Making Proud Choices Virtual Implementation

Module 6 Script

The Consequences of Sex: Pregnancy

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**I. Module Introduction**

The two main learning objectives of this module are to (1) distinguish the myths from facts about pregnancy and (2) identify specific birth control methods that may be used to prevent pregnancy. Before the class begins, review the birth control methods and myth/fact statements so that you are confident and comfortable discussing their content. Also, become familiar with current federal and state laws surrounding pregnancy options.

Introduce the module to students. Explain the learning objectives and that you will begin with an interactive myth/fact activity. You will utilize the polling feature to collect the students’ response. Afterwards, you will transition into the birth control methods “demo”. You will discuss the prescribed and OTC options listed in the curriculum, while showing the accompanying slides. Lastly, review and summarize the module content.

**II. Activity A: Myths & Facts About Pregnancy**

1. **Activity Introduction**

**Instructions:** Display the myth/fact statements with the poll feature. For each statement, direct students to select their response. Share the majority’s answer and ask students why they made this selection. You can supplement their explanations with those provided in Appendix A. After all the statements are completed, let the students know that they are doing a great job and knew a lot of correct information. The more they know about the consequences of sex and STDs, the better they will be at avoiding them.

**Script:** Before we begin our myth and fact and activity, let’s review what myth and fact actually mean. A myth is a statement that is untrue, while a fact is a statement that is true. Statements will appear on your screen and you will choose whether you think the statement is a myth or fact.

1. **Activity A - Myths & Facts About Pregnancy**

A girl can get pregnant before she has her first period - FACT

You can’t get pregnant/get someone pregnant the first time you have sex – MYTH

You can get pregnant even if the penis is pulled out before ejaculation – FACT

You can’t get pregnant if you have sex standing up – MYTH

You can’t get pregnant if you and your partner are both having sex for the very first time – MYTH

Douching (cleaning the vagina) after intercourse can prevent pregnancy – MYTH

You can’t get pregnant unless you have an orgasm (come) – MYTH

If a girl misses her period, she is definitely pregnant – MYTH

Gay and lesbian teens don’t need to know how to avoid pregnancy – MYTH

There’s no safe time of the month to have sex and avoid pregnancy – FACT

You can’t get pregnant if you swallow semen - FACT

Having anal instead of vaginal intercourse is a good strategy for preventing pregnancy – MYTH

1. **Activity B - Tanisha & Shay** Skipped
2. **Activity C - Birth Control Methods Demo**
3. **Activity Introduction**

**Script:** We are going to discuss various methods of birth control, but before we do we’d like to clarify a few things: this activity is designed to give each of you factual information about birth control so you can make your own informed decisions when the time comes. Talking about birth control does not mean I assume any of you are having sex; there are probably differing experiences throughout this group. Some may have never had sex and don’t want to anytime soon; others may have had sex, but not always by choice; some may even be parents already. Regardless of where you stand, it’s important for all people to understand factual information about birth control, so we can make our own informed decisions about having children now and in the future.

We know that personal values and beliefs about birth control vary- which is fine. Some people don’t believe in birth control for various reasons, such as going against their religious believes, while other people have no opinion on it. No matter what you believe, at some point, most of us will decide to have sex- and therefore it is important for us all to know how to protect ourselves, which is why we’ll be learning about all the different methods currently available.

**Instructions:** Ask students to brainstorm birth control methods. Record them in two columns. Then, explain that birth control methods fall into two different groups: prescribed methods, which you have to see a healthcare professional to get, and OTC methods that can be purchased by anyone at stores, clinics, or online. Explain that we won’t be going into every specific detail about each method, but will give a brief overview so everyone is aware of their options. Methods will be discussed in order of effectiveness, or how well they work to prevent pregnancy.

