**Lesson Plan: Pregnancy, Family Planning, and Safer Sex**

**Objectives:**

* Participants will understand basic information about how pregnancy happens.
* Participants will be able to identify 3 different options for family planning, and the pros and cons of each type.
* Participants will know that just because they can consent to sexual activity does not mean they have to.
* Participants will practice talking to a partner/ friend/ nurse about family planning options.

**Target Audience:** 12+ years

**Total estimated time:** Two 1 hour sessions or one 2 hour session

**Materials:**

* Open space
* Chart paper
* Markers
* “Thinking about sex? Think about birth control!” Pamphlet
* Condoms
* Demonstration penis
* Kleenex (for after opening condoms)
* “TRUE” and “FALSE” cards
* Tape
* “Choosing a contraceptive that’s right for U” - pink booklet from Sexual Health Toolkit

**Preparation:**

* You may wish to contact a nurse to help you facilitate this lesson (optional).
* Write out the Group Agreement on a piece of chart paper.
* Write “TRUE” and “FALSE” on two pieces of paper/ construction paper.
* Print out extra copies of slides 16-23.

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| Time | Slides | Topic | Key Points and Speaker’s Notes |
| 10 min | 1-5 | IntroductionGroup AgreementTalking about our Bodies | Introduce yourself and let the students know that they will be learning about pregnancy and how to plan pregnancy. Establish a group agreement that students should respect while participating in the workshop. Some suggestions include:* All questions are ok: At any time
* Confidentiality: Personal information and stories shared in the group stays in the group.
* Duty to report: There are limits to confidentiality. Facilitators must report any cases or suspected cases of child abuse of someone under 18 years old to the RCMP.
* It’s ok to pass: Participants may choose not to participate in a specific activity or leave the room at any time. Some topics may be difficult for some participants to listen to and talk about, so do not force anyone to participate.
* No judgement: Be respectful of each other, and do not laugh at other participants’ questions or stories.

**Speaker’s Note:** I know that talking about sexual health sometimes feels uncomfortable. Sometimes we just want to giggle – and that’s ok! The more we talk about it, the easier it gets. Maybe some of you are thinking that you’re not sexually active yet, so you don’t need this information. We want everyone to have this information before they start having sex, so they can take care of themselves! |
| 5 min | 6 | Discussion: How is a baby made? | **Possible responses:** * Menstruation/ period/ monthlies
* Egg/ sperm
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| 10 min | 7-11 | Anatomy Review | **Speaker’s Notes:** Before we get started, it’s important that we all know which body parts we’re talking about. For women, eggs (or ‘ova’) are produced in the ovaries. They travel down the fallopian tube into the uterus. If sperm from the male have travelled up the vagina, then the egg may become fertilized. If the egg is fertilized, it can implant into the endometrium, and the baby can then grow in the uterus.For men, sperm are produced in the testicles. The sperm mature as they move through the epididymis and vas deferens. Semen is the fluid that leaves a person’s penis when they ejaculate. Semen is made up of sperm and fluids from the prostate gland and seminal vesicles. Women and girls who have had their period (or “monthlies”) can get pregnant. Each month, the endometrium grows to create a place for the egg to implant if it is fertilized. If the egg is not fertilized and does not implant, the endometrium releases and is lost as menstrual blood. |
| 15 min | 12 | Activity: True or False | See instructions below |
| 10 min | 13-15 | Discussion: How would having a baby change your life? | **Possible responses to “What are the good things about having a baby at a young age”:*** Younger people tend to be more fertile
* Gain status in family
* More energy to take care of children

**Possible responses to “What are the bad things about having a baby at a young age?”:*** Can be stressful on relationships
* Can be harder to finish school
* Changes to body – young mums sometimes have a harder time giving birth because their bodies aren’t fully developed

**Possible responses to “What are Inuit values and traditions around when to have babies?”:*** Have children when you and your partner are prepared to provide for them.
* Have children when you are ready to be a teacher.
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| 10 min | Break OR Questions and adjourn to next session |
| 15 min -activity15 min -presentations | 16-23 | Activity 2: Expert Groups – Family Planning Options | See instructions below |
| 5 min | 24 | Condom demonstration | **Key points*** Check the expiration date
* Ensure you’re rolling it the right way
* Pinch the tip
* Roll the condom to the base of the penis
* After ejaculation, hold the base of the condom while pulling out
* Tie a knot in the condom and throw it in the garbage (not in a toilet!)
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| 10 min | 25-30 | Condoms, withdrawal, emergency contraception, and how to get birth control | * Use only one condom at a time, use them only once, and don’t let them freeze
* Withdrawal is not very effective, is stressful, and does not protect against STIs
* Emergency contraception is available for free at all health centres in Nunavut. It must be used within 5 days of unprotected sex (sooner is better)
* Get birth control by making an appointment at the health centre. Young people do not need their parent’s permission.
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| 10 min | 31-38 | I’m pregnant – now what?  | * Parenting
* Adoption
* Abortion

