

Beyond the Banana

Info, Tools, and Resources to Teach About Birth Control and STBBIs

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Land Acknowledgement



Ground Rules

- Put away distractions
- Ask questions anytime
- LOL
- Respect privacy and confidentiality
- Reserve the right to change your mind



www.thesafezoneproject.com

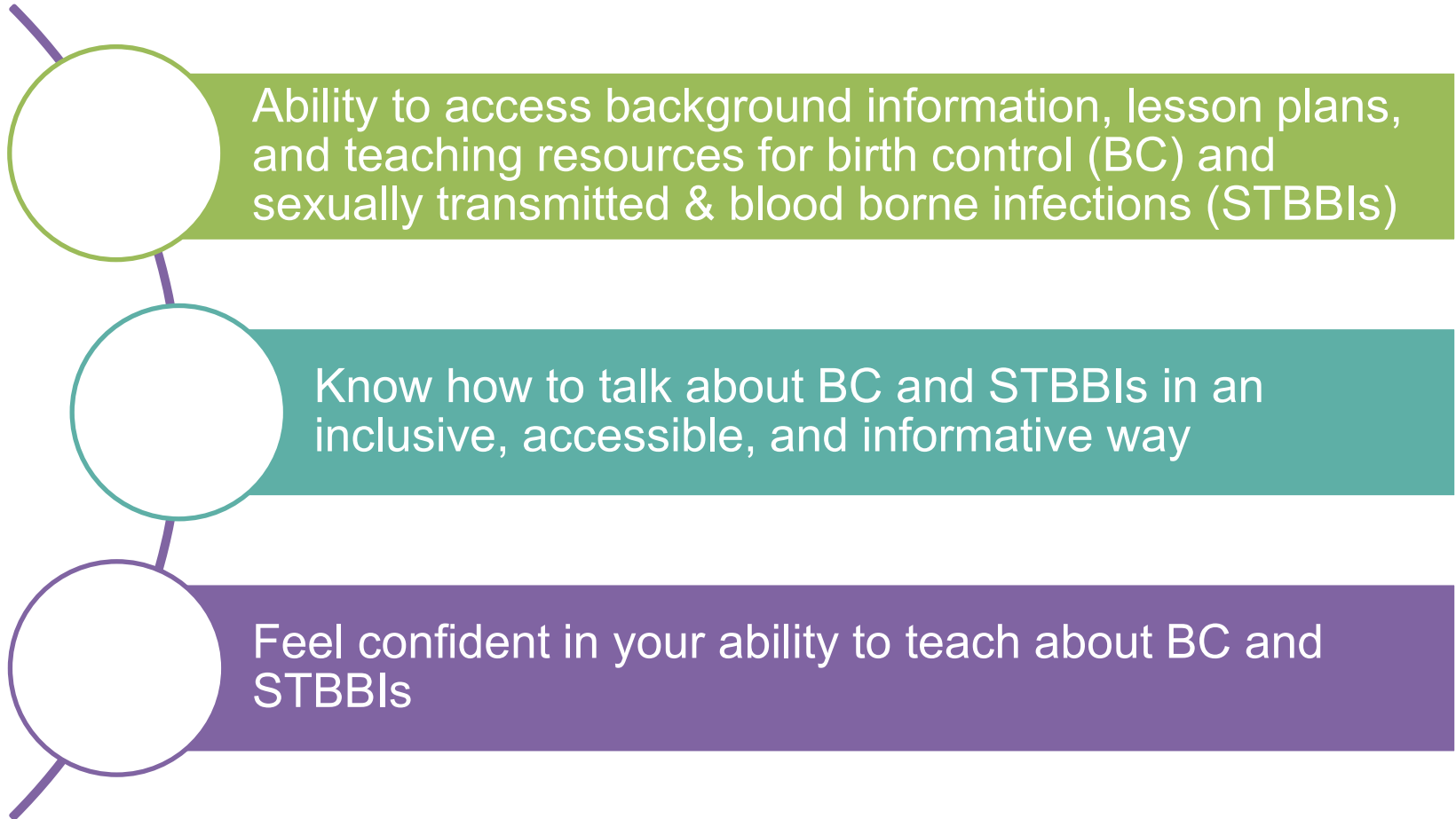


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Learning objectives



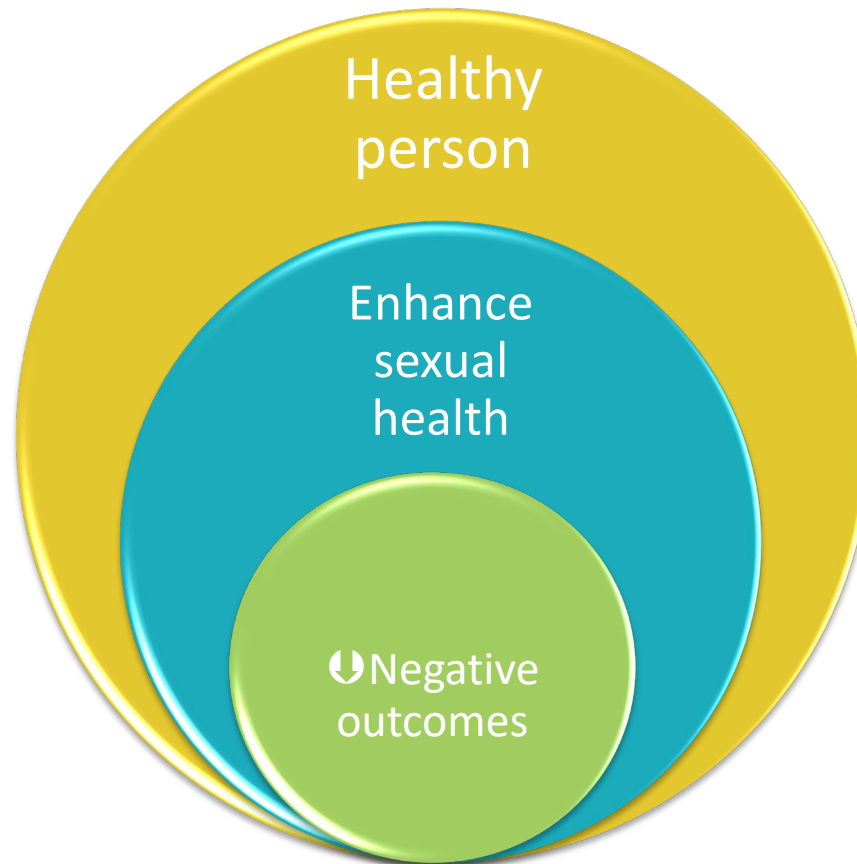
What do you
want to learn?



