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| Contraception Lesson; Suitable for KS3  Time Allowed; 1hr | | | | |
| Activity | Description | Purpose | Equipment | Covers |
| Groundrules | Provide Groundrules and ask Students if there is anything they would like to add. | Create safe environment for students to learn | none |  |
| Aims: | * Develop skills regarding negotiating contraception use (KS3 R32) * Types of contraception, how they work and how to access them (KS3, H35) (KS4, R23) * How to access services regarding contraception and unintended pregnancy (KS3, R34) (KS4, R23) |  |  |  |
| Consent | Provide legal age of consent, explain that under 16 someone cannot legally consent to sexual activity. However, agreement can be taken in to account and law is not intended to criminalise all young people who are ‘experimenting’ with sexual activity. Emphasise that anyone can use sexual health services and these are confidential. | To provide information on the law around sex, but in a way that supports pupils access to services, without fear, when necessary even where under 16. |  |  |
| Re-cap reproductive organs | Show slides and remind pupils of reproductive organs, and menstrual cycle as a key part of conception. | To ensure all pupils understand conception, thereby support understanding of contraception | None |  |
| What is contraception Activity | Brief activity asking students in pairs to consider what a definition of contraception would be. | To identify existing knowledge | None | (KS3 R34) |
| Activity | Card Match Activity; Ask students to match the 15 types of contraception with the names on the cards | To introduce pupils to the different types of contraception and what they look like. | Card match game | (KS3 R34) |
| Description slides | Run through contraception slides summarising the types of contraception and how they work. | To provide factual information on methods available and how they prevent pregnancy, including effectiveness. | None | (KS3 R34) |
| Communication Activity | Asking pupils to remain in small groups and provide background to They say / I say activity. | To emphasise contraception needs discussion prior to sex, and offer opportunities to push back against any pressure not to use them. | None | (KS3 R32) |
| Quick quiz Activity | Read questions on slides. Stress to pupils, not a test but useful to see what they’ve taken in! | To embed learning | Pen and paper |  |
| Description of services | Show slide with service details and explain that these services can be accessed by anyone even if they are under 16yrs. Emphasise that they are confidential and the only time a clinician would provide any details to anyone else would be if they had good reason to believe someone was a risk of significant harm. Parents / carers / friends etc will **not** be told | To show services are available and provide information of sources of support. | None | (KS4 R23) |