



teaching
sexual
health.ca

Grade 8

Learning Activity

Birth Control Kit

Learning Outcome

W-8.14 *Identify and describe basic types of contraceptives; i.e., abstinence, condom, foam, birth control pills.*



Birth control methods can be used in different ways, and each works in a different way to prevent pregnancy.

In this activity, you'll work with a partner to learn about one method of birth control and then see how it compares to others.

1

Step 1: Find your match

Your card shows either a birth control method or information about one. Move around the room to find the person with the matching card.

2

Step 2: Line up

As a class, form a line from least effective to most effective method for preventing pregnancy.

3

Step 3: Discuss

1. Which methods are the most effective? Which are the least?
2. Which methods rely on remembering to do something daily, weekly, or monthly and which methods work for a long time without needing to remember them?
3. Which methods require action every time a person has sex?
4. Which methods protect against STBBIs?
5. What do you think is the best method of birth control? Why?
6. In a sexual relationship, who is responsible for birth control?





Abstinence





Birth Control Implant





Birth Control Injection





Birth Control Patch



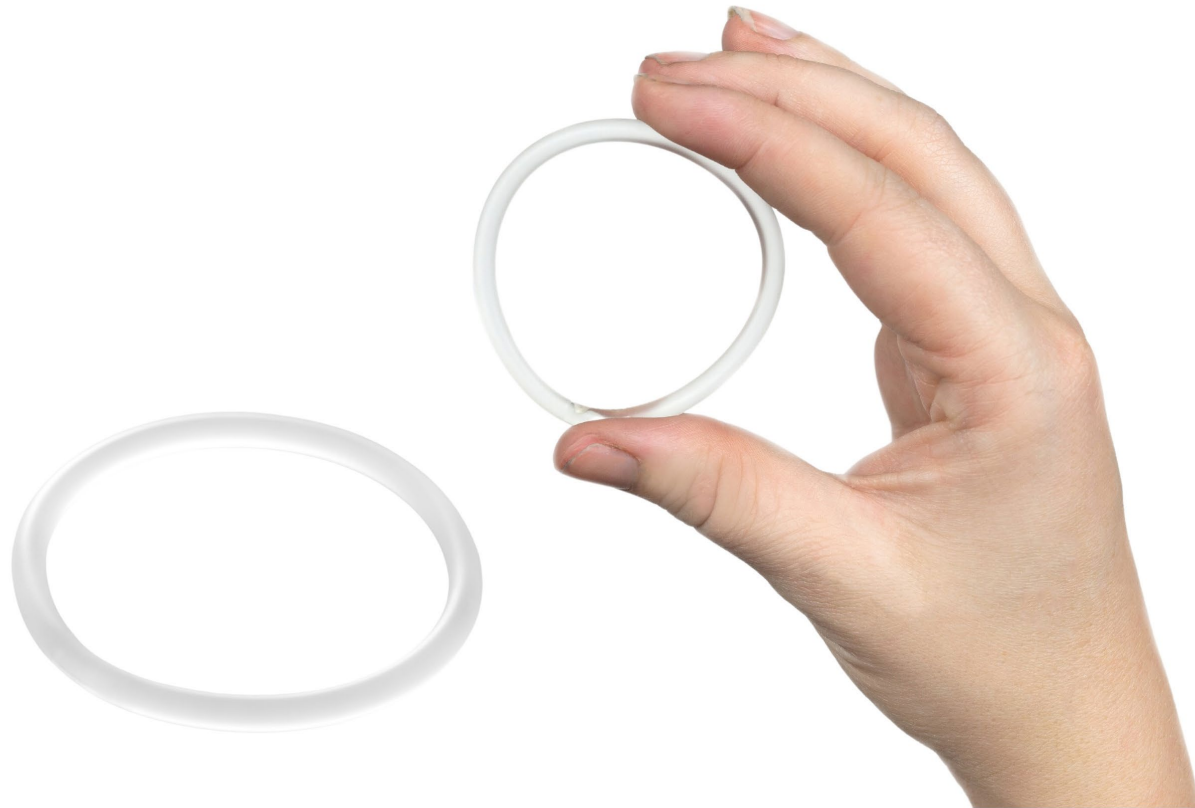


Birth Control Pill





Birth Control Ring





Diaphragm





Emergency Contraception





External Condom





Fertility Awareness Based Methods





Internal Condom



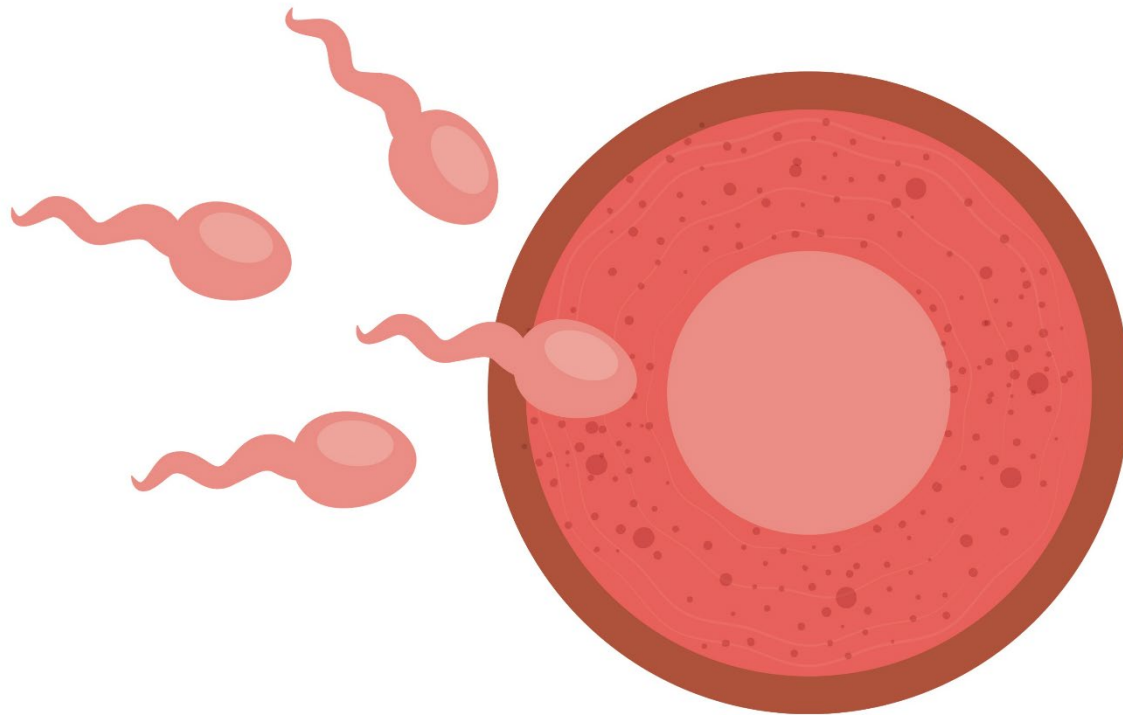


IUD





No Method



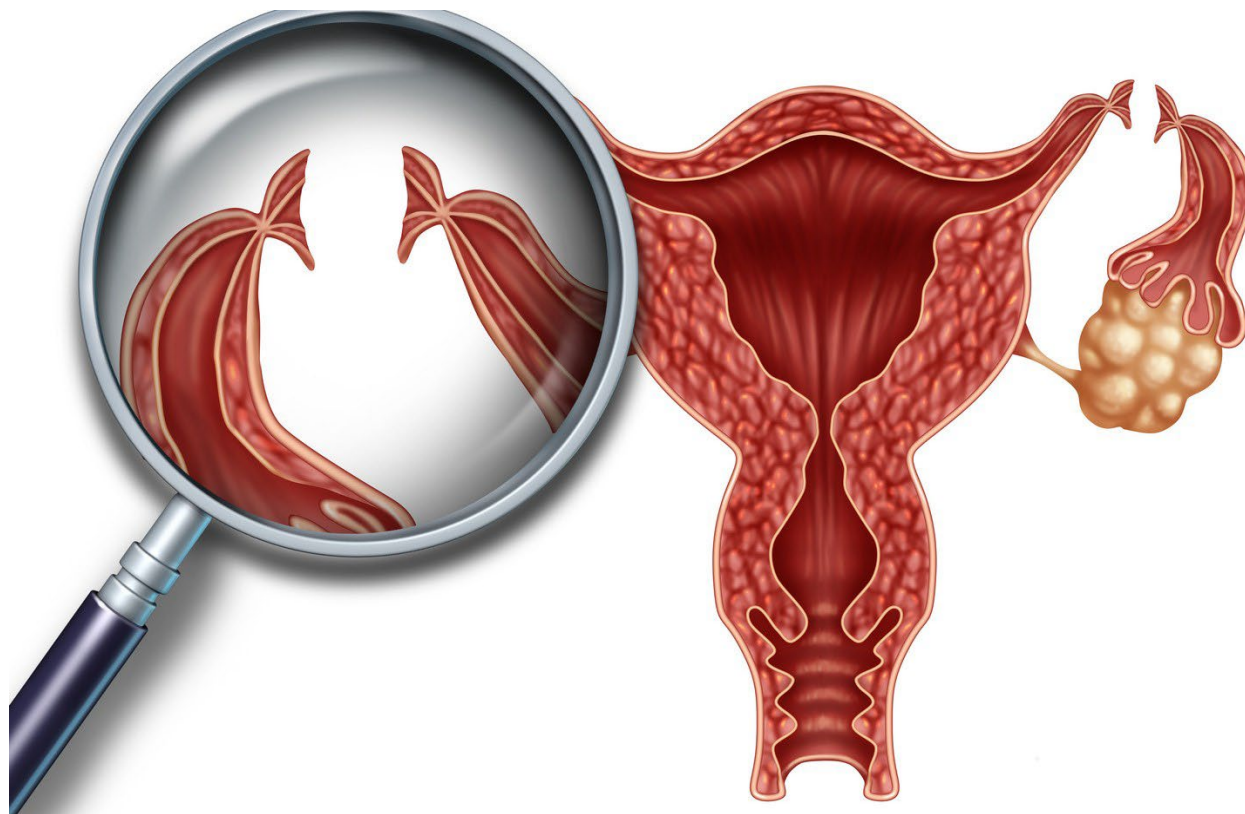


Pulling Out (Withdrawal)