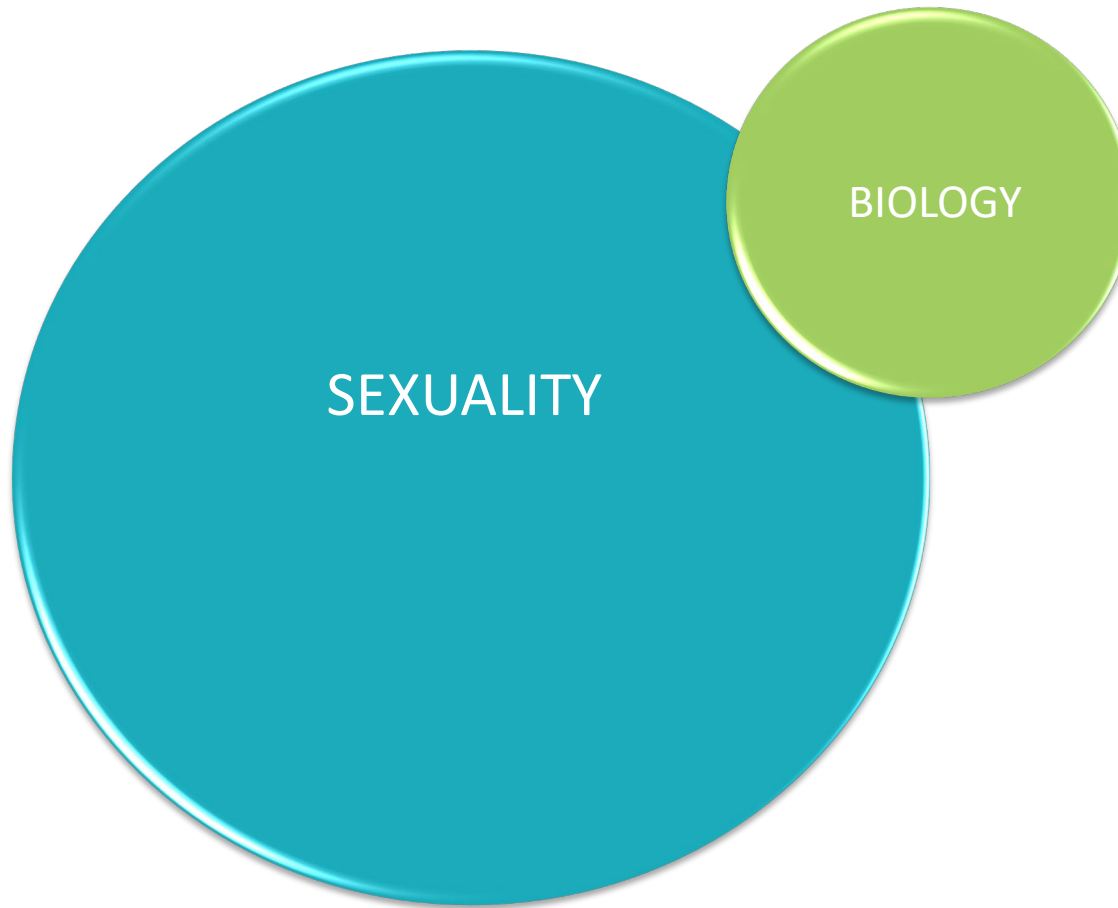
STBBIs and Birth Control Curriculum

Grade	Lesson Plan	Link	Notes
Grade 6	Lesson 2: Birth Control and STBBIs	Gr6LP2-BC-STBBI-ENGLISH-FINAL.pdf (teachingsexualhealth.ca)	General overview of STIs and BC <ul style="list-style-type: none"> Different types of BC exist with various levels of effectiveness Sex can expose people to STIs Some BC can also prevent STIs
Grade 8	Lesson 2: STBBI Lesson 3: Birth Control	Gr8LP2-STBBI-ENGLISH-FINAL.pdf (teachingsexualhealth.ca) Gr8LP3-Birth-Control-ENGLISH-FINAL.pdf (teachingsexualhealth.ca)	STBBIs: <ul style="list-style-type: none"> Symptoms, effects, treatments and prevention for STIBBIs Birth Control <ul style="list-style-type: none"> Birth control kit Effectiveness and types, SARC, LARC Birth control methods hand out
Grade 9	Lesson 5: Safer Sex	Gr9LP5-Safer-Sex-ENGLISH-FINAL.pdf (teachingsexualhealth.ca)	<ul style="list-style-type: none"> Condom demos Dental dam demo Communicating about protection
CALM	Lesson 3: STBBIS Lesson 4: Birth Control	2019-CALM-LP3-STBBI-Nov7.pdf (teachingsexualhealth.ca) 2019-CALM-LP4-Birth-Control-Nov7.pdf (teachingsexualhealth.ca)	STBBIs <ul style="list-style-type: none"> STBBI transmission game STBBI role plays Birth Control <ul style="list-style-type: none"> Birth Control Kit Promoting BC, BC values, benefits & barriers

