

## TOPIC

Emergency Contraception

## AUDIENCE

College Students

## TIME NEEDED

60 minutes

## HUMAN SEXUALITY STANDARDS

PR.8.CC.4 Define emergency contraception and its use.

PR.12.AI.2 Identify medically accurate information about emergency contraception.

## HEALTH EDUCATION STANDARDS

3.12.1 Evaluate the validity of health information, products, and services.

7.12.2 Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others.

## LEARNING OBJECTIVES

At the completion of the lesson,

1. At least 60% of participants will be able to correctly identify the two types of emergency contraceptives (pill & IUD) indicated by a post-test.
2. At least 75% of participants will be able to state the difference between RU-486/the abortion pill and emergency contraceptives indicated by a post-test.

## MATERIALS NEEDED

- Wifi
- Computer/Laptop
- Projector
- Screen
- Speakers
- PowerPoint on Emergency Contraceptives
- Appendix A
- Condoms (one for each participant)
- Appendix C

## PREPARATION

Prior to the lesson, the instructor should ensure that the PowerPoint and hyperlinked video works in the presentation by conducting a test run. If the video does not play within the

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PowerPoint, load the video in a different tab to be played at the required time. Lastly, open Kahoot! In a separate window and display the code.

## PROCEDURE

**Icebreaker:** Before the session begins, start off with an icebreaker. Ask participants to take about 30 seconds to think of all of the birth control methods that they can think of. After 30 seconds call on participants to share their responses. Please advise them that there can be no repeats on the list.

### 1) INTRODUCTION (7 minutes)

- a) Introduce yourselves as the instructors that are there to inform the students about emergency contraceptives.
  - b) Use the PowerPoint for the duration of the lesson to follow along with the rest of the procedure. Each section is laid out in the PowerPoint.
  - c) **Slide 1:** Introduce the topic of the lesson plan.
    - i) “Hello everyone, today’s lesson plan is titled, *“Oops, I Made a Mistake. This lesson plan will provide information about emergency contraceptives.”*
  - d) **Slide 2: Hypothetical Questions** Ask the participants the following questions about family planning:
    - i) “Who sees themselves having a baby in the future?,”
    - ii) “What is the ideal age to have a baby?,”
    - iii) “How many are that age?,”
    - iv) “How would a baby fit into your life right now?”
- Explain that accidents are inevitable by stating the following:
    - “Sometimes, accidents happen and appropriate contraception is not used during sex. As a result, some people may find themselves needing emergency contraception to avoid an unintended pregnancy.” Let’s take a look at the video Planned Parenthood created about the emergency contraceptive: *The Morning After Pill.*”

### 2) HOW EMERGENCY CONTRACEPTIVES WORK (8 Minutes)

- a) **Slide 3: Planned Parenthood Video: The Morning After Pill**
  - i) The Link: <https://www.youtube.com/watch?v=zN8fEakox5I>
- b) Please remember that some videos when presenting virtually, do not work. Be sure to add the link to chat boxes to share with participants.

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## c) Slide 4: Think, Pair, Share

- i) For this activity, students will need to have a partner. If this session is in-person, students may turn to their neighbors beside them. If the session is being held virtually, the host(s) can either put them into breakout rooms or just allow them to think to themselves then share with the larger group via chat or aloud when asked to do so..
  - ii) When students are in their groups, please allow them to **think** about the following questions:
    - (1) What are the two options for emergency contraception?
    - (2) What situations might require emergency contraception?
    - (3) What would your plan of action be if you found yourself in a situation where emergency contraception is needed?
      - (a) (Can you afford it? Do you have the transportation? Do you have the time to go and obtain the contraception?)
  - iii) Give the students about 3 minutes to think about the questions amongst each other.
  - iv) Allow the students to share with a partner for about 2 minutes (**pair**).
  - v) Come together as a class for the remaining 2 minutes to discuss questions as a whole (**share**).
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## 3) CORE INFORMATION ABOUT EMERGENCY CONTRACEPTIVES (ECs) (10 Minutes)

