

# Decisions about Sexual Activity

Contraception – Grade 8

Presentation adapted with permissions from Middlesex-London Health Unit

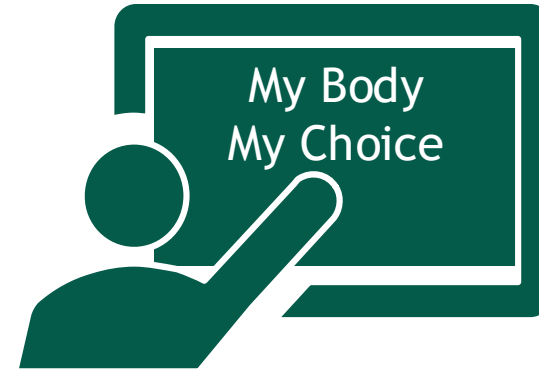
# Class Guidelines

- Giggling is okay
- Be respectful
- Everyone is learning, ask questions!
- Discuss sexual health topics responsibly outside the classroom



# The right to choose

- Everyone has the right to choose
- If they want to be in a relationship
- Who they want to be in a relationship with
- How intimate they want to be with their partner



# What is intimacy?

- The way people show a caring connection with each other
  - Hugging
  - Kissing
  - Holding hands
  - Touching bodies/genitals
  - Sexual intercourse



# What is Abstinence?

- Abstinence means *to not do something*
- Sexual abstinence means to abstain from different levels of sexual activity
- Possible choices for sexual abstinence could be:
  - Avoiding vaginal and anal intercourse
  - Avoiding oral-genital contact
  - Avoiding genital contact



If someone  
doesn't say  
“No”, it *does*  
*not* mean Yes

Not now  
I'm not in the mood  
I'm not ready  
I need more time  
Not now  
I have to go home now  
I don't want to  
Stop stop  
I need to study  
I need more time  
I don't want to  
Stop  
I'm not in the mood  
I need to study  
I need to study  
I need to study  
Can we slow down?  
I don't think I should  
I don't want to  
Stop  
I'm not in the mood  
Not here  
I need more time  
Not here  
I have to leave soon  
I'm not feeling well  
Can we slow down?  
I need more time  
Not here  
I have to leave soon  
I don't think I should  
I have to go home now  
I need to think about it  
I don't think I should  
I have to go home now  
I need to study  
I need to study  
I need to study  
I need to study  
I need to study  
I need to study

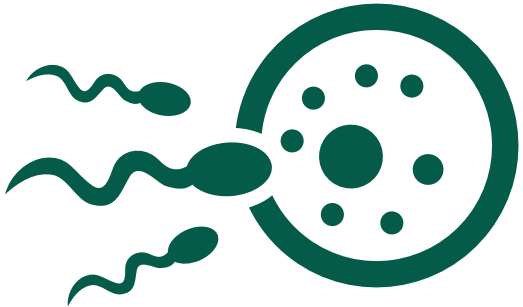
I need more time  
I don't feel comfortable  
I need to use the bathroom  
I have to leave soon  
I don't feel comfortable  
I need to use the bathroom  
I have to go home now  
Not here  
I don't want to  
I don't want to  
Not now  
Let's do something else  
I need to think about it  
I don't think I should  
I need to think about it  
Can we slow down?  
Not here  
I need to use the bathroom  
I don't think I should  
I need more time  
I'm not ready  
I have to go home now  
I have to leave soon  
I'm not in the mood  
I don't feel comfortable  
Let's do something else  
I'm not feeling well  
I'm not ready  
Let's do something else  
I need to use the bathroom  
I don't feel comfortable  
I need to think about it  
Let's do something else  
I'm not feeling well  
Not here  
I don't want to  
Let's do something else  
I'm not feeling well  
I need to think about it  
I don't think I should  
I have to go home now  
I don't feel comfortable  
I don't want to

