



CONDOMS AND CONTRACEPTION

Activity Purpose: To provide students with a general understanding of different birth control and STI/STD prevention methods available.

Youth will:

- List at least 5 common birth control (BC) methods and describe the relative advantages of each method.
- Describe the relative effectiveness of each BC method for pregnancy and STI/STD prevention.
- Describe the basics steps involved in using a condom correctly.

Activity Outline	Core Content Components	Instructional Method	Timing
1 Welcome & Introductions	<ul style="list-style-type: none">• Welcome Youth• Answer Questions (QB)• Words of Wisdom (WOW)	<ul style="list-style-type: none">• Q&A• Cultural Teaching	5 minutes
2 Today's Topic: Birth Control	<ul style="list-style-type: none">• Introduce Birth Control Methods	<ul style="list-style-type: none">• Mini-Lecture• Discussion	10 minutes
3 Get to Know Types of Protection	<ul style="list-style-type: none">• Discuss the Different BC Options	<ul style="list-style-type: none">• Small Group Activity	10 minutes
4 Watch Native VOICES Episode 1	<ul style="list-style-type: none">• Watch and Discuss Episode 1	<ul style="list-style-type: none">• Video• Discussion	10 minutes
5 Practice: How to Use a Dental Dam and External Condom	<ul style="list-style-type: none">• Practice with Condoms and Dental Dams	<ul style="list-style-type: none">• Individual Activity	10 minutes
6 Closing	<ul style="list-style-type: none">• Answer Questions• Preview Next Session• Words of Wisdom (WOW)	<ul style="list-style-type: none">• Q&A• Cultural Teaching	5 minutes

Materials:

- Question Box (QB)
- Different kinds of condoms and dental dams (including latex, polyurethane, internal/external, dental dams, latex gloves)
- Hand-wipes and paper towels
- Anatomical Condom Demonstrators
- Scissors

Handouts:

- Student Handout 13: Researching Birth Control Options for Teens

Preparation:

- Print Handouts
 - Display Words of Wisdom (WOW)
 - Show: Birth Control Methods. Project the PowerPoint slides on the board or a screen.
 - Pull up: www.plannedparenthood.org/learn/birth-control
 - Pull up Native Voices Episode 1 video to watch as a class: <https://youtu.be/whdC7hD-btE>
 - Show: Types of Condoms. Project the PowerPoint slides on the board or a screen.
 - Resources for more information:
 - Link to We R Native: Condoms 101: <https://www.wernative.org/articles/condoms-101>
 - Purchase an inexpensive contraception education kit, like those available through Planned Parenthood at: <https://www.plannedparenthood.org/planned-parenthood-massachusetts/local-training-education/materials-resources>
- How to Use a Condom: <https://youtu.be/gwr4inj5jb4>
- How to Make a Dental Dam: <https://youtu.be/V6WBsXiul0Q>
- This Lesson Plan includes a nice comparison chart that shows the relative efficacy of each method side-by-side (page 14/26): <https://teachingsexualhealth.ca/app/uploads/sites/4/downloads/CALM-Contraception-Lesson-1.pdf>

1. Welcome & Introductions



5 minutes, Large
Group Activity

- Welcome Students
- Review last lesson, Session 12: Safe Snagging
- Answer any questions in the Question Box.
- Introduce today's session: Condoms and Contraception
- Have a student read today's WOW.



