

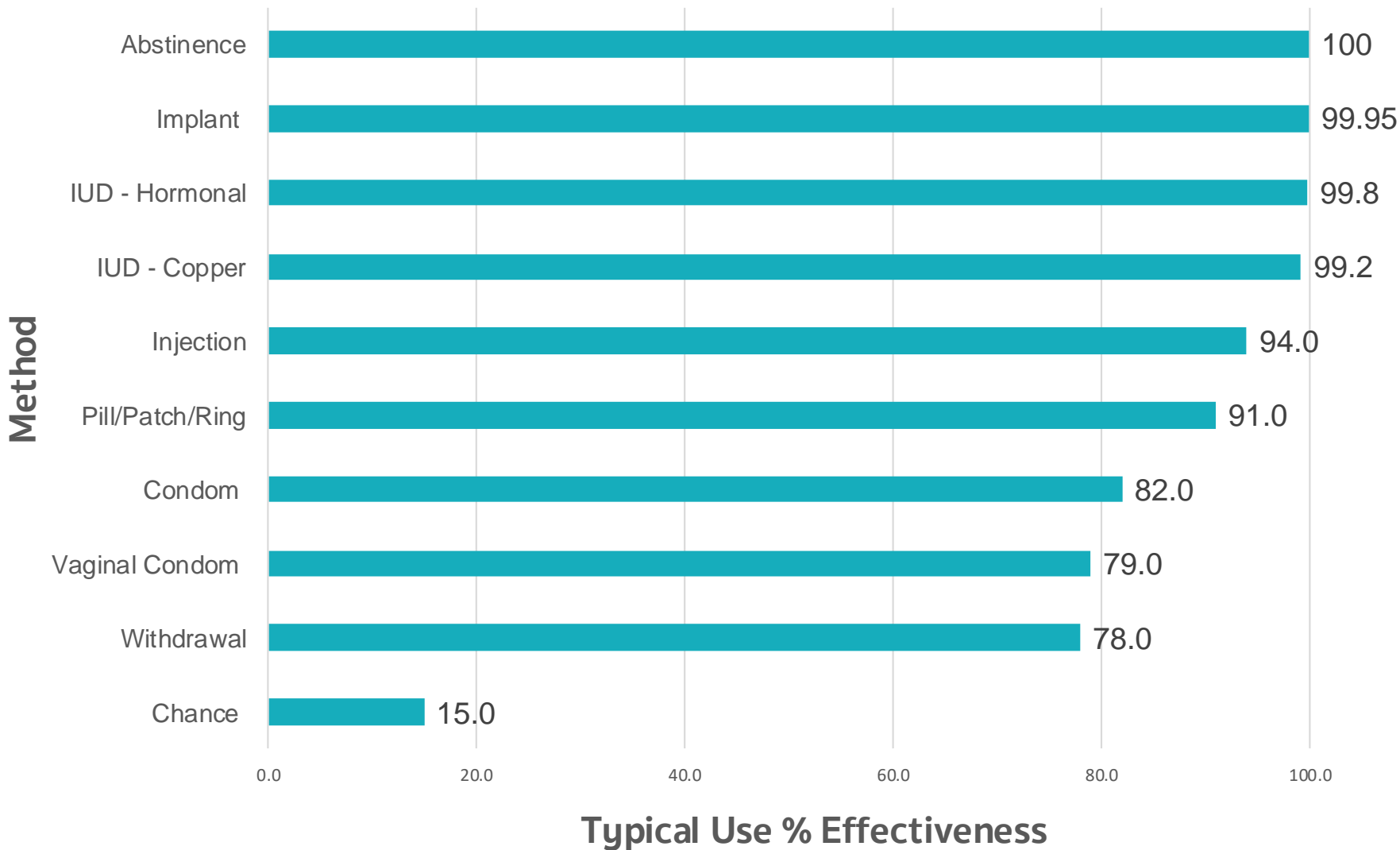
Grade 8

Effectiveness

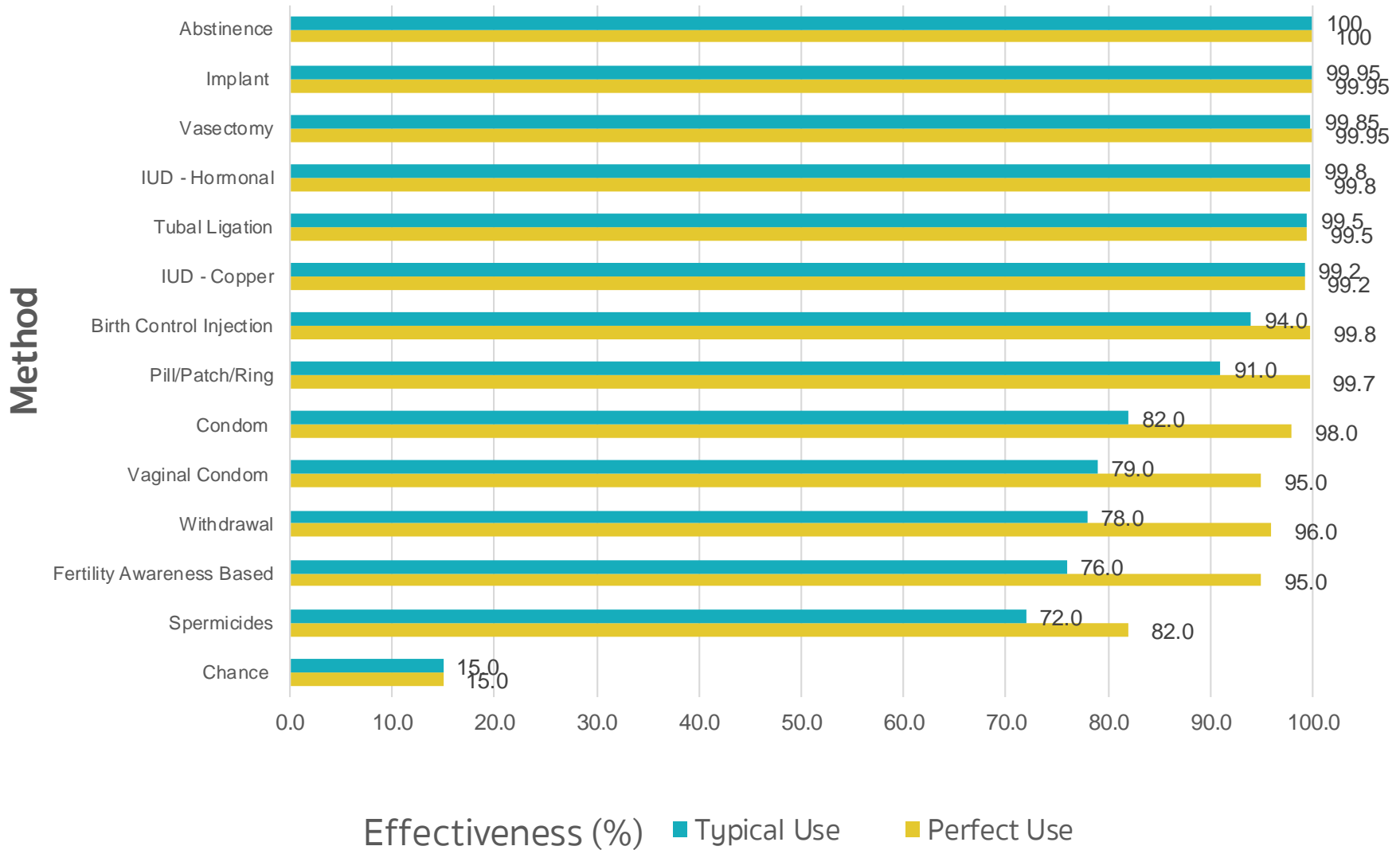
Method	STI Protection	Pregnancy Prevention (Typical use) *
Abstinence	✓✓✓	✓✓✓
Injection	x	✓✓
Pill/ Patch/ Ring	x	✓✓
Implant	x	✓✓✓
Condom	✓✓	✓
Emergency Contraception	x	✓**
IUD	x	✓✓✓
Vaginal Condom	✓✓	✓
Withdrawal	x	✓
No Method	x	x

