

GRADE 7 PREGNANCY PREVENTION

In this lesson, students will explore the various methods used to prevent pregnancy. The teacher will present medically accurate resources about pregnancy prevention and reproductive health care. The students will explain the health benefits, risks, and effectiveness of abstinence and contraception. The students will list the steps for effectively using a male condom and describe the advantages and disadvantages of its use. Finally students will demonstrate and practice using assertive communication to maintain abstinence and use of contraception.

TODAY'S OBJECTIVE

- Define pregnancy prevention.
- Explain health benefits, risks, and % effectiveness of contraception.
- Examine influences and how risk behaviors affect sexual behaviors.
- Communicate effectively to maintain abstinence and use of contraception including condoms.

TEACHER NOTES: CREATING A SAFE SPACE

- Estimated Time: 5 minutes
 - Activate Prior Knowledge/Engage
1. Begin lesson by establishing ground rules conducive towards a “safer” space.
 2. Due to the sensitive nature of these topics, remind students to avoid speaking about experiences of their fellow classmates.
 3. Let students suggest rules or limits of their own for the class to be mindful of throughout the discussion.

CREATING A SAFE SPACE

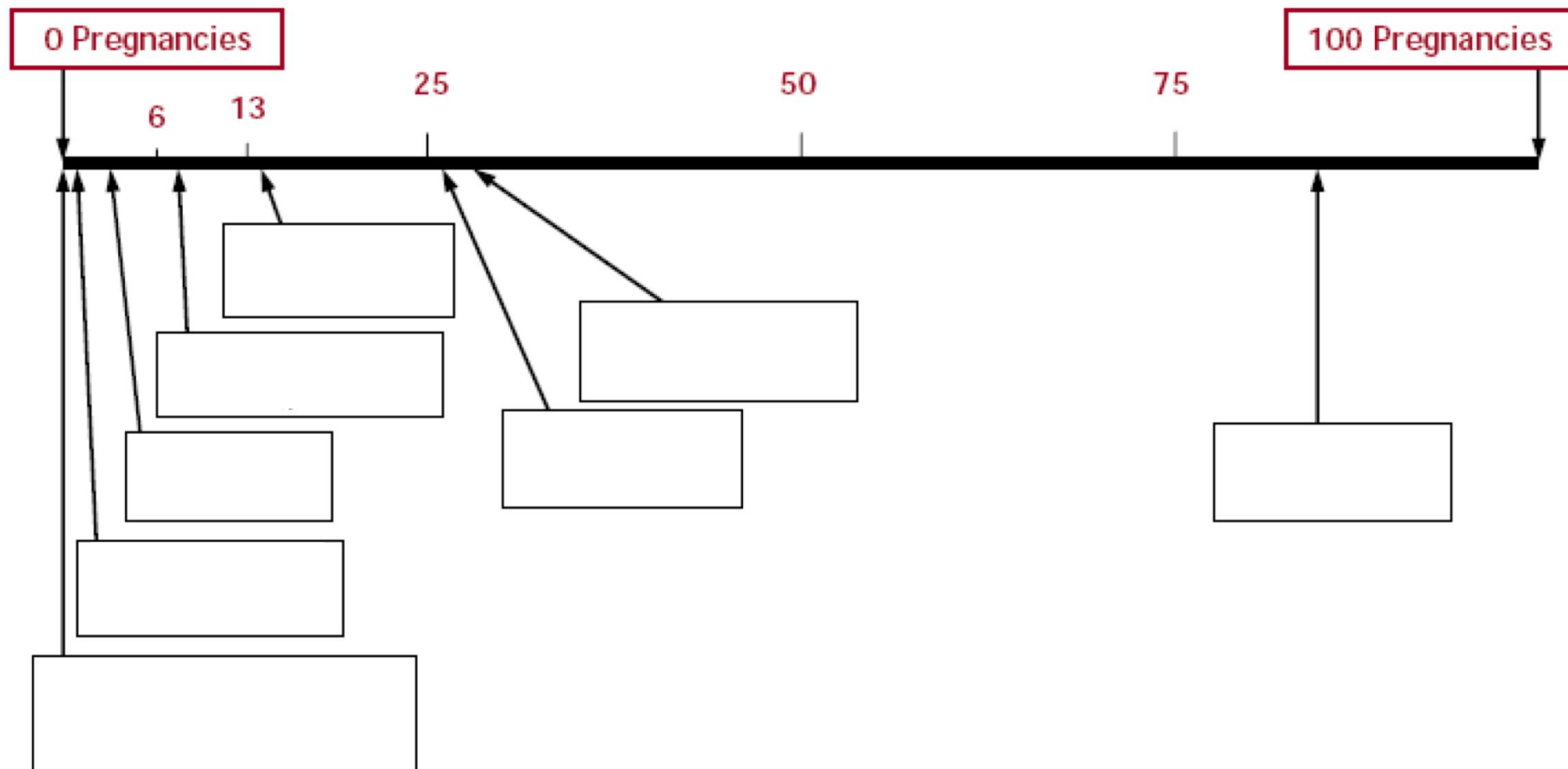
What are some ground rules we can agree upon to make this a safe space to talk about a sensitive topic?

TEACHER NOTES:VARIOUS METHODS OF PREGNANCY PREVENTION

- Estimated Time: 15 minutes
- I. Students should complete the number line as teacher explains information to document risk and effectiveness of the various methods.