*Seek wisdom, not knowledge. Knowledge
is of the past, wisdom is of the future.*

- Lumbee

2. Birth Control Methods



10 minutes,
Mini-Lecture

- **Say:** Having sex is about making choices. We choose when we are ready and when we want to wait. We choose our partners. We choose, in a respectful matter, what we want to do and what we don't want to do with our partners.
- We also choose to have sex in the safest way. We can choose when we are ready to be pregnant and when we are ready to be parents.
- The only 100% sure way to avoid an unplanned pregnancy and prevent getting an STD/STI is to practice complete **abstinence**.
- If you choose not to abstain, there are steps you can take to protect yourself.
- **Show the PowerPoint Slides:** Birth Control Options. Or project the chart on the board or a screen.
- **Say:** Finding a method that works for you and your partner is key to its success.
- To choose the method that's best for you, consider how well each one will work for you.
- **Ask yourself:**
 - How well will it fit into my lifestyle?
 - How effective is it?
 - How safe is it?
 - How affordable is it?
 - Is it reversible?
 - Does it also prevent STIs/STDs?
 - Are free condoms available in my community? Where are they? How do I get them?

Note: It's important to know that just because a method is effective at preventing pregnancy doesn't mean it is effective at preventing STIs/STDs.

This Lesson Plan includes a nice comparison chart that shows the relative efficacy of each method side-by-side (page 14/26):
<https://teachingsexualhealth.ca/app/uploads/sites/4/downloads/CALM-Contraception-Lesson-1.pdf>

Facilitator Resource 13.0: Hormonal Birth Control Options

Birth Control	Brief Explanation	Effectiveness	Advantages & Disadvantages
Pill	<p>Hormones (estrogen and progestin) stop the ovary from releasing an egg from ovaries.</p> <p>The hormones also cause thickening of the mucus in the cervix.</p> <p>Hormone pill MUST be taken every day for effectiveness.</p>	<p>Very effective if used correctly for:</p> <p>Preventing Pregnancy = 91%</p> <p>Does not prevent STDs/STIs</p>	<p>A: Does not cause weight gain.</p> <p>Could potentially protect against two kinds of cancer (cancer of the ovary and cancer of the endometrium [lining of the uterus]).</p> <p>D: Minor side effects; Spotting between periods, breast soreness, and nausea generally improve with continued use.</p>
Patch or Ring	<p>Hormones (estrogen and progestin) stop the ovary from releasing an egg.</p> <p>PATCH: hormones enter the body through the skin. Each patch is worn for 7 days, and then replaced with a new patch.</p> <p>Vaginal RING: hormones enter through the walls of the vagina. The ring is worn for 3 weeks and removed for on the 4th week for a period. A new ring is inserted 1 week after removal.</p>	<p>Very effective if used correctly for:</p> <p>Preventing Pregnancy = 91%</p> <p>Does not prevent STDs/STIs</p>	<p>A: Does not have to be taken every day.</p> <p>D: Patch needs to be replaced every 7 days.</p> <ul style="list-style-type: none"> Minor side effects: Spotting between periods, breast soreness, and nausea generally improve with continued use. A person needs to be comfortable inserting/removing vaginal ring.
The Shot ("Depo Provera ®")	<p>The shot, or injection contains a large dose of a progestin hormone that stays in the body for 3 months.</p> <p>This hormone stops the ovary from releasing an egg, so there is no egg for the sperm to fertilize.</p>	<p>Highly effective for:</p> <p>Preventing Pregnancy = 99%</p> <p>Does not prevent STDs/STIs</p>	<p>A: Do not have to remember to do something to prevent pregnancy.</p> <p>D: Some discomfort at injection site.</p>
Implant ("Implanon")	<p>The implant is a flexible plastic rod about the size of a matchstick, which contains a progestin hormone.</p> <p>It is placed under the skin of the woman's arm and the hormone is slowly released into the body over three years.</p>	<p>Highly effective for:</p> <p>Preventing Pregnancy = 99%</p> <p>Does not prevent STDs/STIs</p>	<p>A: Do not have to remember to do something to prevent pregnancy.</p> <p>D: Some people may not have regular periods.</p>
Intrauterine Device (IUD) (Hormonal IUD)	<p>"T" shaped device (about 1 1/2 inches) is placed inside the uterus.</p> <p>Releases progestin hormone.</p> <p>Lasts 5 years.</p>	<p>Highly effective for:</p> <p>Preventing Pregnancy = 99%</p> <p>Does not prevent STDs/STIs</p>	<p>A: Do not have to remember to do something to prevent pregnancy. Lasts for 5 years.</p> <p>D: Must be inserted/removed by health care professional. Some may not have regular periods.</p>