x = None ✓ = Fair ✓✓ = Good ✓✓✓ = Excellent

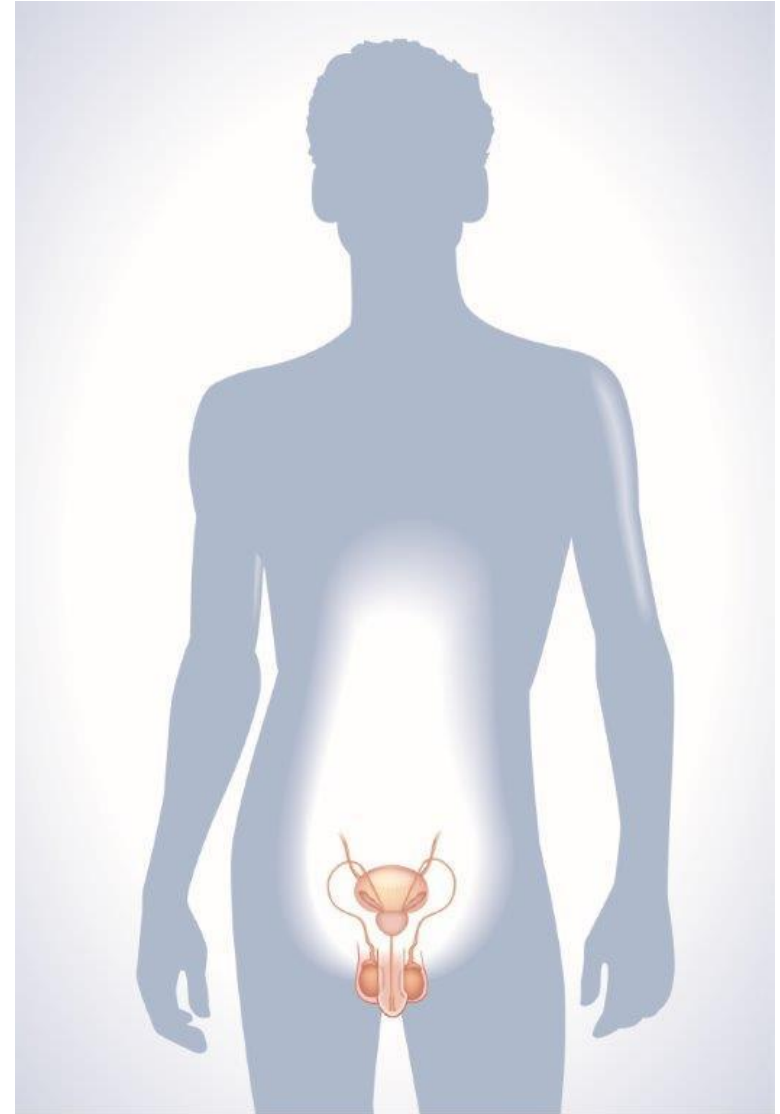
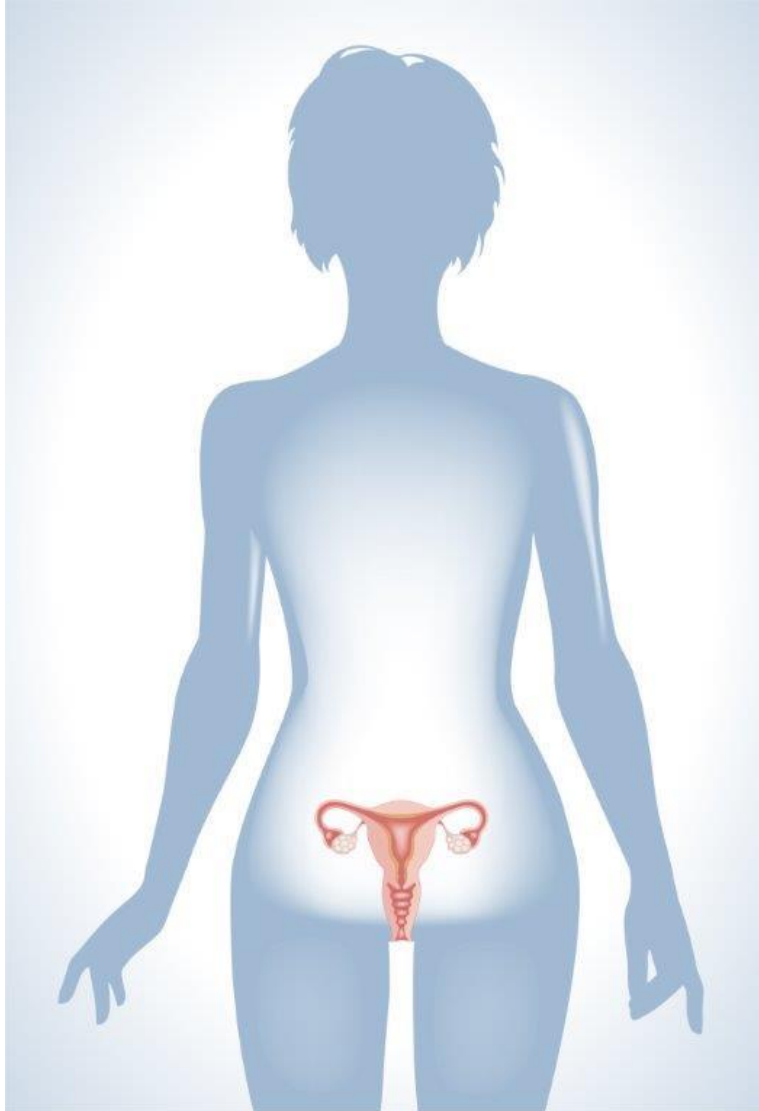
Birth Control Effectiveness



