




Preventing an Unplanned Pregnancy

Understanding how to prevent an unplanned pregnancy and to make healthy choices





Pair Share

Understanding Natural Consequences

With a partner, discuss the following questions:

- 1) What are some examples of consequences that result from a person's actions/choices? (*Example: If you drive over the speed limit, you might get a speeding ticket from a police officer*).
- 2) How do you take action/make choices that will result in having a healthy, happy future?

Essential Question



How can we prevent an unplanned pregnancy?

If you need resources or support for your sexual health...

- Talk to a parent/guardian or other trusted adult
- Call 2-1-1
- Visit 211sandiego.org



Learning Intention



I can identify various methods for preventing an unplanned pregnancy.

Teaching Agreement

It's important to know that...

1. I am a mandated reporter, which means I'm required to report suspected abuse or neglect.
2. We will be examining sexual health through research, evidence, and scientific facts.
3. We will be learning and using accurate scientific terms for systems, processes, and anatomy that comes directly from the California Health Standards for 7th and 8th grade.
4. We will not be discussing our personal values or opinions about any of the topics.
5. **We will ensure a safe environment that is inclusive for all students**
6. We will focus on questions that relate to the science we are learning and encourage you to talk to your parent/guardian at home about your values and opinions when it comes to making choices.

What are some ways to prevent an unplanned pregnancy?

The Consequences of Being Sexually Active



- 1) A possible consequence of being sexually active is an unplanned pregnancy.
- 2) Another possible consequence of being sexually active is getting a sexually transmitted infection (STI), which we will discuss in a later lesson.

It is important to understand how to protect your health and prevent an unplanned pregnancy.

Know Your Vocabulary: Preventing an Unplanned Pregnancy



Abstinence

- Not having sex

Contraception

- The act of preventing pregnancy
- Can be a device, a medication, a procedure, or a behavior, for example:
 - Abstinence is a contraception behavior
 - A Condom is a contraceptive device
- Another term for contraception is **Birth Control**.

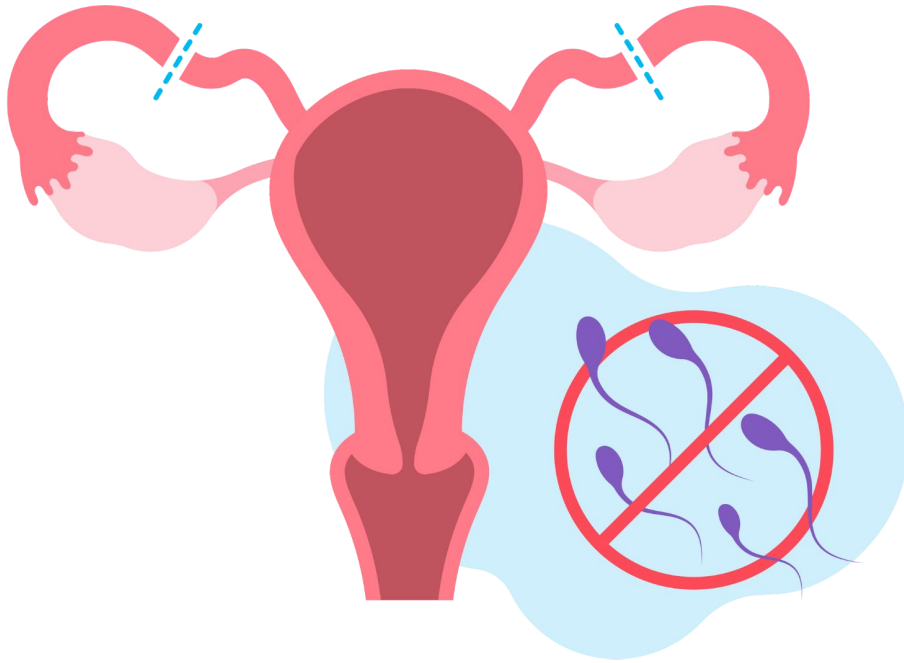
Abstinence

Abstinence is the most effective form of birth control. If two people don't have sex, sperm can't fertilize an egg and there's no possibility of pregnancy.

Anyone can practice abstinence at any time. You can become abstinent even if you've had sex in the past.



