

TOPIC

Pregnancy Prevention

AUDIENCE

College Freshman

TIME NEEDED

60 minutes

HEALTHY PEOPLE 2030 OBJECTIVES

- Family planning - Reduce the proportion of unintended pregnancies - FP-01
- Family planning - Reduce pregnancies in adolescents - FP-03
- Family planning - Increase the proportion of adolescent females at risk for unintended pregnancy who use effective birth control
- Adolescents - Increase the proportion of adolescent males who used a condom the last time they had sex

LEARNING OBJECTIVES

By the completion of the program,

1. At the completion of this lesson, at least 80% of participants will be able to: list 3 effective methods of birth control mentioned in the lesson through a post test.
2. At the completion of this lesson, at least 75% of participants will be able to: Identify the most effective method of contraception that protects against pregnancy and STIs through a post test.

MATERIALS NEEDED

- WIFI
- Computer (students should bring/use phones)
- PowerPoint presentation
- Audio/speaker
- Projector
- Condom game cards (1 set per group)
- Socrative for post test

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PREPARATION

Prior to the lesson, load the PowerPoint and video on the computer. Have the links for sound bites and Socrative ready beforehand. Make a slide that correlates to both. Count the number of students to make sure the groups are even for the condom activity. Create condom game cards and have them in envelopes prepared for the class.

PROCEDURE

Introduction- Slides 1, 2, 3 (5 minutes)

1. Introduction to the class
2. Introduce yourself
3. Ask the students to close their eyes and tell them-

It is 4am on Monday morning, you have slept a total of 4 hours. Luna, your 4 month old, has an ear infection and is beginning to teethe. She has been fussy and crying all night long. In addition to an already stressful night, Luna is unable to attend daycare because of her ear infection and you have an exam in your 8am class that you must attend. Your mother cannot pick up Luna until 9:30am. Luna's father is already at work and cannot miss any more days or he will be fired. What should you do?

4. Have them open their eyes. Ask the students *How do you think you would feel in that moment?* And then ask; *How can you prevent this from being a reality for you?*

Objective 1 At the completion of this lesson, you will be able to: list 3 effective methods of birth control mentioned in the lesson.

Objective 2 At the completion of this lesson, you will be able to: Identify the most effective method of contraception that protects against pregnancy and STIs.

Activity 1: Slides 4, 5, 6, 7 (15 minutes)

1. Slide 4: show TedEd video "How do contraceptives work?"
<https://www.youtube.com/watch?v=Zx8zbTMTncs>
2. *Ask students what they saw. Ask what stuck out to them. Ask if they learned anything new.*
 - a. What are the three ways birth control can prevent pregnancy?
 - i. Block sperm, disable them from fertilizing, or suppressing ovulation.
 - b. What is a method that falls under each of those categories?
 - c. What side effect/impact stands out to you in terms of methods? Who does birth control impact the most?
 - d. This video primarily addresses female to male sex. Why is this? Do you still need protection in non-heterosexual sex?
 - e. What things will you take into account when choosing a birth control method?
3. Call on 4-5 students to share. Thank the students for their answers; validate each answer.
4. Begin the lecture portion of the PowerPoint