# Consent



<https://www.youtube.com/watch?v=h3nhM9ULJc>

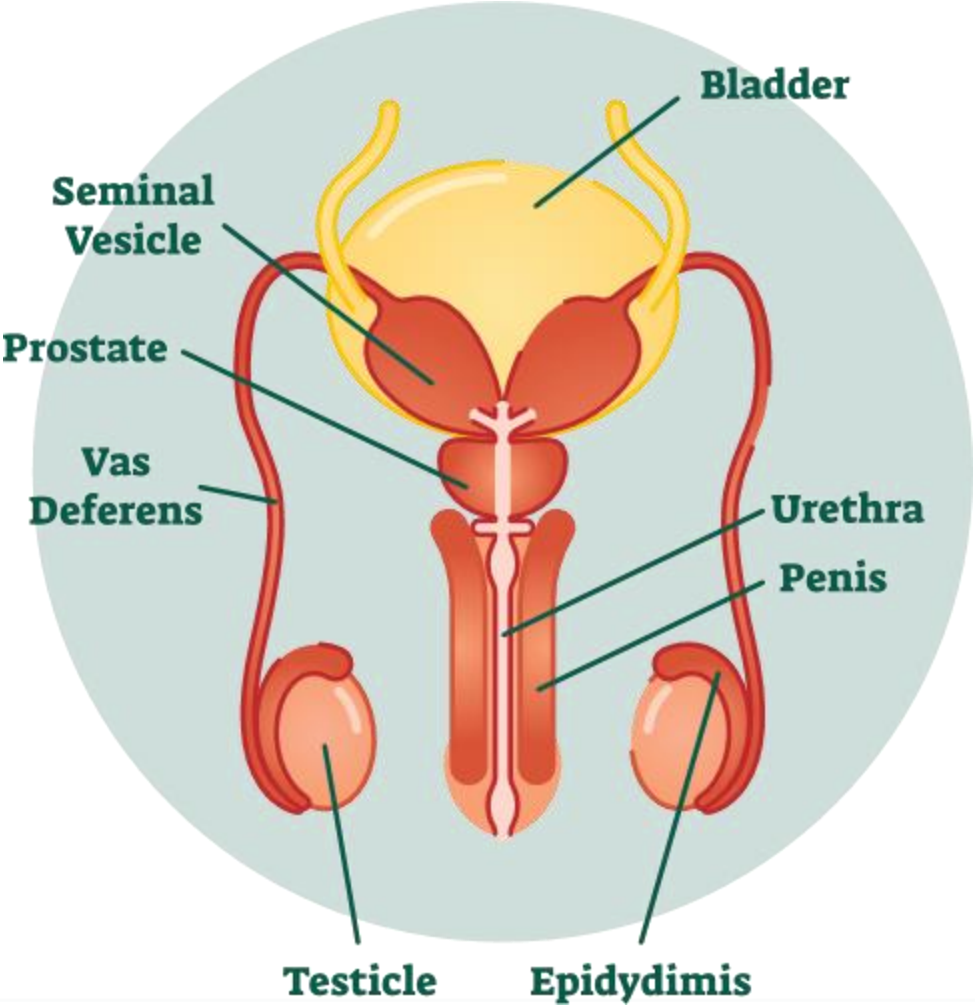
# Reproduction and Anatomy Review