Contraception


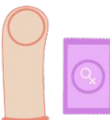



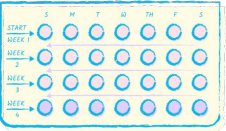




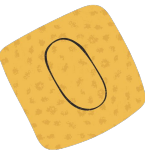
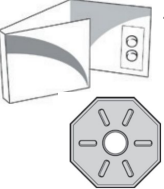





Contraception is sometimes called **birth control** and includes a variety of different methods to stop a female from getting pregnant.

Different types of contraception are better at preventing pregnancy than others.

It is important to understand that **only abstinence is 100% effective in preventing pregnancy**. It is still possible to become pregnant even while using contraception.

What are Different Types of Contraception?

Method	What it does	Examples	Prescription needed?
Barrier	Prevents the sperm from reaching the egg	 External condom  Internal condom  Diaphragm  Cervical cap  Spermicide	No. Can be purchased without a prescription
Hormonal	Interferes with ovulation and/or fertilization	 Birth Control Pills  Implant  IUD  Ring  Injection  Patch  Emergency contraception	Yes. Requires a doctor's prescription. All hormone treatments have side effects; make sure to ask your doctor before using
Other Methods	other ways people use to avoid pregnancy	These methods include abstinence, withdrawal, and fertility awareness.  Abstinence  Withdrawal  Fertility awareness	

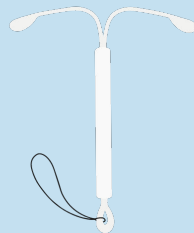
Are some types of birth control better than others?

How well does each birth control work on its own?

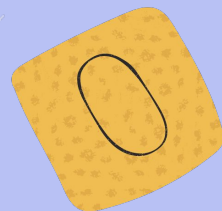
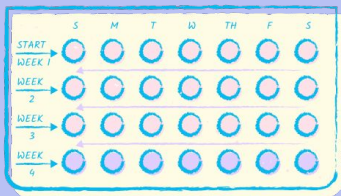
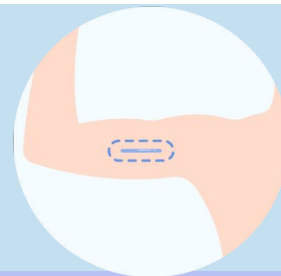
More Effective



Abstinence is the only one that's 100% effective



IUDs and birth control implants are better than 99% effective

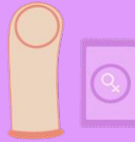


Contraception pills, patches, and rings are 91-94 % effective



External condoms 85%

Internal condoms 79%



Diaphragm 87%

Emergency contraception 70-87%



Withdrawal 80%



Fertility awareness 75%



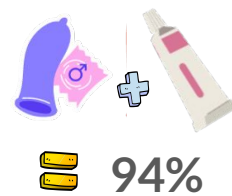
Cervical cap 78%



Spermicide 70%

But when you combine some types of different birth controls, the effectiveness increases.

For example:



Condoms

Condoms can only prevent an unplanned pregnancy if they are used correctly. Here are some ways to make sure condoms do what they are supposed to.



YES

- Use a condom every time you have sex
- Put on a condom before having sex
- Read the package and check the expiration date
- Make sure there are no tears or defects.
- Store condoms in a cool dry place






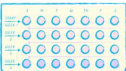









NO

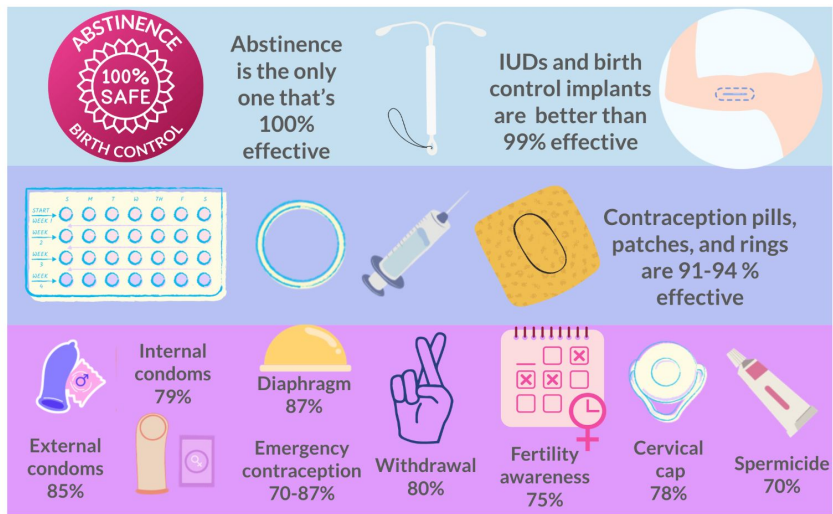
- *DON'T* store condoms in your wallet, as heat and friction can damage them
- *DON'T* use oil-based products like baby oil, lotion, petroleum jelly, or cooking oil because they will cause the condom to break
- *DON'T* use more than one condom at a time
- *DON'T* reuse a condom

Why is it Important to Learn About Contraception?

