



teaching  
sexual  
health.ca

CALM

Learning Activity

# Birth Control and STBBI Scenarios

## 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.*





## Indri

Read the scenario together. Plan a skit to present to your classmates that shows a realistic and healthy response to this situation.

Indri regularly uses condoms for birth control and for protection from STBBIs. One evening the condom breaks during sex.

Your skit can include conversations between any combination of:

- Indri
- Their sexual partner
- Their friend(s)
- A parent, teacher or other trusted adult
- A healthcare provider

Use this space to plan your skit:





## Karen & Hashim

Read the scenario together. Plan a skit to present to your classmates that shows a realistic and healthy response to this situation.

Karen has been dating Hashim for a few months. Karen is considering having sex with Hashim but isn't sure what method of birth control to use. Karen and Hashim haven't talked about plans to prevent pregnancy or STBBI transmission.

Your skit can include conversations between any combination of:

- Karen
- Hashim
- Their friend(s)
- A parent, teacher or other trusted adult
- A healthcare provider

Use this space to plan your skit:





## Zev & Lian

Read the scenario together. Plan a skit to present to your classmates that shows a realistic and healthy response to this situation.

Zev and Lian have been dating for six months and have talked about having sex. Lian is on the pill but wants Zev to use a condom as well. Zev doesn't want to wear a condom.

Your skit can include conversations between any combination of:

- Zev
- Lian
- Their friend(s)
- A parent, teacher or other trusted adult
- A healthcare provider

Use this space to plan your skit:



## Japheth & Halah

Read the scenario together. Plan a skit to present to your classmates that shows a realistic and healthy response to this situation.

Japheth and Halah have been in a monogamous relationship (only one partner at a time) for many months. They both were tested for STBBIs and have received results showing neither of them have an infection. They no longer use condoms. Halah takes a birth control pill at breakfast each day. One Friday night, when Japheth and Halah are making out and planning to have sex, Halah realizes they forgot to take their pill that morning.

Your skit can include conversations between any combination of:

- Japheth
- Halah
- Their friend(s)
- A parent, teacher or other trusted adult
- A healthcare provider

Use this space to plan your skit:



## Kris

Read the scenario together. Plan a skit to present to your classmates that shows a realistic and healthy response to this situation.

Kris is sexually active and uses either the pulling out method or condoms for birth control. They are wondering about their risk for STBBIs.

Your skit can include conversations between any combination of the following:

- Kris
- Their friend(s)
- A parent, teacher or other trusted adult
- A healthcare provider

Use this space to plan your skit:



## Kai & Ceri

Read the scenario together. Plan a skit to present to your classmates that shows a realistic and healthy response to this situation.

Kai and Ceri have been having sex for 2 months. Kai recently noticed an unusual discharge from their penis. When they got tested, the results showed that they had gonorrhea. Ceri has had sex with other partners but doesn't have any symptoms. Kai would like Ceri to get tested, but Ceri doesn't want to.

Your skit can include conversations between any combination of the following:

- Ceri
- Kai
- Their friend(s)
- A parent, teacher or other trusted adult
- A healthcare provider

Use this space to plan your skit:

A large, empty rounded rectangle with a thin blue border, intended for students to write their skit plan.



## Eden

Read the scenario together. Plan a skit to present to your classmates that shows a realistic and healthy response to this situation.

Eden recently used their friend's stick and poke tattoo kit with a needle that wasn't sterile. Eden realizes they may have put themselves at risk for a blood-borne infection like HIV or hepatitis B or C.

Your skit can include conversations between any combination of the following:

- Eden
- Their friend(s)
- A parent, teacher or other trusted adult
- A healthcare provider

Use this space to plan your skit:





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