



World Contraception Day Teacher Guidance for Planning Lessons on Contraception

Introduction

When speaking to students about contraception, you must ensure that you have relevant, credible, and verifiable information at hand.

The “Your Contraception Guide” contains a wealth of useful information about all the common methods of contraception. This will allow you to familiarize yourself with the various advantages and disadvantages of each method, which in turn, will allow you to communicate factual, impartial advice to your students.

For more information, the Your Life website (www.your-life.com) also contains essential advice about preventing STIs, and the importance of practising safe sex.

Lesson Plans

The accompanying lesson plans have been planned in an interactive workshop format to maximize student involvement and encourage proactive learning.

Teenagers are heavily influenced by their peers, and often rely on them as a source of information, not realising that the details they have and pass on may be incomplete or inaccurate. Asking pupils to test and explore their own knowledge and thoughts will highlight important information they may be missing, and will encourage them to consider all the options available to them.

The lesson plans can be modified according to your school’s requirements, national regulations and in accordance with the age and background of the pupils you are teaching. The activities can be used with a broad range of adolescents. For younger teenagers, much of the information will be new, whereas older teenagers will have more knowledge and have begun formulating their own opinions on the topic.

It is important to bear in mind the religious and cultural background(s) of the group you are teaching, as some faiths and cultures are not supportive of some forms of contraception and pre-marital sexual relations.

The lesson plans have been structured to avoid overloading participants with information; instead they provide them with enough information to enable them to make their own informed choices about sexual relations and contraceptive options.

Creating the right environment

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

Do tell students that you can make yourself available for individual questions to be asked in confidence and that you can refer the student to a professional advisor or healthcare professional if the question is beyond your remit.

How to answer students’ questions



You may also find the following general tips useful when addressing this topic in the classroom:

- Provide encouragement and affirmation to the student who asked the question (e.g. "That's a good question...")
- 'Normalise' the question (e.g. "Many students 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 student as soon as possible.

Please note that the workshops do not cover the general principles of human reproduction, including ovulation and conception, which will need to have been covered beforehand.