

Class 20 Guide: Reproduction and Birth Control

Pre-teach

In this week's class, students will learn the basics of human reproduction, and will explore a few methods of birth control, including condoms, IUDs, vaginal rings, birth control pills, shots, implants, and patches. To help prepare for this class, give students some time to think about their goals related to family. Do they want to be parents some day? Do they want to have children or work with children in the future? When talking about families, be sure to mention that people of all sexual orientations and gender identities can have children. You can explain to students that some families will need to get help from a doctor to have children. Other families may choose to adopt children. Give students a few minutes to write or draw about the family they think they want to have.

Next, lead a discussion about the responsibilities of having children. Make a list together as a class of all the supports babies and children need. Examples: place to sleep, clothing, food. Talk to students about how children can be wonderful, but are also a huge responsibility. Tell students that this week in class, they will learn more about how babies are made. They will also learn how to use birth control to prevent pregnancy if they are not yet ready to be parents.

Finally, in the days leading up to this class, you can introduce the vocabulary from this lesson's Important Words Sheet (see suggested definitions below). To enhance understanding, you can ask students to come up with their own definitions for vocabulary words or to provide a sentence or scenario using the new word.

Vocabulary terms and definitions

- Egg: one thing you need to make a baby; found inside the body of a person with a vulva and vagina
- Sperm: one thing you need to make a baby; found inside the body of a person with a penis and testicles
- Ejaculate: when someone masturbates or has sex and a whitish fluid called semen comes out of the penis
- Vaginal sex: when a penis goes into the vagina
- Pregnancy: when a sperm and an egg grow together in the uterus into a baby
- Condom: a piece of rubber that goes over the hard penis and catches semen
- Birth control: things that you can use to help you not make a baby if you are having penis in vagina sex
- Doctor: someone who helps keep your body healthy
- Baby: a very young child that was just born

- Lubricants (lube): a clear fluid that you can use to help make sex feel better

Post-teach

This session introduced students to some options for birth control. Work together as a class to research more in-depth information about birth control, such as the pros and cons of each method, or how effective each one is at preventing pregnancy. You might even consider making a handout that students can keep that has this information.

Birth control options for students with vulvas and vaginas must be obtained from a doctor or local reproductive health clinic. You could do some research as a class project to find local doctors and reproductive health clinics that can provide birth control prescriptions and gynecological healthcare.

As a class, you could even research the bus routes that a young adult transition student would need to take to get to these healthcare facilities from your site or from their homes. It's important for students to know where to find local medical professionals. It's also important for students to be able to practice self-advocacy to tell a medical professional that they are looking for information on birth control options. Give students opportunities to role play using I Statements with a doctor or nurse to advocate for access to birth control. Students can also practice asking the questions on slide 33 to their doctor or nurse. Empower your students to be self-advocates for their own reproductive health.



Class 20: Reproduction and Birth Control

Estimated time: 1 hour to 1.5 hours

Objectives

Students will:

- Learn what type of sex can cause pregnancy.
- Discuss the basics of fertilization and birth.
- Identify some birth control options, including condoms and options for people with vulvas and vaginas.

Materials

- Whiteboard and dry erase markers or flipchart paper and makers
- Pens/pencils for all students
- Blank index cards
- Class Healthy Relationship Toolbox
- Class Healthy Relationship Tools (I Statement, Relationship Map, NO!, and Consent Check-In Tools)
- Computer
- Projector
- Projector screen
- Class 20 PowerPoint
- Printed copies of Class 20 PowerPoint for all students (one slide per page)
- Class Safer Sexuality Checklist
- Class 1. Safe and Private Place; 2. Safer Sexual Partner; 3. Sexual Limits; and 4. Consent Manipulatives
- Student Safer Sexuality Checklists with 1. Safe and Private Place; 2. Safer Sexual Partner; 3. Sexual Limits; and 4. Consent Graphics glued on
- Class 5. Birth Control Plan Manipulative (see template at end of lesson)
- Velcro
- Printed copies of 5. Birth Control Plan Graphic for all students (see template at end of lesson)
- Glue sticks for all students
- Birth control examples (may be obtained from a local family planning center)
 - Condoms**
 - Birth control pills
 - Intrauterine device
 - Birth control patch
 - Implant

- Vaginal ring
- Hand wipes
- Bottle of personal lubricant
- Dildo*
- Zucchini**

*If allowed in your setting. If not, a zucchini may be used.

