



**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.

### **Step 1: Find your match**

**1**

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**

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



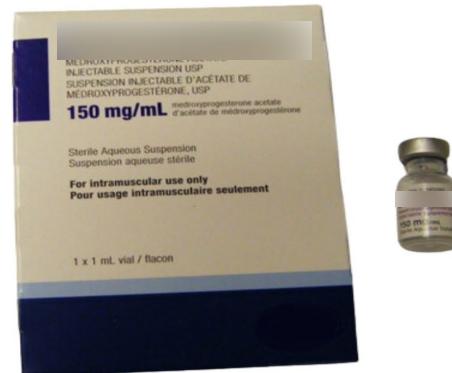


# Birth Control Implant





# Birth Control Injection





# Birth Control Patch



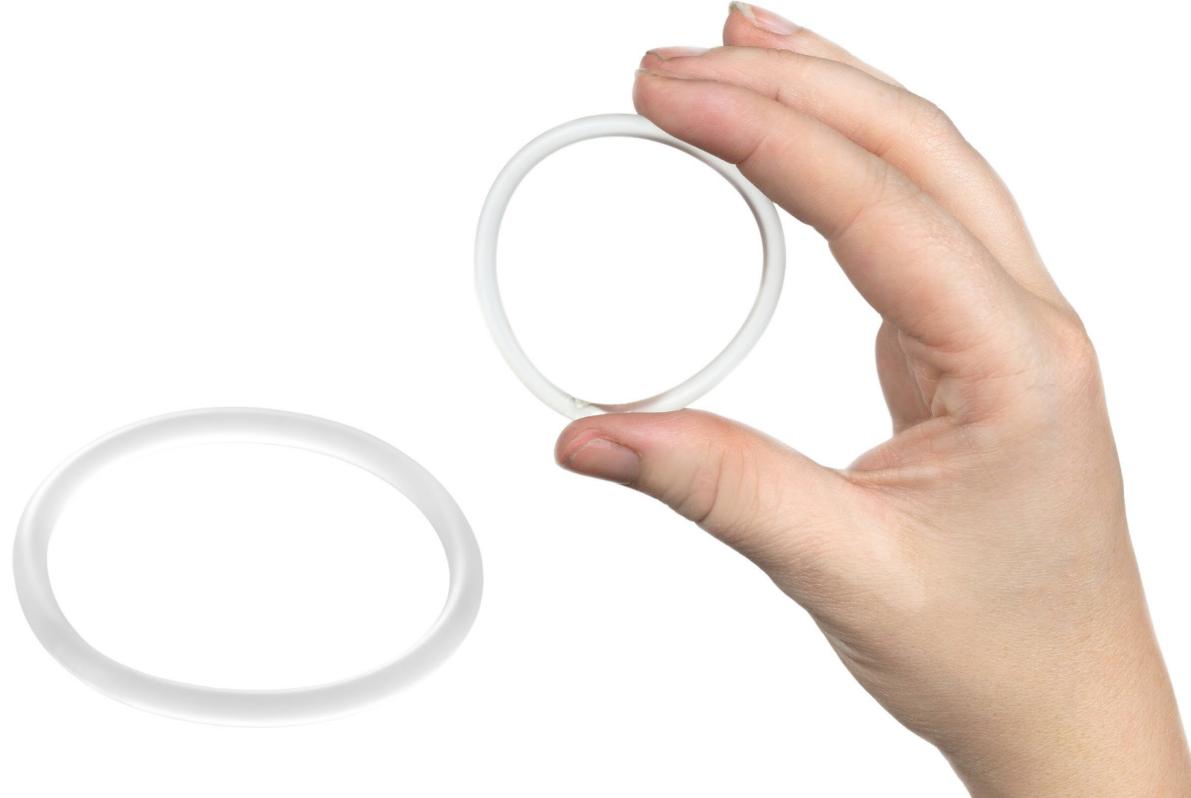


# Birth Control Pill





# Birth Control Ring





# Diaphragm





# Emergency Contraception





# External Condom





# Fertility Awareness Based Methods





# Internal Condom



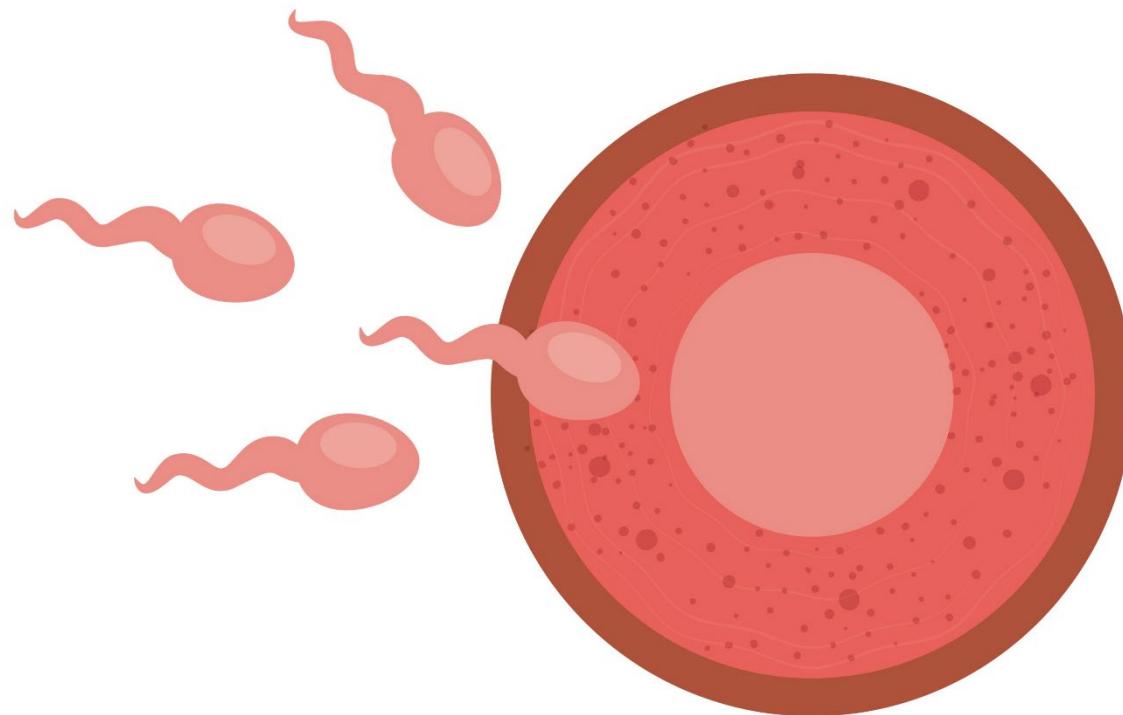


## IUD





# No Method

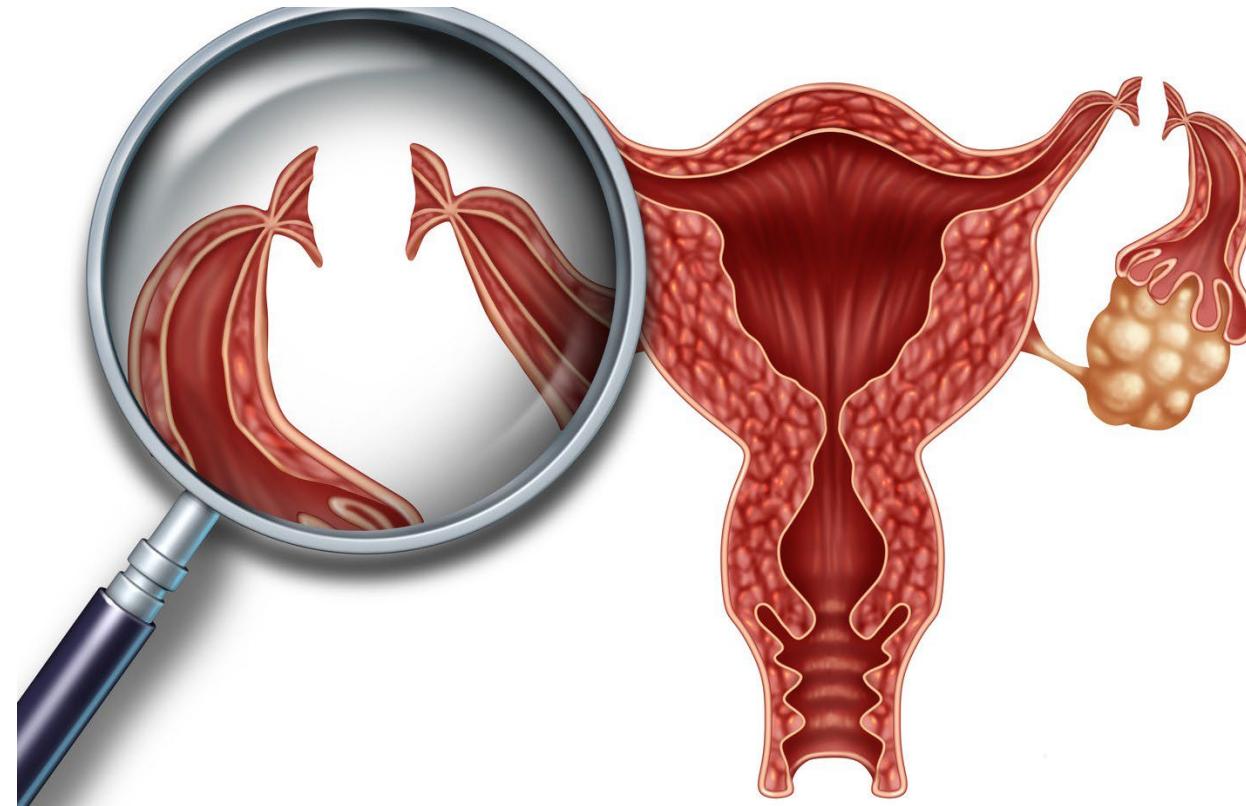




# Pulling Out (Withdrawal)

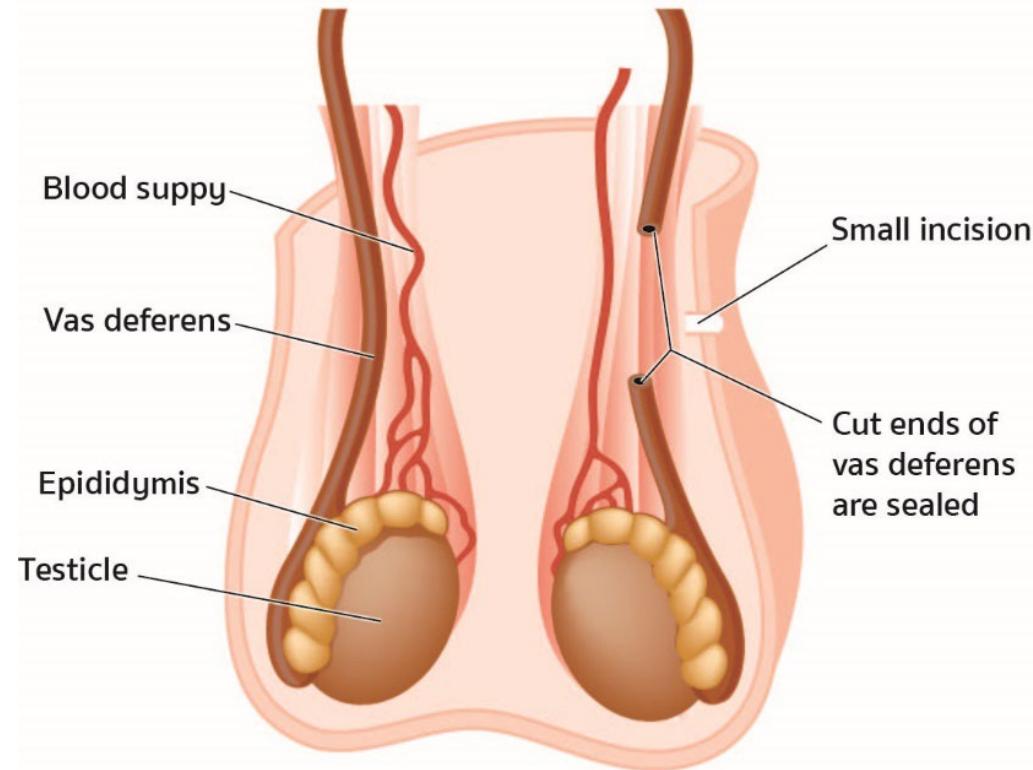


# Tubal Ligation





# 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 (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

Method	Effectiveness	Description