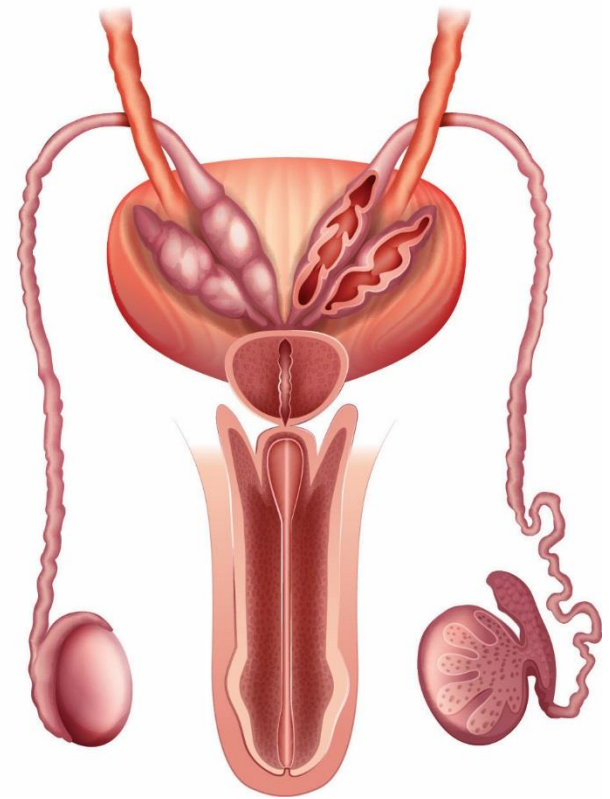
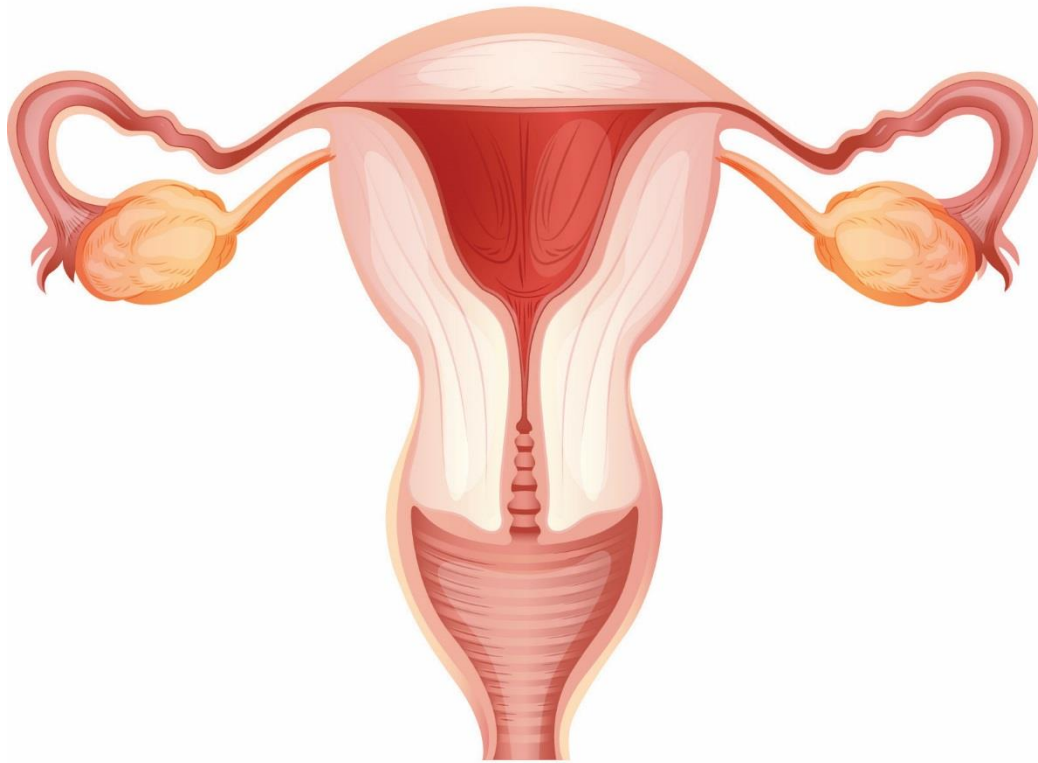
Birth Control Effectiveness



