



teaching
sexual
health.ca

CALM
Learning Activity

Birth Control Kit

Learning Outcomes

General Outcome 1: Personal Choices

Students will apply an understanding of the emotional/psychological, intellectual, social, spiritual and physical dimensions of health – and the dynamic interplay of these factors – in managing personal well-being.

Specific Outcome P12:

Examine aspects of healthy sexuality and responsible sexual behaviour.

Birth Control Kit

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Teaching Sexual Health

1. Take one card from the Birth Control Kit.
2. Find the person with the card that goes with yours. Each pair should have one card with the picture, and one card with the information that describes the method of birth control.
3. What is the method of birth control on your card called?
4. What is the effectiveness of this method of birth control?
5. Does this method of birth control provide STI protection?
6. Birth control methods can be grouped in these categories. **Circle** the category this birth control method falls into.

<p>Long-Acting Reversible Contraceptives (LARCs): methods that you don't have to remember anything for at least a year, and are easily reversible (not permanent)</p>	<p>Short-Acting Reversible Contraceptives (SARCs): methods that you have to remember to do something regularly every day, week, month or year, and are easily reversible.</p>
<p>Used in the moment: methods that require you to act every time you have sex</p>	<p>Other: methods that don't fall into one of the groups above, including permanent methods</p>



7. Find other people in the class whose method falls into the same category as yours.
8. In your group, fill in these blanks:
9. The _____ method of birth control has the highest level of effectiveness with typical use.
10. The method with the lowest effectiveness with typical use is _____.

11. As a class organize all the birth control methods into a line from least effective to most effective and discuss:
 - a. What do you notice?
 - b. Why might a person choose to use a birth control method that is not the most effective one?



