Contraception Lesson Plan

They Say / I say activity;

Pre-activity

Emphasise contraception always better discussed before sex rather than wait until it ‘happens’ to avoid potentially awkward moments.

*Challenge; Pupils may challenge ‘when’ before it is a good time, for example on a one night stand. Response is that when it appears that things are moving towards the possibility of sex. Eg if someone asks you back to their place, then being assertive and saying if we’re going to have sex have you got condoms?*

Main activity;

Split class into smaller groups of 3-6 and provide each group with 2/3 of the lines someone may use to argue against condom use. Aim of activity is to encourage students to come up with responses to push back against this type of pressure to engage in unprotected sex.

Most statements use ‘we’ instead of ‘I’ deliberately, as whilst most pressure for not using condoms will be created through mens reluctance to wear one, it is not exclusive and important to recognise that males can also feel pressure.

Encourage students to be creative (which helps engagement), but also use facts to embed knowledge of why condoms are important.

|  |  |  |
| --- | --- | --- |
| Statement | The facts | Suggested Line |
| We don’t need a condom, I don’t have an STI | Many STI’s are asymptomatic so if someone is sexually active then it is possible they have an undiagnosed STI, even where risk may be low (eg they have been recently tested and not had any sexual contact since previous test. | “Most STI’s don’t have symptoms so it’s better to be safe” |
| I can’t feel anything with a condom | Condoms are made with very thin latex based rubber and does not reduce physical sensation in any significant way. | “then maybe you need to find a condom that works for you some of them are really thin” |
| We don’t need a condom it’ll ruin the moment | It may be true that where people are uncomfortable, embarrassed or unprepared it may affect the ‘moment’ but practice makes using a condom simply part of the sexual activity and not a focal point. | “the more we use them, the easier it will be and using one means there’ll be the opportunity in future” |
| We don’t need condoms we’ve been seeing each other for ages | STI’s can be undetected for quite a long period of time so having no symptoms is not proof of being infection free even after several weeks or even months | “Until we’ve both had a test and we’re sure we don’t have anything then we still need condoms” |
| We can’t use condoms, I’m allergic | Around 1% of people are allergic and it is possible to get non-latex condoms to overcome this barrier so if someone knows they are latex allergic then they can prepare for this. | “Then we’ll have to wait until you / I can get a latex free one” |
| Condoms are too small / tight for me to use. | Condoms come in many shapes and sizes so it is very unlikely that someone cannot find a condom to fit. | “you can fit a condom over someone’s head so I’m sure you can find one big enough” |
| We don’t need condoms I’m on the pill. | Using the pill, like any form of hormonal contraception, is great for preventing pregnancy but does not prevent STI’s so a condom is still necessary | ”but it’s still good to use a condom to give us extra protection” |
| Don’t you trust me? | Emotional manipulation type of line | “It’s not about trust, it’s about respect, and I would be more comfortable if we used condoms” |