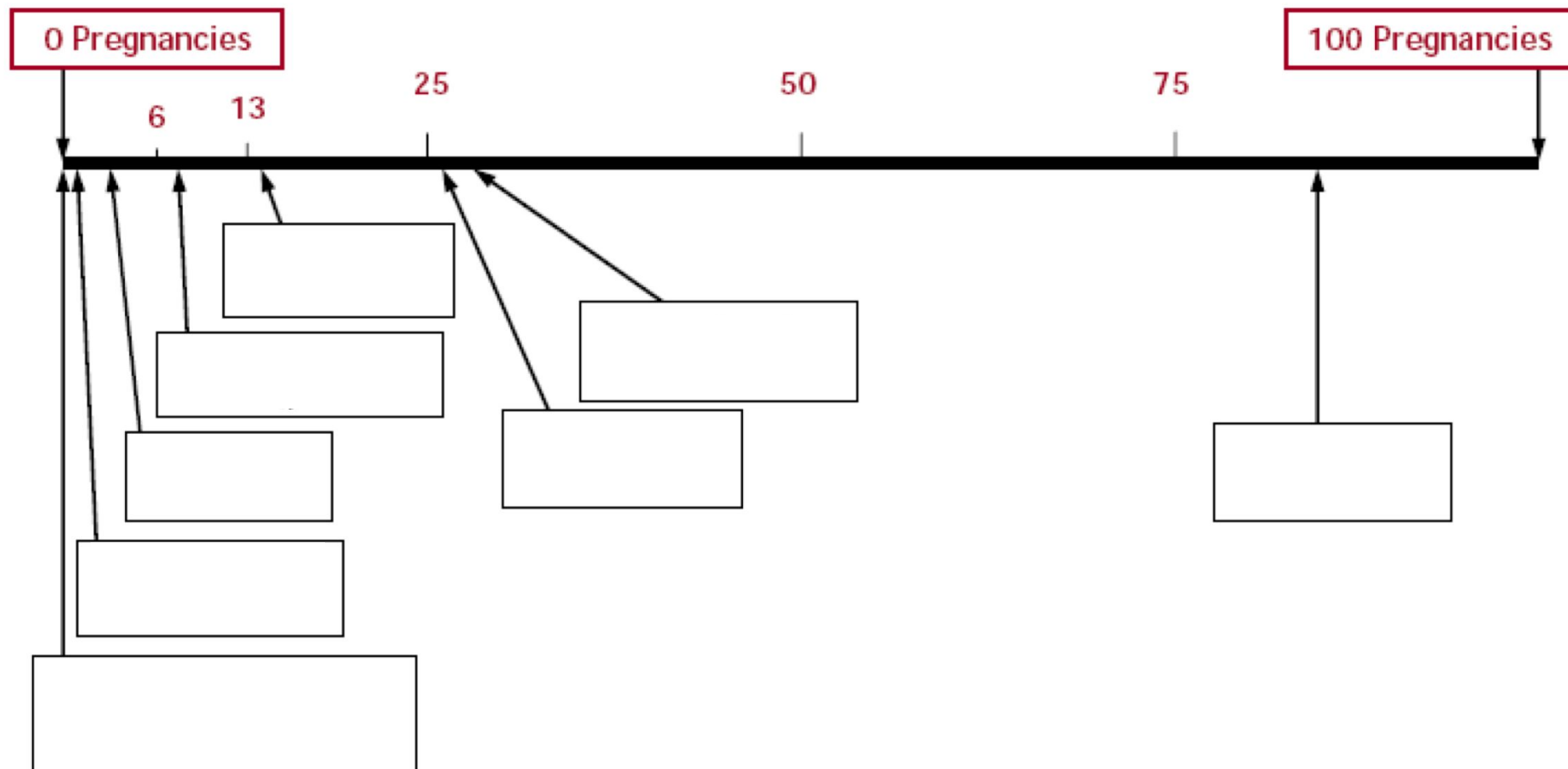
Facilitator Resource for Activities 6.4
Protection from Pregnancy

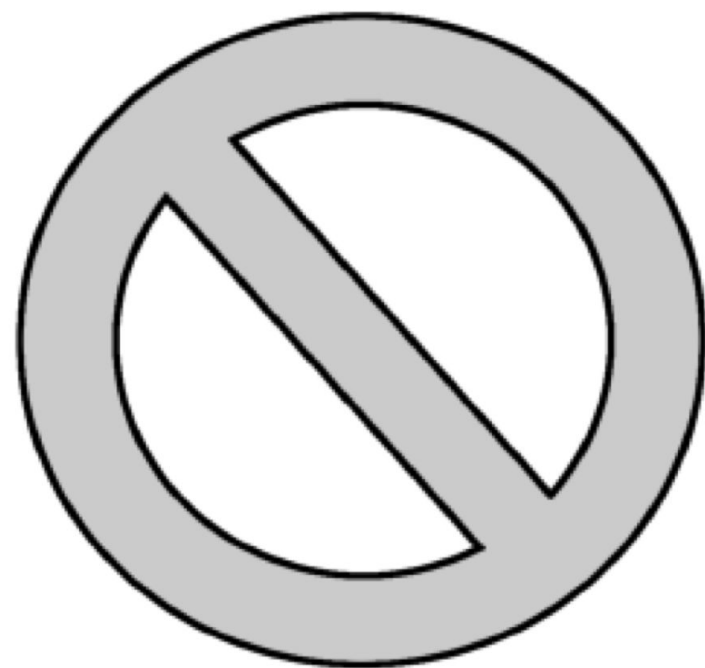
Of 100 couples using this Method, how many will be PREGNANT
by the end of the first year?



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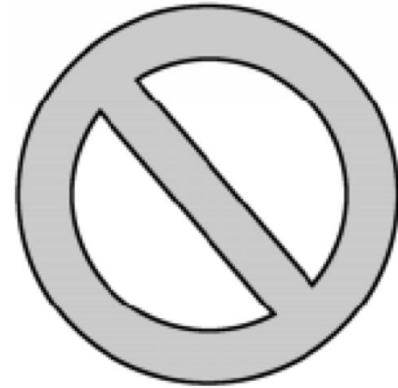
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by the end of the first year?





ABSTINENCE

ABSTINENCE



What is it?

- Not having sex

How does it work?

- No sperm in vagina

Advantages

- Free
- 100% effective (if used consistently & correctly)

Disadvantages

- Any?



ABSTINENCE

IF used CONSISTENTLY & CORRECTLY

ZERO / 100

0 of 100 Couples PREGNANT in the First Year



Sex using
NO METHOD
("Wishing & Hoping")

Having Sex using NO METHOD



What is it?

- ➔ You have sex & just hope pregnancy won't happen

How does it work?

- ➔ It doesn't work!

