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We are therefore delighted to provide parent/carer copies of all PSHE Association member materials that cover RSE (Relationships and Sex Education).

This is an example of such a resource. It has been shared with you as a parent/carer by the school or individual who is a PSHE Association member.

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Contraception KS3 Year 9 Lesson 4

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Learning objective

- We are learning about different types of contraception and how they work

Learning outcomes

- I can name the main types of contraception and how they prevent conception and/or protect against STIs
- I can describe when, where and how to access contraception, and how to seek help in the event of contraception failure
- I have confidence in being able to negotiate condom use within a relationship

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Statement match up

Match the start of the statement with the end of the statement.

1. Start...



...End

2. Start...



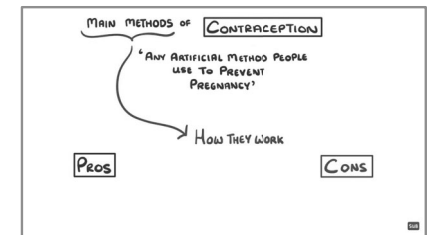
...End

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Contraceptive methods

Watch the video and use your sheet to make notes on each form of contraception.

Free condoms are available through getit.org.uk and at cloverstreet.nhs.uk/stis



Click the image to play

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Contraception negotiation

How could someone respond assertively to these statements?

I'm on the pill, you don't need a condom	It doesn't feel as good if we use protection	Using protection interrupts everything
I guess you don't really trust me	We're both virgins so there aren't any risks	I'm allergic to latex so we can't use anything

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Contraception negotiation

Read the contraception negotiation script. Discuss the following:

Is this effective communication? Why? Why not?	How might both characters be feeling during this conversation?	How might both characters feel afterwards if they do have sex?
How could the script be reworked using assertive communication to reach a positive conclusion?		

Condom demonstration

Watch the condom demonstration

Match the domino instruction cards

Start with this domino:

Start!	Before using the condom...
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▶ Click the image to play

Follow the instructions on the domino cards to put the condom on the demonstrator.

Key questions

Name three forms of contraception.	Name five top tips for using condoms correctly.	What forms of protection are best to reduce risks from STIs?
Which forms of contraception are most effective at reducing the risk of pregnancy?	Why do some sex couples still need to consider using a form of protection?	

Reflection and pledge

On your own reflect on what your standard response is if someone asks you to do something you're uncomfortable with.

You don't have to share this, it's a private reflection.

This week, challenge yourself to assertively but respectfully say no to something you wouldn't normally say "no" to. It doesn't have to be something big, just something that others might take for granted.

For example, loaning someone equipment or making a choice about after school activities.

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Signposting support

If you would like further guidance or support:

- speak to a parent/carer, tutor, head of year, school nurse/counsellor or other trusted member of staff in the school
- report a crime by calling 999 in emergencies, or 101 to make a non-urgent report

Visit:

A Better Medway: www.abettermedway.co.uk

Brook: www.brook.org.uk 0808 802 1234

Childline: www.childline.org.uk 0800 1111

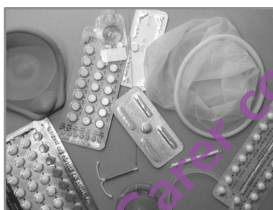


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More activities

Contraception leaflets

Create an information leaflet for young people about the contraceptive options available to people and signpost where to get them locally.



Nurse visit

Write questions for a visit from a sexual health nurse.

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