

# Middle School Birth Control Lesson

Time: 45-60 mins

This lesson is designed to help participants understand the variety of birth control options that exist. Through several activities, the presentation will explore effective methods of birth control, including sexual abstinence, and how they work to reduce risk of pregnancy. After this lesson participants will be more equipped to make their own decision on how to prevent and plan pregnancy.

## Outline

- Introduction (3 mins)
- Activity One: PowerPoint Presentation (20 mins)
- Activity Two: Birth Control Lineup (15 mins)
- Optional Activity: Online Engagement (10 mins)
- Closing (2 mins)



## National Sexuality Education Standards

- SH.8.CC.1 Define vaginal, oral, and anal sex.
- SH.8.CC.2 Explain there are many methods of short-term and long-term contraception that are safe and effective and describe how to access them.
- SH.8.CC.3 List at least four methods of contraception that are available without a prescription (e.g. abstinence, condoms, emergency contraception, withdrawal).
- SH.8.CC.7 Compare and contrast behaviors, including abstinence, to determine the potential risk of pregnancy and/or STD (including HIV) transmission.
- SH.8.CC.10 Describe the state and federal laws related to minors' access to sexual healthcare services, including pregnancy and STD/HIV prevention, testing, care, and treatment.
- SH.8.GS.1 Develop a plan to eliminate or reduce risk of unintended pregnancy and STDs (including HIV).
- SH.8.SM.1 Describe the steps to using barrier methods correctly (e.g., external and internal condoms, dental dams).



# Colorado Comprehensive Health Standards

## Sixth Grade

none

## Seventh Grade

2.3 Analyze the internal and external factors that influence sexual decision-making and activity.

- Develop strategies that advocate for healthy sexual boundaries and decision-making.

## Eighth Grade

2.3 Analyze how certain behaviors place one at greater risk for HIV/AIDS, sexually transmitted diseases (STDs), and unintended pregnancy.

- Explain the benefits and effectiveness of abstinence in preventing HIV, STDs, and unintended pregnancy.
- Explain the benefits and effectiveness and potential side effects of contraceptives in reducing the risk of HIV, other STDs, and unintended pregnancy.



# New Mexico Health Education Standards

C1 Students will comprehend concepts related to health promotion and disease prevention.

- B1: explain the relationship between positive health behaviors and the prevention of injury, illness, disease and premature death (PS1-3 fully met).
- B6: describe ways to reduce risks related to adolescent health issues (PS1-3 fully met).
- B7: explain how health care can prevent premature death and disability (PS1-3 partially met).
- B8: describe how lifestyle, pathogens, family history and other risk factors are related to the prevention of cause of disease and other health problems (PS1-2 partially met).

C2 Students will demonstrate the ability to access valid health information and health promoting products and services.

- B1 analyze the availability and validity of health information, products and services (PS1-2 fully met).
- B4: demonstrate the ability to locate health products and services (PS1 fully met).
- B5: compare the costs and validity of health products (PS1-3 fully met).
- B6: describe situations requiring professional health services (PS1-3 fully met).

C3 Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.

- B1: explain the importance of assuming responsibility for personal health behaviors (PS1 fully met).
- B2: analyze a personal health assessment to determine health strengths and risks (PS1 fully met).

C6 Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.

- B3: predict how decisions regarding health behaviors have consequences for self and others (PS1-3 fully met).

