

Contraception

LET'S TALK
Helping young people thrive



Who are Let's Talk?

We support young people to develop **knowledge, skills and confidence** to make **informed decisions** about their **health and wellbeing**

Free, confidential, and non-judgemental support and advice including about:

- Relationships
- Sexual Health
- Drugs and alcohol
- Understanding anger
- Health and wellbeing





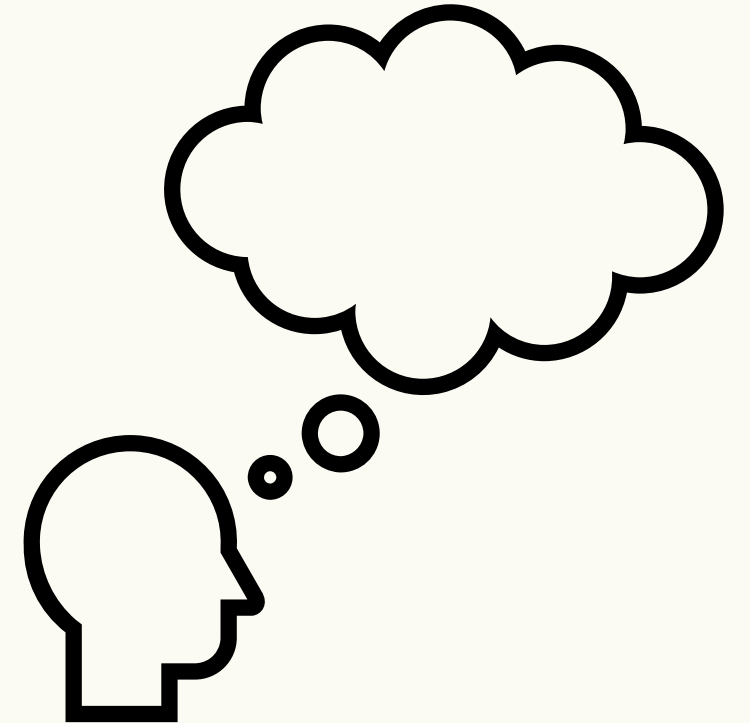
Group Agreement

- Safe space for learning – no judgement
- Take part
- Ask questions – but nothing personal
- Listen – don't talk over
- Language
- Confidentiality
- Look after you!

Learning Objectives

By the end of this lesson, you will be able to:

- Recognise what sex can mean to different people, and the importance of safer sex in all types of sexual activity
- Understand what contraception is and how it works, and identify the different types available
- Demonstrate using a condom correctly on a demonstrator
- Practice responses for setting boundaries around condom use
- Identify where to go for free contraception and support around sexual health



Teaching notes

A-Z Sex

Set a 2 minute timer – As the learners to write down as many words linked to sex and relationships as they can. Remind them that the language needs to be respectful but can include slang and other words you usually wouldn't say in school. Teacher's discretion on what is allowed.

Ask them to feed back and ask how it felt creating those lists – is it awkward to talk about sex? Why is it important?

A-Z of Sex!

What is sex?

Most people learn about the type of sex that can lead to pregnancy, where a penis enters a vagina.

This is called vaginal sex.

What else can sex mean to people?



Teaching notes

Types of sex:

Ask why is it important to know about the different types of sex?

- Diversity in relationships and bodies
- STIs – ask which of these types of sex can you get an STI from? Answer: All of them! The only one you can't get an STI from is masturbation.

Remind them – this is not a checklist – some people will do all of these, some will do some and some will never have any type of sex ever and that's ok!



Vaginal sex

penetration of a vagina with a penis (this type of sex can lead to pregnancy)

Oral sex

using a mouth on their partner's vulva or penis to give sexual pleasure

Anal sex

penetration of a person's anus with a penis or sex toy

Sex toys

using items created specifically for sexual activity

Masturbation/sexual touching

using hands and fingers to give sexual pleasure to yourself or others

Genital to genital contact

rubbing or touching vulva or penis against their partner's

**What is
contraception?**

Contraception

Contraception refers to any method used to prevent pregnancy.

Some contraception also prevents the transmission of STIs.

Can you name any types of contraception?