1. **Abstinence**
* The safest and most effective pregnancy & STD prevention method
* Is personal & can be defined in many different ways. For purposes of this class, we’ll be defining abstinence as not engaging in any type of sexual activity
* requires you to avoid any behaviors that may result in the exchange of bodily fluids or skin-to-skin touching (so there is no risk for pregnancy or STD transmission)
* Requires skill: you need to have a clear understanding of your reasons for saying no and be able to communicate that effectively to partners
* Is still important to have a backup method on hand in case you do decide to have sex, so you can protect yourself
1. **Prescribed Methods**

**Instructions:** Explain what prescribed methods are. When discussing the individual methods (prescribed or OTC), do not try to communicate every fact or piece of information. This is an overview. Let participants know they will get a more thorough education when/if they go to a health center to obtain contraception.

**Script:** Next, we have prescribed methods. Prescribed methods require you to get a prescription from your doctor or visit the office for the provider to place the method for you. The way most of these methods work is by regulating hormones involved in the reproductive process to decrease the likelihood of pregnancy. It is important to realize that while this process is highly effective at prevention pregnancy, these hormonal methods do NOT protect against STDS, so it’s important to use a condom every time you have sex, in addition to hormonal methods. Research has shown that when teens use long-acting methods like the IUD or implant, teen pregnancy rates decrease. Hormonal methods are safe and effective, but may cause some side effects- particularly if you smoke cigarettes. These side effects can be irregular periods, nausea/ headache/ dizziness, breast tenderness, mood changes, or blood clots. Remember that we are briefly going over each method and are not your doctor-you should to talk to your healthcare provider about options, side effects, and what is right for you. Remember, we’ll be going from most effective to least effective.

**5.1** **IUD**

* An IUD is an intra-uterine device, which is a small t-shaped piece of plastic or metal that is inserted into the uterus by a healthcare professional
* There are 2 kinds of IUDs:

**(1) Non-hormonal:** The ParaGard IUD contains copper rather than hormones, which works to create an environment in the uterus that is very hard for sperm to survive and for a fertilized egg to attach to the wall (which needs to happen to create a pregnancy). Once a doctor inserts this IUD for you, you are protected from pregnancy for up to 12 years.

**(2) Hormonal:** Hormonal IUDs do similar things in the uterus as copper, but they also release hormones that stop your body from releasing eggs. There are several different brands of hormonal IUDs, like Liletta, Skyla, and Mirena. Depending on which one someone gets, they can be effective from 3-5 years.

* Does NOT protect against STDS- pregnancy only- so remember to also use a condom!
* Also, when your body is first adjusting to an IUD, your period may be heavier or more painful- one of the things your provider should discuss with you

**5.2 Implant**

* A thin match-like stick that is placed just under the skin on the inside of your upper arm.
* Works by releasing hormones to prevent the body from releasing eggs
* Can stay in place and be effective for up to 3 years
* May cause periods to be irregular or stop
* Does NOT protect against STDS- pregnancy only- so remember to also use a condom!

**5.3 Shot (Depo-Provera)**

* Hormonal shot given every 3 months
* Can be highly effective if given on time
* May cause periods to be irregular or stop
* Does NOT protect against STDS- pregnancy only- so remember to also use a condom!

**5.4 Vaginal Ring**

* Another hormonal method, like the pill and patch, except this time the hormones are absorbed through the vaginal wall.
* Small, flexible ring that you insert into your vagina yourself.
* Sits below the cervix for 3 weeks, before you take it out for the 4th week and have your period.
* Does NOT protect against STDS- pregnancy only- so remember to also use a condom!

**5.5 Birth Control Patch**

* Works just like the pill, but instead of swallowing pill, you absorb the hormones through your skin
* Small, Band-Aid like sticker that you wear on your body for 3 weeks, before taking it off and not wearing one the 4th week, when you have your period.
* Does NOT protect against STDS- pregnancy only- so remember to also use a condom!