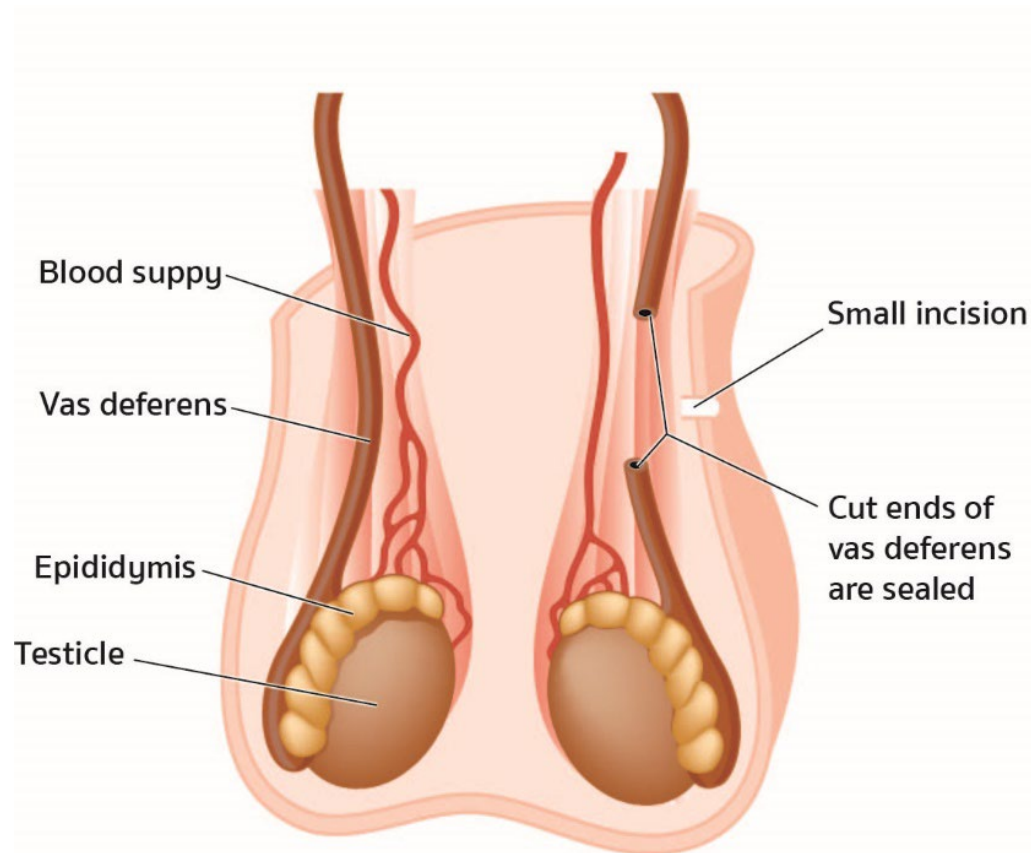


Tubal Ligation





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 (progestin).



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

Method	Effectiveness	Description
Abstinence	100% perfect use	Making the decision to not do these types of sexual activity: <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)
Birth Control Implant	99.9% typical use	A thin plastic rod that is put under the skin of the upper arm by a healthcare provider. It slowly releases hormone (progestin).
IUD	99.9% typical use	A small soft T-shaped device that is put in the uterus by a healthcare provider. Can be copper or hormonal.
Emergency Contraception	99.9% typical use	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.
Tubal ligation	99.5%	A surgery to close the fallopian tubes and block an egg and sperm from meeting.
Vasectomy	99%	A surgery to close the vas deferens and block sperm from getting into semen.
Birth Control Injection	94% typical use	An injection (shot) of progestin hormone given by a healthcare provider into the upper arm or hip muscle.



Birth Control Kit

Grade 8



Teaching Sexual Health

Birth Control Patch	91% typical use	A small sticky patch worn on the skin that releases 2 types of hormones.
Birth Control Pill	91% typical use	Hormone pills that are to be taken every day.
Birth Control Ring	91% typical use	A clear plastic ring that is put in the vagina and releases 2 types of hormones.
Diaphragm	84% with typical use of a fitted diaphragm with spermicidal gel	A flexible disc-shaped cup that is put in the vagina to cover the cervix. It is used with a contraceptive or spermicidal gel.
External Condom	82% typical use	A thin covering that fits over a hard (erect) penis. Sometimes called a male condom.
Internal Condom	79% typical use	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.
Pulling Out	78% typical use	The penis is pulled out of the vagina before ejaculation.
Fertility Awareness Based Methods	76% typical use	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.
No Method	15% typical use	Ejaculations can happen when a penis is inside a vagina.





© 2025, Primary Care Alberta, Student and Adult Health Promotion and Oral Health



This work is licensed under a Creative Commons Attribution-Non-Commercial-Share Alike 4.0 International license. To view a copy of this license, see <https://creativecommons.org/licenses/by-nc-sa/4.0/>. You are free to copy, distribute and adapt the work for non-commercial purposes, as long as you attribute the work to Primary Care Alberta and abide by the other license terms. If you alter, transform, or build upon this work, you may distribute the resulting work only under the same, similar, or compatible license. The license does not apply to Primary Care Alberta trademarks, logos or content for which Primary Care Alberta is not the copyright owner.

This material is intended for general information only and is provided on an "as is", "where is" basis. Although reasonable efforts were made to confirm the accuracy of the information, Primary Care Alberta does not make any representation or warranty, express, implied or statutory, as to the accuracy, reliability, completeness, applicability or fitness for a particular purpose of such information. This material is not a substitute for the advice of a qualified health professional. Primary Care Alberta expressly disclaims all liability for the use of these materials, and for any claims, actions, demands or suits arising from such use.