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5. Slide 5- Pill
 - a. *Oral contraceptives come in 2 ways*
 - i. *Traditional oral birth controls contain estrogen and progestin (a synthetic form of progesterone)*
 - ii. *Sometimes the side effects of estrogen can cause issues for some people taking the traditional pill, so there are alternatives, like progestin.*
 - iii. *The pill must be taken every day, at roughly the same time, for it to be effective.*
 - iv. *The pill is relatively inexpensive, especially if you have health insurance. There are also websites, like the Pill Club, that can deliver inexpensive oral birth control to your house.*
 - v. *Some side effects of the pill are irregular periods, sore breasts, nausea, headaches, and weight change. Blood clots are a side effect for older women and the chances of getting blood clots increase if a person smokes.*
 - vi. *The pill also has the benefit of regulating the menstrual cycle which can help improve the menstrual cycle of women with irregular periods.*
6. Slide 6- Implant
 - a. *Called Nexplanon*
 - b. *It is placed in the upper arm, under the skin*
 - c. *It contains progestin that releases over 3 years*
 - d. *It has a .1% failure rate*
 - e. *Common side effects are*
 - i. *spotting/bleeding between periods or irregular periods*
 - ii. *Headaches*
 - iii. *Breast pain*
 - iv. *Weight gain*
 - v. *Nausea*
 - f. *Costs anywhere from \$0-\$1300 depending on where you go or if you have health insurance.*
7. Slide 7 - IUD
 - a. *The IUD, or intrauterine device, is a form of long term birth control. IUDs have a 99% success rate*
 - b. *It is placed in the opening of the uterus, right above the cervix. This is an invasive procedure, so it is important to go over all your options with a doctor prior to deciding on this form of birth control.*
 - c. *2 kinds- copper and hormonal*
 - d. *Copper- uses copper to create an environment that sperm cannot survive in. it can last up to 10 years from placement*
 - e. *Hormonal- uses estrogen and progesterone to prevent ovulation.*
 - f. *Some side effects include pain during insertion, potentially heavy breakthrough bleeding or spotting, cramping/abdominal pain, and irregular periods*
8. Slide 8- Condoms
 - a. *Male condoms are one of the most accessible and cost effective method of birth control*
 - b. *A box of condoms will typically cost around \$8-\$15 and can be bought at most pharmacies and convenience stores*

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- c. *Latex and rubber condoms protect against pregnancy and STI's*
- d. *Natural or lambskin condoms protect against pregnancy, but not against STI's*
- e. *Female condoms are also an option, and work in a similar fashion. The failure rate with female condoms tend to be higher than male condoms, but some protection is much better than no protection.*
9. Slide 9- Discussion question
 - a. *Ask students "Which method prevents pregnancy and STIs?" call on about 3 students and any others that would like to share.*
10. Acknowledge that these are just a few methods and that talking to a primary care physician about birth control options is important.
11. Leave room for questions.

Activity 2: Slide 10-12. Condom Game (20 minutes)

1. Show slide 10- this will have instructions for the condom game
 - a. https://www.gov.mb.ca/healthychild/healthybaby/kits/condom_lineup.pdf
2. Have students count off into groups of 5. With 25 students in the class there are 5 groups of 5.
3. Hand out the envelopes with the steps of using a condom. Instruct students to open the envelope, lay out the cards, and order them based on the proper way to use a male condom.
 - a. Give consent to have sex
 - b. Talk to partner about STI and pregnancy protection
 - c. Buy/Get condoms
 - d. Store condoms in a cool, dry place (not in your wallet)
 - e. Check expiration date
 - f. Open package carefully, check for rips
 - g. Double check that the condom will roll the correct way (a crease will be visible if the condom is the correct way)
 - h. Use the remaining lubricant from the wrapper to prevent tearing or friction
 - i. Pinch the tip of the condom
 - j. Unroll the condom down to the base of erect penis
 - k. Insert penis into partner
 - l. Engage in intercourse
 - m. Orgasm
 - n. Ejaculation
 - o. Withdraw penis from partner while holding the base of the condom
 - p. Take condom off carefully to avoid spilling
 - q. Tie condom in a knot
 - r. Throw condom into garbage, not down the toilet
4. Give students 10 minutes to order the cards. Walk around while the activity is happening; survey how the students are interacting and processing the information.
5. Bring the class back together, students can stay in the seats they did the activity in. Ask each group for a step until all cards are in order.
 - a. Go through the correct order, allow students to ask their own questions
 - b. Have guiding questions

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- i. Why did you choose this answer? What other answers could have been in this order?
 - c. Have the proper answers on the slide
 - i. Make sure the slide is animated to hide correct answers until the students say it.
 - d. Once steps are in order give a demonstration using a condom and a phallic shaped fruit, veggie, or model.
6. Allow time for questions..
7. Ask students: *How did putting these in order feel? What steps do you think are most important? Think about situations where following these steps might be more challenging?*
8. Wait for students responses and thank them for their participation in the discussion.

