



**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

Grade 9



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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Teaching Sexual Health

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

Limit

Get

Prepare

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Teaching Sexual Health

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%



#### Possible Answers

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

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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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