



Primary Care  
Alberta



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sexual  
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Grade 6 Learning Activity

# PowerPoint Slides

*Learning Outcome: Students investigate human reproduction from fertilization to birth.*



# Ways to Prevent Pregnancy and Sexually Transmitted Infections (STIs)





## What Is Birth Control?

- Birth control refers to the different methods used to prevent pregnancy.
- Birth control is also called contraception.
- Some forms of birth control also protect against sexually-transmitted and blood-borne infections (STBBIs).





## What are STIs?

- STI stands for sexually transmitted infection.
- STIs are infections that can be passed from one person to another during sexual contact (like vaginal, oral or anal sex).
- Some STIs can also be passed by skin-to-skin contact or sharing body fluids.
- STIs can affect anyone. They are common and often don't have symptoms, so people might not know they have one.
- All STIs are treatable and most are curable.





## How are STIs prevented?

- Talk with your partner about boundaries, protection and testing.
- Learn how to use protection correctly.
- Use barrier methods of protection such as condoms or dental dams.
- Regular testing and treatment helps people stay healthy and avoids spreading infections.
- Choose other types of intimacy that don't involve sexual contact.





# Types of Birth Control

There are many different birth control methods. Everybody is responsible for birth control if they are involved in a sexual relationship.





# IUD (Intrauterine Device)



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





# Birth Control Pill



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









# 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





# 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. 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.





# 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





# 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.



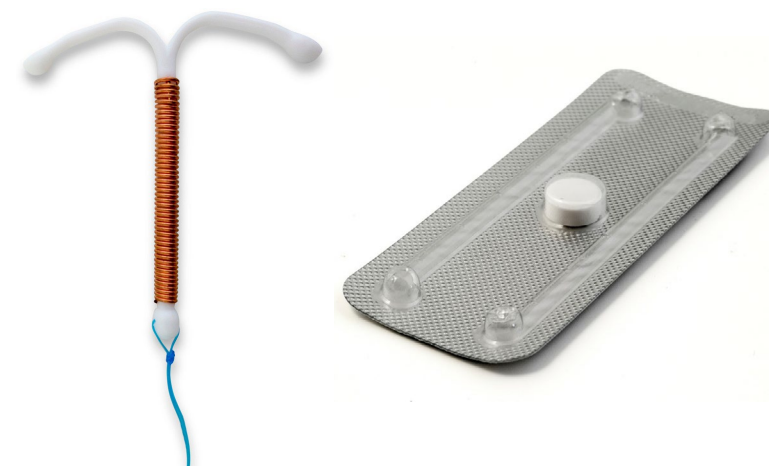
Used within 5 days (pill) or 7 days (copper IUD) after unprotected sex.



Pregnancy prevention: 99% (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.





# 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

\*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.





# Dual Protection

- Many birth control methods provide pregnancy prevention but may not protect against STIs.
- Using two methods of birth control increases contraceptive effectiveness and reduces risk for STIs.

Condom

+

Another method of  
birth control





## What about abstinence?

- Abstinence means choosing not to have sexual contact.
- The only sure way to avoid pregnancy is to abstain from any activity where a penis or semen are near the vaginal area.
- It's a good idea to have a plan for safer sexual practices, including condoms and birth control, in case sexual activity does occur.





## How do people choose the right method?

- There's no “best” method for everyone.
- The right method is one a person will use consistently and correctly.
- Talk to a trusted adult or your healthcare provider to make the best decision for you.







# Factors That Can Adversely Affect Fetal Development & Health Practices That Support a Healthy Pregnancy

Grade 6





## What is Pregnancy?

- Pregnancy is a normal human process.
- It happens when a fertilized egg grows inside a uterus and develops into a baby.
- Pregnancy can be confirmed by a test.
- Pregnancy is not a sickness, but it does require care to support a healthy pregnancy and baby.





## What is Pregnancy?

- Pregnancy usually lasts around 9 months and is divided into three parts:
  - First trimester: Weeks 1–13 (embryo)
  - Second trimester: Weeks 13–26 (fetus)
  - Third trimester: Weeks 26–40 (fetus)
- A baby born before 37 weeks of pregnancy is called a pre-term birth.





## Why does health before and during pregnancy matter?

- Healthy choices can help a fetus grow and develop safely.
- Some harmful things, called teratogens, can affect a fetus' development, especially early in pregnancy, sometimes before the person even knows they are pregnant.
- Examples of teratogens include:
  - Tobacco and second-hand smoke
  - Alcohol
  - Cannabis or other drugs
  - Some infections
  - Environmental toxins





# Staying healthy before & during pregnancy





## Before and during pregnancy, what can help a person be as healthy as possible?

- Regular check-ups with a healthcare provider
- A healthy diet that follows the Canada's Food Guide
- Balance of rest and exercise
- Being a healthy weight
- Using healthy coping strategies to deal with stress
- Taking a daily multivitamin/prenatal vitamin with folic acid





## Before pregnancy, what are some things that can affect the health of a fetus by affecting the development of eggs and/or sperm?

- Tobacco use and exposure to second-hand smoke
- Alcohol use
- Use of cannabis and other drugs
- Excessive heat (sperm only)
- Some sexually transmitted infections





## During pregnancy, what are some things that can negatively affect the development of the fetus in the uterus?

- Tobacco use and exposure to second-hand smoke
- Alcohol use
- Use of cannabis and other drugs
- Poor nutrition
- Lack of folic acid
- Environmental conditions







## During pregnancy, how can support people help ensure a healthy pregnancy and fetus?

- Avoid smoking/vaping around a pregnant person, to avoid second-hand smoke impacting the baby
- Cook and eat healthy meals together
- Enjoy moderate exercise together (e.g., walking, yoga)
- Share household tasks
- Clean out the litter box for any cats in the home. Pregnant people should not be exposed to cat feces because of the risk of toxoplasmosis.
- Attend visits to healthcare providers, prenatal classes, and other appointments





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