

# Preventing an Unplanned Pregnancy

<p><b>Essential Question</b></p> <p>How can we prevent an unplanned pregnancy?</p>	<p><b>Learning Intention</b></p> <p>I can identify various methods for preventing an unplanned pregnancy.</p>
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<p><b>Introduction</b></p>	<p>An essential part of learning about our overall well-being and taking care of our sexual health is to understand how to prevent an unplanned pregnancy.</p>
<p><b>CA Health Standards 7th-8th Grade</b></p>	<p>1.3 Explain the effectiveness of abstinence in preventing HIV, other STDs, and unintended pregnancy.</p> <p>1.5 Explain the effectiveness of FDA-approved condoms and other contraceptives in preventing HIV, other STDs, and unintended pregnancy.</p> <p>1.13 Evaluate the benefits to mother, father, and child when teenagers wait until adulthood to become parents.</p> <p>3.1 Identify trusted adults in one’s family, school, and community for advice and counseling regarding reproductive and sexual health.</p> <p>3.2 Locate medically and scientifically accurate sources of information on reproductive health.</p> <p>3.3 Identify health care providers for reproductive and sexual health services.</p> <p>5.1 Analyze why abstinence is the most effective method for the prevention of HIV, STDs, and pregnancy.</p> <p>5.7 Use a decision-making process to evaluate the value of using FDA-approved condoms for pregnancy and STD prevention.</p>



# 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?

This activity connects students to the idea that there are consequences for actions we take. Have students think about examples of consequences that result from an individual's or group's actions or choices, as well as the types of choices they can make that could result in a healthy, happy future.

Use this conversation to lead into choices and actions to prevent an unplanned pregnancy.

### Essential Question

How can we prevent an unplanned pregnancy?

Share the Essential Questions for this lesson with students. Clarify any information

Introduce the salmon colored box with information on where students should go if they need additional resources for their sexual health. Let students know that this information is also on the last page of their workbook for each lesson.

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](http://211sandiego.org)

### Learning Intention

I can identify various methods for preventing an unplanned pregnancy.



Share the Learning Intentions for this lesson with students. Clarify any information.

### 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.



Teaching agreement is shared in each lesson. Introduce students to the requirements of being a “mandated reporter”

It is critical for the teacher to demonstrate that they will be keeping agreements as well as the students during each Sexual Health lesson. This helps the teacher model fairness and accountability for students.

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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.

Connect students back to the conversation about actions and consequences. Make explicit that a possible consequence of being sexually active is an unplanned pregnancy. Another possible consequence of being sexually active is getting a sexually transmitted infection (STI), which we will discuss in a later lesson.

### 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**.

Introduce students to the vocabulary for this lesson. Have students “fill-in-the-blanks” in their workbook as you introduce the terms.

## Abstinence

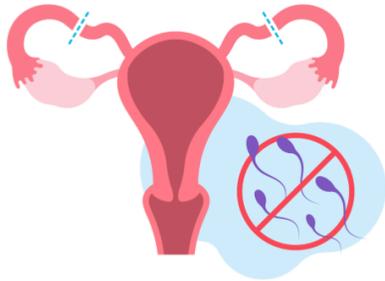
Abstinence is the most effective form of birth control. If two people don't have sex, sperm can't fertilize an egg and there's no possibility of pregnancy.

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



Emphasis on abstinence as the most effective form of contraception. Also, make clear 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.

Introduce students to contraception/birth control. Let students know that there are different methods and types of contraception, and some are more effective than others at preventing an unplanned pregnancy, and it is still possible to become pregnant even while using contraception.

Remind students that only abstinence is 100% effective in preventing pregnancy.

### 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	

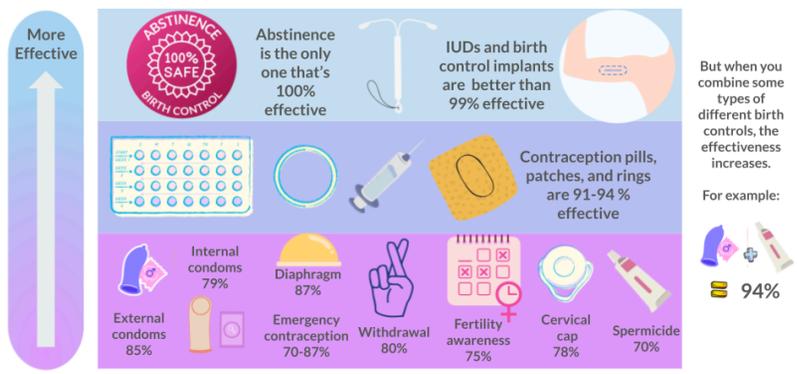
Walk students through the variety of different methods and examples of contraception.

If you need more information on each of these types of contraception you can access [Birth Control: Forms, Options, Risks & Effectiveness](#) from the Cleveland Clinic.

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Are some types of birth control better than others?

### How well does each birth control work on its own?



Share with students that different methods of birth control are more effective than others, and that combining some types of contraception increases effectiveness.

But when you combine some types of different birth controls, the effectiveness increases.  
For example:  
 94%

### 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

Share with students that 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.

#### Proper use:

- 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

#### Improper use:

- Storing condoms in your wallet, as heat and friction can damage them

- Using oil-based products like baby oil, lotion, petroleum jelly, or cooking oil because they will cause the condom to break
- Using more than one condom at a time
- Reusing a condom

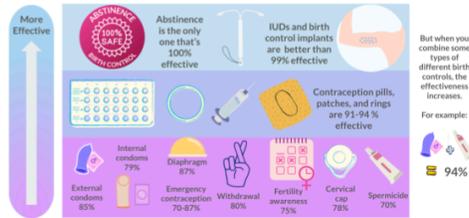
### Why is it Important to Learn About Contraception?

- 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.

Emphasize why it's important to learn About contraception, and who students should talk to if they do want help understanding more about birth control methods and where to get contraception.

## What do you know about preventing an unplanned pregnancy?

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	



Provide students time to answer the question in their workbooks, using the graphics of different contraceptive methods.

What do you know about preventing an unplanned pregnancy?

## 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.



Share with students some of the consequences of an unplanned pregnancy.

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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](http://211sandiego.org)



Share with students the best communication practices for preventing an unplanned pregnancy.

### 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...

- Talk to a parent/guardian or other trusted adult
- Call 2-1-1
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### 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.

Have students reflect on what they've learned in this lesson by writing two questions they still have about preventing an unplanned pregnancy, and a wish they have for a safe and healthy future.



### 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.

Share with the students that they should continue this conversation at home with a parent/guardian or other trusted adult.

## Sources

[Social And Economic Consequences Of Teenage Childbearing - Risking The Future - Ncbi Bookshelf](#)

[National Geographic](#)

[Nucleus Medical Media](#)

[Ted Ed - The Surprising Effects Of Pregnancy](#)

[Newport Academy - Teen Pregnancy And Mental Health](#)

[The Economist](#)

[California's Safe Surrender Baby Law](#)

[Webmd - Abstinence: What It Is And How It Works](#)

[Contraception - Statpearls - Ncbi Bookshelf](#)

[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](#)

[Condoms | Hiv Risk And Prevention | Hiv/Aids | Cdc](#)

[How To Use A Male \(External\) Condom | Cdc](#)

[Levonorgestrel Emergency Contraception: Plan B](#)

[Fda Birth Control Guide](#)