



WORLD CONTRACEPTION DAY
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World Contraception Day

'How To' Guide for conducting an educational session on contraception (for use by parents, teachers, HCPs, NGO staff, and peers)

Introduction

This guide has been put together by the World Contraception Day (WCD) team to help you to run an educational session for teenagers about the importance of taking a responsible approach to contraception.

Students may feel discomfort because of the sensitive nature of the topic or because of their history or family situation. Plan to avoid needless distress.

Students may speak to you about unplanned pregnancy, experiences of violence, or other personal or family problems. Think about how to support them while keeping appropriate boundaries. Learn about local programs/services (for example, a safe space for homeless young people or services for women who have been abused). In cases of abuse or endangerment, be aware of requirements for notifying authorities.

Think about how comfortable you are with the material and seek support and advice as needed. (*It's All One Curriculum. Population Council 2009*)

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Why should I run a teen education session on responsible contraception?

One of WCD's objectives is to encourage young people to take responsibility for contraception to prevent an unplanned pregnancy or sexually transmitted infection (STI). By educating teenagers about contraception you can empower them to take responsibility for, and make informed decisions about, their sexual and reproductive health.

SUPPORTED BY:



What should I cover?

Covering the following topics will give the teenagers you are speaking to a good foundation of knowledge to help them to make responsible decisions about contraception:

- Why contraception is important
 - Preventing unplanned pregnancies and STIs
 - The potential implications of *not* thinking about contraception
- What being responsible about contraception means
 - Who is responsible for contraception
 - The potential implications of *not* taking responsibility for contraception
- What teenagers need to know about contraception
 - Different types of contraception
 - Getting help and advice

It's also important to give the group plenty of opportunities to ask you any questions they have about contraception.

How should I plan and run a session?

Here are some useful tips on planning and running a successful teenage education session:

Timing

We recommend allowing 30-45 minutes per session. Allocate time to each topic you plan to cover and make sure you have a clock or watch to help you track the time.

Getting the right mix of participants

Think carefully about whether the session will run best in a single sex or mixed group. You may want to split a mixed group into males and females for some parts of the session to encourage open and honest discussion.

Getting the tone right

It is important to bear in mind the religious and cultural background or backgrounds of the groups you are speaking to, as some faiths and cultures are not supportive of some forms of contraception and pre-marital sexual relations.

Creating the right environment

Before the session begins, it is advisable to set some ground rules to ensure respectful discussion and privacy. During discussion exercises, you are advised to ask the teenagers to express their opinions and share their knowledge, making it clear that the session is not asking them to reveal anything personal about themselves.

Handling questions

Useful tips for handling questions include:

- Provide encouragement and affirmation to the teenager who asked the question (e.g. "That's a good question...")
- 'Normalize' the question (e.g. "Many people ask this...")
- Answer the factual information part of the question first (e.g. statistics on local teenage pregnancy rates)
- Address any emotive issues that may arise (e.g. "This can be quite an embarrassing topic, but it is also an important one...")
- Identify whether any aspects of the answer can only be based on personal preference (e.g. "This varies from person to person and there is no set answer, but the options are...")
- Be honest if you don't know the answer, but always try to find out and get back to the teenager as soon as possible

Evaluation and feedback

Getting feedback from your audience will help you to evaluate the success of your session and refine and improve it for next time. You could ask the audience to fill in a brief questionnaire about the session or ask a few individuals how they found the session and whether they feel you could improve it at all.

Handouts

Giving the attendees handouts will mean that they can read and digest information about contraception in private and at their own pace. The WCD team has prepared the following leaflets that you can print and give out at the end of the session:

- 'Your Contraception Guide' – a comprehensive booklet providing information about different types of contraception
- 'Contraception leaflet' – a shorter leaflet giving key facts on taking a responsible approach to contraception and encouraging teenagers to think about and discuss contraception

Certificates

The WCD team has created a template certificate that you can customize before printing out a copy for each teenager attending your session.

How should I start the session?

It's natural for teenagers to feel a bit shy and embarrassed when the topics of sex and contraception come up. You can help them to get over these feelings by starting the sessions with a quick ice breaker exercise. This will help them to get the giggling and awkwardness out of the way so that they can focus on the important information you're going to give them.