Reproductive Systems



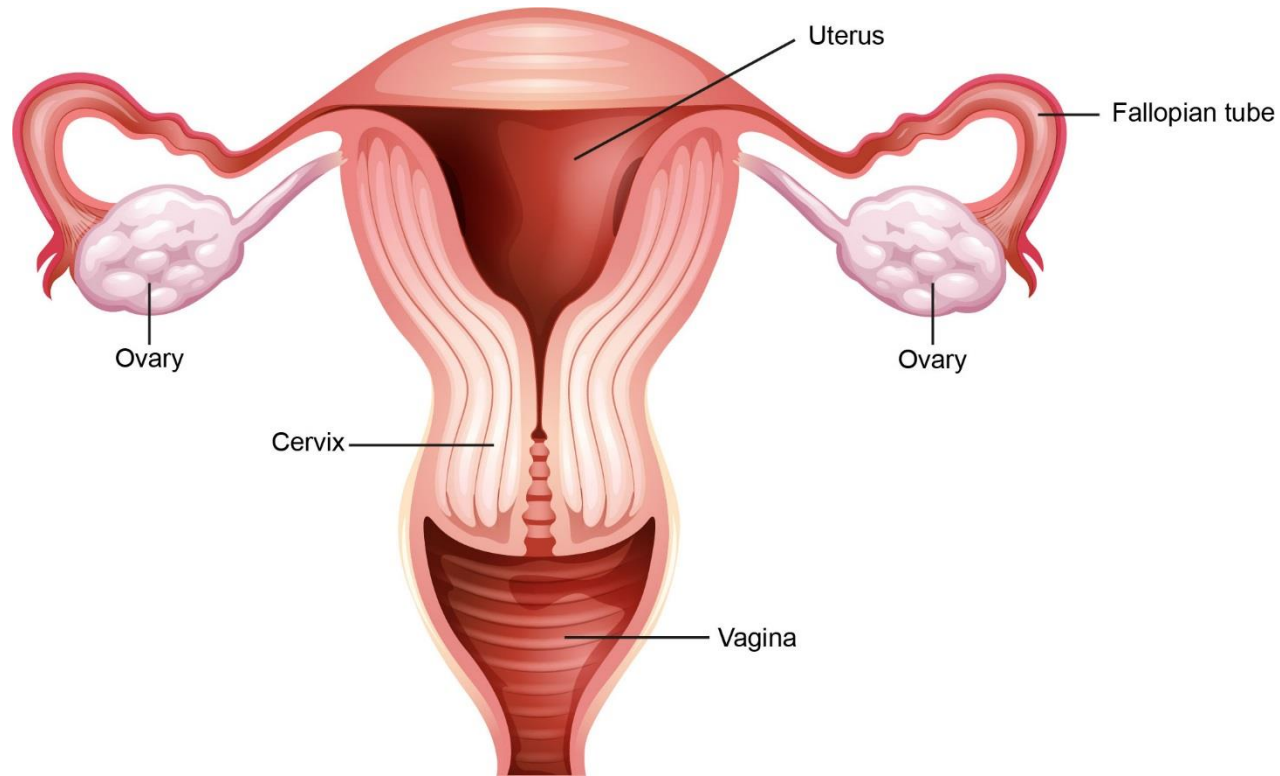
Reproductive Systems



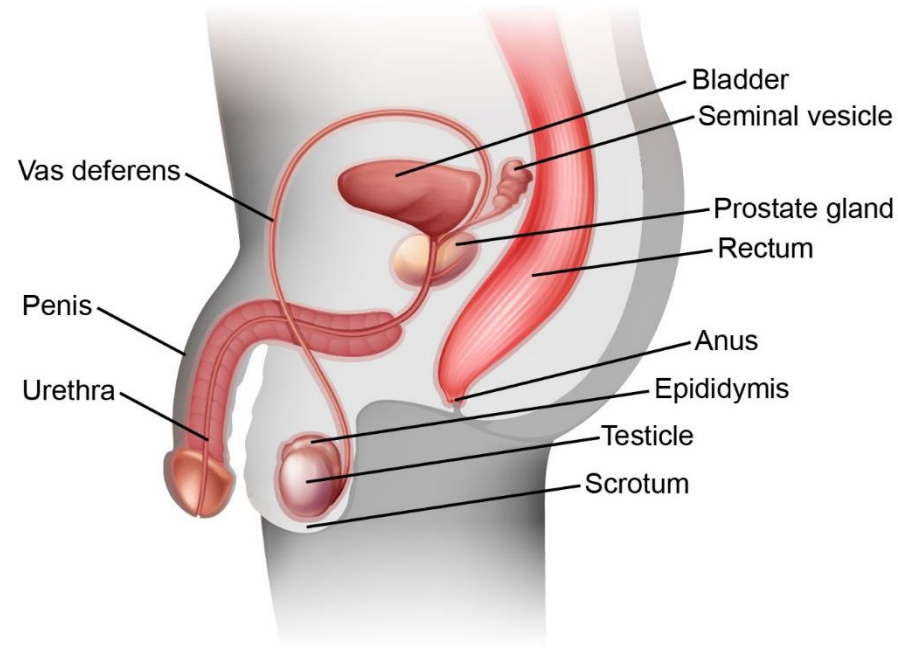
External Genitals



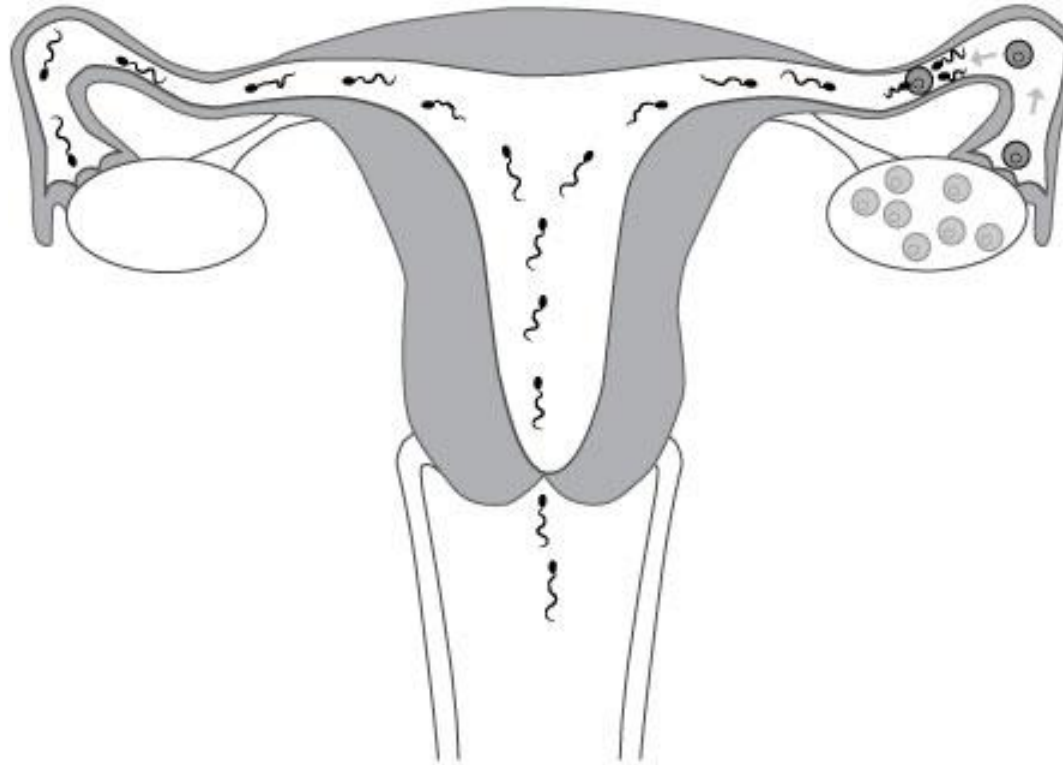
Internal Reproductive Organs



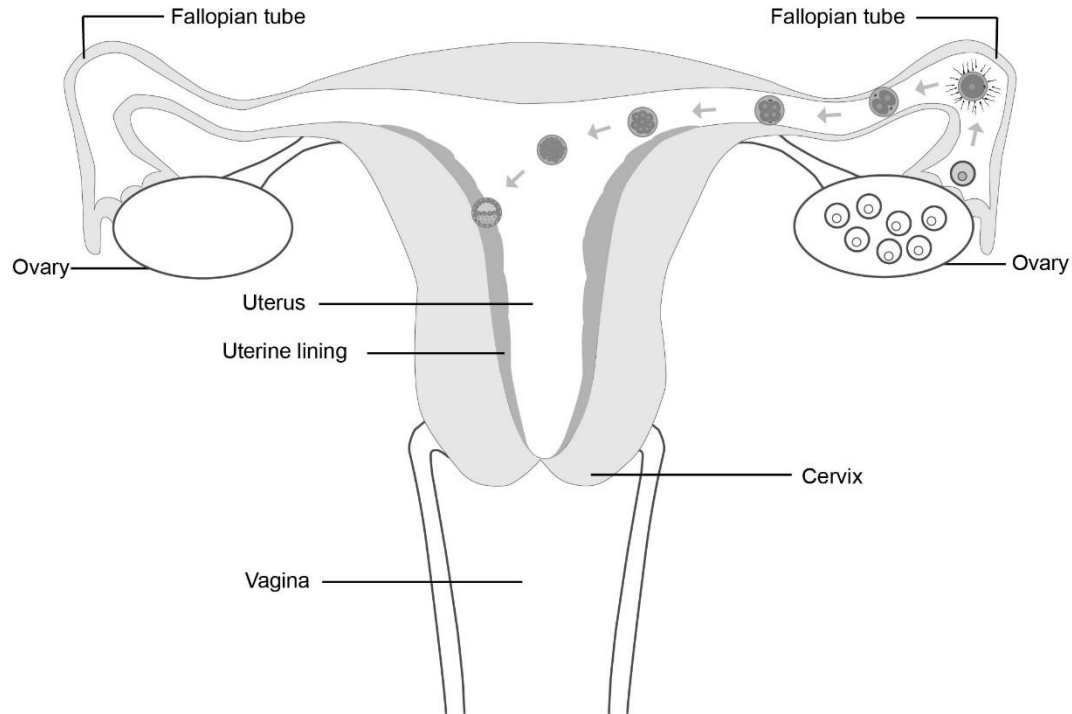
Internal Reproductive Organs



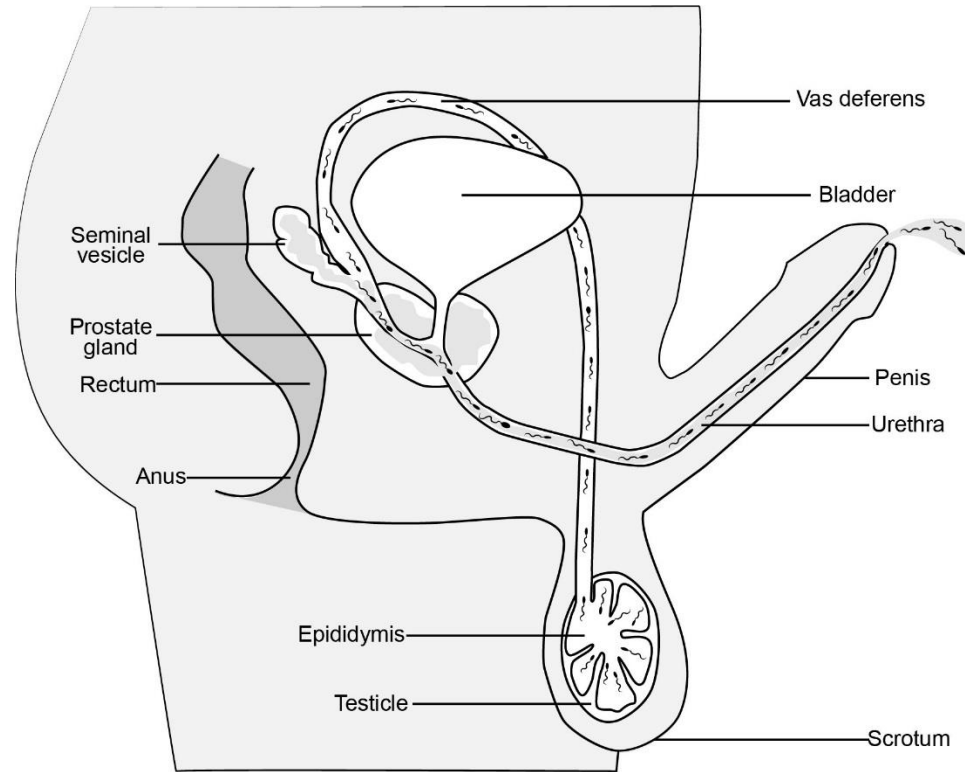
Fertilization



Implantation



Sperm Production



Types of Abuse

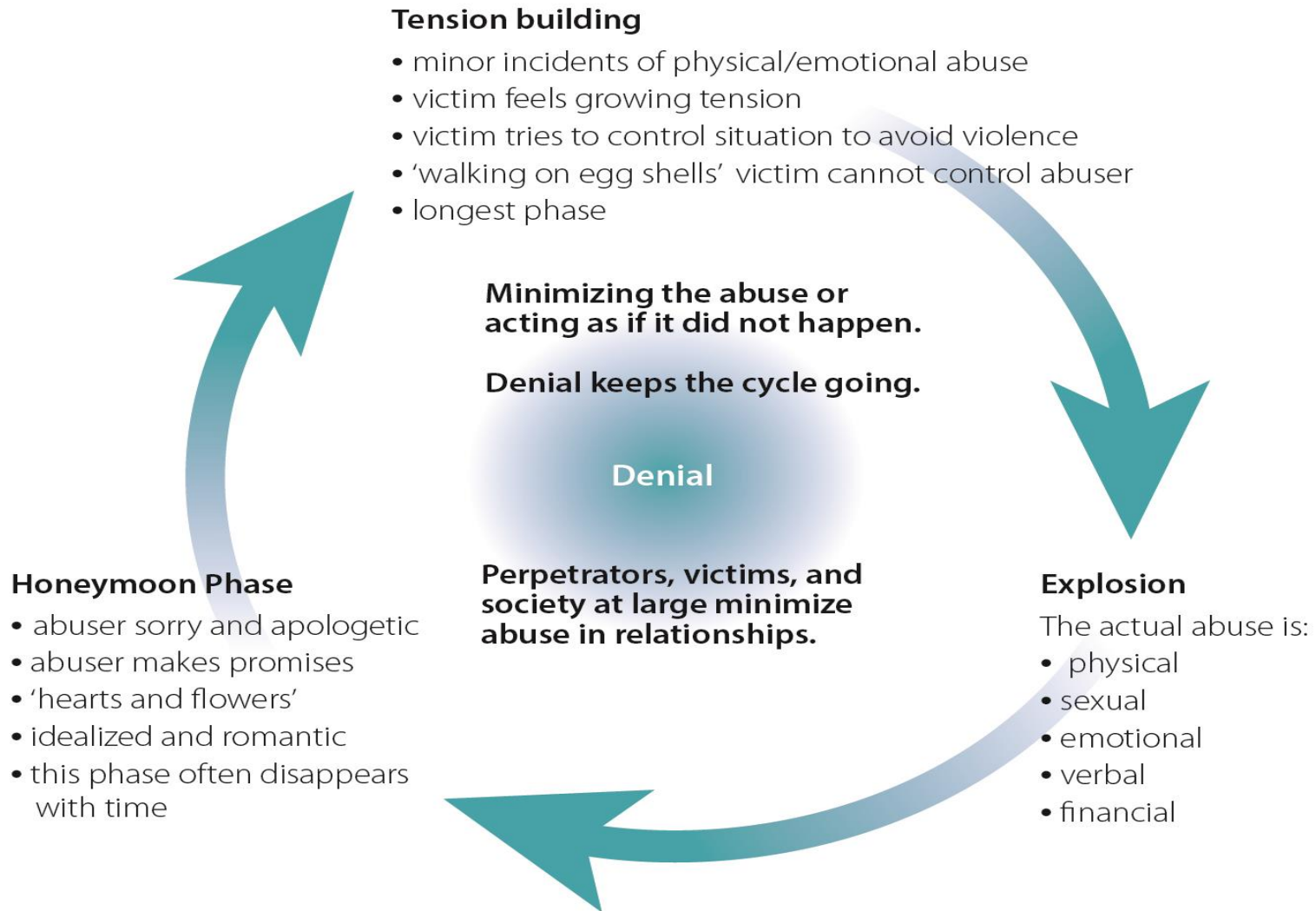
Physical Abuse

Emotional Abuse

Sexual Abuse

Neglect

Cycle of Abuse



Consequences of Abuse for the Abused Person