Note: Methods NOT Recommended for Teens Include:

- Withdrawal
- Fertility Awareness

Non-Hormonal Birth Control Options

Birth Control	Brief Explanation	Effectiveness	Advantages & Disadvantages
Intrauterine Device (IUD) Copper (IUD)	T-shaped device made with copper metal is placed inside the uterus. No hormones. Lasts 10 Years.	Highly effective for: Preventing Pregnancy = 99 % Does not prevent STDs/STIs	A: Do not have to remember to do something to prevent pregnancy. Lasts for 10 years. D: Must be inserted/removed by health care professional. Some may not have regular periods.
External Condom	External Condoms are a barrier method worn over the penis. Blocks sperm from going into the mouth or vagina to prevent pregnancy and STDs/STIs. Made out of latex or polyurethane; useful if there is an allergy to latex.	Effective at preventing Pregnancy if used correctly. Effectively Reduces the risk of STDs/STIs if used correctly and every time before engaging in sexual activity.	A: No prescription is required. Condoms can be bought at most stores and are FREE at most health facilities, SBHC, & Tribal clinic. D: Some people are allergic to latex. In this case use polyurethane condoms. Condoms can slip off or break, especially if someone does not use them correctly.
Internal Condom	Polyurethane (non-latex) barrier worn inside the vagina or anus. the closed end of the sheath is inserted into the vagina/anus and is held in place during sex by the flexible ring. The rolled outer ring at the open end of the sheath remains outside the vagina/anus and covers part of the external genitalia.	Effectively preventing Pregnancy. Effectively Reduces the risk of STDs/STIs if used correctly and every time before engaging in sexual activity.	A: Safe to use with people who are allergic to rubber latex. Can be inserted before sex. D: More expensive than external condoms (about \$2 each). A person must be comfortable inserting internal condom into the vagina or anus.
Cervical cap, Diaphragm, Sponge	Reusable silicone cap that is inserted into the vagina before sex. Fits snugly over the cervix to prevent sperm from entering the uterus. Sponge contains spermicide.	Effective at preventing pregnancy if used correctly. Does not protect against STD/STI.	A: Non-hormonal. D: Must be comfortable inserting into the vagina. Spermicide can cause irritation to the vagina increasing STD/STI risk.
Abstinence	Choosing not to engage in any sexual contact: oral, vaginal, anal sex or skin-to-skin genital touching. Involves a decision and a plan, and it works only if used consistently and correctly.	Highly effective at preventing Pregnancy. Effectively Prevents STDs/STIs if actively practiced.	A: No worry about pregnancy, birth control, or diseases. D: Feeling impatient or curious. Partners need to both agree.

