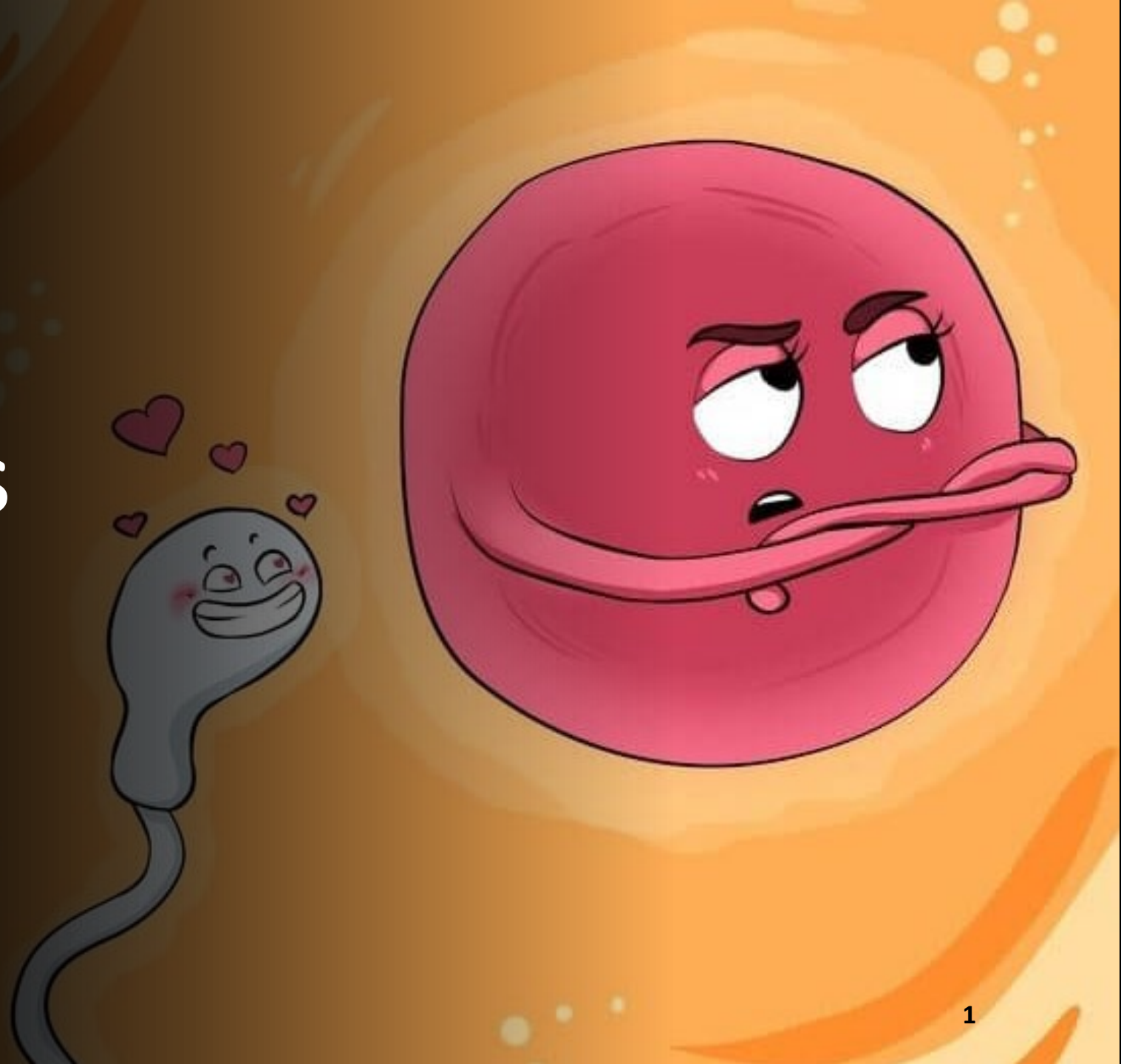


# Condoms and other Birth Control Methods

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

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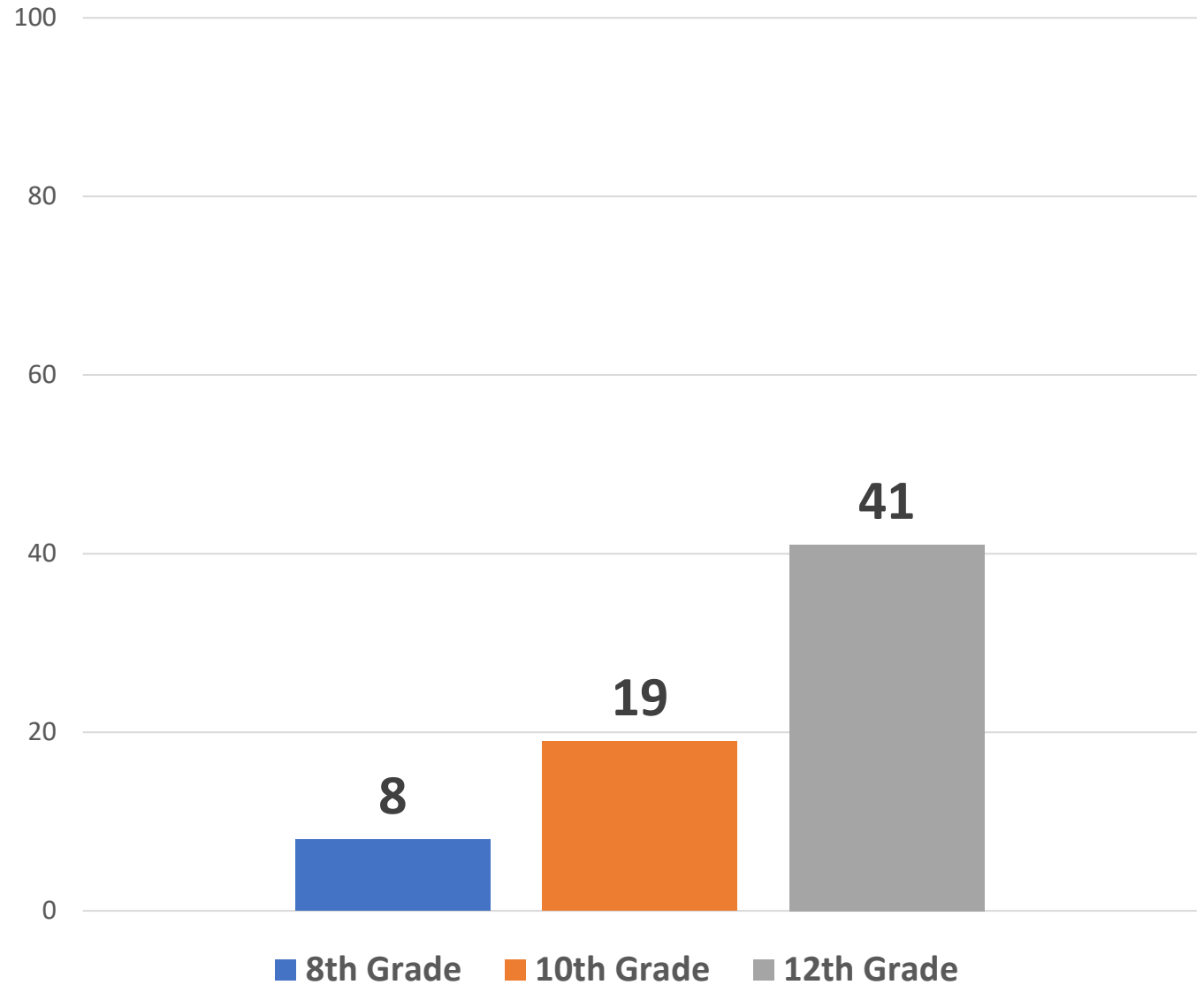
# Learning Objectives

- 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

# FACT: Most teenagers have never had sex

According to the 2018 Healthy Youth Survey, less than half (41%) of Seattle high school seniors report ever having had sex.

Percentage of SPS Students that report ever having sex





**FACT: Pregnancy is possible when a person with a vagina and a person with a penis have sex**

In 2019, a total of 171,674 babies were born to people aged 15–19 years.

# How can a person prevent pregnancy?

- Abstinence! Not having sex is the only 100% way to be sure that you won't get an STD or create a pregnancy. Most teens choose abstinence.
- If a person with a vagina and a person with a penis decide to have sex, then they can reduce their risk of pregnancy by using birth control.