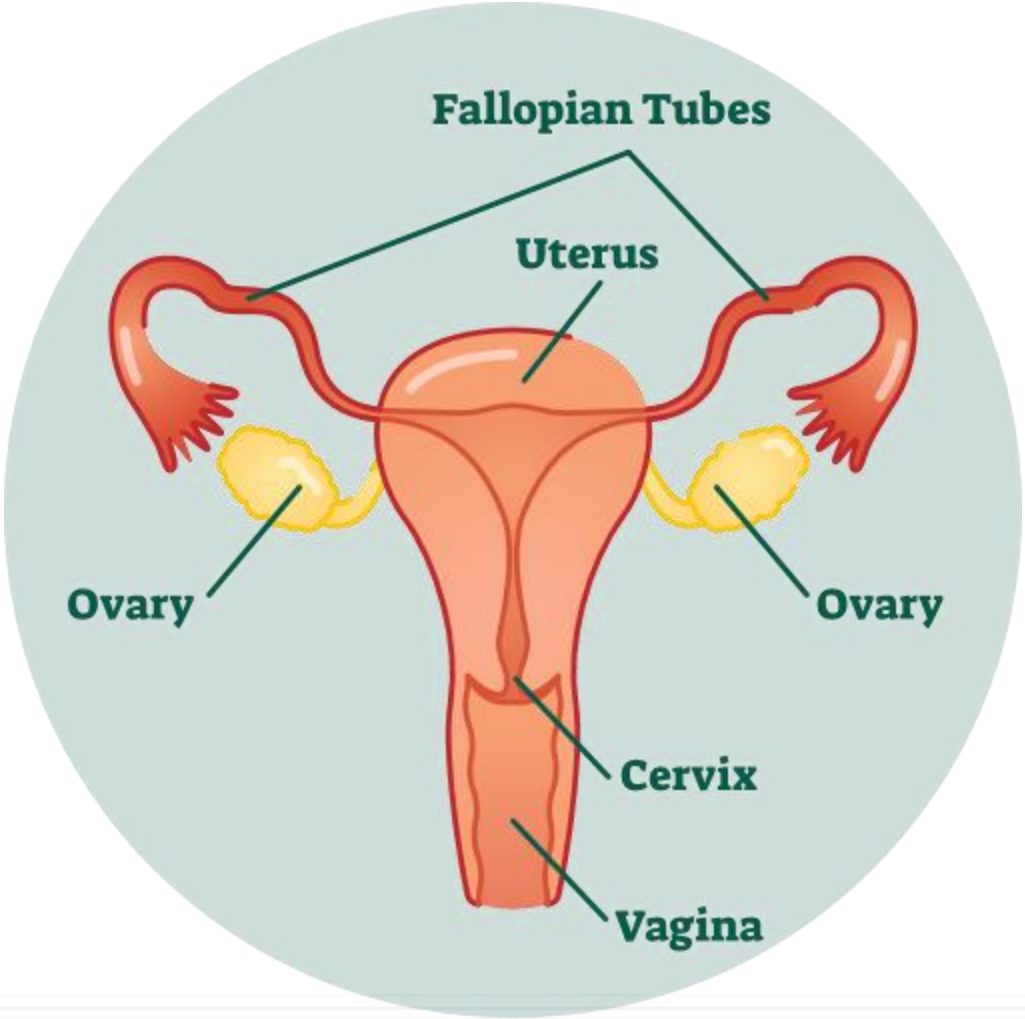
**Sperm + Egg = Baby**



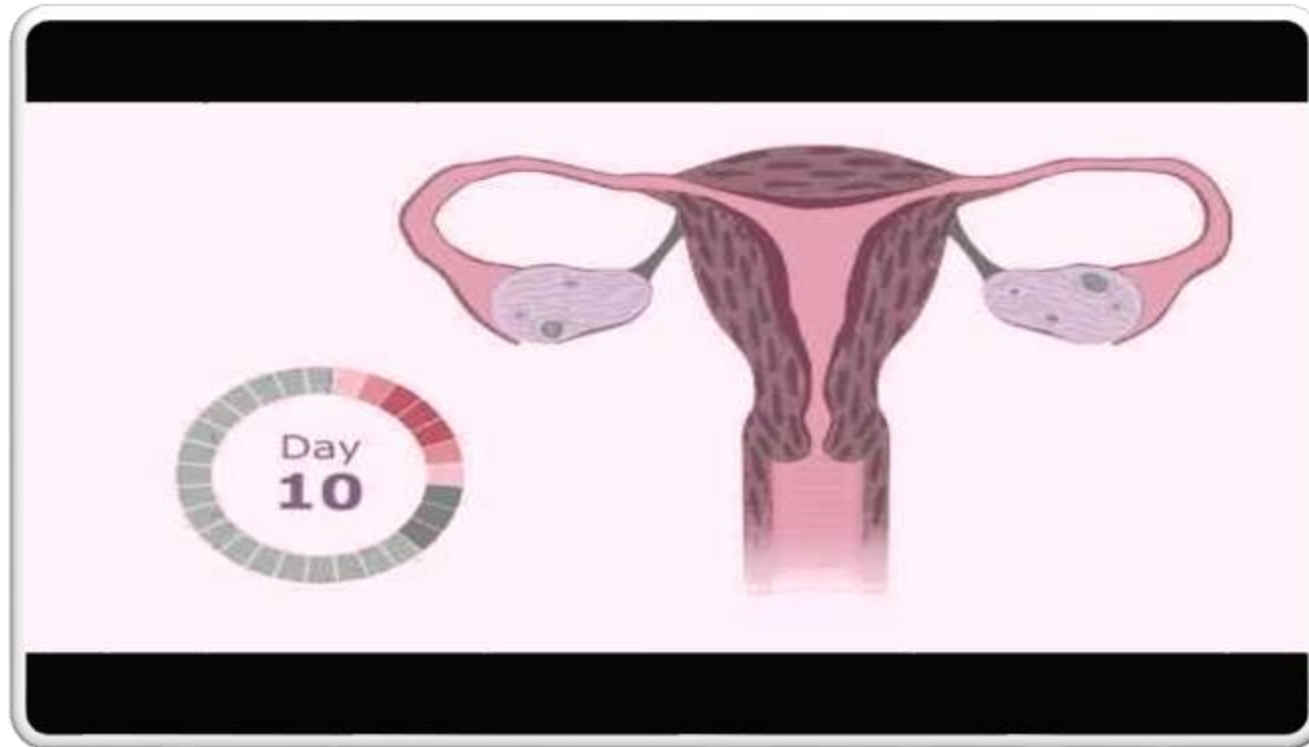
# Person with a penis



# Person with a vulva



# The