You could try one of the following:

- Ice breaker idea 1: Contraception myths
 - Write a series of myths about contraception on a flip chart/blackboard e.g.
 - *You can't get pregnant if you have sex standing up*
 - *Teenagers can't catch sexually transmitted infections (STIs)*
 - *If you douche, shower or bath immediately after sex you won't get pregnant*
 - *You can't get pregnant the first time you have sex*
 - *You can't get pregnant if your partner withdraws his penis before he ejaculates*
 - *Having sex right before – or right after your period is absolutely safe*
 - *If you have sex during your period the chances of getting pregnant are non-existent*
 - Ask the group whether they think the myths are true or false and whether they have heard any other myths
- Ice breaker idea 2: Contraception word association
 - Give one member of the group a small ball and ask him/her to say a word that he/she associates with contraception and then to throw the ball to another member of the group, who must say a word that he/she associates with contraception before passing the ball on.
 - Continue until everyone in the group has had a turn

What materials could I use?

The World Contraception Day team has created a range of resources specially designed for teenagers that will help you to put together a great session. These include:

- Template PowerPoint presentation that you can edit and add to or use as a guide for writing key points on a blackboard or flip chart
- Case study discussion cards
- 'Your Contraception Guide'
- Contraception leaflet
- Crossword puzzles (on contraception and the reproductive system)

If possible, you could also take some examples of different contraceptive methods to show the group e.g. condoms, pills/empty pill packs, vaginal rings.

How can I make it fun and engaging?

Making the session interactive is the best way of ensuring that your teenage audience pays attention and doesn't get bored. Here is a suggested agenda that uses a combination of different exercises to create a fun and engaging session.

Session title	Content	Supporting materials
<i>Icebreaker</i>	See above for some ideas on starting the session	Flip chart
<i>Contraception and you – what's the deal?</i>	Introduction <ul style="list-style-type: none"> • Explain why contraception is important to teenagers • Use a blackboard, flip chart or presentation slide to summarise key points <ul style="list-style-type: none"> ○ Preventing unplanned pregnancies ○ Preventing STIs 	Blackboard/flip chart/presentation slide
<i>Sexuality</i>	Group discussion <ul style="list-style-type: none"> • Why do people want to have sex? • Why do people sometimes have sex when they do not want to? 	Blackboard
<i>Your Life, whose responsibility?</i>	Responsibility poll and group discussion <ul style="list-style-type: none"> • Ask each audience member to write down who he/she thinks is responsible for contraception on a sticky note and stick it on the wall • Discuss the responses and talk to the audience about the importance of taking personal responsibility for contraception and the potential consequences of not doing so 	Pack of sticky notes, pens

Contraception: The facts	<p>Contraception choices brainstorm:</p> <ul style="list-style-type: none"> • Split the audience into two teams and ask them to write down as many different methods of contraception as they can <ul style="list-style-type: none"> ◦ Offer the winning team a small prize • Compare the two teams' lists and highlight any missing methods • You could also give out the crossword puzzles and ask the group to fill them in 	<p>Flip charts/large sheets of paper, pens, Crossword puzzles</p>
	<p>Contraceptive options presentation and case studies</p> <ul style="list-style-type: none"> • Guide the audience through the different types of contraception available and highlights the advantages and disadvantages of each <ul style="list-style-type: none"> ◦ The template presentation includes a summary of this information • Give the audience members examples of different contraceptive methods to look at • Split the audience into small groups and give each a case study discussion card <ul style="list-style-type: none"> ◦ Ask each group to read the card and discuss the advice about contraception that they would give to the person highlighted in the case study 	<p>Case study discussion cards, examples of different types of contraceptive methods</p>
Q&A	<p>Invite the group to ask you any questions about contraception</p> <ul style="list-style-type: none"> • The Contraception leaflet developed by the WCD team includes a section on answers to common questions about contraception that you may find useful 	<p>Contraception leaflet</p>
Closing the meeting	<p>Quick quiz</p> <ul style="list-style-type: none"> • Ask the audience four or five quick true or false questions about contraception <ul style="list-style-type: none"> ◦ The template presentation includes some sample questions • Distribute handouts and information on where to get further help and advice <ul style="list-style-type: none"> ◦ Highlight the Your Life website (www.your-life.com) • Present each participant with a certificate 	<p>Handouts</p>



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Where can I get more information?

The World Contraception Day website (www.your-life.com) features a wealth of information on making responsible choices about contraception that you may find useful.