Advantages

- ➔ OK if you are ready to be a parent

Disadvantages

- ➔ Not being in control
- ➔ Pregnancy is likely before you are ready
- ➔ No protection from STDs

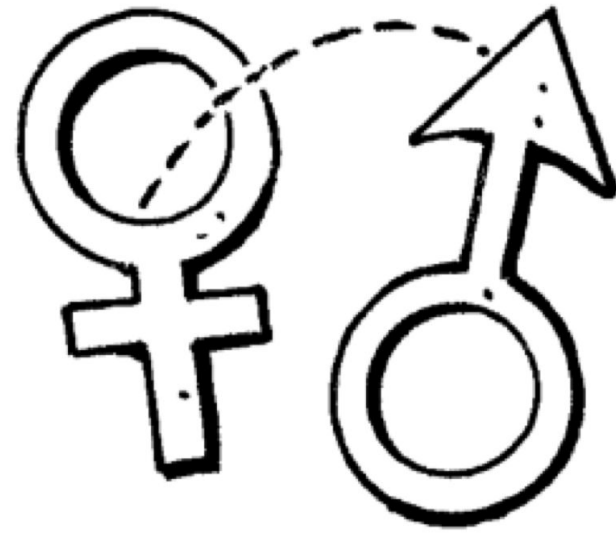
BIG
DECISIONS

SEX using NO METHOD
"Wishing & Hoping"



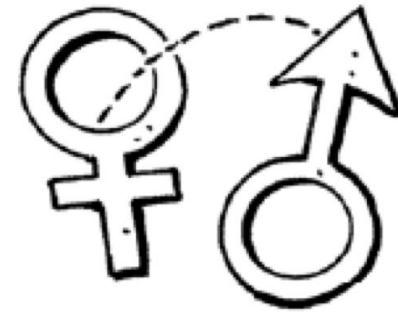
85 / 100

85 of 100 Couples PREGNANT in the First Year



WITHDRAWAL
("Pulling Out")

WITHDRAWAL



What is it?

- ➔ Male pulls out before he "comes"

How does it work?

- ➔ Sperm not placed in vagina

Advantages

- ➔ Free

Disadvantages

- ➔ Not as effective as other methods
- ➔ Requires lots of male self-control
- ➔ No STD protection



WITHDRAWAL ("Pulling Out")

27 / 100

27 of 100 Couples PREGNANT in the First Year



SPONGE

SPONGE



What is it?

- Soft sponge with spermicide
- Placed in the vagina before having sex
 - Stays in at least 6 hours after sex

How does it work?

- Kills sperm, blocks sperm from the uterus

Advantages

- No prescription needed

Disadvantages

- Not as effective as other methods
- Less effective for females who have had children
- No STD protection

SPONGE



16 / 100

16 to 32 of 100 Couples PREGNANT in the First Year

BIG
DECISIONS  NS



CONDOMS

CONDOMS



What is it?

- ➡ Latex sheath
- ➡ Covers the penis during partner contact

How does it work?

- ➡ Barrier: sperm are not placed in vagina

Advantages

- ➡ Reduces risk of HIV and other STDs
- ➡ No prescription needed

Disadvantages

- ➡ May slip or break (1 to 3 times in 100)
- ➡ Must be used correctly, EVERY time!

CONDOMS:

Other Things to Know



What Kind?

- ➔ LATEX (rubber) are most effective
- ➔ "Skin" condoms do NOT prevent STDs
- ➔ Polyurethane condoms can be used by those allergic to latex

The Female Condom

- ➔ Made of polyurethane
- ➔ Worn in the vagina
- ➔ More expensive, not quite as effective

CONDOM

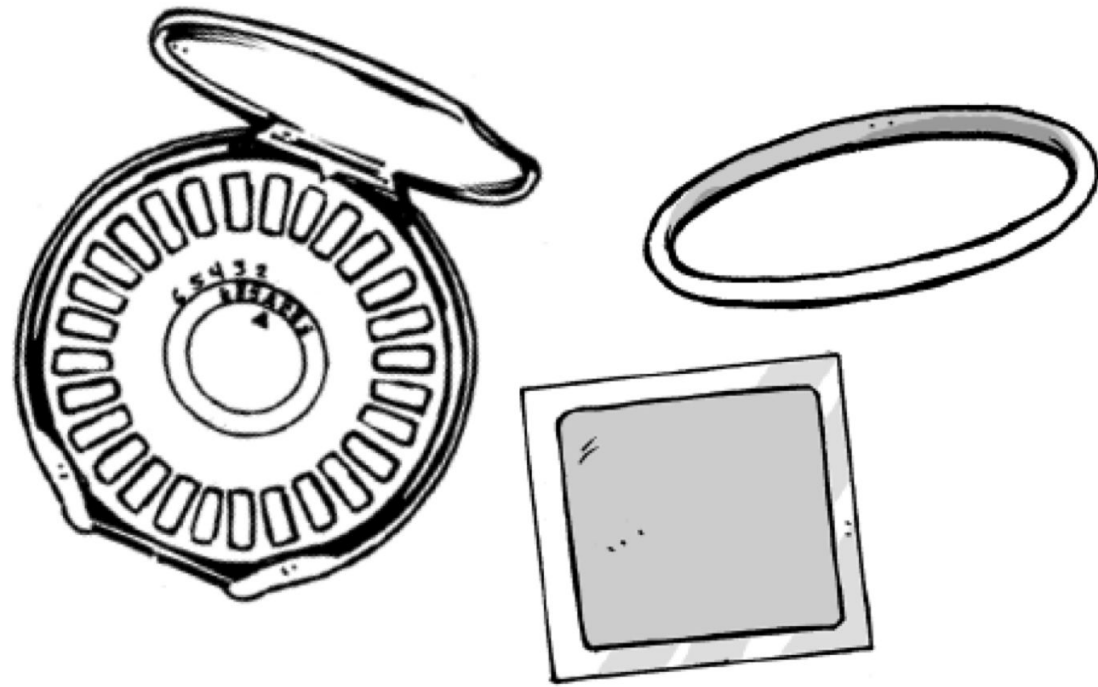


15 / 100

15 of 100 Couples PREGNANT in the First Year

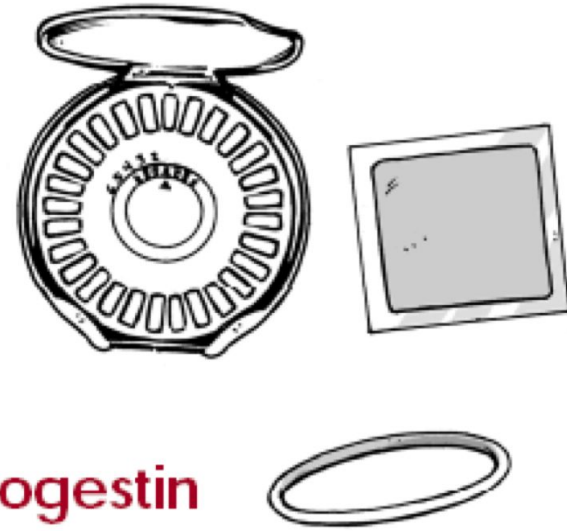
BIG
DECISIONS

BIG
DECISIONS



PILL, PATCH,
RING

PILLS, PATCHES, and RINGS



What is it?