Final lecture slides (17 minutes)

Slide 13- Emergency Contraception

1. *If the methods we discussed before don't work, there are a few ways to still prevent pregnancy and having a child.*
2. *Commonly known as "the morning after pill"*
 - a. *Plan B and Ella are two name brand versions*
 - i. *Costs between \$12-\$60*
 - ii. *Generic versions exist*
 - b. *They work by slowing or stopping ovulation, which causes an egg to drop and potentially be fertilized. EC pills should be taken within 5 days of unprotected sex. The sooner you take it, the more effective it will be.*
 - c. *You can get this over the counter at drug stores. Some pill delivery services also offer EC pills.*
 - d. *It is important to note that the effectiveness of the morning after pill can be impacted by weight, so it's important to read the labels carefully.*
3. *Copper IUD*
 - a. *The copper IUD can be used as long term birth control and emergency contraception*
 - b. *If placed within 5 days of unprotected sex, it can lower your chances of pregnancy by 99.9%. There is no weight limit with it, but the side effects discussed before are still a factor.*

Slide 14- Abortion

What happens if all this does not work? Abortion is an option.

1. Explain different forms of abortions
 - a. *Pill method*
 - i. *Abortion pills are effective up to 11 weeks of pregnancy. They work in 2 steps. The first pill blocks progesterone, the hormone that helps carry out pregnancy. The second induces cramping and bleeding to empty out the uterus. It is basically a really heavy period.*

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- b. *In-clinic abortions*
 - i. *In clinic abortions are for pregnancies over 11 weeks. There are a few ways this procedure is done, but it is important to note that this is considered a medical procedure.*
 - ii. *Suction- this is the most common in-clinic abortion. It works like a vacuum and slowly empties the uterus. This is typical in pregnancies between 14-16 weeks.*
 - iii. *Dilation and Evacuation (D&E)- this method uses a suction and medical tools to remove the contents of the uterus. This is more like a surgery*
- c. *It is important to recognize that because of the current political climate, abortion access may be limited in some places. In Pennsylvania, abortion is legal up to 24 weeks. Some clinics may not offer abortions after the 16th week, so if someone is choosing an abortion, it is important to move quickly.*
- d. *Abortions in the first trimester can cost up to \$1500, but costs can depend on how far along someone is in their pregnancy, if the person has health insurance, and where the procedure happens or where the pills are prescribed.*
- e. *Places like Planned Parenthood can help with accessing abortion resources, payment, and general health and wellness.*

Slide 15- Provide resources for accessing birth control near campus

- Planned parenthood
- Student health
- Local Pharmacies near campus

Slide 16- Post-test. Socratic questions. View anonymous answers and address them as a class.

- a) Name 3 methods of birth control
- b) Which form of contraception protects against both pregnancy and STIs?
- c) List the steps in how to properly put on and take off a condom

Conclusion (3 minutes)

Slide 17- Ask for questions and closing thoughts.

Conclude the program. Thank them for their time and offer if anyone needs to speak privately after class.

Lesson Extension/Plan B (optional)

If the program is running short, include a Menti questionnaire about different methods of birth control. Have this pulled up and ready just in case.

References

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Condom Card Game

Partners decide they want to have sex	Talk to partner about STI/pregnancy prevention	Buy/Get condoms	Store condoms in a cool, dry place (not in a wallet)
Check the expiration date	Carefully open the condom, checking for tears in the package and the condom	Double check that the condom will roll down (a crease will be visible if it is the right way)	Use a drop of the lubricant from the wrapper if necessary, to avoid tearing or friction
Unroll the condom down to the base of the erect penis	Insert penis into partner, holding base of condom	Engage in intercourse	Orgasm
Ejactuation	Withdraw penis from partner, while holding the base of the condom	Take off the condom carefully while the penis is still erect. Avoid spilling.	Tie open end of condom in a knot
Throw condom and wrapper in the garbage	Consent to having sex		

*Educators may want to change the wording or format of the chart to best fit the students