

WORLD CONTRACEPTION DAY



Case study 2: Louise

Age: 16

Relationship status: Not in a relationship... but about to go on a first date with Daniel

Sexual history: Louise has never had sex before

Key facts:

- Louise has only just started dating and doesn't want a baby until she is much older and in a stable relationship
- She really likes Daniel and thinks she might want to have sex with him in the future
- Louise doesn't know much about contraception and isn't sure whether she even needs to worry about it the first time she has sex

What advice would you give to Louise?

Please turn over for discussion points

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- Does Louise need to worry about contraception the first time she has sex?
- What should Louise do before she has sex?
- When should Louise talk about contraception with Daniel?
- Think about ways that she could bring up the subject. What might she say?
- What types of contraception could Louise consider?
- Where could Louise get for advice and help?