Abstinence





Birth Control Implant





Birth Control Injection





Birth Control Patch



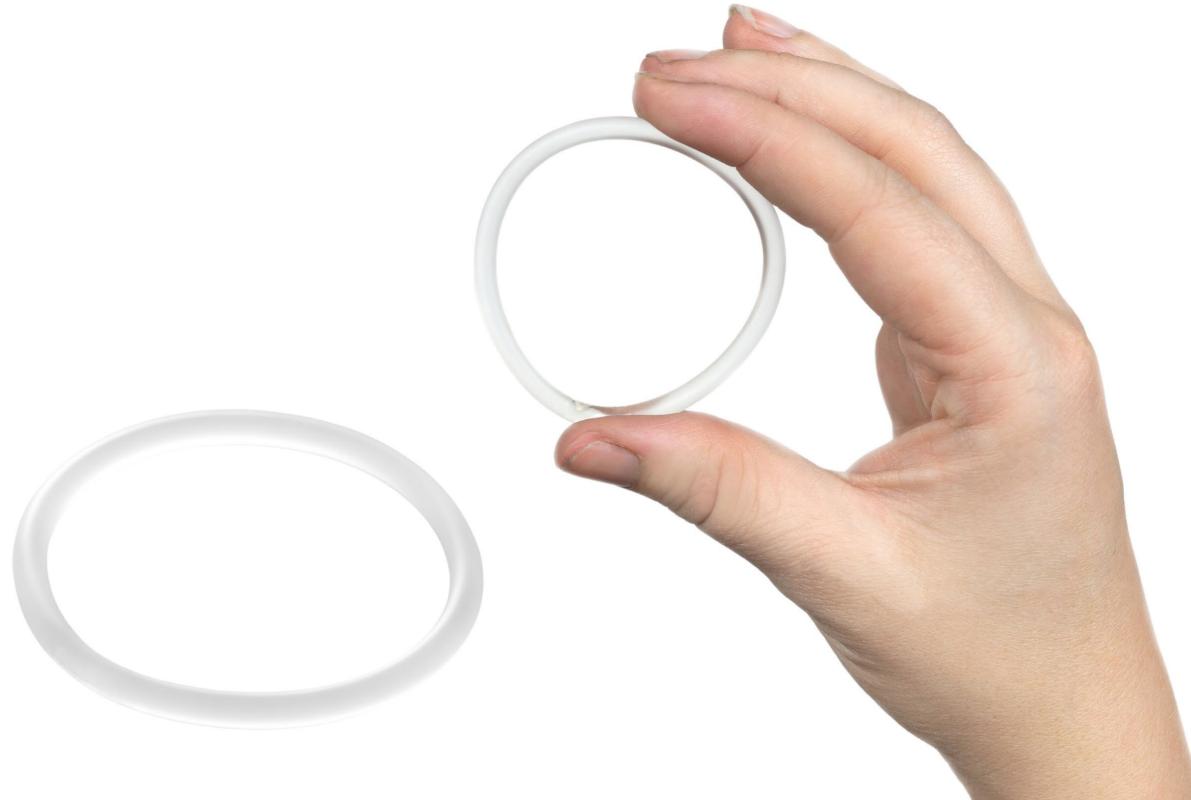


Birth Control Pill





Birth Control Ring



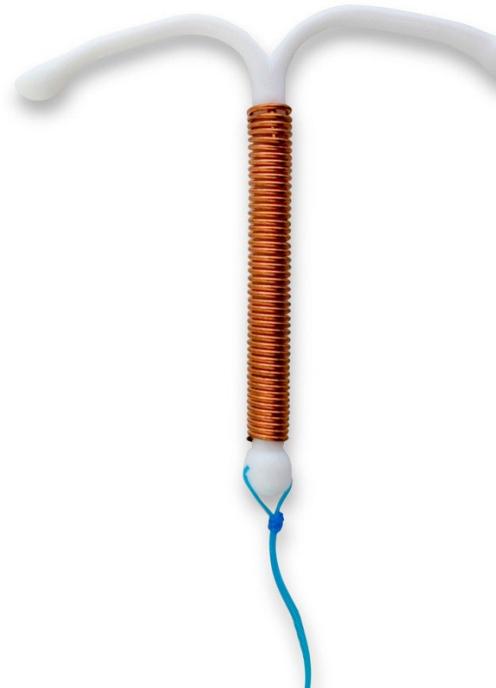


Diaphragm





Emergency Contraception





External Condom





Fertility Awareness Based Methods



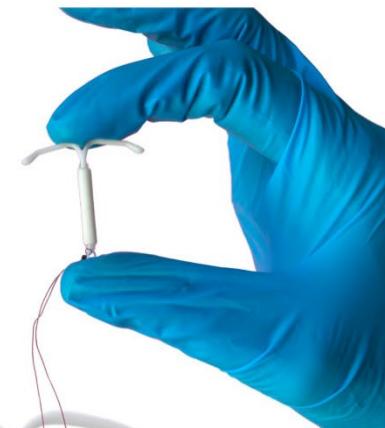
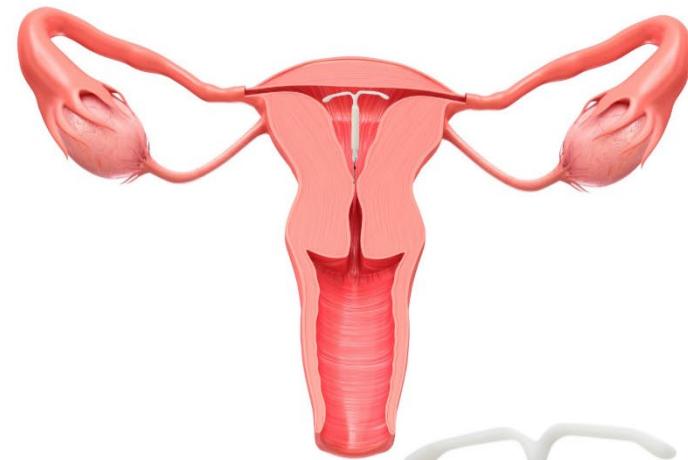


