

Birth Control Kit

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teachingsexualhealth.ca

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For information, activities, and resources about birth control, see these lesson plans:

- [Grade 6 Birth Control and STBBIs](#)
- [Grade 8 Birth Control](#)
- [Grade 9 Safer Sex](#)
- [CALM Birth Control](#)

One suggested use for the birth control kit:

1. Print the pages of the birth control kit single-sided (pages 5-34). Consider using card stock or laminating the pages.

All cards can be used as part of birth control lesson plans in grade 6 and up. If you want to use only some of the cards, we suggest prioritizing the following cards for the following grades:

Grade 6: No Method, Abstinence, External Condoms, Pill, IUD, and Emergency Contraception

Grade 8: Use Grade 6 cards as well as Patch, Ring, Internal Condoms, Injection, Implant, and Pulling Out

Additional methods less commonly used by youth: Diaphragm, Fertility Awareness, Vasectomy, Tubal Ligation

2. Give each student one page from the kit. Some students will have pictures, some will have general information pages. If there are not enough pages for every student, have some students share or print additional copies of some methods.
3. Ask the students with the picture pages to move about the room and find the person who has the corresponding information page for that method of birth control.
4. When all the pairs are matched, check and make sure that each pair has correctly matched the picture and the information page for the same birth control method. Make any changes as needed. You may want to keep this file handy to use as an answer key.
5. Ask students to line up around the room in order of typical effectiveness. Do they notice anything about what kinds of methods are more or less effective at preventing pregnancy? You may need to point out the differences between methods that rely on remembering to do something daily/weekly/monthly, methods that need action every time a person has sex, or long-acting methods that are continuously effective.

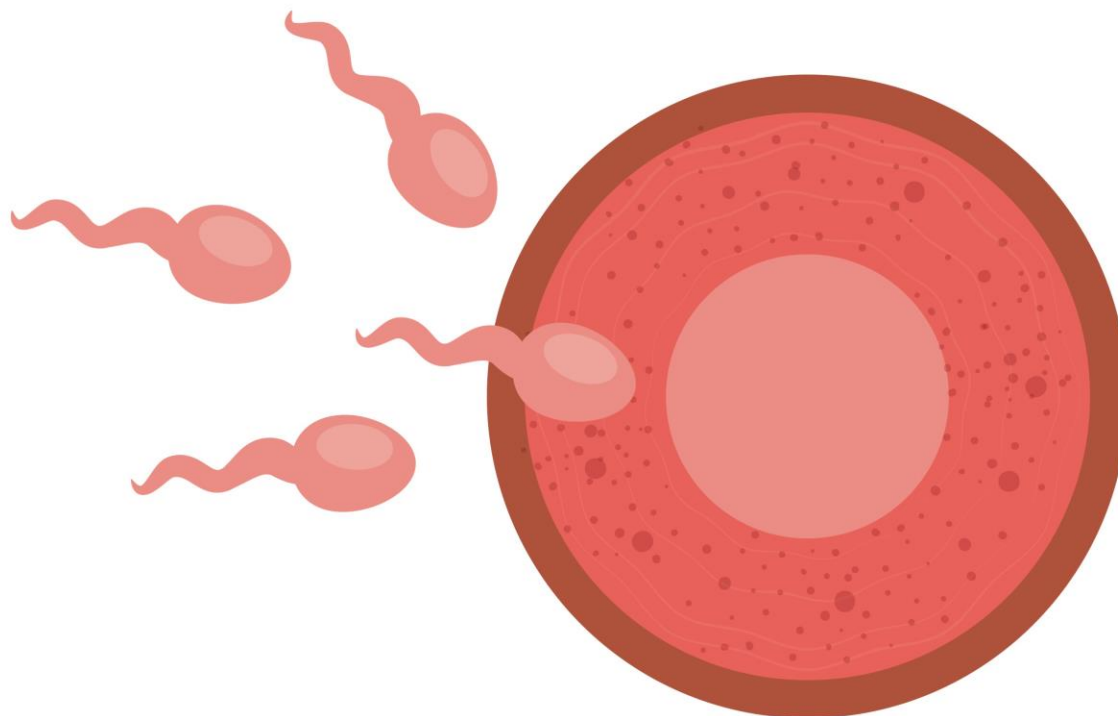
Possible classroom debrief questions:

- What do you think is the best method of birth control? Why?
- In a sexual relationship, who is responsible for birth control?

Key Messages:

See lesson plans for additional content and information.