HORMONAL



SHOT

Perfect Use:
99% effective

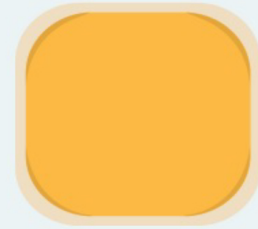
Typical Use:
94% effective



RING

Perfect Use:
99% effective

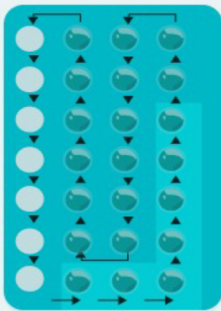
Typical Use:
91% effective



PATCH

Perfect Use:
99% effective

Typical Use:
91% effective



COMBINATION PILL

Perfect Use:
99% effective

Typical Use:
91% effective



MINIPILL

Perfect Use:
99% effective

Typical Use:
93% effective



HORMONAL IUD
over **99.9%** effective



IMPLANT
over **99%** effective

NONHORMONAL



INTERNAL CONDOM

Perfect Use:
95% effective

Typical Use:
79% effective



EXTERNAL CONDOM

Perfect Use:
97% effective

Typical Use:
86% effective



SPONGE

Perfect Use:
91% effective

Typical Use:
80% effective



SPERMICIDE

When used alone:
72% effective



DIAPHRAGM

Perfect Use:
up to **96%** effective

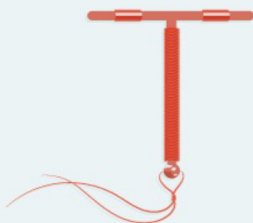
Typical Use:
88% effective



CERVICAL CAP

For people who have
never given birth:
86% effective

For people who
have given birth:
71% effective



COPPER IUD

over **99.9%** effective



TUBAL LIGATION

99.9% effective



VASECTOMY

99.9% effective

3. Get to Know Different Types of Protection



10 minutes, Small
Group Activity

- **Say:** Now we're going to learn about the advantages and disadvantages of different types of birth control methods.
- **Demonstrate:** Pull up and demonstrate the filter and search tools on: www.plannedparenthood.org/learn/birth-control
- **Pass out the handout:** Researching Birth Control Options for Teens
- **Break students into small groups.**
Assign each group a birth control topic to research. Give groups 7 minutes to search Planned Parenthood (or the web) and add their findings to the handout. Give groups a 1-minute warning.
- Have students find the top 3 Birth Control methods in each category:
 - Group 1: These BC methods are best at preventing pregnancy
 - Group 2: These BC methods are easiest to use
 - Group 3: These BC methods help with periods
 - Group 4: These BC methods are best to prevent STDs/STIs
 - Group 5: These BC methods are easiest to get (without a nurse or doctor)
 - Group 6: These BC methods have less hormones
- **Share:** Take a few minutes and have groups share the top three methods that they identified in their research.
 - **Ask:** Which methods were mentioned most often by the groups?
 - **Ask:** Which methods are most accessible in our community?
 - **Ask:** Where can students go to get Birth Control?
- **Say:** Many people who use birth control to prevent pregnancy also need protection against HIV and other STDs. They need two forms of protection.
- Sexually active individuals can be dually protected by:
 - Using 2 birth control methods – one highly effective hormonal pregnancy prevention, PLUS an External or Internal condom for STD/HIV prevention.
 - The birth control methods that do the best job of preventing pregnancy DO NOT protect against STDs (for example, injection, implants, and IUDs). When using these methods, a condom should also be used to prevent STDs.
- Condoms used alone can prevent both STDs and pregnancy (IF they are used correctly and consistently every time you have sex). Using condoms can cause higher pregnancy rates during “typical use” because often they are not used correctly or consistently. Never use two condoms at once.

Student Handout 13.0:

Researching Birth Control Options for Teens

In Small Groups

- Pull up the filter and search tools on: www.plannedparenthood.org/learn/birth-control
- **Research and list** the top 3 Birth Control methods in each category. Weigh the pros and cons of each method to help you select the top 3.

Group 1: These BC methods are best at preventing pregnancy:

1. _____
2. _____
3. _____

Group 2: These BC methods are easiest to use:

1. _____
2. _____
3. _____

Group 3: These BC methods help with periods:

1. _____
2. _____
3. _____

Group 4: These BC methods are best to prevent STDs/STIs:

1. _____
2. _____
3. _____

Group 5: These BC methods are easiest to get (without a nurse or doctor):

1. _____
2. _____
3. _____

Group 6: These BC methods have less hormones:

1. _____
2. _____
3. _____



4. Watch Native VOICES Episode 1

10 minutes, Large
Group Activity

- Pull up Native Voices Episode 1 video to watch as a class:
<https://youtu.be/whdC7hD-btE>
- Discuss the video clip with students:
 - Aunty Amanda talks to Christina about protecting herself before anything has happened between her and Jamie. When is the best time to talk to someone about using protection?
 - What are some other ways you could bring up the topic of birth control with a partner?
 - If you have questions about using birth control, who are some helpful adults you talk to?
- Thanks for sharing!