Internal Condom



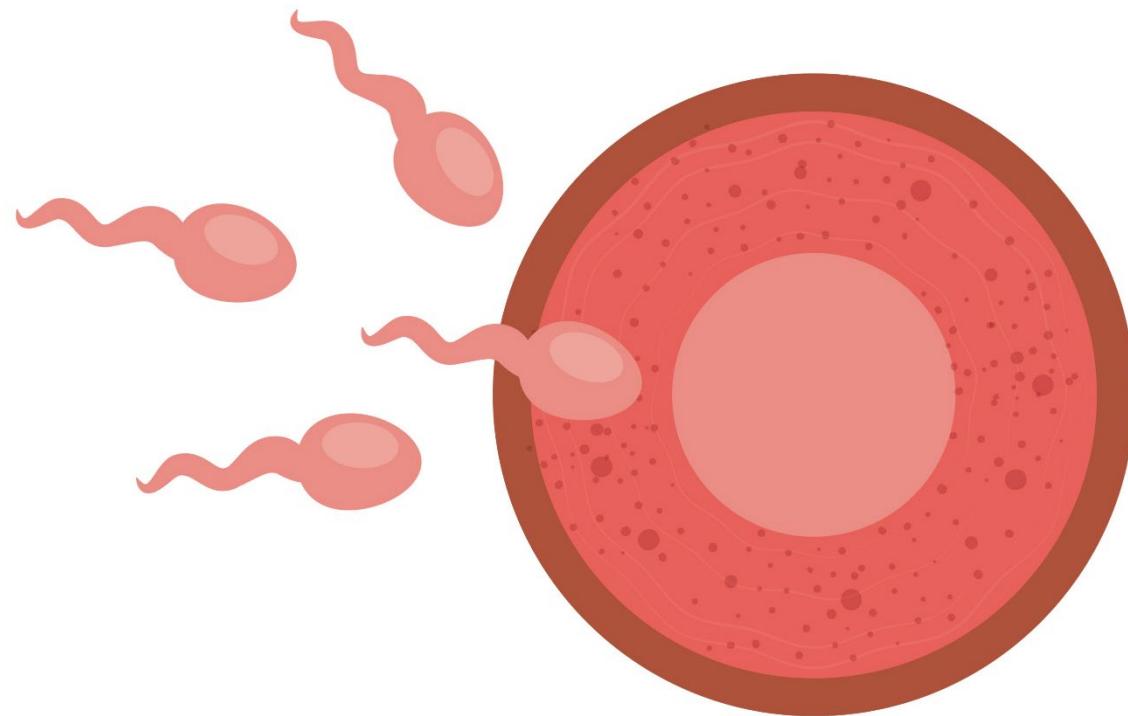


IUD





No Method

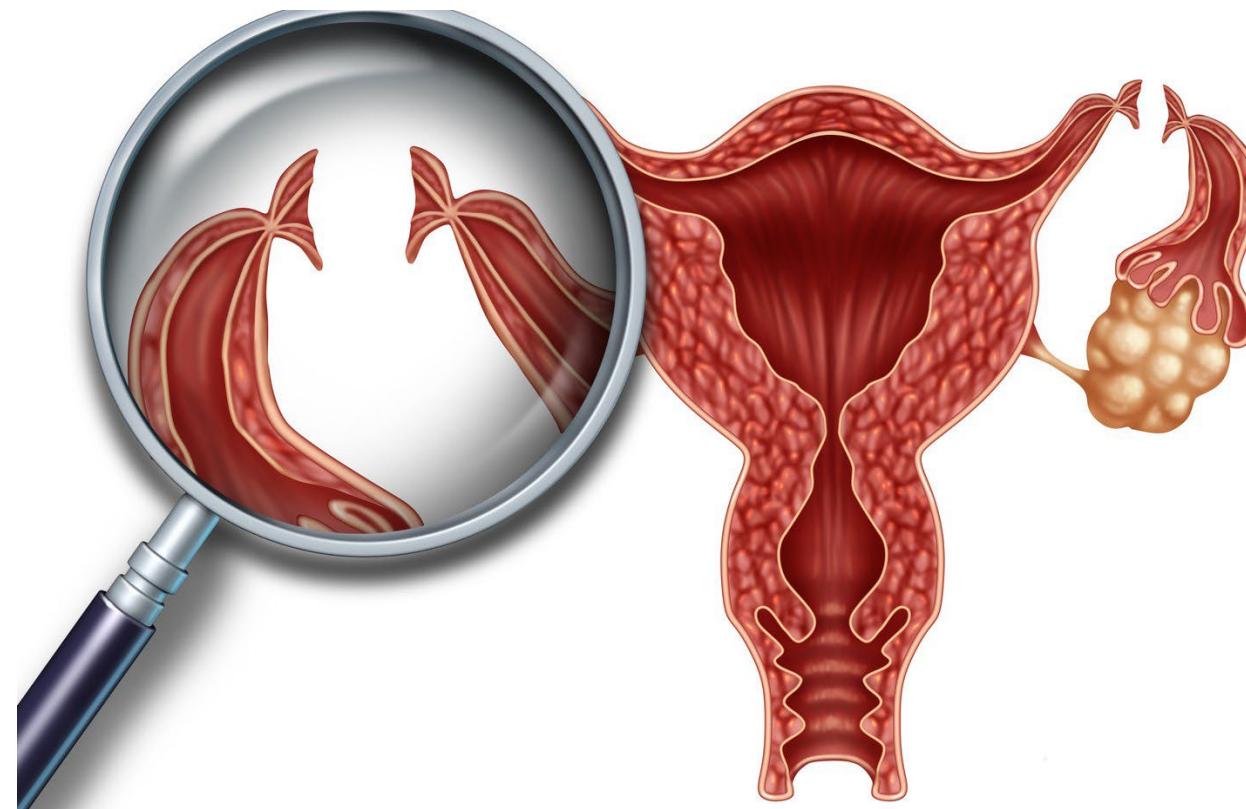




Pulling Out (Withdrawal)

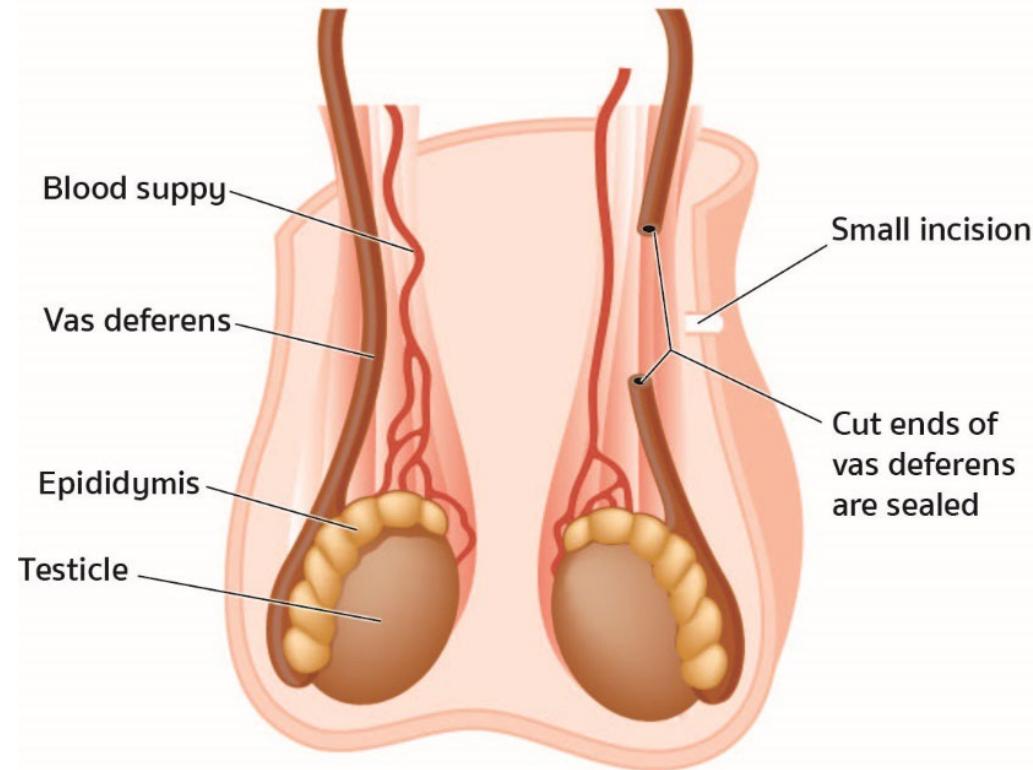


Tubal Ligation





Vasectomy





Ejaculations can happen 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



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.*

*Typical use for birth control reflects its effectiveness in real-world scenarios, accounting for inconsistent or incorrect usage, for example missing a birth control pill. Perfect use describes a method's effectiveness when used precisely as instructed, every single time, without any errors.



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

*Typical use for birth control reflects its effectiveness in real-world scenarios, accounting for inconsistent or incorrect usage, for example missing a birth control pill. Perfect use describes a method's effectiveness when used precisely as instructed, every single time, without any errors.



Hormone pills that are to be 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

*Typical use for birth control reflects its effectiveness in real-world scenarios, accounting for inconsistent or incorrect usage, for example missing a birth control pill. Perfect use describes a method's effectiveness when used precisely as instructed, every single time, without any errors.



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



Works for up to 3-10 years, depending on the type.



