

Contraception Choices

Lesson 1: Introduction to contraception & lesson 2: Exploring the options

Fill the gap 2.0.ii - Contraception Choices



1) Contraception introduction		6) Injectables	5) IUD (coil)
Fill in the blanks, use the word bank for help if needed. People will need to use contraception during sex to prevent a _____. If someone wants to prevent pregnancy, this will need to be used until they are ____ years old, or until menopause is confirmed.		The contraceptive injection works for ____ weeks, and like the IUD and implants people don't have to remember to take them everyday. People can set reminders in their _____ to go back and get a new injection when they need to. Some injections may cause _____ gain and can stop periods all together or cause heavier _____, and it can take 3-6 months for this to settle. Note: contraceptive injections are not suitable for people under 18.	There are two main types of IUD. ● Hormonal ● _____ These can work from between 3 to ____ years depending on the type of IUD, so they're really long lasting. The hormonal IUD might make periods _____, but the copper IUD might make them a bit more painful and heavier.
Withdrawal or “pulling out” is not contraception because pre-ejaculate could enter the vagina. This could contain _____. _____.	Within how many days after having unprotected sex should someone seek help from a doctor or sexual health service? Circle the correct number of days. 3 5 7 10		
Barrier methods like a _____ prevent sperm entering the vagina and meeting an egg. They also prevent _____. _____.			

2) Hormonal contraception	3) Contraceptive pills	4) Implants
This works by stopping sperm meeting an egg by: - Stopping an ___ ___ ___ being released, - preventing sperm entering the uterus by making the mucus in the cervix ___ ___ ___ ___ ___ and/or - preventing the egg from implanting in the ___ ___ ___ ___ ___ by making the lining thin.	There are ___ types of pill, the combined pill and the progesterone-only pill. With 'perfect' less than 1 in a 100 women would get pregnant using the pill. However, as people ___ ___ ___ ___ ___ to take them in 'real-life', 7 in 100 women are expected to become pregnant on the pill per year.	Long acting reversible contraceptives like implants can be helpful because people don't have to ___ ___ ___ ___ ___ to take them. Fertility returns to ___ ___ ___ ___ ___ once the implant is removed. Bleeding during periods can change and it might take 3 months to settle.

Word bank

bleeding	13	normal	condom	forget	55	sperm	egg	lighter	10	weight
calendar	copper	2	pregnancy	remember	STIs	uterus	thicker			