Being abused affects a person now and in the future.

Effects could include:

- Impaired brain development
- Impaired learning ability and social and emotional skills
- Lower achievement in school
- Lower language development
- Higher risk for heart, lung and liver diseases, obesity, cancer, high blood pressure, and high cholesterol
- Low self-esteem, anxiety and depression
- Suicide
- Smoking, alcoholism and drug abuse

Consequences of Abuse for the Abuser

Abusing someone could have

- legal
- social
- emotional

effects and consequences



Choosing to Disclose

When to Tell

- It is never too late to tell someone. You can disclose when you are ready
- Remember, the abuse is NEVER your fault. Abuse is NEVER okay
- There are people who can help
- Be persistent, keep telling

Choosing to Disclose

Who to Tell

- A close friend
- A trusted adult (a teacher, a friend's parent, coach, relative, neighbour, or someone else you trust)
- If you feel you are in immediate danger, contact the police or call 911

Choosing to Disclose

What Will Happen?

The person you tell should

- listen to you
- believe you and
- will want to help you right away

Supporting a Friend

Important things to tell your friend

- It's not your fault
- I believe you
- I'm sorry that happened to you
- I'm glad you told me
- I understand that telling is difficult to do and am proud of you for asking for help
- I'll help you to get help

Supporting a Friend

Important things to do for your friend

- Encourage your friend to tell a trusted adult and offer to help your friend tell
- Tell a trusted adult about the disclosure
- Respect your friend's privacy. DO NOT tell other friends about the abuse
- If nothing happens, tell another trusted adult

Additional anatomy diagrams are available on the [Grade 7](#) page.