Teaching notes

Use bag with physical examples or printed handouts with photos of contraception to show what they look like and help kinaesthetic learners as you go through the different examples.

Get learners involved by passing around the bag for individuals to pull out an item of their choice and ask what they think it is before explaining.

You can find out more about the different types of contraception on the Let's Talk

Wirral website: <https://www.wchc.nhs.uk/services/lets-talk/young-people/relationships-and-sex-education-rse/sexual-health/>

Hormonal contraception

Combined Pill

Patch

IUS

Vaginal Ring

Mini Pill

Implant

Injection

Non-hormonal contraception

Condom

**Internal
condom**

**Diaphragm /
Cap**

IUD (Coil)

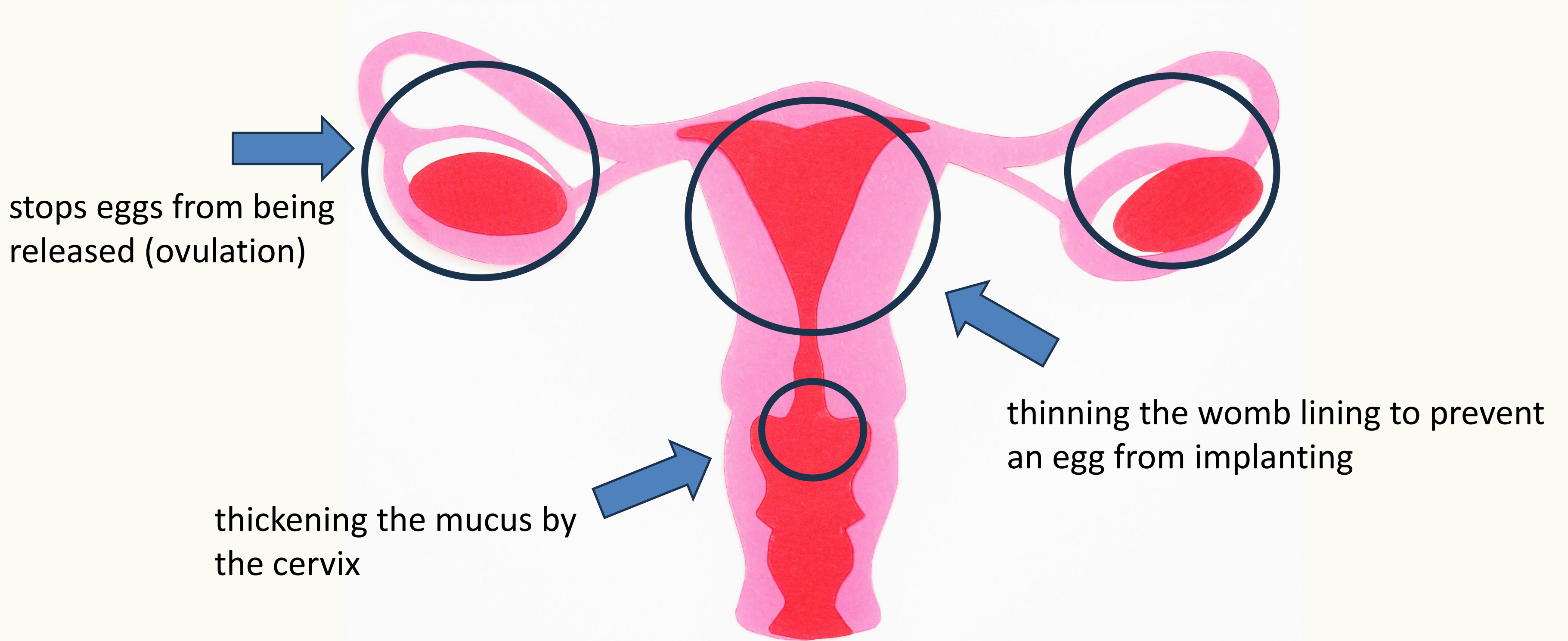
Teaching notes

Ensure your learners understand reproduction and the menstrual cycle prior to this.