- Birth control is used to help prevent pregnancy. It's also called contraception.
- There's an 85% chance of becoming pregnant within one year if no birth control is used for vaginal sex.
- There's a risk of pregnancy any time sperm is near the genital area.
- Birth control is safe for most people to use for a long time.
- You can get pregnant as soon as you stop using most types of birth control.
- Use a condom/barrier every time you have sex (oral, vaginal, anal). Condoms help prevent pregnancy, STIs and HIV. Dual protection (condom plus another type of birth control) is the most effective birth control strategy to prevent both pregnancy and STIs.
- There is not one method that is best for everyone. The best method for any one person is the one that is safe for them, that they want to use, and that they use correctly and consistently.
- The implant and IUD are the most effective types of birth control with typical use.
- Using birth control is a shared responsibility. All partners need to talk about birth control, choose a method, and use it correctly and consistently.



No Method



Ejaculations happens when a penis is inside a vagina.



Pregnancy prevention: None – there is about an 85% chance of getting pregnant after 1 year if no birth control is used for vaginal sex.



STI protection: None

☐ YES

☒ NO

Abstinence



Making the decision to not do these types of sexual activity:

- Directly touching a partner's genitals
- Vaginal sex (penis to vagina)
- Anal sex (penis to anus)
- Oral sex (mouth to penis, anus or vagina)



Can be chosen at any time and can last as long as a person wants it to.



Pregnancy prevention: 100% with perfect use



STI protection: Yes, 100% with perfect use



External Condom



A thin covering that fits over a hard (erect) penis.
Sometimes called a *male condom*.



Used every time you have sex.



Pregnancy prevention: 82% with typical use



STI protection: Yes, lowers the risk of STIs



Birth Control Pills



Hormone pills that are taken every day.



Each pill is taken at the same time every day and a new pack starts every 28 days.



Pregnancy prevention: 91% with typical use



STI protection: None



IUD (Intrauterine Device)



A small soft T-shaped device that is put in the uterus by a healthcare provider. Can be copper or hormonal.



Long-acting reversible method of birth control.
Works for up to 3-10 years, depending on the type.



Pregnancy prevention: 99.9% with typical use



STI protection: None



Emergency Contraception



Used after vaginal sex without a condom or other type of birth control, or if you're not sure you're protected from pregnancy (e.g., condom breaks, missed pills). Can be a pill or copper IUD.



Used within 5 days (pill) or 7 days (copper IUD) after unprotected sex.



Pregnancy prevention: 99.9% with typical use



STI protection: None



Birth Control Patch



A small sticky patch worn on the skin that releases 2 types of hormones.



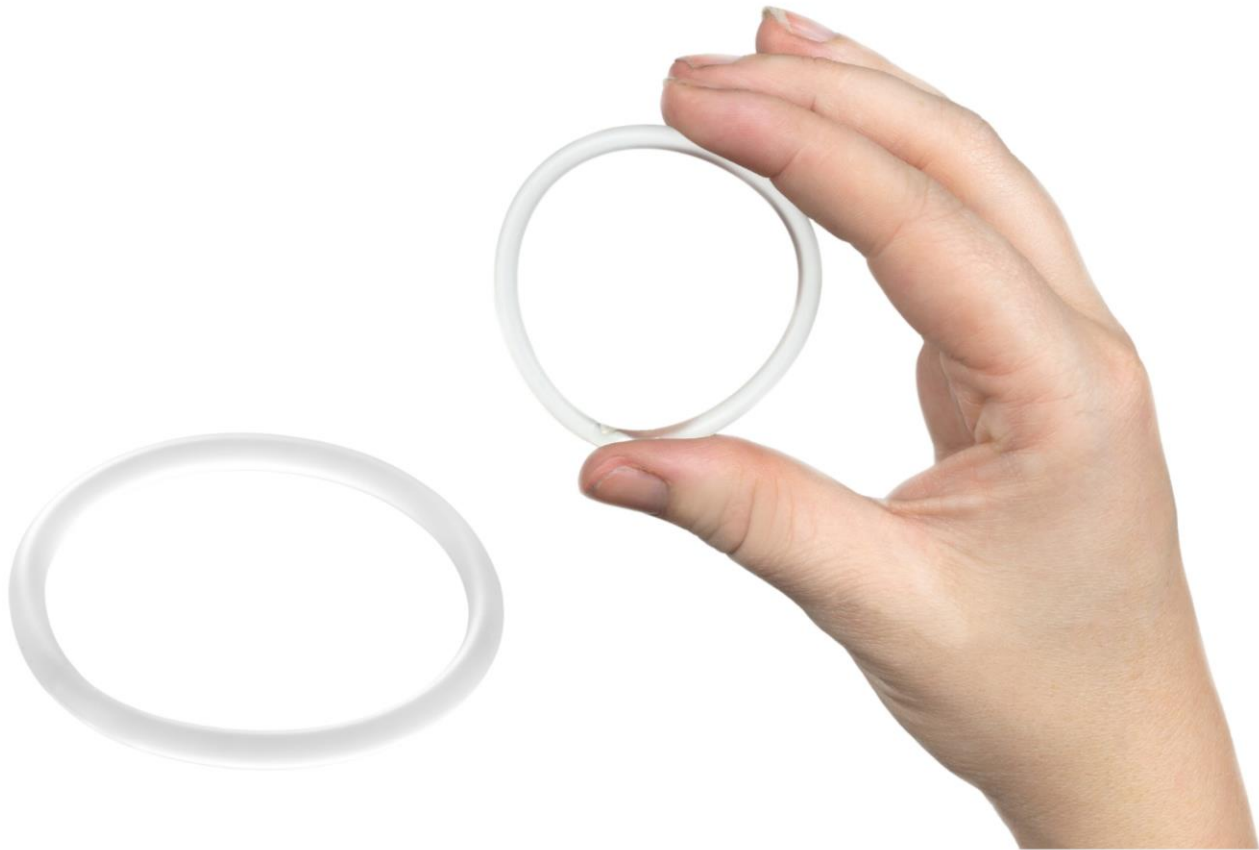
Changed by the user once a week.



