

What is the BIRTH CONTROL KIT?

The “BIRTH CONTROL KIT” is a tool that may be used to assist in teaching about contraceptives and STI protection.

How to Create a BIRTH CONTROL KIT

Below is a list of items essential to creating a Birth Control Kit. Some of these items may be difficult to obtain, so a picture will be sufficient. It is important to remember that having the actual product as something for clients to see and feel can enhance learning and familiarity with the products.

To use the Birth Control Kit have each of the items available to guide discussion. Explain what each item is, how it works, and how to obtain the product (e.g., condoms can be purchased pretty easily; birth control pills require a prescription from a physician). If you have the products available, pass them around to individuals so they can get a closer look or feel for the item.

Abstinence (Card stating)

- Can mean different things to different people. For some, it means having no physical contact with other people. For others it could mean having limited contact, allowing some activities but not sexual intercourse.
- Often referred to as being 100% safe, completely eliminating risk of STI's or unplanned pregnancy. *This is only true if definition of abstinence includes eliminating any sexual behaviour involving skin to genital, genital to genital or body fluid to genital contact.*
- One does not need to be a virgin to be abstinent. Someone may have had sexual contact in the past can choose to not be sexually active.

Birth Control Pills (Product x2 = 1 x 21 day pack + 1 x 28 day pack)

- Need a prescription
- Contains hormones that prevent the release of egg
- Only for use in the female's body
- 21 days of pills with hormones then either 7 days without pills or 7 days of sugar pills.
- During 7 day break from hormone, the uterus will shed lining and menstruation will occur. An egg is NOT released during this time.
- Protected from pregnancy during this time
- Some women choose 28 day pack just to help them remember to take a pill each day at the same time
- To be most effective, the pill must be taken at the same time every day. Talk to healthcare provider and read instructions if miss doses.
- Quite effective at preventing pregnancy (typical use 92%)
- Can result in irregular menstrual periods, especially. at beginning of use
- Does not provide protection from STIs
- Can be used in combination with barrier methods and spermicides, but not with other hormonal methods

Birth Control Patch

- Need a prescription
- Contains hormones that prevent the release of egg
- Only for use in female's body
- Woman applies patch, sticky side down to any part of upper body except breasts and lower arms. Sticky side contains hormones
- Changes patch every 7 days for 21 days followed by a 7 day break with no patch on
- During 7 day break from hormone, menstruation will occur, but an egg is not released and protection from pregnancy is ongoing
- The patch can stay on the skin for many activities including showering, bathing and swimming
- Is quite effective at preventing pregnancy (typical use 92%)
- Can result in irregular menstrual periods, especially at beginning of use
- Does not provide protection from STIs
- Can be used in combination with barrier methods or spermicides, but not other hormonal methods

Vaginal Contraceptive Ring

- Need a prescription
- Contains hormones that prevent the release of egg
- Only for use in female's body
- The Ring is inserted into the vagina against the cervix for 21 days then removed for 7, during which time menstruation will occur. No egg is released and protection from pregnancy is ongoing
- Inserted high enough that should not be felt or bother either partner during sex.
- When showing the product, ensure that the students know there is no hormone in display model
- Quite effective at preventing pregnancy (typical use 92%)
- Can result in irregular menstrual periods, especially at the beginning of use
- Does not provide protection from STIs
- Can be used in combination with barrier methods or spermicides, but not other hormonal methods

Depo Provera

- Need prescription and administration by medical practitioner
- Only for use by female's
- Woman gets hormone injection in arm or buttocks every 12 weeks
- Hormone prevents ovulation like other methods, but as there is not a break in hormone, there is no menstruation
- Can result in breakthrough bleeding for first few months
- Does not provide protection from STIs
- Can be used in combination with barrier methods or spermicides, but not other hormonal methods

- Some potential for a side effect of bone density loss in many women so calcium and Vitamin D is recommended
- May affect fertility in some women for up to 2 years after last shot, whereas other women see a return to normal fertility immediately when next shot due

Emergency Contraception (EC) / Plan B / Morning After Pill

- Hormone pill (or set of 2) that prevents pregnancy after unprotected sex or another method fails (e.g. broken condom, choices made under influence, sexual assault)
- Best taken within 24 hours, but somewhat effective up to 5 days or 120 hours
- Does NOT end a pregnancy that has occurred
- Depending on when in the cycle the product is being used, EC works by
 - stopping or delaying the release of an egg
 - OR changing uterine lining preventing implantation
 - OR changing movement of egg and sperm preventing them from getting together
- Is available without prescription or parental consent at a pharmacy, sexual health clinics and some emergency departments, but may receive counselling about how to use and other methods at some service providers
- Does not provide protection from STIs

IUD (Intra Uterine Device) and IUS (Intra Uterine System)

- Device is copper without hormones, system contains hormones
- Both change lining of uterus to ensure nothing is implanted in uterus.
- Hormonal ones sometimes also prevent ovulation.
- Prescribed by healthcare provider and must also be inserted by healthcare provider
- Can remain up to 5 years
- Very effective
- No protection against STIs

Sponge

- *No longer available in Canada*
- Sponge acts as barrier to sperm and is soaked in spermicide
- Insert before sexual activity and remain for 6 hours afterwards
- Not high effectiveness
- No protection from STIs
- One time use only

Contraceptive Foam

- Contains spermicide that kills sperm
- Applied/inserted prior to sexual activity. Very ineffective if applied afterwards as sperm will have already entered uterus
- Somewhat effective against pregnancy but not effective at preventing STIs
- May cause irritation increasing STI risk