**Teens of every sexual orientation and gender identity need to learn about birth control, for themselves or to help a friend.**



# What types of birth control are available?

## Person with a Vagina

- Pills
- Patch
- Vaginal Ring
- Depo Shot
- Implant
- IUD (Intrauterine Device)
- EC (Emergency Contraception)

## Person with a Penis

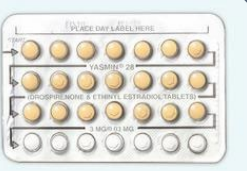
- Condom
- Withdrawal



# How old do you have to be to get it?

## Where can you get it?

1. Doctor or Clinic
  - Pills
  - Patch
  - Ring
  - Depo Shot
  - Implant
  - IUD
2. Pharmacy or Doctor/Clinic
  - Emergency Contraception
3. Stores, Clinics, Community Center...
  - Condoms
4. You already have it!
  - Withdrawal



Birth Control Pill – every day



Patch – every week



Vaginal Ring – every month



Depo Shot – every 3 months

## Hormonal Methods

- Prescribed to people with a vagina
- Work mainly by preventing ovulation





Implant – every 3 years

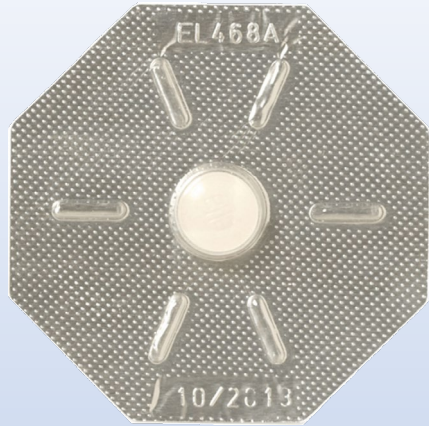


IUD – every 5 to 10 years

## Hormonal Methods (LARCs)

Some are called Long-Acting Reversible Contraceptives because they:

- Last several years
- Can be removed any time
- Are very effective



# Hormonal Methods

## Emergency Contraception (EC)

EC, also known as the Morning After Pill or Plan B, is the only method taken after unprotected sex to prevent pregnancy.

- EC is much more effective the sooner it is taken, but it is not as effective as other hormonal methods.
- It can prevent pregnancy if taken up to 5 days after intercourse.
- If the person is already pregnant, it does not harm the pregnancy or cause an abortion/miscarriage

# Withdrawal (Pulling Out)

- This is when a person pulls their penis out of the other person's body before ejaculating.
- Withdrawal is only effective for people who can tell when they are going to ejaculate. It takes experience and a lot of self-control to be able to pull out completely in time.
- In some people, pre-ejaculate (fluid that on the tip of the penis before ejaculation) contains a small amount of sperm.
- Withdrawal is always available.



# Condom

- Thin piece of rubber worn over the penis to catch semen and prevent it from entering a partner.
- Also protects the penis from contact with another person's body and fluids
- Can be used only once.



# Condom

- Condoms are the most commonly used birth control method by sexually active teenagers.
- Condoms are easy to get, and they are free at your School Based Health Center or local health clinic.
- Condoms are immediate – a person does not need to wait for them to take effect like they do hormones
- Condoms are the only birth control method that prevents both pregnancy and STDs.