- 2 hormones: estrogen and progestin
- PILL swallowed once a day
- PATCH worn on skin for 1 week
- RING worn in vagina for 3 weeks

How does it work?

- Hormones in bloodstream "turn off" the ovaries
- Egg is not released from ovary

PILLS, PATCHES, RINGS

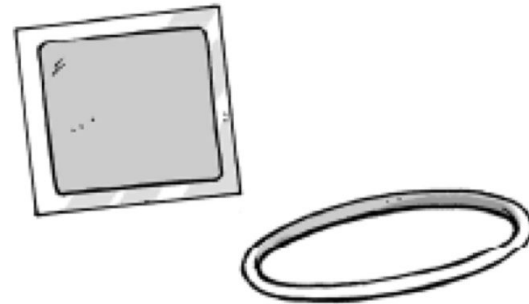
Other Things to Know

Advantages

- ➔ Very effective
- ➔ Serious side effects are rare
- ➔ Reduce the risk of 2 cancers, anemia
- ➔ Helps cramps, acne

Disadvantages

- ➔ No protection from STDs
- ➔ Prescription needed
- ➔ Some females have side effects
 - ➔ Usually NOT weight gain





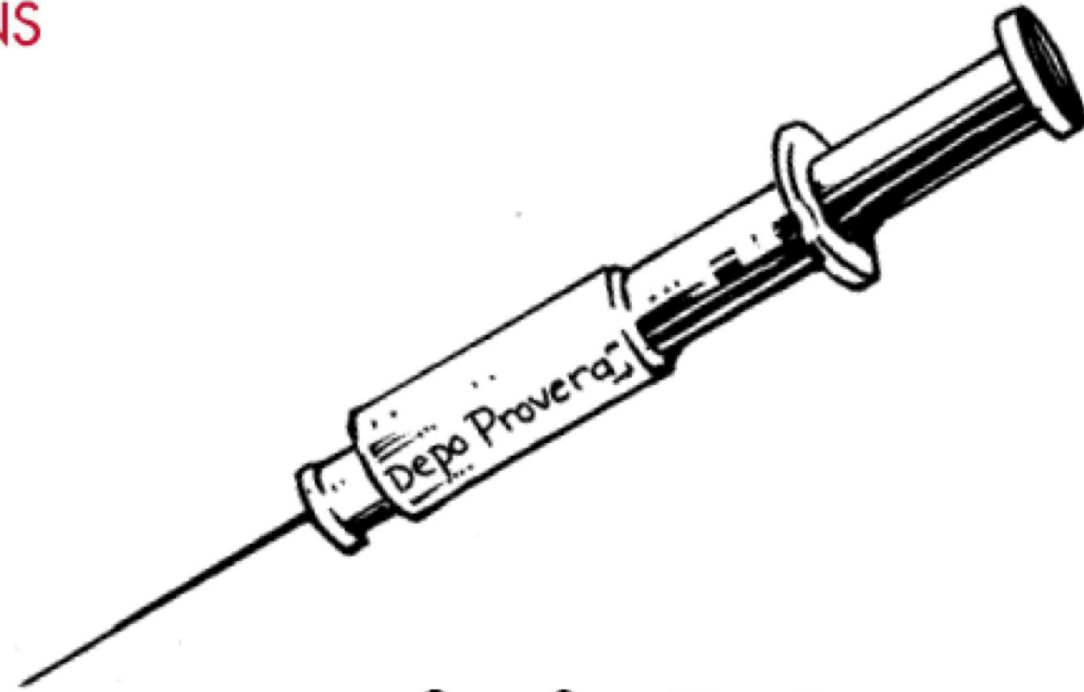
PILL, PATCH,
or RING



8 / 100

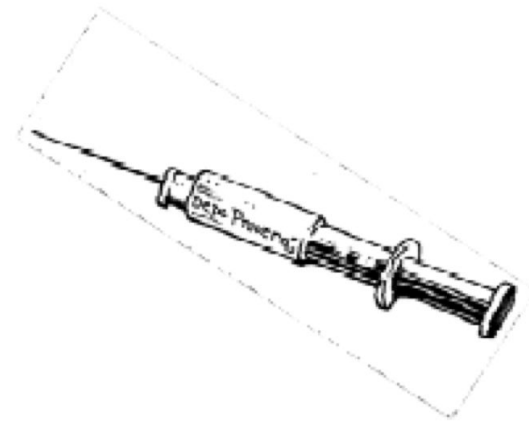
8 of 100 Couples PREGNANT in the First Year

BIG
DECISIONS



SHOT

SHOT



What is it?

- ➔ Injection given every 3 months
- ➔ A large dose of progestin hormone

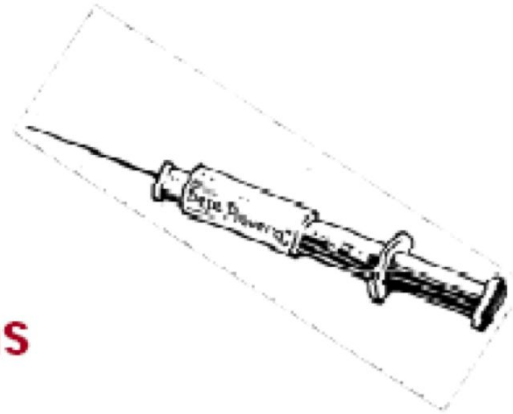
How does it work?

- ➔ Hormone in the bloodstream "turns off" the ovaries
- ➔ Egg is not released from ovary

SHOT: Other Things to Know

Advantages

- ➞ Very effective
- ➞ One shot lasts 3 months



Disadvantages

- ➞ No protection from STDs
- ➞ Prescription needed
- ➞ Some females have side effects
 - ➞ Irregular bleeding, weight gain



SHOT



3 / 100

3 of 100 Couples PREGNANT in the First Year



IMPLANT

IMPLANT



What is it?

- ➔ Flexible plastic rod (matchstick size)
- ➔ Placed under the skin of the female's arm
- ➔ Releases progestin hormone over 3 years
 - ➔ Can be removed earlier, if desired

How does it work?

