

## CONTRACEPTIVES AND STI'S

### Objectives:

After this lesson, the students:

- Can differentiate different forms of contraceptives
- Know where to access contraceptives
- Know what STI's are and how to prevent them

### Lesson Outline (1 hour sample lesson plan)

Use this outline as an example of a good and complete learning process which includes: new knowledge, skill building and changing attitudes.

- 0.00 – 0.05 Introduction:** Introduce the topic, by making a link to existing knowledge and make it real – connect to real life.
- 0.05 – 0.15 Warm up:** Get the energy going with an interactive exercise. This should create a good atmosphere and make sure everyone feels at ease.
- 0.15 – 0.30 Information:** Share the information with the students. The information should be presented clearly without difficult terms. Make sure to keep it factual and present without judgment.
- 0.30 – 0.40 Discuss:** Give students time to reflect on the information and form their own opinions.
- 0.40 – 0.55 Practice:** Let students practice the skills they need to use the new information in their own lives.
- 0.55 – 1.00 Take action:** Come up with a plan on what the students can do in their own time to use the new information.

### Introduction

Start by introducing the topic. When you introduce new information it is important to link it to existing knowledge the students already have. This can be done by:

- Referring to previous lessons when this topic builds on what was discussed in those lessons. For example the lesson on family planning: How are contraceptives important for family planning?
- Introducing the lesson by asking the opinion of the students. Do you think you have the right to use contraceptives? Are contraceptives easily accessible in your community?
- Using the videos that are on the platform. Share a story from one of the videos and ask the students to some reflective questions like: do you recognise this situation, can you relate to the person in the story?
- Using the quote to start the lesson and ask the students what they feel it means and if they agree.

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*Quote:* "Condoms aren't completely safe. A friend of mine was wearing one and got hit by a bus." - Bob Rubin

### Warm-up

*Goal:* A warm-up is important to introduce students to a certain topic and make them feel comfortable with each other and the topic they are going to discuss. In this course, the warm-up could focus on how it feels like to depend on someone else.

**Step 1.** Ask students to pair up.

**Step 2.** Pairs will do an exercise on confidence. They can go outside of the classroom for this exercise. One student closes his/her eyes, while the other person will take him/her by the hand to make a short walk. Afterwards, students change role.

**Step 3.** Afterwards, you can organize a short group discussion;

- What do you feel when you are dependent on someone else?
- How does it feel to have someone who counts on you?

### Information

Let the students read through the lesson content on their own, give them some time to form their own opinions and ask them if they have any questions. Share the information from the platform with the students.

- If they have access to the platform you can ask them to read it on their own.
- You can create a Power point presentation where you create slides with images and the most important information
- You can present the information to the whole group. Use keywords for yourself and if possible also write the keywords on a board as reminders for the listeners.
- You could make handouts with the key information.

Make sure that you take enough time to present everything clearly and that you build in moments where the students can reflect on the information and ask questions. The information has already been written in paragraphs – after each paragraph you can ask a reflective question.

You can use these questions to engage the group:

- What do you think happens when youth have easy access to contraceptives?
- Do you have enough information about contraceptives?
- What are advantages of using contraceptives?

### **Contraceptives**

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Contraceptives are methods or devices used to prevent pregnancy. Planning, provision and use of contraceptives is called family planning. Everyone has the right to access and use contraceptives, as well as to plan how and when you want a family!

Below you can find an overview of the most common used contraceptives and where to access them.

**Female and male condoms** are the only protection against both pregnancy and HIV and STIs. The thin rubber cover is worn on the penis (male condom) or inside the vagina (female condom) during sexual activities. It is a simple method, which is easy to purchase in convenience stores or health centres and in some occasions you can access them for free at health centres.

**Contraceptive pill (or oral contraceptives):** Women take the pill daily for 3 weeks in a row to prevent ovulation until the 'stop week', when women don't take the pill and menstruation starts. After 7 days women start the same cycle again. Pills can be obtained in health centres and pharmacies (usually with a prescription). This method only prevents pregnancy, it doesn't prevent STIs.

**IUD (Intra-uterine device):** The IUD (sometimes called coil or loop) is a small device containing either copper or levonorgestrel placed inside the uterus by a professional health worker in a health centre. It gives protection against pregnancy for 5 to 10 years; however this method doesn't prevent STIs.

**Contraceptive injection (or injectable):** A hormonal injection is an effective way for women to protect themselves during one to three months against pregnancy. They are given in health centres. Just like other hormonal contraceptives, they don't prevent the transmission of HIV and STIs.

**Sub-dermal implants** are thin tubes (with 1, 2 or 6 rods) which are inserted in a woman's upper arm by a trained health worker and release hormones. Implants prevent pregnancy for five to six years.

**Morning after pill (or emergency contraceptive)** is an oral contraceptive which can be used up to 72 hours after unprotected sexual intercourse. The morning after pill does not replace contraceptives and should only be taken in case of emergency.

**The natural method:** is a frequently used method for women to calculate their fertile days. In this period women refrain from sex. This method is not very accurate, especially for girls and women who have irregular menstruations. The natural method does not prevent against STI's.