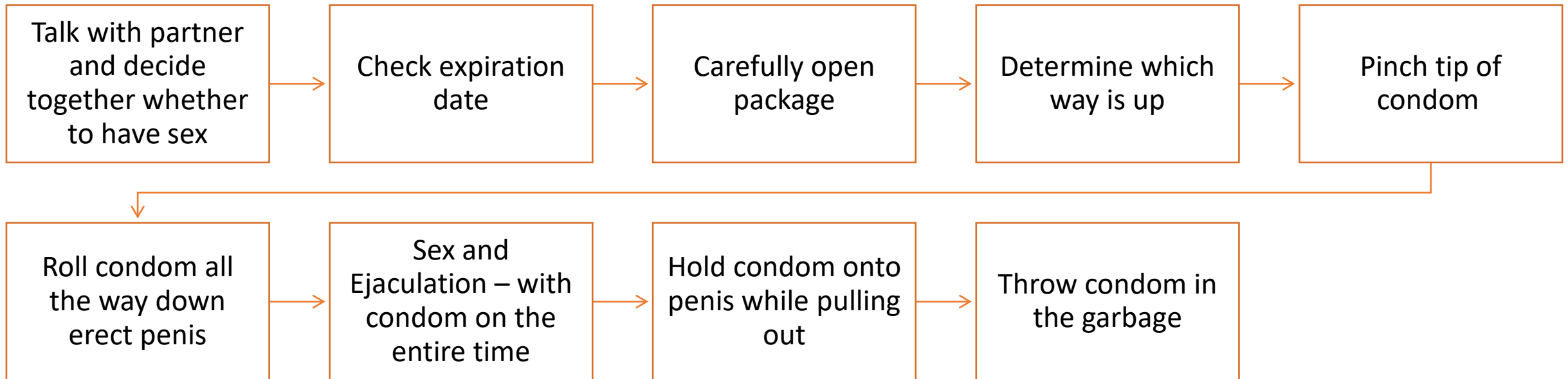


# Condom Lineup Activity

- Condoms are very easy to use.
- Let's learn the steps!