<b>Abstinence</b>	100% perfect use	Making the decision to not do these types of sexual activity: <ul style="list-style-type: none"><li>•Directly touching a partner's genitals</li><li>•Vaginal sex (penis to vagina)</li><li>•Anal sex (penis to anus)</li><li>•Oral sex (mouth to penis, anus or vagina)</li></ul>
<b>Birth Control Implant</b>	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 (progesterin).
<b>IUD</b>	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.
<b>Emergency Contraception</b>	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.
<b>Tubal ligation</b>	99.5%	A surgery to close the fallopian tubes and block an egg and sperm from meeting.
<b>Vasectomy</b>	99%	A surgery to close the vas deferens and block sperm from getting into semen.
<b>Birth Control Injection</b>	94% typical use	An injection (shot) of progesterin hormone given by a healthcare provider into the upper arm or hip muscle.

# Birth Control Kit

## Grade 8



Teaching Sexual Health

<b>Birth Control Patch</b>	91% typical use	A small sticky patch worn on the skin that releases 2 types of hormones.
<b>Birth Control Pill</b>	91% typical use	Hormone pills that are to be taken every day.
<b>Birth Control Ring</b>	91% typical use	A clear plastic ring that is put in the vagina and releases 2 types of hormones.
<b>Diaphragm</b>	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.
<b>External Condom</b>	82% typical use	A thin covering that fits over a hard (erect) penis. Sometimes called a male condom.
<b>Internal Condom</b>	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.
<b>Pulling Out</b>	78% typical use	The penis is pulled out of the vagina before ejaculation.
<b>Fertility Awareness Based Methods</b>	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.
<b>No Method</b>	15% typical use	Ejaculations can happen when a penis is inside a vagina.

# Birth Control Kit

Grade 8



Teaching Sexual Health

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