- ➔ Hormone in the bloodstream stops the ovary from releasing an egg

IMPLANT



Advantages

- ➞ Extremely effective

Disadvantages

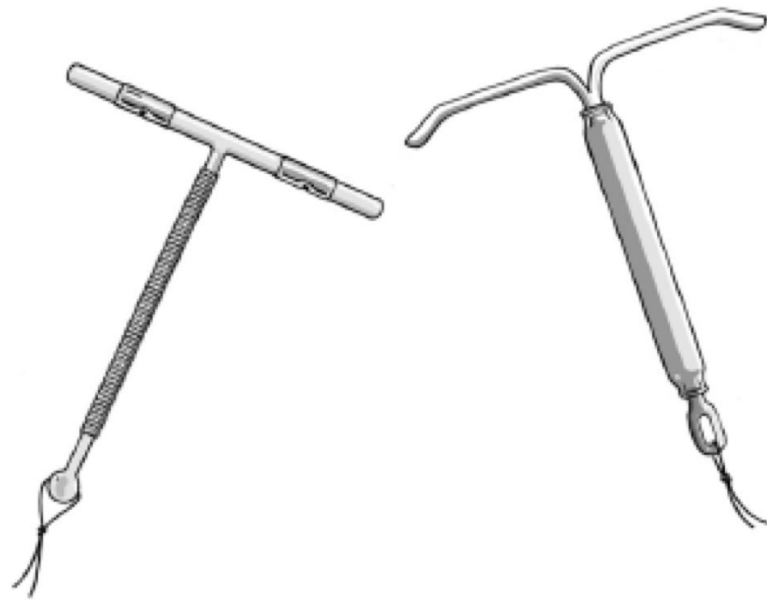
- ➞ Requires a prescription and minor surgery
- ➞ No STD protection
- ➞ Irregular bleeding is common



IMPLANT

0-1 / 100

0 or 1 of 100 Couples PREGNANT in the First Year



INTRAUTERINE DEVICE (IUD)

IUD



What is it?

- ➔ Plastic "T" with copper or progestin
- ➔ Placed in the uterus by a medical provider

How does it work?

- ➔ Prevents fertilization of the egg by sperm

Advantages

- ➔ Extremely effective
- ➔ Works for 5 or 10 years

Disadvantages

- ➔ Requires an office procedure
- ➔ No STD protection



BIG
DECISIONS 

INTRAUTERINE DEVICE (IUD)