Menstrual Cycle



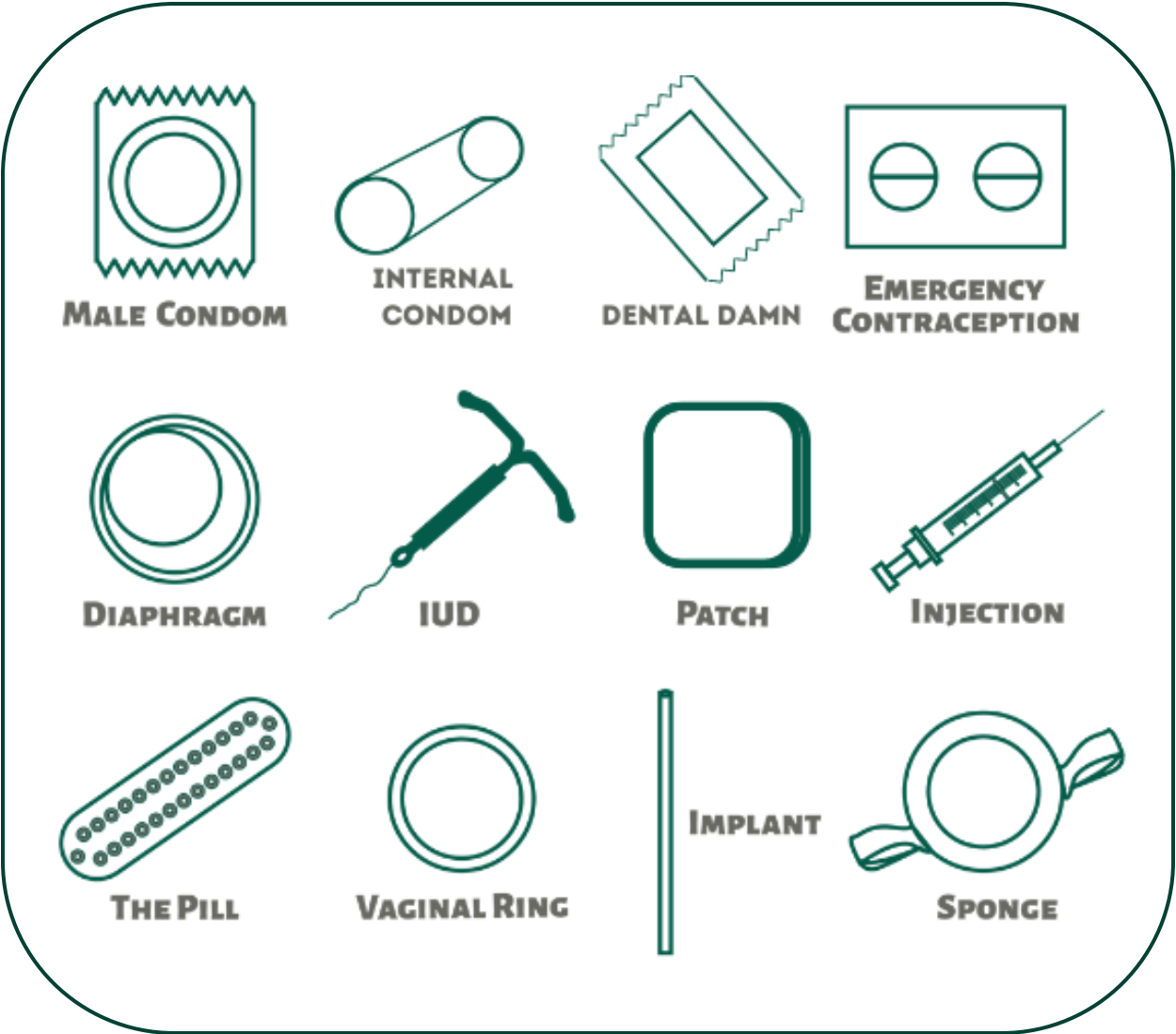
[https://www.youtube.com/watch?v=vXrQ\\_FhZmos](https://www.youtube.com/watch?v=vXrQ_FhZmos)

