



## Grade 8: Condoms and Other Birth Control Methods

### Overview

Students review methods of birth control, then focus on correct condom use and benefits. Students participate in a small group activity where they lineup the steps of using a condom in correct order, then watch their teacher and/or a video describe the steps and demonstrate on their fingers. Students are encouraged to talk with their trusted adult or medical provider for information or guidance.

### Timing

45 minutes

### Objectives

By the end of this lesson, students will:

- Identify that abstinence is the only 100% way to prevent pregnancy
- Review birth control methods and how they can reduce the risk of pregnancy
- Recognize that condoms are the only birth control method that reduces risk of giving or getting an STD
- Understand how to use condoms correctly

### Standards

Washington State Sexual Health Standards

- Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
  - Identify physical, emotional, and social effects of sexual activity. H1.Se1.8b
  - Summarize ways to prevent pregnancy and STDs. H1.Se4.8a
  - Understand laws related to accessing sexual health care services. H1.Se6.8a
- Standard 3: Students will demonstrate the ability to access valid information and products and services to enhance health.
  - Identify medically accurate resources about contraceptive methods, STDs/HIV, and pregnancy. H3.Se4.8
- Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
  - List steps to using a condom correctly. H7.Se4.8

### Materials Needed

- Computer/projector/speakers to display PowerPoint, including video streaming
- Condom Lineup Cards from Activity: Condom Lineup
- Paper for student exit ticket (or assignment if preferred)

## Teacher Preparation

- Cut 6-7 sets of condom lineup cards, so that each small group has a set.
- Obtain a condom for the teacher demonstration (not to be distributed to students)

## Agenda

### Introduction – 5 minutes

Slide 1

- Welcome students, introduce topic, review ground rules

Slide 2

- Review slide.

Slide 3

- Teacher Script: *We give students the Washington State Healthy Youth Survey every other year. This is an anonymous survey that asks about a lot of things, including sexual behavior. This data shows us that most students, even high school students, have never had sex. The survey has a lot of methods built in to identify when students are not being honest, so we feel pretty good that these numbers are accurate.*

Slide 4

- Review slide.

### Discussion - 15 minutes

Slide 5

- Teacher Script: *What are some ways a person can prevent themselves from getting pregnant or causing a pregnancy?*
- After a few students have answered, click slide to reveal animation and review contents.

Slide 6

- Teacher Script: *Can anyone name some birth control methods they have heard of before?*
- Write methods on the board as they are named, help students come up with as many as possible.
- Teacher Script: *Today we are going to quickly review these methods and then focus mostly on condoms.*
- Click slide to reveal “person with a vagina” category. Ask students to name the methods that fit in this category. Click to reveal answers. Repeat process for “person with a penis” category.

Slide 7

- Teacher Script: *How old do you have to be to get birth control in Washington State? That’s right, there are no age restrictions on reproductive health care services so a person in middle school could get it. It would be free and confidential.*
- Click to reveal information on where to get birth control and review slide.

Slide 8-10

- Review slide.

Slide 11

- Teacher Script: *Withdrawal, or pulling out, is when a person removes their penis from their partner before sperm comes out of the penis. It is less effective than all other birth control methods because it relies on a person to know their body really well, have a lot of self control, and not have sperm in their pre-ejaculate. However, it is something that people sometimes use when they don't have another method. That's why it is important to plan ahead!*

Slide 12

- Teacher Script: *A condom is a thin piece of rubber, most often latex, that is worn over the penis. It is kind of like a glove for the penis. It works by creating a barrier between people – it catches the semen and prevents it from entering the other person, it also protects the penis from coming into contact the other person's vaginal or rectal fluids. Condoms are worn only once and then thrown away.*

Slide 13

- Teacher Script: *Condoms are the most commonly used birth control methods by sexually active teenagers. Can anyone tell me why that might be?*
- Click slide to animate, review reasons.

**Activity - 15 minutes**

Slide 14

- Teacher Script: *Condoms are very easy to use and lots of teenagers do it successfully. It is important to learn the steps of using one because when they are used correctly, they almost never break or come off.*
- Divide students into groups of 4-5 students, then provide them a set of the “condom lineup cards” in the Condom Lineup Activity document. Be sure the cards are in random order. Direct students to work together to put the cards in order from the first to the last step.