**If allowed in your setting, get one zucchini and one condom for each student, and have students participate in the condom practice.

Class Preparation (5-10 minutes)

Give each student a copy of the PowerPoint so they can follow along and take notes. We found that student understanding increases when they have two options for viewing information: on the screen at the front of the room and on their own printed PowerPoint.

Display and discuss slides 1-6.

How Babies Are Made (10-15 minutes)

Display and discuss slides 7-14. Give student's time to process the information, and check in periodically for questions.

Birth control options for students with vulvas and vaginas must be obtained from a doctor or local reproductive health clinic. You could do some research as a class to find local doctors and reproductive health clinics that can provide birth control prescriptions and gynecological healthcare.

Pregnancy and Birth (5-10 minutes)

Display and discuss slides 15-20. Give students time to process the information, and check in periodically for questions.

Brain Break (5 minutes)

Display slide 21. Use one of the suggested brain break activities from the slide notes, or come up with your own.

Condoms (20-25 minutes)

Display slides 22-28. Give students time to process the information, and check in periodically for questions. Use the instructions in the notes of slide 28 to lead students through a condom practice.

Birth Control for People with Vulvas and Vaginas (15-20 minutes)

Display and discuss slides 29-35. Give students time to process the information, and check in periodically for questions. Slide 35 includes instructions for the Safer Sexuality Checklist activity. Students will be adding 5. Birth Control Plan to the class and student

Safer Sexuality Checklists. For this activity, students will need glue sticks, as well as their copies of the Student Safer Sexuality Checklist and Student 5. Birth Control Plan Graphic. See templates at the end of the lesson plan.

Questions (5 minutes)

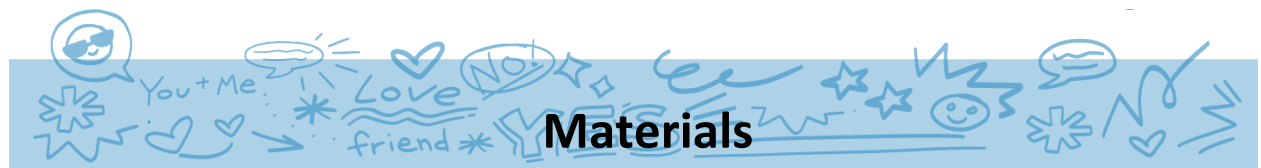
Display slide 36. Collect any notecard questions from students. Before your next class session, research and prepare answers to students' private questions.

Exit Ticket (5 minutes)

Use slides 37-39 to check for student comprehension of major class topics.

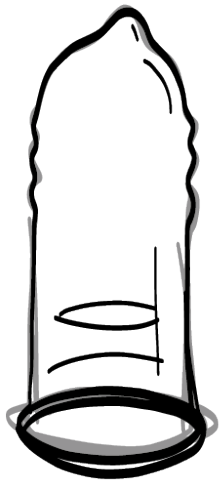
Closing (5 minutes)

Display and discuss slides 40-42.



Class 5. Birth Control Plan Manipulative

This is the fifth item for the Class Safer Sexuality Checklist. Print and laminate the graphic below. Add a piece of Velcro to the back of the laminated graphic that fits the piece of Velcro next to the corresponding checkbox on your Class Safer Sexuality Checklist.



Birth Control Plan

Student 5. Birth Control Plan Graphic

Print and cut out one Birth Control Plan Graphic for each student in your class. Students will glue these onto their Student Safer Sexuality Checklists.



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