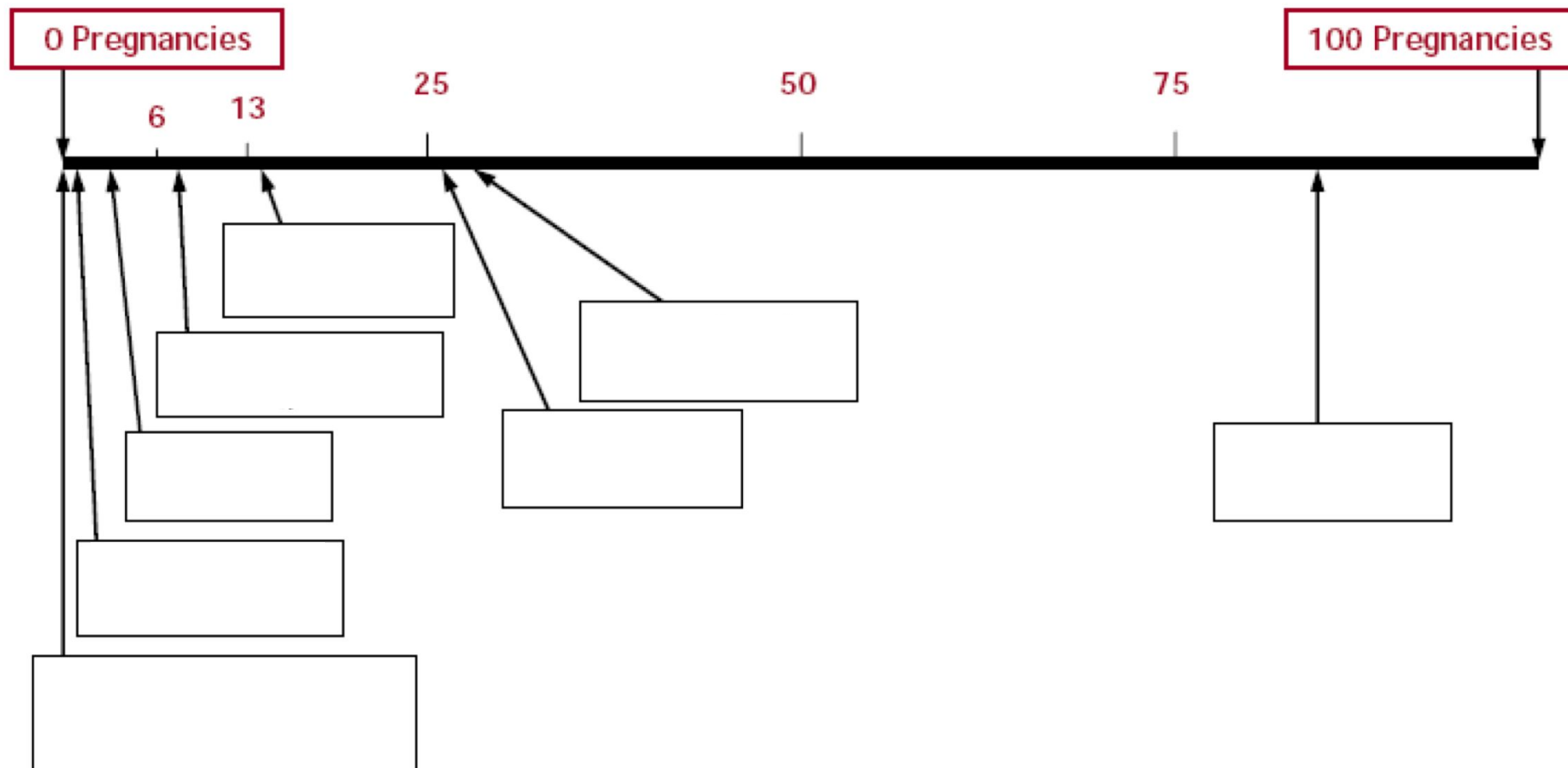


0-1 / 100

0 or 1 of 100 Couples PREGNANT in the First Year

Facilitator Resource for Activities 6.4
Protection from Pregnancy

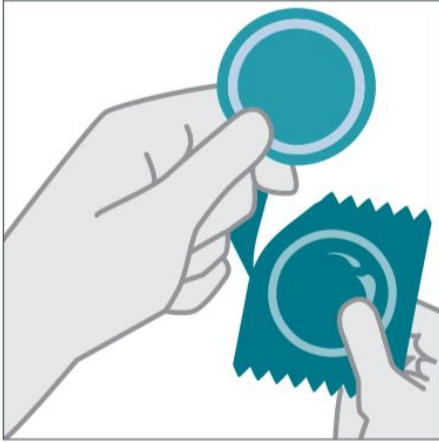
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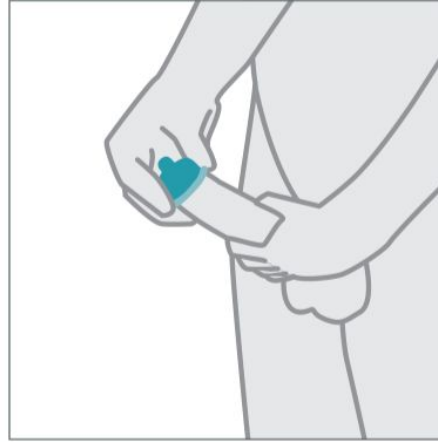
TEACHER NOTES: HOW TO USE A CONDOM

- Estimated Time: 10 minutes
1. No demonstration or hands-on activity should be completed for this activity.
 2. Provide class sets of cut out cards to allow students to determine the proper sequence. Then, reveal the correct order.

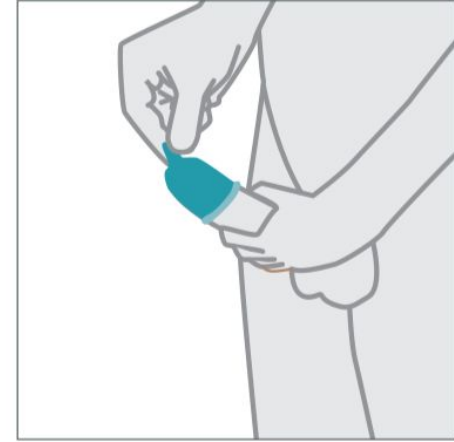
— How To Put On and Take Off a Male Condom —



Carefully open and remove condom from wrapper.



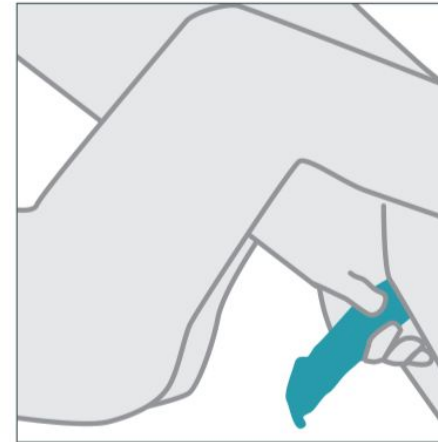
Place condom on the head of the erect, hard penis. If uncircumcised, pull back the foreskin first.



Pinch air out of the tip of the condom.



Unroll condom all the way down the penis.



After sex but before pulling out, hold the condom at the base. Then pull out, while holding the condom in place.



Carefully remove the condom and throw it in the trash.

The Right Way To Use A Male Condom

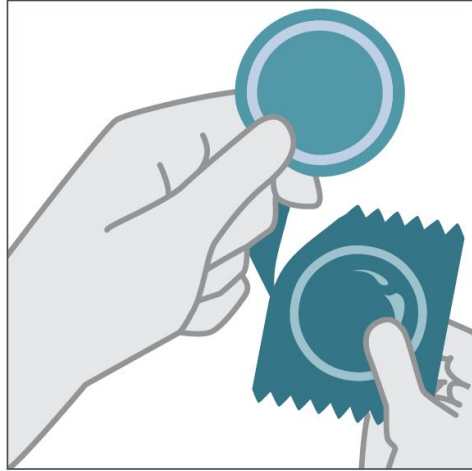
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- **DO** use latex or polyurethane condoms.
- **DO** use water-based or silicone-based lubricant to prevent breakage.
- **DON'T** store condoms in your wallet as heat and friction can damage them.
- **DON'T** use nonoxynol-9 (a spermicide), as this can cause irritation.
- **DON'T** use oil-based products like baby oil, lotion, petroleum jelly, or cooking oil because they will cause the condom to break.
- **DON'T** use more than one condom at a time.
- **DON'T** reuse a condom.

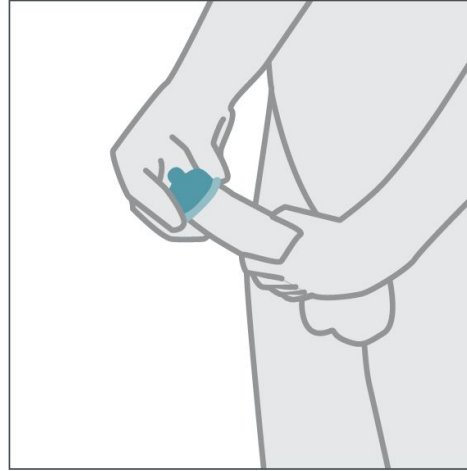
TIMELINE

— **How To Put On and Take Off a Male Condom** —

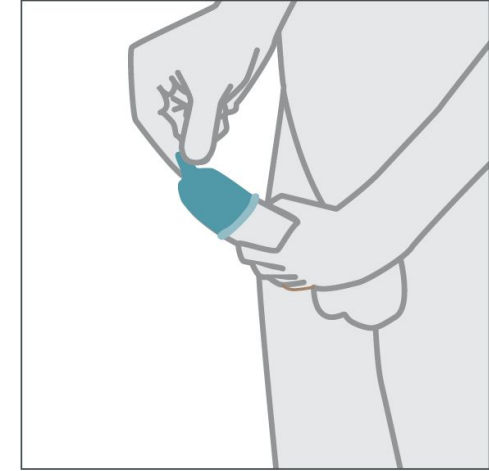
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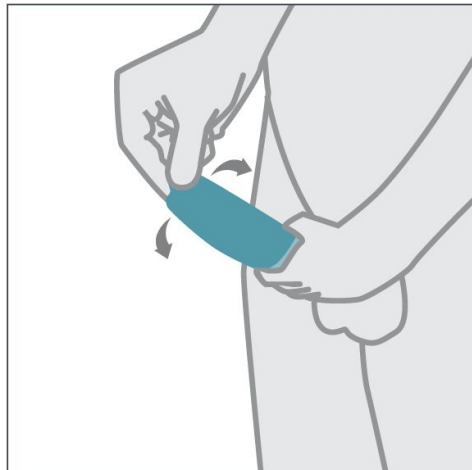
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TEACHER NOTES: DISCUSSING REFUSAL SKILLS

- Estimated Time: 10 minutes
- I. Discuss how to refuse unwanted behaviors.