### a) Slide 5: Emergency Contraceptives

- i) Explain what emergency contraception is (May read from slide 5)
  - (1) Say: *“Emergency contraception is a contraceptive method used to prevent pregnancy after unprotected sex, but before pregnancy has occurred.”*
- ii) Mention that there are two types of ECs
  - (1) Type 1: Copper IUD (Paragard)
  - (2) Type 2: Hormonal Emergency Contraception Pill (Plan B One-Step, Next Choice One Dose, After Pill, Take Action, My Way, Ella)

### b) Slide 6: Hormonal Emergency Contraception Pill: Levonelle

- i) Provide an overview of the hormonal contraception Levonelle.
  - (1) *“Levonelle contains a man-made, synthetic version of the natural hormone progesterone called levonorgestrel. Taking it, stops or delays the release of an egg (ovulation). Levonelle must be taken*

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*72 hours (3 days) after sex to prevent pregnancy (it will NOT interfere with the regular contraception)” (NHS, 2018)*

- c) **Slide 7: Hormonal Emergency Contraception Pill: Ellaone**
    - i) Provide an overview of the hormonal contraception Ellaone.
      - (1) *“Ellaone is another contraceptive pill. This pill contains ulipristal acetate, this prevents progesterone from working properly. It slows down ovulation, preventing pregnancy. This EC must be taken within 120 hours (5 days) of sex (NHS, 2018)*
  - d) **Slide 8: Warning Please Remember:** *“As a note, please remember that these ECs are not to be used as regular contraception. If sex is performed after taking either of the ECs there is a possibility of pregnancy.”*
  - e) After the explanation of the emergency contraception methods, please begin the discussion of IUDs. *“Now we will move onto another for of birth control, IUDs”*
  - f) **(Read Slide 9)** *“Now, Let us clear up some misconceptions about Emergency contraception.”*
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## 4) IUD DISCUSSION (6 Minutes)

- a) **Slide 10: Intrauterine Device**
  - i) Provide an overview of intrauterine devices
    - (1) *“An intrauterine device (IUD) or intrauterine conception (IUC) is a small piece of flexible plastic in the shape of a T that is inserted into the uterus. This device is used to prevent pregnancy. It is important to know that it is reversible and one of the most effective forms of birth control. There are 5 different brands of IUDs divided into two types: copper and hormonal.”*
- b) **Slide 11: Type One:** *“Type One is Copper, only one of the five are under this umbrella. This is the widely known Paragard. This form contains no hormones. Protection lasts up to 12 years.”*
- c) **Slide 12: Type Two:** *Type two is known as hormonal IUDs, they include Mirena, Kyleena, Liletta, and Skyla. The hormone progestin prevents pregnancy.”*
- d) **Slide 13: How do They Work?**
  - i) For this slide discuss how IUDs work by stating the following:
    - (1) *“Copper and hormonal IUDs are used to prevent pregnancy. They do this by changing the way sperm cells move so that they cannot*

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*get to the egg for fertilization. For Paragard specifically, copper is used, sperm does not like copper, making it impossible to travel to the egg. I also want you all to know that Paragard can be used as an EC as long as it is inserted 120 hours (5 days) after sex.”*

(2) *“For hormonal IUDs, they prevent pregnancy two ways. These IUDs thicken the mucus that lives along the cervix, traps and blocks the sperm. Hormones prevent the eggs from leaving the ovaries, no ovulation, no pregnancy.”*

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### 5) “REGULAR” CONTRACEPTIVES (8 MINUTES)

#### a) Slide 14: Barrier Methods

- i) *“According to the American College of Obstetrics and Gynecologists, barrier methods of birth control act as a barrier to keep sperm from reaching the egg. Some barrier methods protect against sexually transmitted infections (STIs). Can any of you list barrier methods that you may have heard of?”* Give participants about 30 seconds to think. If in-person, instruct participants to raise their hands and give their answers. If this session is being held virtually on Zoom, Google Classroom, or any other virtual teaching room, instruct them to use the raised hand icon. Get about 3-4 responses before moving on.
- ii) *“The first barrier method that we will go over is the condom.”* (Read what is on slide 14 about condoms.
- iii) *“The next one is the internal condom”* (Read what is on slide 14 about internal condoms.