The Goal

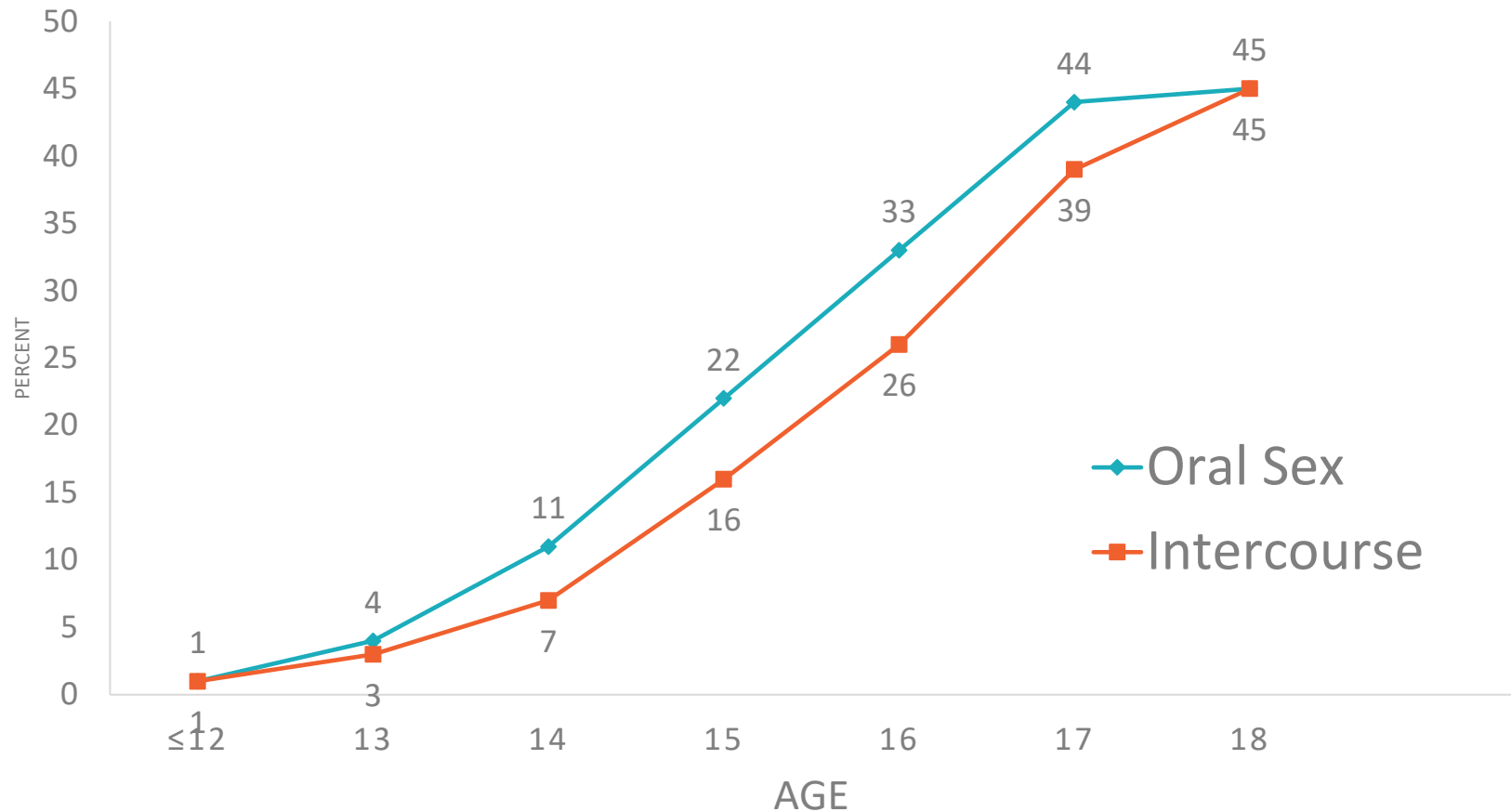


The Goal



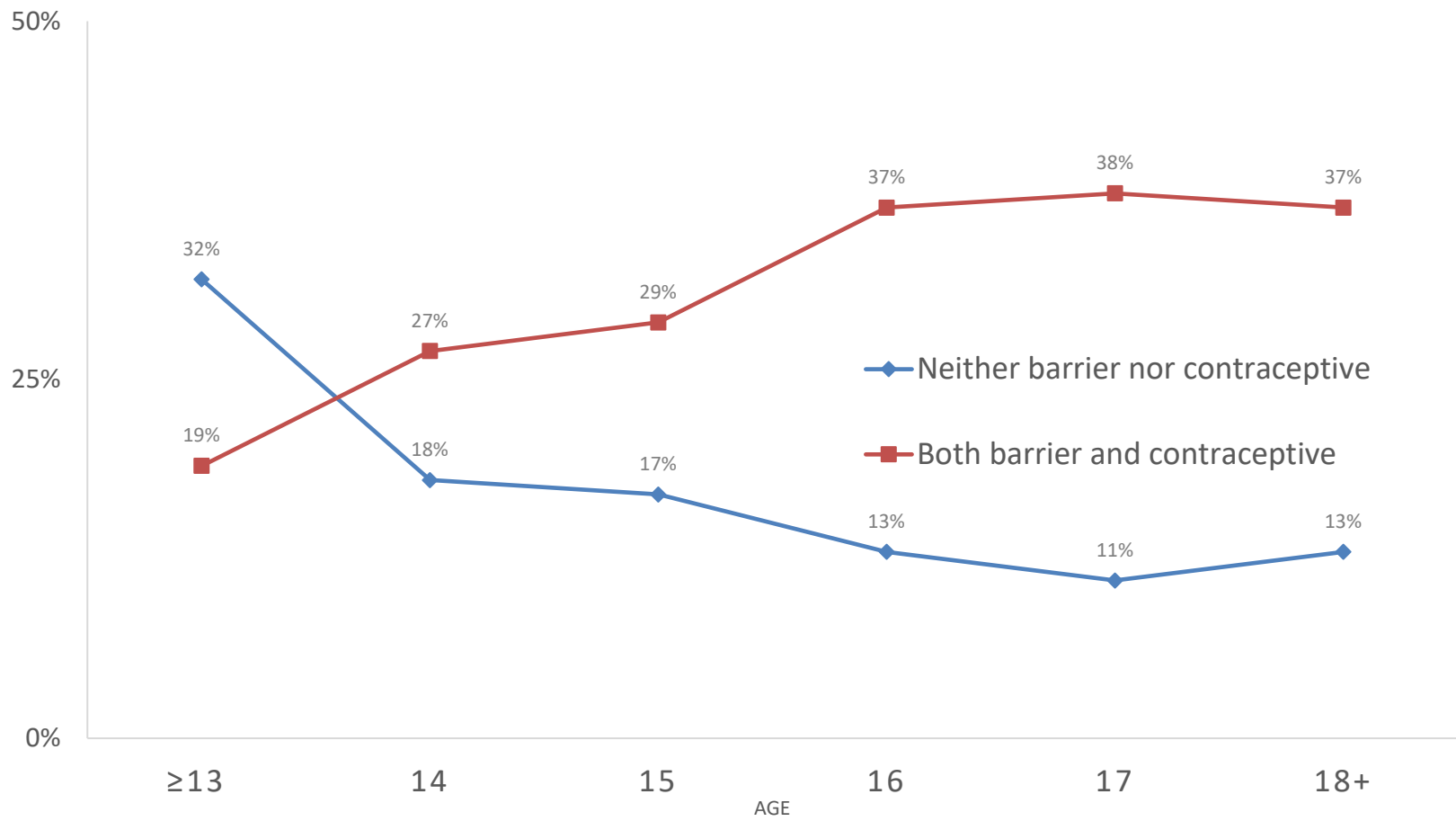
Sexual Activity

Sexual Activity of 12 to 18 Year-Olds



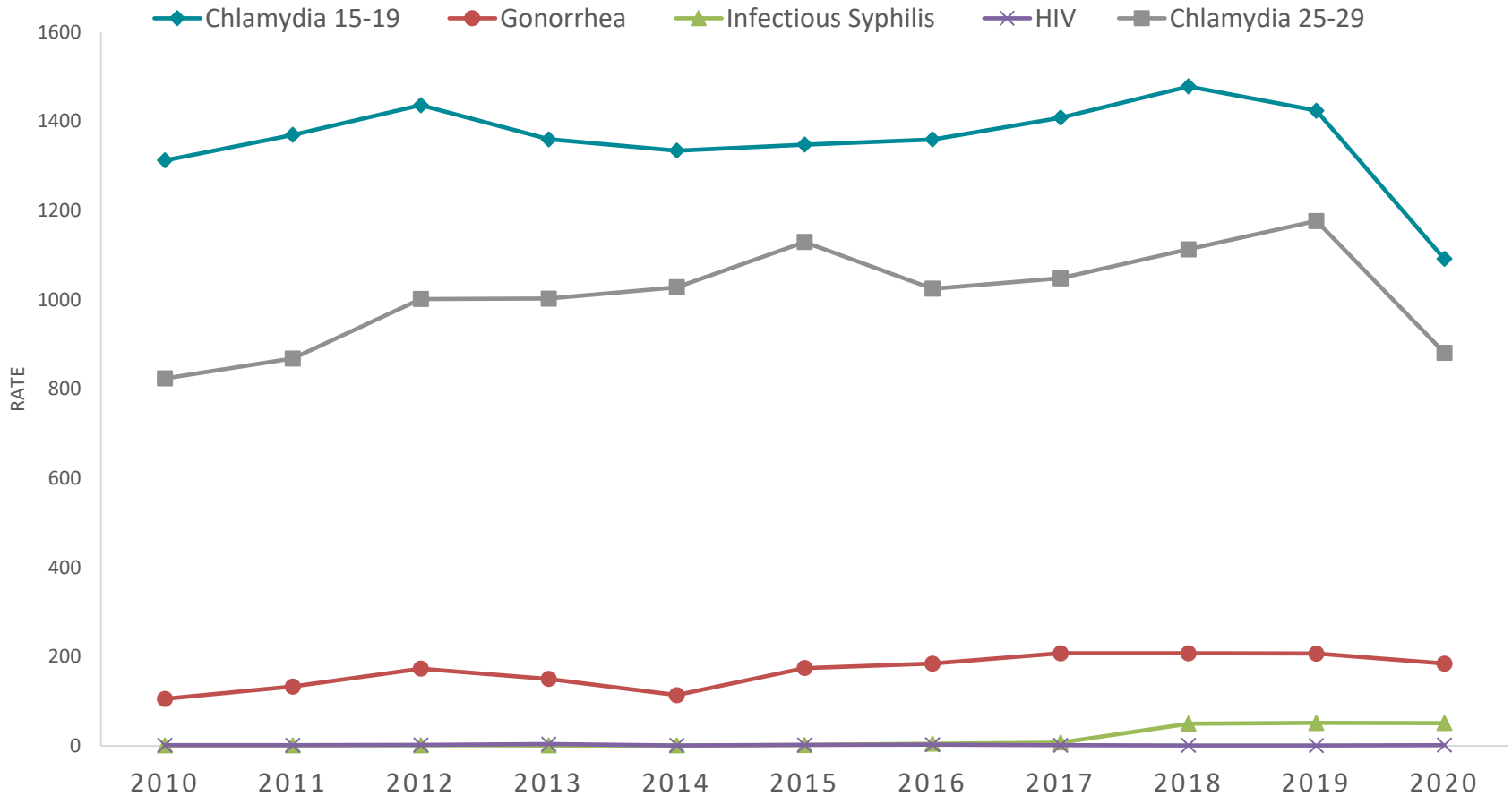
Safer Sex

Dual Method Use



STI

Alberta Reportable STI Rates, Teens



How we deliver the info matters

*Shame
and fear
don't
work!*



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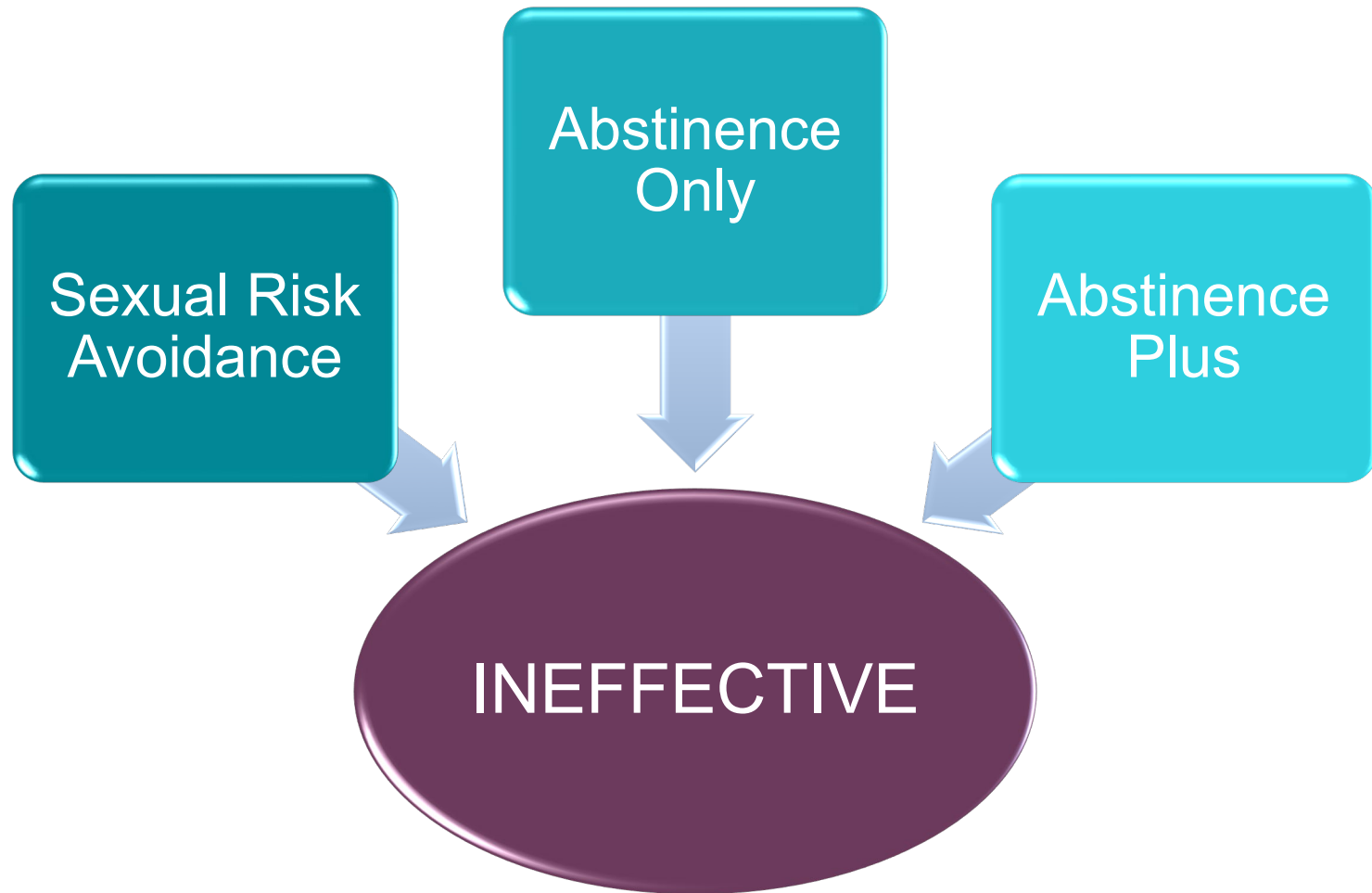


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Shame and fear don't work!

- not effective
- not what youth want
- contributes to silence and misinformation
- other-ing and not inclusive

What about abstinence-only education?



How we deliver the info matters

Instead...

- remain fact-based
- remain neutral
- avoid “yuck” language and imagery
- be inclusive
 - assume all experiences could be present in your classroom
 - Talk about the type of sex, not who’s having it
- empower your students – focus on the positive actions they can take!



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STBBI Key Messages

1. Prevention

Safer sex is about more than condoms!

2. Testing

Normalizing routine testing – it's the only way to know for sure!

3. Treatment

There is effective treatment for STBBIs



Birth Control Key Messages

1. The best method is the one that can be used consistently and properly
2. Dual protection (condoms + another method) offer the best protection for both pregnancy and STBBIs



Safer Sex Key Messages

- Information may be relevant to students now, in the future, or so they can be a source of information for a friend
- **Condoms** prevent both pregnancy and STBBIs
- Increase frequency of STBBI **testing** if having sex with multiple partners and/or anonymous partners
- **Consent** is an important part of safer sex