REFUSAL SKILLS



Refusal skills are strategies to avoid doing things that you feel pressured to do.

**Don't be Afraid
to say NO...**

If you don't stand up for
yourself who will?

VERBAL REFUSAL

- Clearly identify the problem.
- State your thoughts and feelings.
- Say what you would like to happen instead.
- Explain the results if the change in plans is made.
- Explain the results if the change in plans is not made.





NON-VERBAL REFUSAL

- Match what you say with your body language.
- If your date keeps pressuring you, stop dating that person.

WHAT TYPE OF BODY LANGUAGE WOULD
SEND
THE MESSAGE “NO”?

Think – Pair – Share

THINK – PAIR – SHARE

List three ways that you can maintain your decision to reduce risky sexual behaviors.



Bibliography

“Clipart of Mouth Open and Talking Into an Ear.” *Talking Mouth Clipart*, Png Images, 11 Jan. 2018, <https://www.clipartroo.com/download-clipart-53014.html>. (Accessed October 8, 2019)

“Gray and Black Circle with Line through Indicating ‘No.’” *Free No Symbol, Download Free Clip Art*, Clipart Library.com, <http://clipart-library.com/no-symbol.html>. (Accessed October 8, 2019)

“How to Use a Male Condom | CDC.” *Centers for Disease Control and Prevention*, Centers for Disease Control and Prevention, 6 July 2016, <https://www.cdc.gov/condomeffectiveness/male-condom-use.html>. (Accessed October 8, 2019)

Realini, Janet. “Big Decisions.” *Healthy Futures of Texas*, Healthy Futures of Texas, 2016, <https://hf-tx.org/programs/big-decisions/>. (Accessed October 9, 2019)

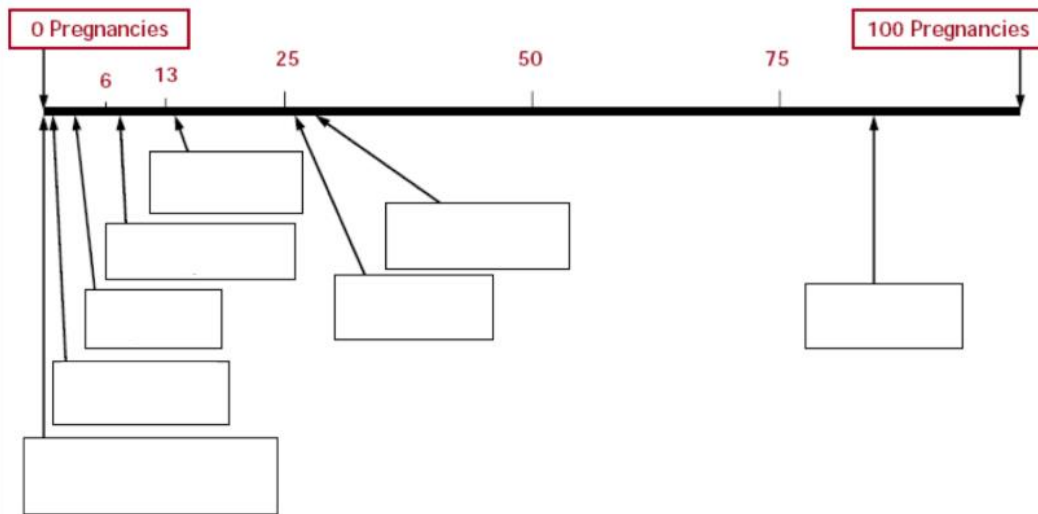
Name _____

Facilitator Resource for Activities 6.4

Protection from Pregnancy

BIG DECISIONS

Of 100 couples using this Method, how many will be PREGNANT by the end of the first year?

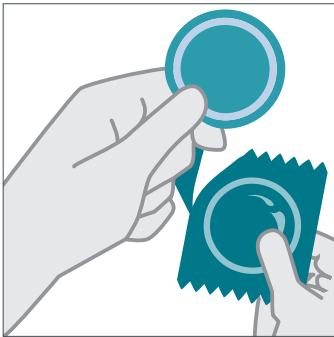
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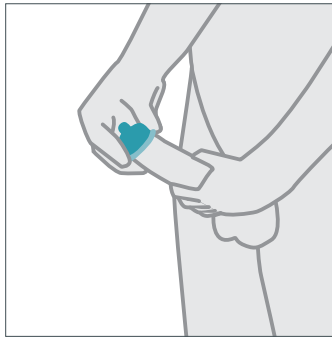
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- **DON'T** reuse a condom.

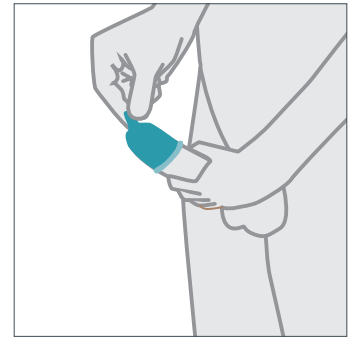
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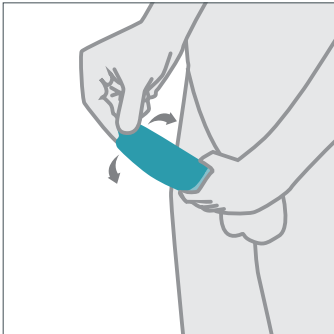
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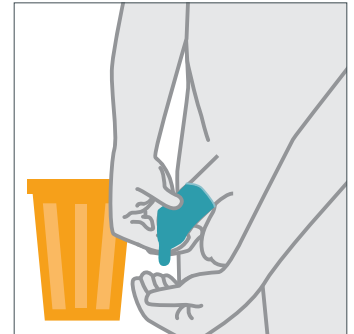


Pinch air out of the tip of the condom.



Unroll condom all the way down the penis.

After sex but before pulling out, hold the condom at the base. Then pull out, while holding the condom in place.