5. Practice: How to Use a Dental Dam and External Condom

10 minutes, Individual Activity

- Pass around different samples of condoms and encourage students to take a couple of different kinds.
- Tell students to open a package and to check it out. They can touch them, smell them, and manipulate them in their hands so they will be more comfortable and familiar with them. (Put out some hand-wipes so students can clean their hands when they're done.)
- If students are not allowed to practice with the condoms at school, encourage them to take several condoms with them and to practice on their own.
- As you talk about the different kinds of condoms, take one and stretch it out as far as it will go. Fit it over your arm, if you can! This helps to dispel excuses about using a condom.
- **Show the PowerPoint Slides:** Types of Condoms. While students are exploring the condoms, describe the different kinds of condoms.

Facilitator's Note

If it's not possible to have a hands-on condom demonstration, you can share these how-to videos with students:

- **How to Use a Condom:**
<https://youtu.be/gwr4inj5jb4>
- **How to Make a Dental Dam:**
<https://youtu.be/V6WBsXiul0Q>

Facilitator Resource: Types of Condoms



External Condoms

- Made of Latex or Polyurethane
- Available in many colors & flavors
- Lubricated and non-lubricated
- Can also include different “styles” of condoms (studded, ribbed, menthol, or snugger fit, which shouldn’t be confused for being too small)
- Some include spermicide
- One must be applied over the penis immediately before sex

Tips for using a Condom Correctly

- ❑ **Check the expiration date** on the package. The condom package should look like a small inflated pillow. Look at the corners of the package and notice how they are filled with air. A condom with a broken seal will not do this.
- ❑ Open the package at the end so that you don’t damage the condom. Many condom packages have a notch in the edge of the packaging as a place to begin tearing. Avoid ripping condom with your teeth, as it may damage the condom.
- ❑ **Put on the condom as soon as erection occurs.** Hold the tip while you unroll the condom along the length of the penis.
- ❑ Because a condom rolls down the penis, it can only go on one way. If you ever try to put a condom on with the wrong side onto the penis, throw it away and start with a new, unopened condom. Never unroll the condom before putting it on the penis.
- ❑ **While unrolling the condom, be sure to leave some space at the tip to hold the semen** – about one-half to one inch at the tip of the condom. (If there is not enough room, the semen could break the condom.) Squeeze the tip gently so that no air is trapped inside.
- ❑ **Right after ejaculation the penis should be pulled out slowly while it is still erect.** Hold the condom in place on the penis to avoid spilling semen. While holding the tip, roll the condom up only a portion of the way and then gently pull it off the penis.
- ❑ **Use a new condom every time before sex.** Never use the same condom twice.
- ❑ **Dispose of used condoms properly.** If possible, wrap them in something like a paper towel or tissue and dispose of them in a trash container. Do not flush condoms as they can easily clog plumbing.



Internal Condoms

- Made of polyurethane
- Colors are limited
- Sheath can be inserted into the vagina or anus up to 8 hours before sex.
- Internal condoms should not be used with external condoms.



Dental Dams

- Dental dams are small, thin, square pieces of latex used for oral-vaginal or oral-anal sex. They get their name from their use in dental procedures.
- Dental dams help to reduce the transmission of STDs during oral sex by acting as a barrier to vaginal and anal fluids that contain bacteria and viruses.
- Like condoms, dental dams must be used correctly and consistently to be effective.



6. Closing

5 minutes, Large
Group Activity

- Preview the next session: STIs
- Direct the students' attention to the Words of Wisdom on the wall. Ask a volunteer to read the words and to share with the group what those words mean to him or her and how they relate to today's session and activities.



Seek wisdom, not knowledge. Knowledge is of the past, wisdom is of the future.

- Lumbee

- Adjourn

**Native
STAND**

Students Together Against Negative Decisions