#### b) Slide 15: Hormonal Methods

- i) *“There are many hormonal birth control methods, can you list any?”* Give participants about 30 seconds to think. If in-person, instruct participants to raise their hands and give their answers. If this session is being held virtually on Zoom, Google Classroom, or any other virtual teaching room, instruct them to use the raised hand icon. Get about 3-4 responses before moving on.
- ii) *“The birth control ring, known as NuvaRing, is a small flexible ring inserted into the vagina. The ring releases hormones that prevent pregnancy. It must be inserted every 3-6 weeks.”*
- iii) *“The pill is taken orally, daily. As long as the pills are taken consistently it is very effective. Most females prescribed birth control pills use the pills for other health reasons, such as: acne, irregular periods, and easing of menstrual cramps.”*

#### c) Slide 15 Hormonal Methods Continued

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- i) *“The implant is a thin rod inserted right under the skin's surface that releases hormones. It lasts up to three years.”*
  - ii) *“The patch is a sticky pad placed on the skin that is replaced every week.”*
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*“I know that many of you may be wondering, “what if all time windows were missed, no form of birth controls were used, and now I or my significant other (or sex partner) is pregnant.” Begin the discussion about the abortion pill on slide 14.*

### **6) ABORTION PILL (8 MINUTES)**

#### **a) Slide 17 : RU-486 / Abortion Pill**

- i) Provide and overview of RU-486
  - (1) *“The abortion pill is given by a doctor, the doctor provides exact directions about how, when, and where to take the pill. It is important to let you all know that state laws and policies dictate where and when the pill can be taken.”*
  - (2) *The abortion pill is a safe and effective way to terminate pregnancy. “Abortion Pill is the common name for the two medications, mifepristone and misoprostol. Mifepristone is taken first to block the hormone progesterone. (This hormone progresses the growth of the fetus) After mifepristone is taken to stop the growth, the second pill is taken, misoprostol. This medication can be taken right away or up to 48 hours after taking the initial medication. This medication causes cramping and bleeding, it is like having a very heavy period. This process is similar to an early miscarriage. This is done to empty the uterus. If there is no bleeding within 24hours, please call your doctor or nurse.”*
  - (3) *“Your doctor may also prescribe an antibiotic to prevent infection.”*
  - (4) *The abortion pill must be taken 77 days (11 weeks) after the first day of your last period. Overall, this pill is 98% effective.*

*“Before we move on, there has been a lot of information given, are there any questions that need to be answered before the activity?”*

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## 7) KAHOOT (8 MINUTES)

- a) Ask participants to take out a mobile device, if they do not own one, instruct them to partner up with someone who does. If this session is being taught virtually, provide the [www.kahoot.it](http://www.kahoot.it) link in the chat box. The PIN number for the game will appear on the screen. Instruct participants to enter in the PIN and create a screen name.
  - b) The Kahoot game will measure how much participants learned in the session.
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## 8) CONCLUSION (8 MINUTES)

- a) Provide students with local resources to obtain emergency contraceptives or advice about regular contraception.
- b) Ask if there are any questions about any information provided covered in the lesson.
- c) End with this statistic:
  - i)  $\frac{1}{5}$  or 20% of unmarried women will use emergency contraception at least once in their lifetime.
  - ii) \*\* Mention that emergency contraception should only be used in emergencies and reinforce the idea that regular contraceptives and barrier methods should always be used.
- d) Give the short post-test (see Appendix C)- tell them that they do not have to provide their names, it will not be graded for official purposes. Collect all post-tests when everyone finishes as this information will be used to determine if the objectives have been met with the audience.

## References

Barrier Methods of Birth Control: Spermicide, Condom, Sponge, Diaphragm, and Cervical Cap.

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Centers for Disease Control and Prevention. (2013, February). *Use of Emergency Contraception Among Women Aged 15-44: United States 2006-2010*. Data Briefs.