Pregnancy prevention: 99.9% with typical use.*



STI protection: None

*Typical use for birth control reflects its effectiveness in real-world scenarios, accounting for inconsistent or incorrect usage, for example missing a birth control pill. Perfect use describes a method's effectiveness when used precisely as instructed, every single time, without any errors.



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% (IUD) 50-90% (pill) with typical use.*



STI protection: None

*Typical use for birth control reflects its effectiveness in real-world scenarios, accounting for inconsistent or incorrect usage, for example missing a birth control pill. Perfect use describes a method's effectiveness when used precisely as instructed, every single time, without any errors.



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

*Typical use for birth control reflects its effectiveness in real-world scenarios, accounting for inconsistent or incorrect usage, for example missing a birth control pill. Perfect use describes a method's effectiveness when used precisely as instructed, every single time, without any errors.



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

*Typical use for birth control reflects its effectiveness in real-world scenarios, accounting for inconsistent or incorrect usage, for example missing a birth control pill. Perfect use describes a method's effectiveness when used precisely as instructed, every single time, without any errors.



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. Sometimes referred to as a vaginal condom



Used every time you have sex.



Pregnancy prevention: 79% with typical use.*



STI protection: Yes, lowers the risk of STIs.

*Typical use for birth control reflects its effectiveness in real-world scenarios, accounting for inconsistent or incorrect usage, for example missing a birth control pill. Perfect use describes a method's effectiveness when used precisely as instructed, every single time, without any errors.



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

*Typical use for birth control reflects its effectiveness in real-world scenarios, accounting for inconsistent or incorrect usage, for example missing a birth control pill. Perfect use describes a method's effectiveness when used precisely as instructed, every single time, without any errors.



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



Works for up to 3 years.



Pregnancy prevention: 99.9% with typical use.*



STI protection: None

*Typical use for birth control reflects its effectiveness in real-world scenarios, accounting for inconsistent or incorrect usage, for example missing a birth control pill. Perfect use describes a method's effectiveness when used precisely as instructed, every single time, without any errors.



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

*Typical use for birth control reflects its effectiveness in real-world scenarios, accounting for inconsistent or incorrect usage, for example missing a birth control pill. Perfect use describes a method's effectiveness when used precisely as instructed, every single time, without any errors.



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



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

*Typical use for birth control reflects its effectiveness in real-world scenarios, accounting for inconsistent or incorrect usage, for example missing a birth control pill. Perfect use describes a method's effectiveness when used precisely as instructed, every single time, without any errors.



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



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

*Typical use for birth control reflects its effectiveness in real-world scenarios, accounting for inconsistent or incorrect usage, for example missing a birth control pill. Perfect use describes a method's effectiveness when used precisely as instructed, every single time, without any errors.



Answer Key

Birth Control Type	Birth Control Description	Birth Control Category
Abstinence	<p>Making the decision to not do these types of sexual activity:</p> <ul style="list-style-type: none">•Directly touching a partner's genitals•Vaginal sex (penis to vagina)•Anal sex (penis to anus)•Oral sex (mouth to penis, anus or vagina)	Used in the moment
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 contraceptive
Birth Control Injection	An injection (shot) of progestin hormone given by a healthcare provider into the upper arm or hip muscle.	Short-acting reversible contraceptive
Birth Control Patch	A small sticky patch worn on the skin that releases 2 types of hormones.	Short-acting reversible contraceptive
Birth Control Pill	Hormone pills that are to be taken every day.	Short-acting reversible contraceptive

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Birth Control Ring	A clear plastic ring that is put in the vagina and releases 2 types of hormones.	Short-acting reversible contraceptive
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 in the moment
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.	Other
External Condom	A thin covering that fits over a hard (erect) penis. Sometimes called a male condom.	Used in the moment
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.	Used in the moment
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 in the moment

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IUD	A small soft T-shaped device that is put in the uterus by a healthcare provider. Can be copper or hormonal.	Long-acting reversible contraceptive
No Method	Ejaculations can happen when a penis is inside a vagina.	Other
Pulling Out (withdrawal)	The penis is pulled out of the vagina before ejaculation.	Used in the moment
Tubal ligation	A surgery to close the fallopian tubes and block an egg and sperm from meeting.	Other
Vasectomy	A surgery to close the vas deferens and block sperm from getting into semen.	Other



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