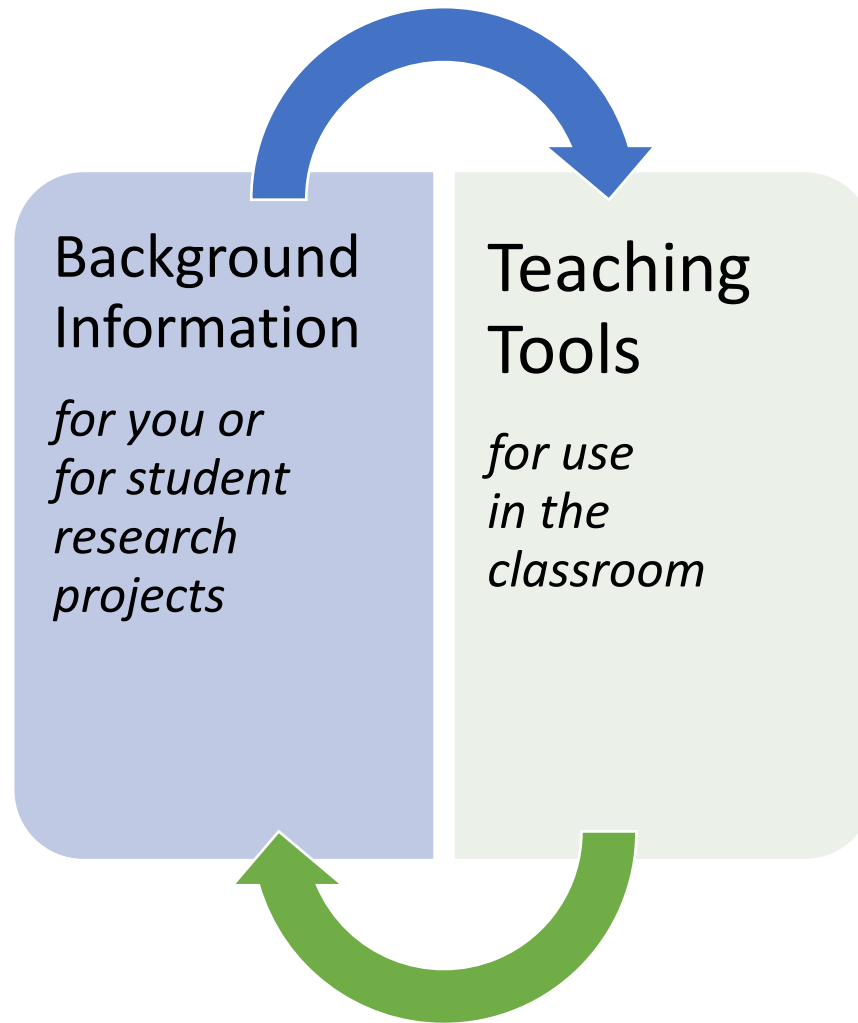
Key Messages aren't always enough!

Things that can enhance ability to act on information include:

- Practice (role-play) talking with partners about pregnancy and STI prevention & testing
- Skills in effectively using condoms and birth control (ideally, a chance to practice!)
- Access to condoms, birth control, and testing



Teaching Resources



TeachingSexualHealth.ca



TEACHER PORTAL

PARENT PORTAL



Teaching Sexual Health

Parents & Teachers: Be Proactive. Be Prepared.

For Teachers

The teacher portal provides teachers and educators with evidence-based sexual health information, lesson plans, tools and resources.

For Parents

As a parent, it's never too early or too late to talk to your child, or learn more yourself. The parent portal is here to help.



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Questions?



| Thank you for coming!



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For more information, please contact
TSH@ahs.ca

Resources: STBBIs and Birth Control

Birth Control

[Birth Control Kit | Teaching Sexual Health](#)

[Birth Control Health Information Sheets | Teaching Sexual Health](#)

[Contraception | Sex & U](#)

STBBIs

[STI Tool | Teaching Sexual Health](#)

[CATIE ordering centre – free pamphlets and hand-outs on STBI prevention](#)

Safer Sex

[Condom/internal condom/ dental dam video demonstrations | Teaching Sexual Health](#)

[Sexual and Reproductive Health Services in Alberta | Alberta Health Services](#)

[Consent | Amaze.org](#)

Inclusive and Empowering Information

[Sex Ed Is Our Right | YouthCO](#)

Additional Resources

[Additional Resources - Teachers | Teaching Sexual Health](#)