# Contraception

Preventing Pregnancy; birth control

Hormonal Methods

Non-Hormonal Methods



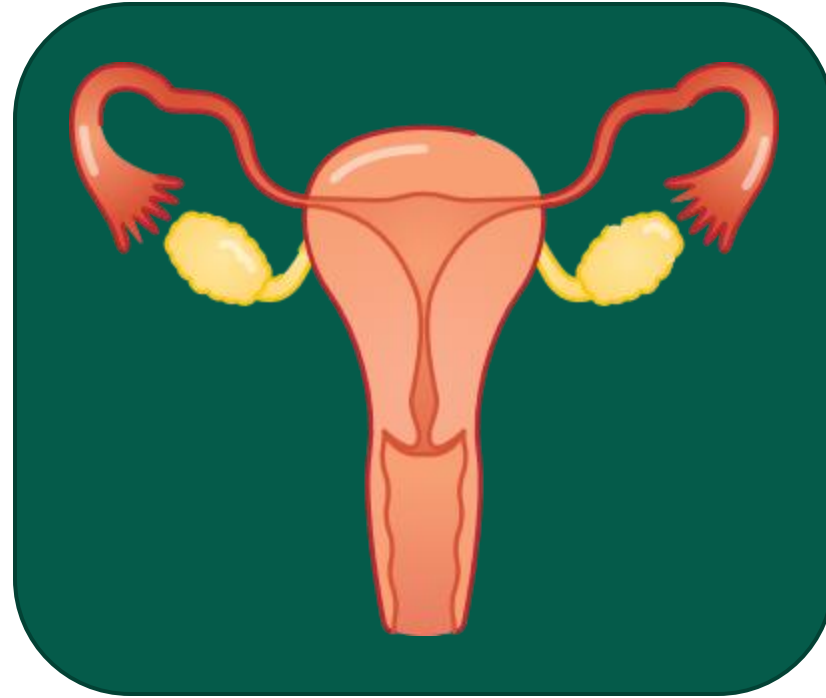
# ABSTINENCE



The most effective way of preventing  
STI's and Pregnancy

# Hormonal Methods

- Contain estrogen, or estrogen and progesterone
- Can prevent pregnancy by:
- Stopping the release of a mature egg
- Thickening cervical mucous
- Changing the lining of the uterus
- DOES NOT protect against STBBI's (sexually transmitted and blood borne infections)



# The Pill

Must be take consistently every day

**91%**  
effective



# Transdermal Patch

Releases hormones through the skin



**91%**  
effective



# Vaginal Ring

Brand name: Nuva Ring

Flexible ring inserted into the vagina once a month



# Injectable Contraceptive

Brand: Depo Provera

Injection of progestin administered every 12-13 weeks

**94%**  
effective

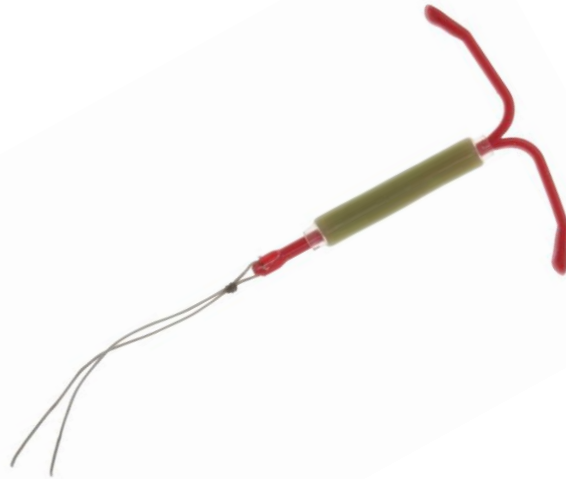


# Intrauterine System-IUS

Brand names: Kyleena and Mirena

T-shaped device inserted into the uterus by a healthcare professional that releases progestin