Pregnancy prevention: 91% with typical use



STI protection: None



Birth Control Ring



A clear plastic ring that is put in the vagina and releases 2 types of hormones.



Changed by the user once a month.



Pregnancy prevention: 91% with typical use



STI protection: None



Internal Condom



A soft plastic (non-latex) sleeve with 2 flexible rings, one on each end. The inner ring goes inside the vagina. The outer ring covers part of the vulva.



Used every time you have sex.



Pregnancy prevention: 79% with typical use



STI protection: Yes, lowers the risk of STIs



Birth Control Injection



An injection (shot) of progestin hormone given by a healthcare provider into the upper arm or hip muscle.



Given every 12 weeks.



Pregnancy prevention: 94% with typical use



STI protection: None



Birth Control Implant



A thin plastic rod that is put under the skin of the upper arm by a healthcare provider. It slowly releases hormone (progestin).



Long-acting reversible method of birth control.
Works for up to 3 years.



Pregnancy prevention: 99.9% with typical use



STI protection: None



Pulling Out (Withdrawal)



The penis is pulled out of the vagina before ejaculation.



Used every time with vaginal sex.



Pregnancy prevention: 78% with typical use



STI protection: None



Diaphragm



A flexible disc-shaped cup that is put in the vagina to cover the cervix. It is used with a contraceptive or spermicidal gel.



Used every time you have sex.



Pregnancy prevention: 84% with typical use of a fitted diaphragm with spermicidal gel



STI Protection: None



Fertility Awareness Based Methods



Help people identify the most likely time to get pregnant (fertile time) so they can choose not to have sex or use another type of birth control during that time.



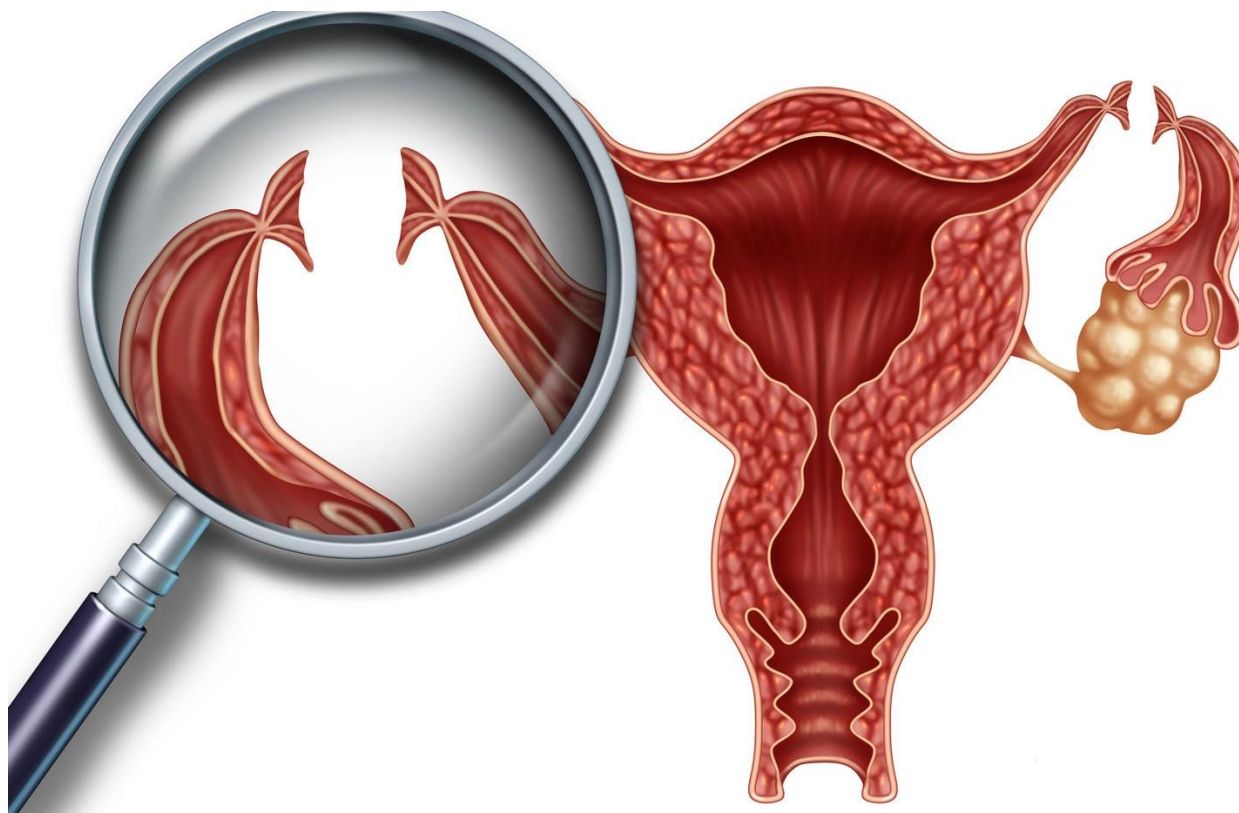
Requires ongoing observations and changes in sexual activity.