Slide 15

- Teacher Script: *Great work everyone, now you can check to see if you got them right. I am going to go through the steps of using a condom by opening one right now and using my fingers to show you.*
- Go through the steps with a condom yourself, using the Condom Lineup Activity document for talking points at each step. Do not distribute condoms to student for them to use, this is a teacher only demonstration.
- The SPS Health Education Office can send you condoms to use for this activity, or you can get them from your School Based Health Center.
- If you are uncomfortable with this demonstration, you can just read steps instead and show the video on the next slide.

Slide 16

- Teacher Script: *This video is of a person demonstrating the steps of using a condom using their fingers.*
- If you did the live condom demonstration, you can choose to skip this video or show it again for reinforcement.

## **Closing – 5 minutes**

Slide 17-18

- Review slide.

Slide 19

- Ask students to write responses to prompts in the slide
- Note: If preferred, this could be assigned as homework instead of an exit ticket by using attached assignment document

Slide 20

- Credits

## **Vocabulary**

Key words in this lesson:

- Hormonal Method - A type of birth control that uses hormones to prevent pregnancy. Hormonal contraceptives contain estrogen and progesterone, or progesterone only.
- Ovulation – when an egg is released from the ovary
- Contraceptive – a device or drug used to prevent pregnancy

## **Additional Resources**

Websites:

- CDC – <https://www.cdc.gov/reproductivehealth/contraception/index.htm>
- Planned Parenthood - <https://www.plannedparenthood.org/learn/birth-control>
- FDA - <https://www.fda.gov/consumers/free-publications-women/birth-control>

## **Handouts and Assignment – on following pages**

- Activity: Condom Lineup
- Assignment: Condoms and Other Birth Control Methods



**Activity: Condom Lineup**  
**8<sup>th</sup> Grade Sexual Health Education**

Talk with partner and decide together whether to have sex	Check expiration date	Carefully open package
Determine which way is up	Pinch tip of condom	Roll condom all the way down erect penis
Sex and Ejaculation – with condom on the entire time	Hold condom onto penis while pulling out	Throw condom in the garbage

**Directions:** Cut out one set of cards for each student group. Give a set of cards, being sure they are mixed up and not in correct order, to each group and ask them to place them on their table in line from first to last step. Once each group has finished, review the steps using the PowerPoint slide and talking points below.

Step (in order)	Talking Points
Talk with partner and decide together whether to have sex	It is essential to ensure that all partners are consenting to sex. It is also important to talk about pregnancy and/or STD prevention in advance so you are prepared.
Check for expiration date	Just like food and other products, condoms expire. If a condom is past its expiration date, then it is more likely to break.
Carefully open package	Move the condom to one side and tear down the other side of the package. Be careful as jewelry and fingernails can damage condoms.
Determine which way is up	Be sure that you can see the crease where the condom is rolled up on its side – if the condom is on the penis correctly, then you will see the crease folding in and around the tip.
Pinch the tip of the condom	It is important to pinch the tip of the condom so there is space for the semen to go. Semen comes out of the penis at 28 miles per hour! It needs a place to go so that it does not break the condom or leak out the bottom.
Roll condom all the way down the erect penis	While pinching the tip, roll the condom all the way down the erect penis. If it isn't all the way down to the bottom then you risk it falling off during sex.
Sex and ejaculation – with the condom on the entire time	It is important that the condom is on before sex begins, and that it stays on the entire time.
Hold condom onto penis while pulling out	After ejaculation, while the penis is still erect, hold onto the base of the condom and pull out of the partner. If you don't remember to do this, then the condom can slip off and remain inside the other person's body.
Throw condom in the garbage	Remember that condoms can only be used once. Tie the condom in a knot to contain the semen inside it, then wrap it in toilet paper and throw it in the garbage. Do not flush a condom as it can cause your toilet to clog.



**Name:**

**Class Period:**

**Assignment: Condoms and Other Birth Control Methods**

**8<sup>th</sup> Grade Sexual Health Education**

- 1. True or False: Birth control is available to all people in Washington State, regardless of age.**
  
- 2. True or False: Birth control is very safe.**
  
- 3. Name 3 reasons why condoms are the most commonly used birth control method by sexually active teenagers.**