**Vasectomy and bilateral tubal ligation:** provide permanent protection against pregnancy (vasectomy for men, tubal ligation for women). These methods are performed by a professional and involve a minor surgery.

### STI's

Sexually transmitted infections are viruses or infections one can get through unsafe sexual activities. HIV is also an STI, because it is transmitted mostly (but not only) through unsafe sex. HIV, hepatitis B, syphilis, chlamydia, herpes and gonorrhoea can be transferred from mother to child during pregnancy (HIV, hepatitis B and syphilis) and delivery. STIs do not always cause any symptoms. They can be very serious and have health consequences if you don't treat them.

Gonorrhoea, hepatitis, chlamydia and syphilis are the most common STI's. Have a look at the online document to know more about STI's and their symptoms.

### Discuss

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Allow some time to reflect on the information and to form their own opinion. This is important because it helps the students to process the information by reflecting on how this information is related to their own situation. You can use the following activities:

- You can facilitate a discussion by using the reflective questions. Or use the story as a starting point for a debate.
  - Do you know where you have access to contraceptives in your community?
  - Where would you go if you thought you had an STI?
- Use the story as a starting point for the students to come up with their own story based on their realities. This can be in the form of a roleplay, comic, story etc.

### Story:

#### Zainabu - Sierra Leone

Zainabu lives in Sierra Leone with her husband and nine children. Until recently, they'd never used a modern method of contraception. All too aware of the dangers of repeated pregnancies (one in eight women in Sierra Leone dies during pregnancy and childbirth), Zainabu decided to find out about family planning through the Marie Stopes outreach team, which visits her village each month.

After discussing the different options, including condoms, the pill, and long-acting and permanent methods, she made a life-changing decision and chose a tubal ligation. The procedure took just 25 minutes and was performed under a local anaesthetic.

After the procedure, Zainabu shared her relief: "I'm very happy it's done. By stopping having children, we'll be able to give all our attention to the ones we have."

*Source: Gates Foundation*

- Use the quiz on the platform to reflect on the risks of sexual behavior. Read out the statements and ask the group if they think it is small or big risk, or if it is safe. Make sure you provide the correct answer without judging those who gave a wrong answer.

## Quiz

Students are presented with various statements. For each of the statements, they need to answer the question by clicking one of the options: safe, small risk, risk.

1. Having oral sex with your partner – **small risk**  
Feedback: Oral sex is mostly safe. It has no risks for becoming pregnant, but some risks for contracting STI's, for example when ejaculating in the mouth of your partner.
2. Hugging, masturbating and caressing – **safe**  
Feedback: Hugging, masturbating and caressing are very safe. You don't have the risk for STIs or unintended pregnancy.
3. Withdrawing the penis before ejaculation during sexual intercourse – **Risk**  
Feedback: The withdrawal method is never safe, because sperm can be released before ejaculation, or because the boy or man cannot control his ejaculation. It is therefore important

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to always use a condom to protect against STIs and unintended pregnancy.

#### 4. Sexual intercourse without a condom – Risk

*Feedback: Having sexual intercourse without a condom is never safe, because you have the risk of getting an STI or unintended pregnancy. It is therefore important to always use a condom during sexual intercourse.*

*Tip: Spread this message about safe and risky sexual behaviour with your peers! Make a colourful poster in which you explain which behaviour is safe or risky, and how you can make or keep it safe. Share your poster with friends, relatives or hang it somewhere in your community!*

### **Practice**

Use the outcomes from the discussion to ask the students come up with a plan on how to do something in their own community, peer group or family.

Since such an activity requires skills, make sure you practice these first. Some of the skills you could practice for this lesson are:

#### **How to address youth:**

Addressing youth is important to get the right tone of voice to convince them of your message. Whether you are talking to your fellow peers, or to people younger than you are, it is always important to keep the tips below in mind.

Practice on each other by having a normal conversation on a topic which is important to young people. How do you talk about it, what is the feeling you give to the person you are talking with, what is your tone of voice, how do you give confidence to youth, etc? Evaluate your technique by asking some feedback from others.

What is important to know when working together with young people? Read the tips below to improve your skills!

- Discuss with young people as equals. Respect and value their opinions, beliefs and ideas.
- Explain to them that their ideas are important too.
- Work in a location where youth feel comfortable and safe
- Do some activities with youth to win their trust, for example sharing something personal about yourself
- When a young person is not speaking, that doesn't mean he/she has no opinion. Give them time to open up and feel comfortable.
- Be open and non-judgmental
- Do activities with youth to strengthen their confidence
- Offer support if they ask for it
- Take them serious
- Make your work with youth interactive and fun
- Don't make assumptions about individuals

### **Take action**

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*Wrap up today's lesson by asking what the students have learnt, liked, found difficult etc.*

*Give an assignment to put the new knowledge and skills into action:*

- *Identify the places where you can get contraceptives. Is it easy to get contraceptives there? Are the people friendly and willing? Do they also provide good information?*
- *If there are no places where you can get contraceptives, come up with a plan for establishing such a place and discuss this with peers and adults you feel can help you reach your goal.*