina to start a pregnancy.</li></ul> <p><i>Note- Step 1 and 2 are interchangeable. Sperm can live inside the vagina/uterus for up to 5 days. This means that a person can become pregnant even if ejaculation happens several days before ovulation.</i></p> <ol style="list-style-type: none"><li>1. Ovulation occurs and an egg is released from an ovary.</li><li>2. Sperm enter the vagina and travel through the uterus to the fallopian tube.</li><li>3. The sperm meets the egg in the fallopian tube and fertilization occurs.</li><li>4. The fertilized egg divides and grows then implants into the wall of the uterus.</li></ol>

5. During the first trimester of pregnancy, the pregnant person may experience nausea and vomiting, fatigue, and tender breasts. The developing baby (the fetus) develops to about 3-4 inches in length.
6. In the second trimester, some of the early symptoms of pregnancy may subside. A baby bump may become more visible, and the pregnant person may begin to feel the fetus kicking and moving. An ultrasound can reveal the sex of the baby. The fetus will develop to about 14 inches in length.
7. In the third trimester, the pregnant person may feel short of breath and have to urinate frequently because of the pressure of the fetus on their lungs and bladder. At birth, the average baby is about 19 inches in length and weighs nearly 7 pounds.
8. A full-term pregnancy lasts 39-40 weeks. The baby can be delivered through the vagina or through a caesarian-section procedure (a c-section).

Process/Review Questions:

- **If an egg is released during ovulation, but is not fertilized by a sperm cell, what happens to the egg?** *The egg dissolves and the lining of the uterus is shed during a period (menstruation).*
- **Now that we've reviewed how pregnancies start, what do you think someone could do to prevent a pregnancy from happening?**

Connect student answers to these three ideas:

- **Abstinence**- Not having sex
- **Preventing fertilization**- Blocking sperm from reaching an egg by the use of condoms, withdrawal, spermicide, etc.
- **Preventing ovulation**- Preventing an egg from being released through the use of hormonal birth control methods.

If abortion is mentioned, offer a definition and remind students that abortion is used to end an existing pregnancy rather than preventing one from beginning.

10 minutes

### **Common Birth Control Methods Review**

Let's review some of the birth control methods that a person could use to prevent pregnancy. Let's brainstorm a list of all the birth control methods you've heard of or remember from our lesson last year.

**What birth control methods have you heard of?**

Brainstorm a list on the board. Write the methods in two categories- Hormonal Methods & Non-Hormonal Methods.

Review the birth control methods for each category. Offer a brief explanation of the method and write the % effectiveness next to it (these percentages are for typical use).

#### **Hormonal Birth Control Methods**

Some common hormonal birth control methods include:

- The pill, the patch, and the ring (93% effective)
- The shot (96% effective)
- The implant and the IUD (>99% effective)
- Emergency Contraception (Plan B) (58-94% effective)

All of these methods release hormones (estrogen and/or progesterin) into the body to prevent ovulation from happening. If ovulation doesn't happen, there isn't an egg around to be fertilized to start a pregnancy.

	<p><b>Why do you think the Implant and the IUD are more effective than other hormonal methods like the pill, patch, and ring?</b></p> <ul style="list-style-type: none"> <li>• The implant and IUD are inserted inside of the body by a doctor (either in the arm or the uterus). Once they're inserted, there is not a lot a person can do to mess them up! The other methods, like the pill, patch, and the ring have more room for human error. A person might forget to take their pill or forget to change their patch or ring on the right schedule.</li> </ul> <p><u>Non-Hormonal (Sperm-Impairing) Birth Control Methods</u></p> <ul style="list-style-type: none"> <li>• The condom (87% effective)</li> <li>• The copper IUD (&gt;99% effective)</li> <li>• Withdrawal (80% effective)</li> </ul> <p>These methods prevent sperm cells from reaching an egg. The condom physically blocks sperm from entering the vagina. The Copper IUD impairs the sperm cells so they can't swim. Withdrawal prevents sperm from entering the vagina because it involved removing the penis from the vagina before ejaculation begins.</p> <p><b>Is there a method that is 100% effective at preventing pregnancy?</b> Yes! Abstinence, or not engaging in sex, is the only method that is 100% effective at preventing pregnancy.</p> <p><b>Where do you think someone could access hormonal birth control methods?</b> A clinic or health care provider can provide a prescription. For teens, these methods are usually free, confidential, and can be provided with or without parental consent.</p> <p>If time allows, answer questions about specific birth control methods.</p>
<p>10 minutes</p>	<p><b><u>STI Prevention</u></b></p> <p>Okay so we've discussed some things people can do to protect themselves from an unintended pregnancy. Now let's discuss what folks can do to protect themselves from sexually transmitted infections.</p> <p><b>Who can remind us- what are sexually transmitted infections? OR What is an example of an STI?</b></p> <p>Sexually transmitted infections are infections caused by bacteria or viruses that are spread during sexual contact. Examples include HIV, Herpes, Chlamydia, etc.</p> <p>STIs are spread when infected bodily fluids or infected skin from one person comes into contact with another person's mouth, genitals, or anus.</p> <p>Many STIs can be cured with medication and all STIs have treatment that can help with the symptoms. However, some STIs are life-long such as HIV. STIs that are left untreated can lead to serious health issues.</p> <p><b>What are three things a person could do to reduce their risk of getting/spreading an STI?</b> Invite students to discuss with a neighbor, then share out as a class. Connect student ideas to these points.</p> <ul style="list-style-type: none"> <li>• <b>Abstinence</b>- avoiding sexual contact</li> <li>• <b>Using condoms</b>- using condoms and latex barriers can prevent the spread of STIs.</li> </ul>

	<ul style="list-style-type: none"><li>• <b>Testing-</b> If a person gets tested for STIs, they can know their STI status and communicate this with a partner. They can also get medication and treatment for STIs to reduce the spread.</li><li>• <i>Students may also suggest avoiding shared needles for illegal drugs. Shared needles can spread HIV and Hepatitis.</i></li></ul> <p><b>How does a condom prevent the spread of STIs?</b> Condoms create a physical barrier to prevent the exchange of bodily fluids and reduce skin-to-skin contact.</p> <p><b>Where can a person get condoms?</b> Condoms are available at health clinics, corner stores, grocery stores, pharmacies, etc. They are usually available for free at local health centers. People of any age can access and buy condoms.</p>
<b>10 minutes</b>	<p><b><u>Advice For a Friend</u></b></p> <p>Now we are going to practice giving advice about abstinence and protection. <i>Have students work individually or in pairs/small groups. Invite volunteers to share out answers with the larger group.</i></p> <ol style="list-style-type: none"><li>1. A friend of yours is unsure about whether they want to remain abstinent. What would you tell them are some of the benefits of abstinence?</li><li>2. What do you think the best protection method would be for a teen who has decided to become sexually active? Why?</li><li>3. What would you tell a sexually active friend who was not using any protection method?</li></ol>

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## Advice For A Friend

1. A friend of yours is unsure about whether they want to remain abstinent. What would you tell them are some of the benefits of abstinence?
2. What do you think the best protection method would be for a teen who has decided to become sexually active? Why?
3. What would you tell a sexually active friend who was not using any protection method?