

LESSON PLAN 2

CONTRACEPTION CHOICES:
MAKING THE CHOICE



Resource 2a: Advice menu

Advice Menu

"Take a friend so you're not alone."

"If you're not sure where to go, look on the NHS or Brook website."

"Don't worry, sexual health nurses and doctors talk to people our age all the time and are trained to help us make decisions about contraception."

"Why don't you talk to someone at home? They can help remember medical information the doctor or nurse might need."

"If you're not sure whether the pill is working or you've missed a pill, it's got a leaflet to help you figure out what you need to do."

"You could practice asking some of the questions you want to ask in the mirror, or write them down so you don't forget."

"Staff in sexual health services want to make sure we can access the contraceptives we need; they aren't going to judge someone because they'd drunk alcohol at the time."

"Unless the staff in sexual health services are worried about someone's safety, they aren't going to tell other people or their parents."

Advice Menu

"Take a friend so you're not alone."

"If you're not sure where to go, look on the NHS or Brook website."

"Don't worry, sexual health nurses and doctors talk to people our age all the time and are trained to help us make decisions about contraception."

"Why don't you talk to someone at home? They can help remember medical information the doctor or nurse might need."

"If you're not sure whether the pill is working or you've missed a pill, it's got a leaflet to help you figure out what you need to do."

"You could practice asking some of the questions you want to ask in the mirror, or write them down so you don't forget."

"Staff in sexual health services want to make sure we can access the contraceptives we need; they aren't going to judge someone because they'd drunk alcohol at the time."

"Unless the staff in sexual health services are worried about someone's safety, they aren't going to tell other people or their parents."