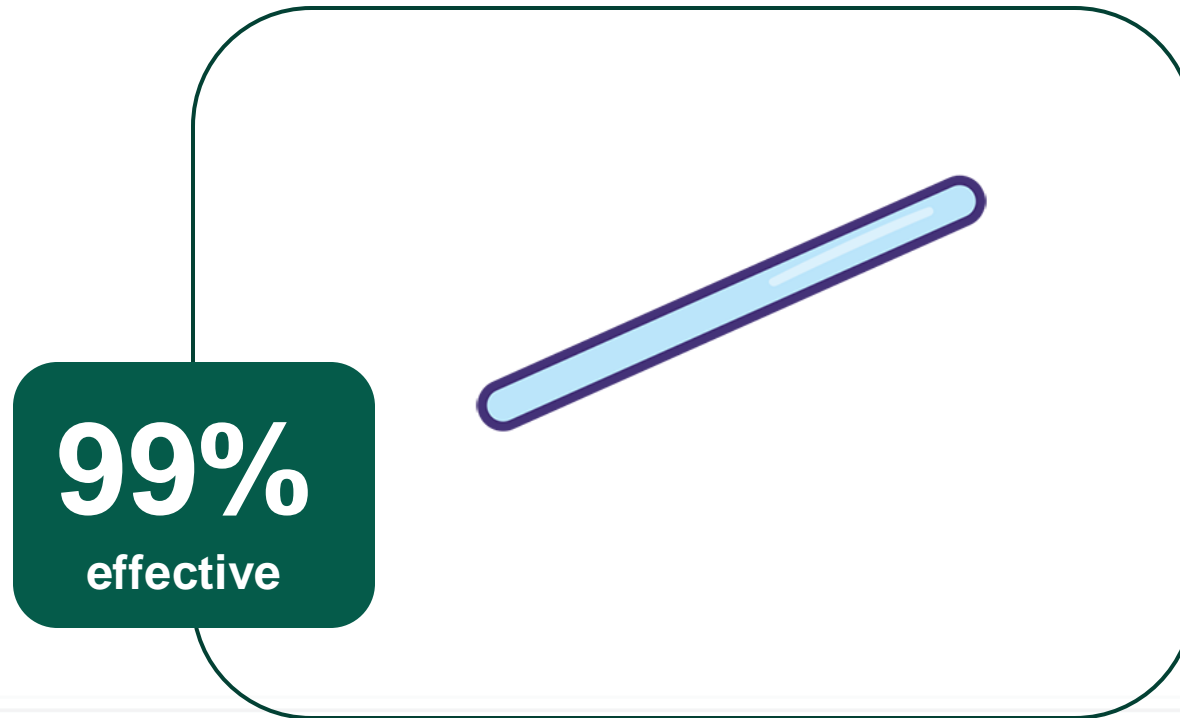
**99%**  
effective



# Implant

## Brand names: Nexplanon

Rod shaped device inserted under the skin of your forearm by a healthcare professional that releases a form of progestin



