



teaching
sexual
health.ca

Grade 9

Learning Activity

Safer Sex Reflection

Learning Outcome

W-9.12 determine “safer” sex practices, e.g., communicate with partner, maintain abstinence, limit partners, access/use condoms/contraceptives properly

Safer Sex Reflection

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Teaching Sexual Health

Think – Pair – Share

More than half of Canadian youth ages 15-19 are not sexually active. For those that are, it's important to be aware of risks when engaging in sexual activity. What are some practices that lead to safer sex?

Think about this on your own. Why do we use the term “safer sex” instead of “safe” sex? What might “safer sex” practices help protect you from?

Pair with someone and share your ideas. Jot down something new you heard.

Share your ideas with the class if you're comfortable.



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Thinking about the responsibility of each person in a sexual relationship, what are some actions both partners might take to have safer sex? What might each person want to talk about, set limits about, get before sex or prepare for?

Talk about

A large, empty rounded rectangle with a thin blue border, intended for writing about topics to discuss.

Limit

A large, empty rounded rectangle with a thin blue border, intended for writing about limits to set.A large, empty rounded rectangle with a thin blue border, intended for writing about things to get before sex.

Get

A large, empty rounded rectangle with a thin blue border, intended for writing about things to prepare for.

Prepare



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1. Use what you have learned to put yes or no in the STBBI prevention column.
2. Circle two methods you think combine for excellent and realistic dual protection. Dual protection means using a barrier to protect against STBBIs and another form of birth control. This provides the best protection from STBBIs and unintended pregnancy.

Birth Control Option	STBBI Prevention (Yes/No)	Typical Use Effectiveness
Abstinence		100%
External Condom		82%
Internal Condom		79%
Implant		99.9%
Injection		94%
IUD		99.2%
Pill/Patch/Ring		91%
Pulling Out (Withdrawal)		78%
No Method		15%



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Possible Answers

Talk about Consent Sexual limits Use of protection Results of STBBIs tests	Sexual Partners Limit
Internal or external condoms Dental dams Birth control Get	Consent Get tested for STBBIs Prepare

Birth Control Option	STBBI Prevention (Yes/No)	Typical Use Effectiveness
Abstinence	Yes	100%
External Condom	Yes	82%
Internal Condom	Yes	79%
Implant	No	99.9%
Injection	No	94%
IUD	No	99.2%
Pill/Patch/Ring	No	91%
Pulling Out (Withdrawal)	No	78%
No Method	No	15%

Student answers about dual protection combinations may vary as not all methods are right for every person.





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