

## **Lesson Eleven: Birth Control**

### **Student Learning Objectives:**

The students will be able to...

1. List three highly effective birth control methods
2. Describe at least one reason that birth control is important
3. Describe the benefits of any one method

### **Agenda:**

1. Explain the lesson's purpose.
2. Lead a revised version of the Lesson 8 penny exercise to demonstrate the low risk of pregnancy when using a highly effective birth control method.
3. Have small groups study a method of birth control and write a commercial for it, using Birth Control Fact Sheets for reference.
4. Have small groups take turns performing their 2-minute commercial for the class, while the observers record two important points for each method on the Commercial Watchers Worksheet. Debrief after each commercial.
5. Conclude the lesson by discussing the "best method" as a class, encouraging students to support their opinion with medically accurate information.

1. Why are we learning about birth control?

### **We are learning about birth control for three reasons:**

- Odds are that some people in this class are already having intercourse, or will be in the next few years, and they need to know

how to reduce the risk of unplanned pregnancy. By intercourse, we mean vaginal sex.

- Odds are that most people in this class (even those who are abstaining for now or who are gay or lesbian) will some day have intercourse, even if it's years from now. People often want to choose whether or not they have children, when they have children, and how many children to have, so they need to know about birth control in the meantime.

- And I want you all to be able to act as health educators for your friends and families.

## **2. Penny Exercise - Part Two**

Do you remember the conclusion from the penny exercise in lesson eight?

Let's do that exercise again, but this time, let's say that all of the couples were using a highly effective method of birth control, and they were being very careful to use it correctly, all year long.

Take a penny and go back to your seat. Flip it over... raise your hand if your penny has a black dot on it.

Out of 100 couples, only one (or fewer) will get pregnant if they are using a very effective method, correctly, all year long.

## **3. Small Group Birth Control Commercials (See attached PDFs)**

We're going to shift gears and start learning more about the birth control methods themselves.

Each group will be assigned a birth control method. Study the method of birth control using the materials in the bag, and then write a two-minute commercial. The commercial should include the main points listed on their fact sheet, but it does not need to include every

detail about the birth control method. Include what you feel is most important for your classmates to learn.

**4.** Small groups take turns performing their two-minute commercial for the class.

When you watch each commercial, pay close attention. You'll need to write down two important points about the birth control method. You might write something like, "Very effective" or "Prevents pregnancy for 3 years" or "Makes periods better", depending on the method of birth control. If you're not sure, raise your hand after the commercial.

In Massachusetts, teens can get birth control without anyone else's permission, including parents. It is confidential. This is true at all doctor's offices and clinics in the state. But students should know that if they use their parents' insurance, an explanation of benefits might go home noting the kind of service rendered.

**5.** "Best Method" Conclusion

Based on what you learned today, what do you think is the best method of birth control for a sexually active, male-female couple? Make sure you defend your answers with medically accurate information.