

Session plan

Sexual health 6A2

Outcome	Understand the advantages and disadvantages of different methods of contraception, including protection from STIs
Resources	<ul style="list-style-type: none"> • Contraception sort cards • Contraception summary resource sheet • Contraception scenarios resource sheet
Learning context	Independent, paired work, group work
Curriculum areas	PSHE, RSE, science
PSHE skills	Living independently, Personal safety, Health and relationships

Starter	Time allocated ⌚
In groups, students complete the contraception card sort activity to match the types of contraception (orange) to the definitions (white). The cards are presented in order, so will need to be cut up before giving to students.	10 minutes
Review the card sort activity as a class. Address any misconceptions.	10 minutes
Main lesson	Time allocated ⌚
In groups, assign students a type of contraception from the card sort. Ask students to come up with a list of advantages and disadvantages of this method of contraception.	10 minutes
Get each group to feed back and collect the information on the board. Correct misconceptions as you go – the contraception summary resource sheet will support this. More information can be found at: https://www.sexwise.fpa.org.uk/contraception/which-method-contraception-right-me	10 minutes
Alone or in pairs, give students the contraception scenarios resource sheet. Allow them time to discuss and fill in what the right contraceptive choice might be and why.	20 minutes
Independent challenge	
<ul style="list-style-type: none"> • With a partner, research the different types of contraception that are available in the UK. Present your findings as a podcast. • Investigate how the main types of contraceptives work, including the advantages and disadvantages. Present your findings as a podcast. 	
Challenge wrap up	Time allocated ⌚
Students share their podcasts from the independent challenge. Students peer review each other's work, making suggestions for improvements.	20 minutes

💡 Ideas

Further sources of information and support:

- <https://www.nhs.uk/conditions/contraception/>
- <https://www.brook.org.uk/your-life/category/contraception>

Contraception sort cards

Combined pill	Oral pill containing artificial versions of female hormones oestrogen and progesterone. Prevents the ovaries from releasing an egg each month.
Diaphragm or cap	A circular dome made of thin, soft silicone that is inserted into the vagina before sex covering the cervix so sperm can't get into the womb.
Female condoms	Thin synthetic latex or latex tube worn inside the vagina to prevent semen getting to the womb.
Implant	Small, flexible plastic rod placed under the skin in the upper arm by a doctor or nurse. Releases progesterone into your bloodstream to prevent pregnancy; lasts for 3 years.
Injection	Injection that releases progesterone into the bloodstream to prevent pregnancy.
IUD coil	Small T-shaped plastic and copper device that is put in the womb by a doctor or nurse. It releases copper to prevent pregnancy.
IUS hormonal coil	T-shaped plastic device that is put in the womb by a doctor or nurse. Releases progesterone to prevent pregnancy.
Male condom	Thin synthetic latex or latex penis cover that stops semen coming into contact with a partner.
Patch	Sticky patch that releases hormones into the body to prevent pregnancy.
Progesterone only pill (mini pill)	Oral pill containing progesterone. Prevents pregnancy by thickening the mucus in the cervix to stop sperm reaching an egg.
Vaginal ring	Small, soft plastic ring that is inserted into the vagina. It releases a continuous dose of oestrogen and progesterone into the bloodstream to prevent pregnancy.