**5.6 Birth Control Pill**

* 24-Hour dose of hormone that works by preventing the ovaries from releasing an egg
* Must take one pill around the same time every day
* When first starting, you should use a backup method for the first 7 days to protect from pregnancy
* If you miss one day, take 2 pills together the next day
* If miss more than one day, use a backup method for 7 days to prevent pregnancy, and it may be a good idea to talk to your doctor about finishing the rest of the pack. These are things your provider should discuss when first prescribing.
* NEVER use another person’s birth control pills- even your mother/ sister/ aunts- each can be very different and the one chosen is safe for you, but someone else’s may not be.
* Does NOT protect against STDS- pregnancy only- so remember to also use a condom!
1. **Over the Counter (OTC) Methods**

**Instructions:** Explain what OTC methods are. When discussing the individual methods, again, do not try to communicate every fact or piece of information. This is an overview.

**Script:** OTC methods **c**an be bought by anyone or any age, at most pharmacies, supermarkets, online, clinics, etc. with no prescription needed. Some of these (condoms) will protect you from STDs as well as pregnancy, since they are barrier methods (they provide a barrier between you & your partners’ body parts & fluids).

 **6.1 External Condom**

* Latex sheath that fits outside the body, over the penis to prevent semen from entering the partners body
* Should be put on as soon as the penis is erect (remember- pre-ejaculate from myth/ fact?) and removed only after ejaculation
* Latex is the most common material condoms are made of, but polyurethane and polyisoprene condoms are also available and will work to protect you just as effectively
* Lambskin condoms DO NOT provide any protection against HIV- so please stay away from them

**6.2 Internal Condom**

* A soft, loose-fitting polyurethane sheath that lines the vagina or anus.
* Polyurethane is a plastic that is strong and unlikely to tear during use, and also much less likely to cause allergic reactions as compared to latex
* Can be inserted right before sex, or up to 8 hours ahead of time!
* Steps for use:
1. Check Expiration Date
2. Rub outside of package to spread lubricant onto the condom
3. Open carefully by tearing at the notch on the top right of the package
4. Make sure you see two rings- outer ring covers the area around the opening of the vagina, the inner ring is used to help you insert and hold the condom in place during sex.
5. To insert, you can squat, raise one leg, sit, or lie down. Practice and see what feels best for you!
6. While holding the condom at the closed end, grasp the flexible inner ring and squeeze it with the thumb and second or middle finger so it becomes long and narrow.
7. Insert the inner ring into the vagina and use your index finger to push it up into your vagina as far as it will go. It will fit into place right under your cervix. Be sure the sheath is not twisted. Leave the outer ring on the outside of the vagina- about a half inch of the sheath should remain on the outside of your vagina.
8. You’re ready to have sex! Guide your partner’s penis into the condoms opening with your hand to make sure that it enters properly. Be sure that the penis is not entering on the side, between the sheath and the vaginal wall.
9. To remove the condom, place your finger under the outer ring. Twist it and pull it out. Wrap it in tissue and throw away.
* The internal condom can also be used for STD protection during anal sex! The same steps apply to placing an internal condom in the anus.

**6.3 Sponge**

* Dual Method- barrier and spermicide
* Wash your hands, then wet the sponge with clean water and squeeze until it foams up. Then fold the sponge and insert it into the vagina, as you would a tampon.
* Can be inserted 24 hours before sex and must be left in place for 6 hours after sex, which helps allow for a little more flexibility & spontaneity with sex
* Do not leave the sponge in for more than 30 hours!
* Does NOT protect against STDS- pregnancy only- so remember to also use a condom!
	1. **Spermicides**
* There are several ways spermicide can be purchased (foam, cream, gel, suppositories)
* Works by killing sperm cells before they can reach the egg
* Nonoxynol-9 is the substance that kills the sperm, which can be harsh and cause allergic reaction or irritation for some people- which would unfortunately increase the risk of STD infection
* Need to be applied each time you have sex
* Somewhat less effective than hormonal methods, but still available widely and an option if you aren’t able to use hormonal methods
1. **Activity D - Attitudes about Contraception**

**Script:** We have learned that there are many methods of birth control or contraception. Attitudes and beliefs often get in the way of using birth control, especially condoms, even when people know a lot about it. This activity is designed to help you look more closely at your own attitudes and beliefs.