Hormonal contraception works in 3 ways – some do all of these, some just do one or two:

- Thickening the mucus by the cervix, making it difficult for sperm to reach an egg.
- Thinning the womb lining to prevent a fertilized egg from attaching to the side of the womb.
- Stops eggs being released into the uterus (ovulation).

How does it work?



Can somebody with a vulva get pregnant if

It's the first time they've had sex?

They have only just started their period?

Their periods aren't every month?

A condom or other contraception is used?

YES!

There is ALWAYS a possibility of pregnancy

Can someone with a vulva get pregnant if...

It's the first time they've had sex?

They have only just started their period?

Their periods aren't every month?

They are on the pill?

Someone uses a condom?

YES!

There is ALWAYS a possibility of pregnancy

Who is in control of your future?

YOU!

Choosing to use contraception shows that you are informed and empowered

You make the choices for **your body and future**.

Your decision to **say no to sex without contraception** should be **respected**.

No is a full sentence. You do not need to explain yourself.

Your partner should **not** try to make you change your mind.

The 'pull out' method - does it work?

NO!

There is **sperm** in pre-cum (liquid the penis produces to lubricate)

Nobody can know for certain when they are going to ejaculate.

No condom? No protection!

Nobody is protected from pregnancy or STIs.

**What happens when
contraception fails
or isn't used?**

Emergency Contraception

Emergency contraception can be used after unprotected sex, a missed pill or a broken condom.

There are two options in the UK – the emergency pill and the copper coil.

You can get these **free** from sexual health clinics like ourPlace and some pharmacies.

‘Morning after pill’

The **emergency contraceptive pill** is often called the ‘morning after pill’ or ‘plan B’.

The pill will delay or prevent ovulation – it does not work if ovulation has already taken place.

It can be taken **up to 3-5 days** after the unprotected sex, depending on the brand.

However – it is most effective the sooner it is taken.



IUD (copper coil)

The copper coil can be used up to 5 days after sex.

It stops the sperm being able to survive in the uterus.

It can stay in place for up to 10 years so can be a great long term option (not just for emergencies).



Condoms



Condoms

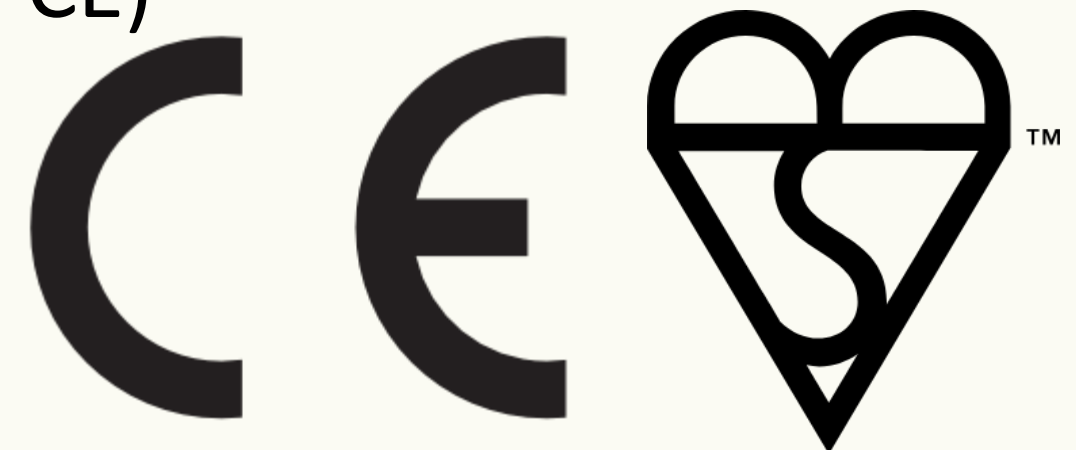
Condoms (internal and external) are the **only** form of contraception that protect against both STIs and pregnancy.

What three things need to be checked before using a condom?

The date (e.g. 07/2028)

Damage

The quality mark (kite or CE)



Condoms

There are loads of different types of condoms that you can get completely **free** and **confidentially** from a sexual health clinic like ourPlace.

Different sizes – smaller or larger

Latex free – for those with latex allergies

Textured – for pleasure

Flavoured – for oral sex only

Thinner or thicker – for different sensations



Let's practice!

