



**teaching
sexual
health.ca**

Grade 8
Learning Activity

Birth Control Methods

Learning Outcome

W-8.14 *Identify and describe basic types of contraceptives; such as abstinence, condoms, foam, birth control pills.*

Birth Control Methods

Grade 8



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Use what you have learned about birth control to complete this chart.

Method	Is a prescription needed?	Can anyone buy it in a drugstore?	List two advantages of this method	What is the effectiveness rate with typical use?	Does it provide protection from STIs?
Abstinence	<input type="checkbox"/> YES <input checked="" type="checkbox"/> NO				
Birth Control Injection					
Birth Control Patch					

Birth Control Methods

Grade 8



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Method	Is a prescription needed?	Can anyone buy it in a drugstore?	List two advantages of this method	What is the effectiveness rate with typical use?	Does it provide protection from STIs?
Birth Control Pill 					
External Condom 					
Implant 					

Birth Control Methods

Grade 8



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Method	Is a prescription needed?	Can anyone buy it in a drugstore?	List two advantages of this method	What is the effectiveness rate with typical use?	Does it provide protection from STIs?
Internal Condom					
IUD					
Pulling Out (Withdrawal)					

Birth Control Methods

Grade 8



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Answer Key

Method	Is a prescription needed?	Can anyone buy it in a drugstore?	List two advantages of this method	What is the effectiveness rate with typical use?	Does it provide protection from STIs?
Abstinence <input type="checkbox"/> YES <input checked="" type="checkbox"/> NO	No	No	Answers will vary, could include: <ul style="list-style-type: none">Nothing to buy, no prescription neededIs 100% effective if used correctlyAlso gives STI protection	100% (perfect use)	Yes
Birth Control Injection 	Yes	No	Answers will vary, could include: <ul style="list-style-type: none">One injection lasts 12 weeksMight decrease period cramps or PMSPeriods might be lighter or not happen	94%	No
Birth Control Patch 	Yes	No	Answers will vary, could include: <ul style="list-style-type: none">Periods might be lighter, more regularMight decrease period crampsOne patch lasts for 1 week	91%	No

Birth Control Methods

Grade 8



Teaching Sexual Health

Method	Is a prescription needed?	Can anyone buy it in a drugstore?	List two advantages of this method	What is the effectiveness rate with typical use?	Does it provide protection from STIs?
Birth Control Pill 	Yes	No	<p>Answers will vary, could include:</p> <ul style="list-style-type: none">• Periods might be lighter or more regular• Might decrease period cramps• Might help decrease acne	91%	No
External Condom 	No	Yes	<p>Answers will vary, could include:</p> <ul style="list-style-type: none">• Easy to find in stores• Protects against STIs• Small and easy to keep on hand	82%	Yes
Implant 	Yes	No	<p>Answers will vary, could include:</p> <ul style="list-style-type: none">• Can last up to 3 years• May decrease period cramps• Periods may be lighter or not happen at all	99.9%	No

Birth Control Methods

Grade 8



Teaching Sexual Health

Method	Is a prescription needed?	Can anyone buy it in a drugstore?	List two advantages of this method	What is the effectiveness rate with typical use?	Does it provide protection from STIs?
Internal Condom 	No	Yes	Answers will vary, could include: <ul style="list-style-type: none">Protects against STIsCan be put in up to 8 hours before sexCan be used with any type of lubricant	79%	Yes
IUD 	Yes	No	Answers will vary, could include: <ul style="list-style-type: none">Can work for 3-10 yearsMay decrease period crampsPeriods might be lighter or more regular	99%	No
Pulling Out (Withdrawal)	No	No	Answers will vary, could include: <ul style="list-style-type: none">Available in any situationBetter than using no birth controlFree	78%	No



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