For each statement indicate (however educator determines) if you agree or disagree.

**Instructions:** After students have indicated whether they agree or disagree for each statement, ask for volunteers from both sides to give their reasons. If all participants choose the same position, ask them to guess what reasons people int e opposing position may have. Follow up with the information after each discussion statement in the manual, starting on page 147.

1. **Module Conclusion**

 **Script:** To wrap up, let’s review a few things:

 How does someone decide whether to use birth control and which method to use?

Other than the external condom, the other methods are to be used by people with ovaries, uteruses and vaginas. How can their partners be involved in the process of using birth control?

If you decide to have vaginal sex, you will need to worry about unintended pregnancy and STDs. To avoid those consequences, it’s important to know of and use properly different birth control methods. Remember to use a condom (latex, polyurethane, polyisoprene- NO lambskin) in addition to other methods, since condoms are the only way to reduce your risk of STDs. We want you to reach all your goals, and a pregnancy or an STD may get in your way. It’s up to you to protect yourself. Now you know how!

**Appendix A**

**Myth & Fact Statements with Supplemental Responses**

**A girl can get pregnant before she has her first period - FACT**

A girl may begin releasing an egg 14 days before her first period so it is possible to get pregnant even if she hasn’t had her period yet.

**You can’t get pregnant/get someone pregnant the first time you have sex – MYTH**

Of course you can! It happens every day.

**You can get pregnant even if the penis is pulled out before ejaculation – FACT**

It does work in theory, but it’s very difficult for many people, especially teens and younger men, to actually pull the penis out before they ejaculate.

**You can’t get pregnant if you have sex standing up – MYTH**

Sperm doesn’t care what position you are in. Any time semen comes in contact with the vagina, you can’t get pregnant. There are no exceptions to that rule.

**You can’t get pregnant if you and your partner are both having sex for the very first time – MYTH**

It doesn’t matter if both partners have never had sex before. You can get pregnant if you engage in sexual intercourse without using protection.

**Douching (cleaning the vagina) after intercourse can prevent pregnancy – MYTH**

Douching will not prevent pregnancy. In fact, it can even help carry sperm up into the uterus and increase the chances. The vagina keeps itself clean naturally, so douching isn’t necessary or recommended. It can throw off the vagina’s natural balance and can even lead to infection.

**You can’t get pregnant unless you have an orgasm (come) – MYTH**

It doesn’t matter if you enjoy the sex or don’t. You can get pregnant if you engage in penis-in-vagina intercourse.

**If a girl misses her period, she is definitely pregnant – MYTH**

Cycles can be irregular or even skip a month from time to time. If a girl has had sex and then misses a period, she could be pregnant. She should get tested right away and see a doctor is the test was positive.

**Gay and lesbian teens don’t need to know how to avoid pregnancy – MYTH**

For many different reasons gay and lesbian teens sometimes engage in penis-in-vagina sex and they have to worry about pregnancy if they do.

**There’s no safe time of the month to have sex and avoid pregnancy – FACT**

There is no absolutely safe time of the month to have sex and avoid pregnancy.

You can’t get pregnant if you swallow semen - FACT

The only way you can get pregnant is if sperm cells enter the vagina, usually during sexual intercourse, and then fertilize an egg cell.

**Having anal instead of vaginal intercourse is a good strategy for preventing pregnancy – MYTH**

This is not a wise pregnancy prevention strategy because the behavior is high risk for STDs. Yes, it’s true you can’t get pregnant but the lining of the anus is thin and lubricates less than the vagina so it’s easy for STDs to enter body that way.