Teaching notes

Use a condom demonstrator and condom if possible. Explain the different types of condoms: regular, latex free, different sizes, different flavours, different textures and thicknesses.

Explain that condoms should be used when using sex toys that are being shared as well as on a penis.

You can also use this video to explain and visualise:

<https://www.youtube.com/watch?v=vww9rk1USss>

How to safely use a condom



1

Feel for the condom in the packet, push it to the side and slowly rip the packet. Do not use teeth!

2

Make sure the condom is the right way up (make a little hat!)
Pinch the tip of the condom, and place on the head of the penis or sex toy.

3

Still pinching the tip, roll the condom down to the base of the penis or sex toy, and get rid of any air bubbles. You can add lube to the condom now.

How to safely remove a condom



1

Hold the condom at the base and check for any rips.

2

If no damage, slowly remove the condom and tie a knot so it doesn't leak.

If you have sex again, use a new condom.

3

Place the condom in a tissue and put it in the bin (not the toilet!)

Teaching notes

Condom excuses:

Ask the learners how they could respond to each of these excuses – remind them they don't have to explain themselves and can just say no but it's useful to have other responses.

It doesn't feel as good – it doesn't feel good if you are worrying about getting pregnancy or STIs

We don't need one, I'll pull out – hard to time and pre-cum exists. Orgasms and ejaculation are two different systems and may be a delay.

I'm too big for a condom – stretch out condom to show how big it stretches, also remember you can get larger and smaller condoms for free from sexual health clinics like ourPlace

I'm allergic to latex – latex free condoms exist

We don't need a condom if we're using sex toys – remember, you can get STIs if sex toys are shared

I thought you were on the pill – the pill doesn't protect against STIs and doesn't work for everybody

Condom Excuses

'It doesn't feel as good'

'I'm allergic to latex'

'We don't need one, I'll pull out'

'We don't need a condom if we're using sex toys'

'I'm too big for a condom'

'I thought you were on the pill?'

Contraception

Quiz

Teaching notes

What things do you need to check on a condom packet before opening?

Date, damage, CE/kite mark

How many times can you use a condom?

Once

What should you do if the condom splits?

Throw it away, get a new one, think about emergency contraception and STI testing

Where can you go for free condoms?

Sexual health clinics like ourPlace – does your school provide condoms?

What do condoms protect you against?

STIs and pregnancy

Teaching notes

'Pulling out' or withdrawal is an effective form of contraception?

No – see previous slide

Does taking the contraceptive pill protect you from STIs?

No – only pregnancy

What is the legal age to have sex in the UK?

16 – remind them this doesn't mean they have to have sex at 16, they should have it if or when they want to.

Can you get contraception if you are under 16?

Yes – from sexual health clinics (confidentially unless there are serious concerns to flag safeguarding – see Fraser guidelines), don't need parents/carers permission.

When should you have sex?

When you're ready!

Sexual health is **just as important** as any other part of physical health.

Like the dentist for your teeth or a therapist for your mental health, the Sexual Health teams are here to keep you well!

You can get contraception, tests and advice at your nearest sexual health clinic or GP.

It can be **empowering** to ask for help.

**Worried
about visiting
a clinic or
your GP?**

**They've seen
it all before!**



Where to get support

Let's Talk Wirral:

www.wchc.nhs.uk/services/lets-talk

Sexual Health Wirral:

www.sexualhealthwirral.nhs.uk

Brook:

www.brook.org.uk

Our Place Sexual Health Clinic

St Catherine's Health Centre

ourPlace

ourPlace is a free, confidential and non-judgemental service for young people aged 19 and under living in Wirral.

Our friendly team provide advice, support and treatment in a discreet and young person friendly clinic area.

Services and support:

- Contraception
- Emergency contraception
- Condoms
- STI testing
- Psychosexual support
- LGBTQ+ support





Visiting ourPlace

Monday to Thursday - 3.00pm to 7.00pm

Friday - 3.00pm to 6.00pm

Saturday - 1.30pm to 3.30pm

For appointments, please call:
0300 123 5474

Location:

ourPlace, 1st floor, St Catherine's Health Centre,
Derby Road, Birkenhead CH42 0LQ