Stop tobacco use and alcohol use. * If you cannot quit, then reduce as much as possible – although no amount of alcohol is safe during pregnancy.
* Need help to quit or reduce? Visit the health centre!
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| 5 min | 39-41 | Age of Consent for sexual activityAm I ready for Sex?Conclusion | Key messages: * Having sex is a big decision and an unplanned pregnancy could change their lives
* Just because young people can consent to sexual activity, doesn’t mean they have to. Review the questions “Am I ready for sex?”
* There are lots of different types of birth control available – find the type that is right for them!
* Family planning is the responsibility of both partners
* Condoms are the only form of family planning that protect against pregnancy AND sexually transmitted infections
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**Activity 1: True or False**

1. Prepare for this activity by writing “TRUE” and “FALSE” on two pieces paper. Tape the two pieces of paper on either side of the room.
2. Ask the participants to stand in the middle of the room. Read each of the following statements out loud. People who think the statement is true should move to the “TRUE” sign, while those who think it is false should move to the “FALSE” sign.
3. After reading each statement, ask people in each group why they think the statement is true or false. Then tell them the correct answer and provide an explanation.

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| **Statement** | **Correct Answer** | **Facilitator Notes** |
| Someone who is having sex for the first time can get pregnant. | TRUE | You can get pregnant any time you have sex, even if it’s your first time. Anyone who has starting menstruating/ had their period/ monthlies can become pregnant anytime they have sex. |
| Someone who is breastfeeding cannot get pregnant. | FALSE | People who are breastfeeding can still get pregnant. The method of breastfeeding for family planning is called “lactational amenorrhea”. It is only effective for women whose babies are less than 6 months only, who don’t have their periods, who feed their babies every 4-6 hours (even at night) and whose babies drink ONLY their breast milk (no other milk or foods).  |
| Someone has to be 16 years old before they can get birth control from the health centre.  | FALSE | People who are sexually active can get birth control, even if they are younger than 16. The nurse will ask questions to make sure that the person understands the risks and benefits of family planning. |
| Family planning is another word for birth control. | TRUE | You can use either word when you are talking about spacing or limiting or planning for pregnancy.  |
| You can’t get pregnant if you have sex during your period. | FALSE | You can get pregnant any time you have sex. Sperm can live in the vagina for up to 5 days. |
| Depo (the family planning shot/ needle) causes everyone taking it to gain weight. | FALSE | Everyone has a different reaction to medication. Some people may lose weight or stay the same weight; others will gain weight. There is no way to tell how your body will react until you try it. If you don’t like the side effects of any type of family planning, ask the nurse at the health centre about trying a different type. |
| Taking birth control for a long time can make you unable to have a baby in the future (infertility). | FALSE | Birth control does not make you unable to have children in the future.  |
| Women shouldn’t use birth control until their baby is at least six months old. | FALSE | You can get pregnant as soon as your period returns after you give birth (even if you’re breastfeeding). There are options for family planning that are safe for new parents (IUD, depo/ the shot, male and female condoms). |
| Contraceptives also protect against sexually transmitted infections. | FALSE | Most contraceptives only protect against unplanned pregnancy. The only contraceptive that also protects against STIs is the condom (male and female). It is useful to use a condom and another type of family planning to prevent both STIs and unplanned pregnancy. |
| Women can use an IUD for family planning, even if they haven’t had children. | TRUE | An IUD is safe for anyone who wants to delay or prevent having children, and provides worry-free protection for up to 5 years.  |
| To be extra careful not to have babies or get STIs, you should use 2 condoms. | FALSE | You should only use one condom at a time. Condoms are more likely to break if you use two at the same time.  |

**Activity 2: Family Planning Options**

1. Print slides 17-21 and 23. Split the participants into groups of 2 or 3 people and give each group one slide (one type of family planning). Ask each group to read through the slide. Other resources can you provide to the group are: [www.irespectmyself.ca](http://www.irespectmyself.ca), “Choosing a contraceptive that’s right for u” (in the sexual health toolkit), or [www.bedsider.org](http://www.bedsider.org).
2. The group will become an “expert group” on the type of family planning they have been given, and can complete either Option A or B below. Whichever option they complete, they should include:
* How the birth control is taken/ used
* Benefits
* Possible side effects

Option A: Ask the group to write a song, radio ad, or poem about the type of family planning, and present it to the group.

**OR**

Option B: Ask the group to do a role play. One person in the group will be someone who needs family planning, and the other person will be a friend, partner, or nurse who gives them advice. The person needing birth control will ask questions, and the friend/ partner/ nurse will respond. The group will perform the role play in front of the rest of the group.