20

# Side Effects of Hormonal Methods

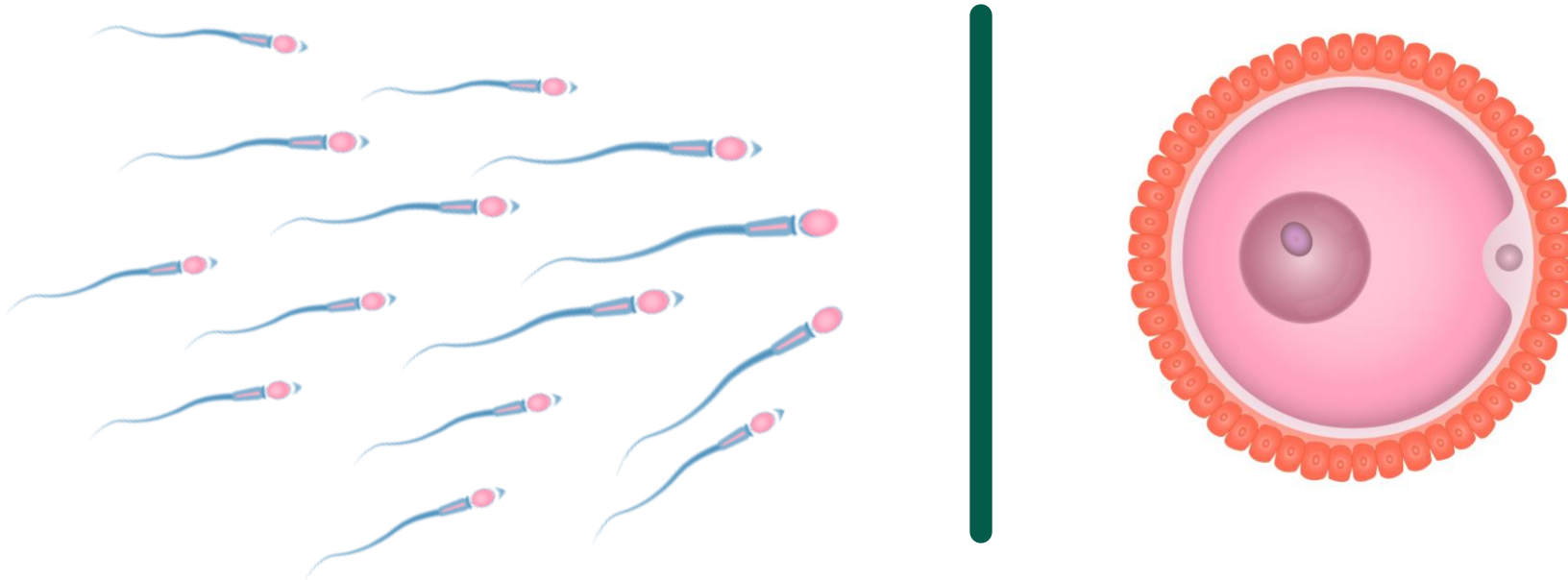
During the first few months of being on hormonal contraception, people can experience:

- irregular bleeding, spotting
- nausea
- mood swings
- Bloating/cramping
- breast tenderness
- headaches