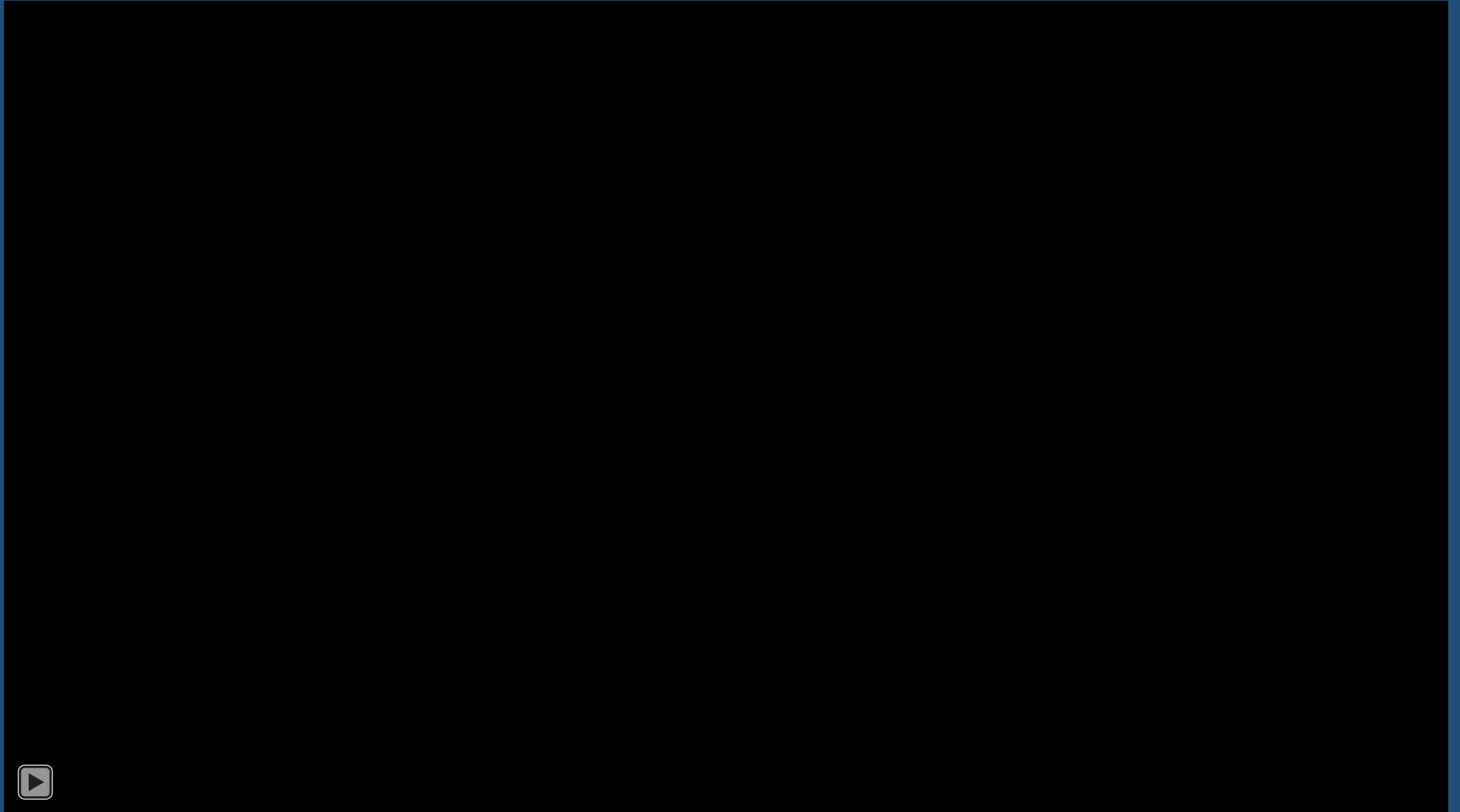


# Condom Demonstration



# Video: Using a Condom

[https://www.youtube.com/watch?v=fbo9\\_0lgcFA](https://www.youtube.com/watch?v=fbo9_0lgcFA)





# How do I decide what is right for me?

- Birth control and other reproductive health care services are available to all people in Washington State, regardless of age. Teenagers are able to get these products and services for free.
- Every person and every situation is unique. One method might be great for one person and not that great for another.
- Choosing to have sex and selecting birth control methods are big decisions. Please talk with a trusted adult or your health care provider for support and guidance.

Where can I  
get more  
information?

Planned Parenthood

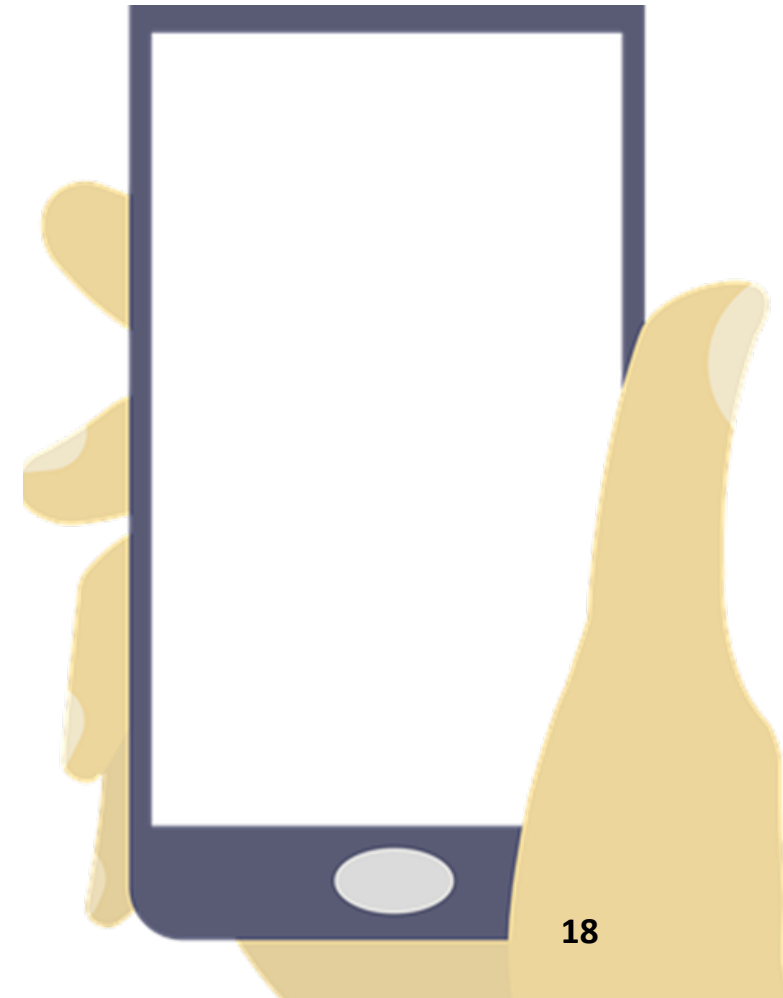
[www.plannedparenthood.org/learn/teens/stds-birth-control-pregnancy](http://www.plannedparenthood.org/learn/teens/stds-birth-control-pregnancy)

Center for Disease Control  
and Prevention

[www.cdc.gov/teenpregnancy/teens](http://www.cdc.gov/teenpregnancy/teens)

Sex, etc.

[www.sexetc.org](http://www.sexetc.org)





# Exit Ticket

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.

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