<https://www.cdc.gov/nchs/products/databriefs/db112.htm>

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*Contraception Work?* <https://www.youtube.com/watch?v=zN8fEakox5I>

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<https://www.plannedparenthood.org/learn/birth-control>

Planned Parenthood. (n.d.). *Morning-After Pill*. Emergency Contraception.

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Planned Parenthood. (n.d.). *The Abortion Pill*. Get the Facts About Medication Abortion.

<https://www.plannedparenthood.org/learn/abortion/the-abortion-pill>

## Appendix A

### Storytelling Script

*Two characters have had unprotected sex the night before, while under the influence of alcohol after a college frat party. The scenario works best as a heterosexual couple.*

**Megan:** Hey Josh, I was pretty drunk last night and don't remember much.

**Josh:** Me neither...

**Megan:** Do you know if we used a condom last night?

**Josh:** I don't think we did.

**Megan:** Oh no... I am not on any form of birth control at the moment and I really don't want to get pregnant.

**Josh:** Well, what are you going to do?

**Megan:** I have heard of this thing called Plan B and it can be taken up to three days after unprotected sex to reduce the chances of pregnancy.

**Josh:** Isn't that the same thing as the abortion pill?

**Megan:** No, emergency contraceptives do not end existing pregnancies. It takes a few days for the sperm to reach the egg, so as long as I take it today I probably won't get pregnant. I guess it is time for me to go see my doctor and talk about my options for birth control.

**Josh:** And I will make sure I use a condom every time after this. I will come with you to buy Plan B so I can get condoms as well.

**Megan:** Thank you for talking to me about all this.

**Josh:** No problem, we just made a mistake last night and it won't happen again!

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## Appendix B

### Kahoot! Key

1. This is an oral contraceptive taken once daily - **Birth Control Pill**
2. Can be used as regular contraception or emergency contraception. Lasts up to 12 years. -  
**IUD**
3. A thin rod placed in the arm that releases hormones to prevent pregnancy. Lasts up to 3 years. - **Implant**
4. Placed on the skin and releases hormones that prevent pregnancy. Replaced every week. -  
**Patch**
5. Barrier method placed on the penis. Used during every sexual encounter. - **Condom**
6. An injection given to prevent ovulation. Given every 3 months. - **Birth Control Shot**
7. Barrier method placed in the vagina. A new one is used during every sexual encounter. -  
**Internal Condom**
8. Small, flexible ring placed in the vagina. Replaced every 3-6 weeks. - **Ring**
9. Most contraception methods protect against STIs. - **False**
10. Emergency contraceptives should be used instead of regular contraception. - **False**

**Appendix C**

**Oops, I Made a Mistake...: Post-test**

*Circle the best option for the questions below:*

1. Does emergency contraception end existing pregnancies?

Yes

No

2. Does emergency contraception protect against STIs?

Yes

No

3. Emergency contraception should be used as regular contraception.

True

False

*Write in the best answer for the questions below:*

4. What are the two types of emergency contraceptives?

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5. What is the difference between the abortion pill and an emergency contraceptive?

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6. How long after unprotected sex should Plan B be taken?

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## Appendix D

### Oops, I Made a Mistake...: Post-test Key

*Circle the best option for the questions below:*

1. Does emergency contraception end existing pregnancies?

Yes

**No**

2. Does emergency contraception protect against STIs?

Yes

**No**

3. Emergency contraception should be used as regular contraception.

True

**False**

*Write in the best answer for the questions below:*

4. What are the two types of emergency contraceptives?

**The pill and the copper IUD**

5. What is the difference between the abortion pill and an emergency contraceptive?

**The abortion pill will end a pregnancy, but an emergency contraceptive will not. The abortion pill needs a prescription, but not all emergency contraception does. The abortion pill can be taken up to 77 days after the last period, but emergency contraception must be taken at most 5 days after unprotected sex.**

6. How long after unprotected sex should an emergency contraceptive be taken?

**Within 3 days, 72 hours, after unprotected sex (Plan B)**

**Within 5 days after unprotected sex (Ella)**