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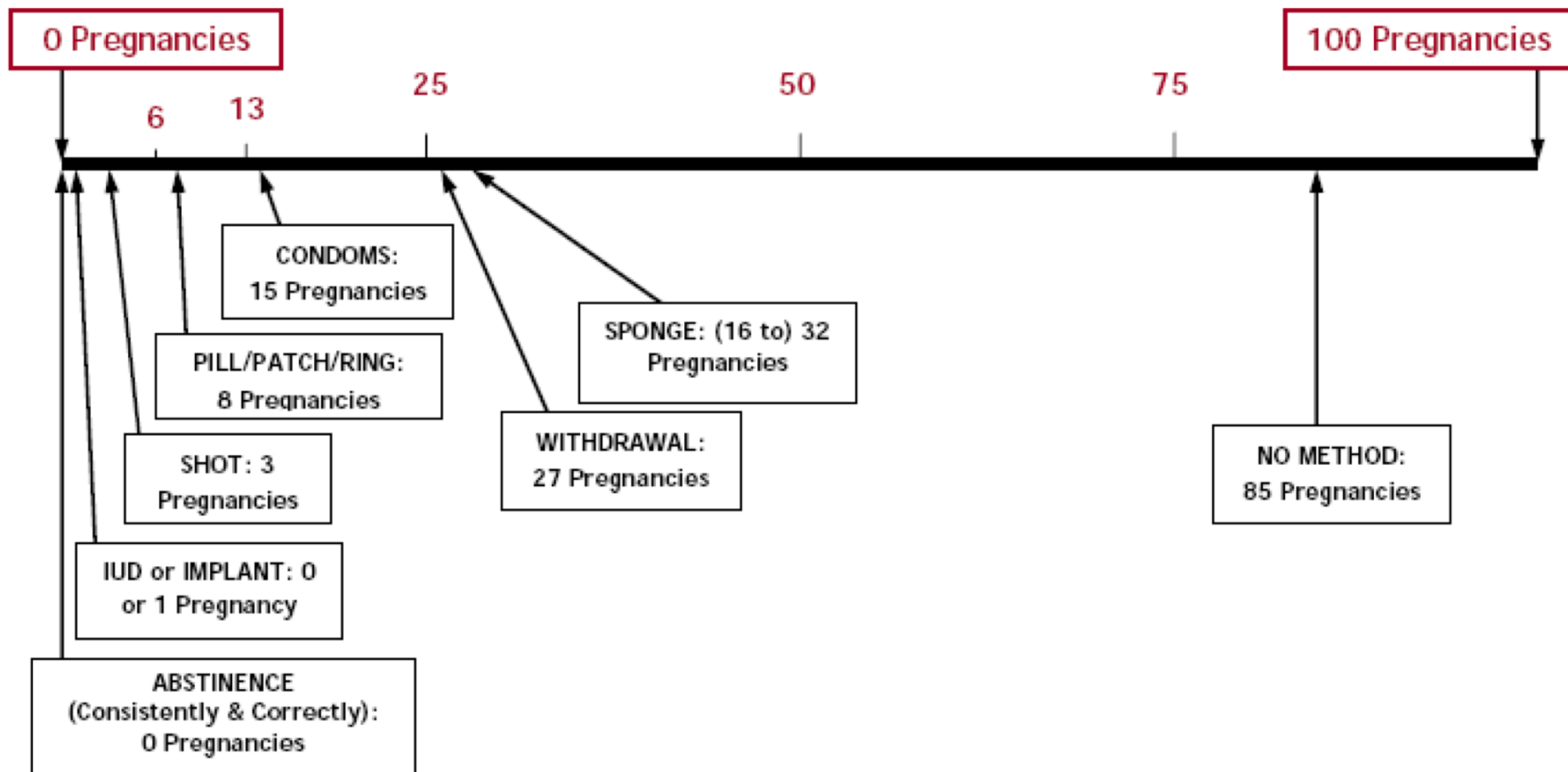
For more information please visit
www.cdc.gov/condomeffectiveness



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Protection from Pregnancy



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This document contains sexually graphic images and may not be suitable for some audiences.

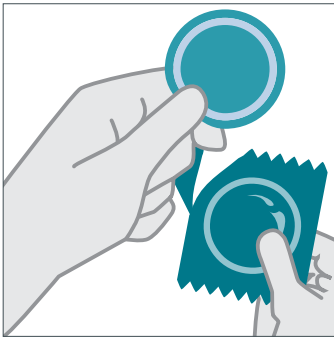


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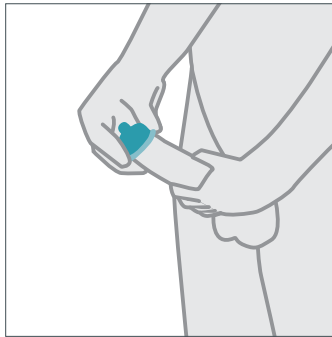
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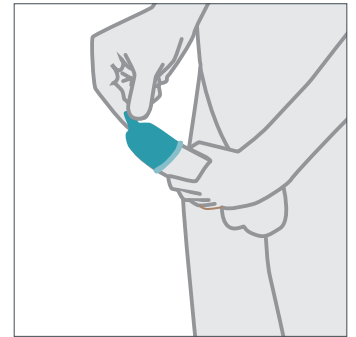
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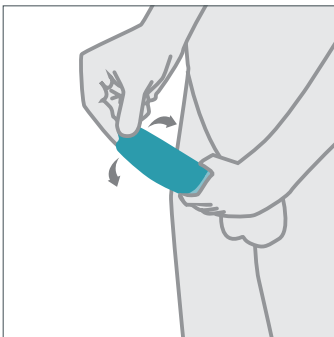
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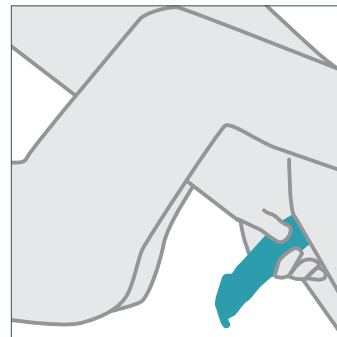
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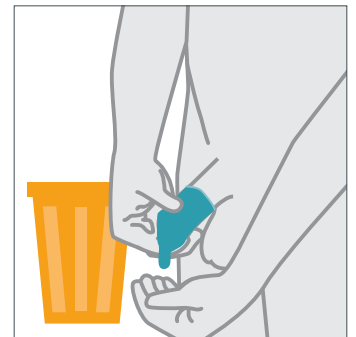
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