Pregnancy prevention: 76% with typical use



STI protection: None



Tubal Ligation



A surgery to close the fallopian tubes and block an egg and sperm from meeting.



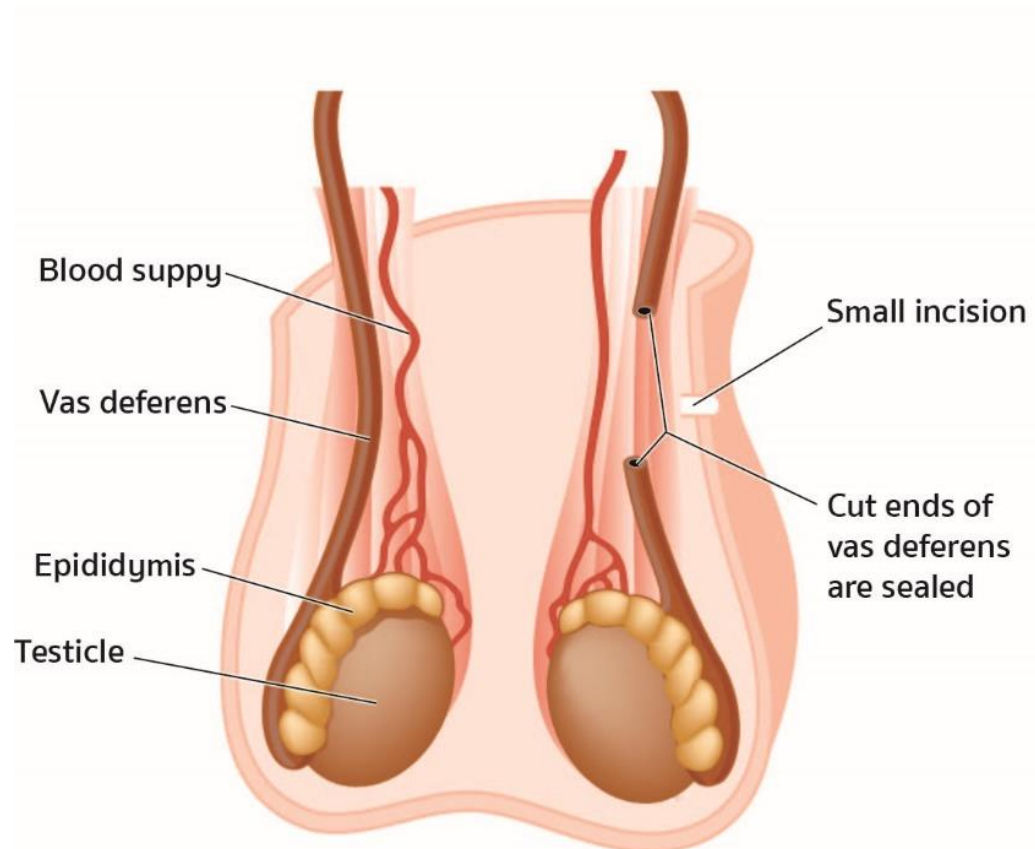
A permanent type of birth control.



Pregnancy prevention: 99.5%



STI Protection: None



Vasectomy



A surgery to close the vas deferens and block sperm from getting into semen.



A permanent type of birth control.



Pregnancy prevention: 99%



STI Protection: None