# Non-Hormonal Methods

Prevents sperm and egg from meeting



# Condom

- Worn on an erect penis to catch sperm during ejaculation



# Internal Condom

Polyurethane sheath that is inserted into the vagina before sex

**79%**  
effective

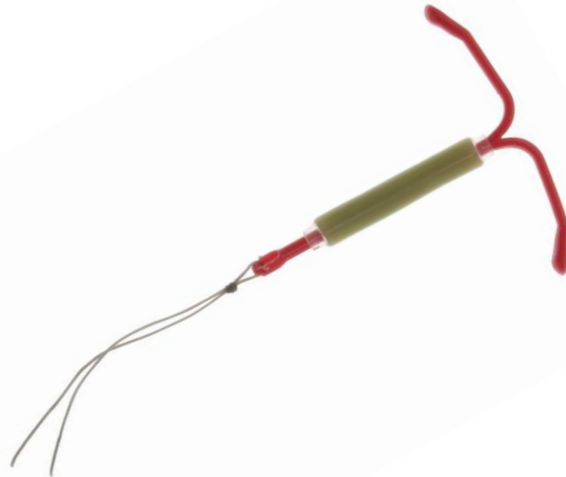




# Intrauterine Device- IUD

T-shaped device inserted into the uterus by a healthcare professional

**99%**  
effective



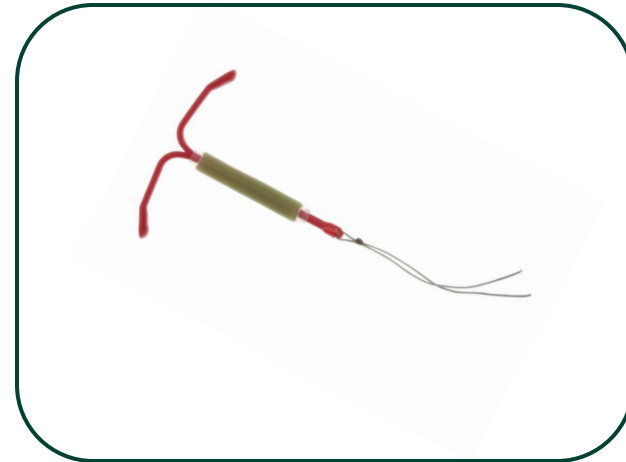
# Emergency Contraception

## Plan B: “the morning after pill”

- Can be taken up to 5 days after intercourse
- Delays or prevents the release of an egg
- May prevent implantation of a fertilized egg

## Copper IUD

- Can be used up to 7 days after unprotected intercourse
- Creates a hostile chemical environment in the uterus
- Can then be left as ongoing birth control



# TWO methods of birth control ARE BETTER THAN ONE

Which one is best for you?



+



+



+



+



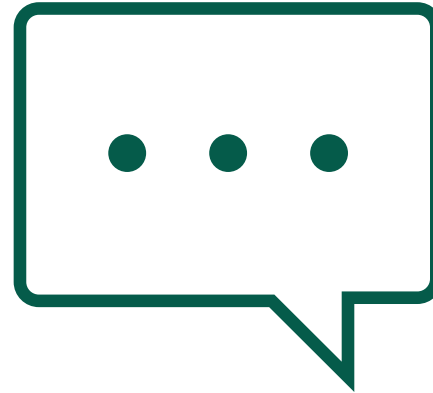
+



Plan ahead to be smart and safe

# Who can you talk to?

- Partner
- Parents or other family members
- Other trusted adults
  - Teachers
- Health professionals
  - Your school health nurse



# Where to get more information

- [www.sexandu.ca/contraception](http://www.sexandu.ca/contraception)
- <https://sexualhealthontario.ca/en/reproductive-health#birth-control>



# CONTRACEPTION Q & A

1. **If I am using birth control, do we still need to use condoms?**
2. **What is the most effective protection against pregnancy and STBBIs?**
3. **Does it mean I'm pregnant if I don't get my menstrual period while I'm on the Pill?**
4. **List two reasons why withdrawal (or "pulling out in time") is not an effective method of birth control.**
5. **True or False: A female CAN'T get pregnant the first time she has intercourse.**
6. **True or False: Air must be squeezed out of the tip of the condom before putting it on.**
7. **True or False: You can take the birth control pill at any time during the day.**

# ANSWERS

1. Yes. Birth control (e.g IUD/IUS, the pill, the patch, the ring, or the shot) only helps to reduce the risk of pregnancy. They do not protect against Sexually Transmitted Blood Borne Infections. Using condoms and birth control together helps to further decrease the chances of an unplanned pregnancy as well as protect against STBBIs
2. Abstinence is the only 100% guarantee against pregnancy and STBBIs. This includes abstaining from oral, vaginal, anal, and skin to skin contact.
3. Not usually. At times, you may not get your menstrual period while using birth control pills. This can be normal. If you miss one menstrual period and you have not missed any pills, everything is probably fine. Just start a new pack of pills at the usual time. But if you are concerned, or skip 2 periods in a row, you're still probably fine, but check with your health care provider and get a pregnancy test. If you miss any pills and miss your period, keep taking your pills, but see your health care provider for a pregnancy test.
4. Possible answers: may have semen (pre-cum) on the penis, man may not be able to control ejaculation, "penis is like a basketball player – it dribbles before it shoots"

# ANSWERS

5. False

6. True

7. False. Birth control pills should be taken at the same time everyday to ensure that they're effective.



# QUESTIONS



# Birth Control Clinics

## Haldimand-Norfolk

- Call 519-426-6170 Ext. 3285 to speak WITH A School Health Nurse
- Or email at [SchoolHealth@hnhss.ca](mailto:SchoolHealth@hnhss.ca)
- Sexual Health Clinics:

Norfolk Family Health Team  
Delhi  
519.582.2323 ex 231

### Haldimand Family Health Team

Caledonia  
P: 365.206.0303  
245 Argyle St. S

Dunnville  
P: 289.335.1263  
334 Broad St. W

Hagersville  
P: 905.768.9599  
75 Parkview Rd