- If you are sexually active, unplanned pregnancies can occur.
- Learning how to talk to your partner about contraception is an important skill in having a healthy sexual relationship.
- It is important to know where to go to get contraception
 - Your parent/guardian or other trusted adult
 - A health clinic
 - A doctor's office
 - A pharmacist or drug store
- If you choose not to be abstinent you need to choose another method of contraception to prevent pregnancy.

What do you know about preventing an unplanned pregnancy?

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For example:

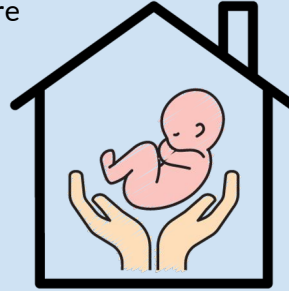


What Happens if a Teen Doesn't Practice Abstinence or Use Contraception if they are Sexually Active?

A baby can be a very real and serious consequence of having sexual intercourse.



The Safe Surrender Baby Law in California allows a parent or person with lawful custody to surrender a baby confidentially to a hospital emergency room or fire station, without fear of arrest or prosecution for child abandonment. This law allows for at least a 14-day cooling off period, which begins the day the child is voluntarily surrendered.

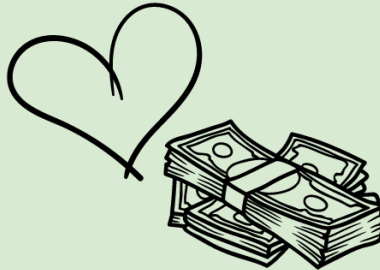


Teen parents face many difficulties, including a possible lack of support from family and friends, possibly having to give the baby up, and experiencing mental health challenges.



When a teen finds out that she is pregnant, she will have big decisions to think about, such as:

- continuing with the pregnancy to parent the child
- choosing adoption for the baby
- terminating the pregnancy



Both parents are equally responsible for raising their child and legally responsible for supporting this child until the child becomes an adult.



Teen parents often struggle to complete their education, which can make it difficult to earn adequate income to support their family later on in life.

How can I communicate about
preventing an unplanned pregnancy?

Best Communication Practices for Preventing an Unplanned Pregnancy

- It's OK to say no.
- Talk with your parent/guardian about their expectations when it comes to your sexual health.
- Talk with your parent/guardian to discuss options for abstinence and contraception.
- Wait until you are in a committed relationship to engage in sexual activity.
- If you are sexually active with another person
 - Think ahead and plan on how to communicate with your partner.
 - Share your plan to not get pregnant.
 - It is the responsibility of both people to prevent pregnancy, not only the female's.
- If you aren't ready to talk about sex with your partner, then you should wait before having sex.

If you need resources or support for your sexual health...

- Talk to a parent/guardian or other trusted adult
- Call 2-1-1
- Visit 211sandiego.org



Best Communication Practices for Preventing an Unplanned Pregnancy



- Continue to educate yourself about how to take care of your sexual health.
- If you have additional questions about preventing pregnancy, it is best to consult a trusted adult or health experts rather than relying on information provided through social media and peers. Some of these experts include:
 - Your family doctor
 - A gynecologist
 - A nurse/nurse practitioner
 - Mental Health specialist

If you need resources or support for your sexual health...

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Exit Slip



Exit Slip

Reflection

- Write **2** questions you still have about the topic of preventing an unplanned pregnancy.
- Write **1** wish you have for a safe and healthy future.

At-Home Connection





At Home

Share your exit slip with your parent/guardian or other trusted adult as a way to begin a conversation about preventing unplanned pregnancies.

Sources

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[National Geographic](#)

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[Condoms: Birth Control, Types, How They Work & Effectiveness](#)

[Birth Control: Forms, Options, Risks & Effectiveness,](#)

[Spermicide: How To Use, Benefits, Risks & Effectiveness](#)

[Condoms: Birth Control, Types, How They Work & Effectiveness](#)

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[Levonorgestrel Emergency Contraception: Plan B](#)

[FDA Birth Control Guide](#)