- Use in combination with barrier method increases effectiveness rate against pregnancy
- Foam that looks like mousse is injected into the vagina with a plastic tube tool

Contraceptive Jelly

- *No longer available in Canada*
- Contains spermicide that kills sperm
- Applied/inserted prior to sexual activity. Very ineffective if applied afterwards as sperm will have already entered uterus
- Somewhat effective against pregnancy but NOT EFFECTIVE AT PREVENTING STIs
- *May cause irritation increasing sti risk*
- Use in combination with barrier method increases effectiveness rate against pregnancy
- Comes in a little tube and is inserted into vagina and/or used as a lubricant
- Lubricant means slippery/ preventing friction. Friction can increase condom breakage so lubricants can be good to use with condoms
- No longer sold in Canada

Vaginal Contraceptive Film

- Contains spermicide that kills sperm
- Applied/inserted prior to sexual activity. Very ineffective if applied afterwards as sperm will have already entered uterus
- Somewhat effective (78%) against pregnancy but NOT EFFECTIVE AT PREVENTING STI'S.
- *In fact, nonoxynol-9 may cause irritation increasing risk of sti's.*
- Use in combination with barrier method increases effectiveness rate against pregnancy
- Comes in the form of a thin, papery type film that is folded then inserted by finger into the vagina where it immediately dissolves

Diaphragm

- Latex cup acts as barrier to sperm and spermicide is applied to it to kill sperm
- Needs to be prescribed and sized by healthcare provider and purchased at pharmacy
- Insert before sexual activity and remain in for 6 hrs afterwards
- *Not all pharmacies carry*
- *The required jelly is no longer available in Canada*
- Wash and dry to reuse for up to a year
- Even though is a barrier re: pregnancy, IS NOT A STI BARRIER

Male Condom (Product x 5)

- Acts as barrier – something physically gets in way of sperm and egg meeting
- Never use 2 condoms together (male-male; female-male; latex-poly etc) as friction between materials breaks them down

- Can use with hormonal or spermicides to increase effectiveness re: pregnancy
- Only condoms are effective in preventing unintended pregnancy AND STI transmission. This is known as *Dual Protection*
- Slightly more effective than female (85% typical) re: birth control but slightly less re: STI protection

Demonstration of Male Condom

<http://www.teachingsexualhealth.ca/teacher/resources/demonstrationvideos.html>

- Before opening check for expiry date, that there are no holes in the packing/has air pocket and what the condom is made from
- Latex and polyurethane = protection, novelty and animal do not offer protection
- To open a condom: push the condom to the side of the package, tear without using scissors, nails or teeth
- Ensure that the condom unrolls the right way: sombrero curve up
- Penis must be hard for the condom to go on
- Pinch the reservoir (the reservoir is where the semen goes after ejaculation)
- Roll the condom down the penis
- After sex: pull out from body while holding the condom before the penis becomes soft
- Remove condom and tie a knot it; dispose of the condom in the garbage, not down the toilet or on the floor

Female Condom (Product)

- Female condoms acts as a barrier method – something physically gets in way of sperm and egg meeting
- Important to stress to student to never use 2 condoms together (male-male; female-male; latex-poly etc) as friction between the materials breaks them down
- Can be used with hormonal or spermicides to increase effectiveness re: pregnancy
- Only condoms are effective in preventing unintended pregnancy AND STI transmission. This is known as *Dual Protection*
- Slightly more effective than male condom for STI protection due to increased coverage but slightly less effective for pregnancy protection

Demonstration of Female Condom

<http://www.teachingsexualhealth.ca/teacher/resources/demonstrationvideos.html>

- Before opening check for expiry date, and that there are no holes in the packaging
- Female condoms are made from polyurethane
- Opening: push condom to the side, tear without using scissors, nails or teeth

- Pinch the inner ring together, insert high up into the vagina; the female condom will open up near cervix and the outer portion of the condom will lay on the female's genitals
- To remove the condom after intercourse, twist the top and pull it out by the inner ring
- Tie it in a knot; dispose of the condom in the garbage, not down the toilet or on the floor

Tubal Ligation (Card stating)

- Surgical procedure to close fallopian tubes so egg does not enter vagina (dissolved by body)
- Is considered permanent as it is difficult to reverse
- Does not provide protection from STIs

Vasectomy (Card stating)

- Surgical procedure to close vas deferens (tube that carries sperm) so sperm does not go into vagina.
- Semen is still ejaculated.
- Is considered permanent as it is difficult to reverse
- Does not provide protection from STIs

Natural Family Planning (Card stating)

- Method requiring specific knowledge about fertility, self awareness and training by a medical practitioner and using that knowledge to plan sexual activity
- Many women (esp. young women) are not regular enough in their menstrual cycles for this to be effective at all
- Does not provide protection from STIs

Withdrawal (Card stating)

- Attempt to prevent pregnancy by withdrawing penis from vagina prior to ejaculation
- Not very effective
- Pre-ejaculate fluid can cause pregnancy
- Ejaculating near vagina can cause pregnancy
- Does not provide protection from STIs

Chance (Card stating)

Overheads

Click below for illustrations to assist in teaching

- [Male anatomy](#)
- [Female anatomy](#)

Below is a list of lesson plans that can be used along with the Birth Control Kit:

[Grade 7: Choosing Abstinence Lesson 1](#)

[Grade 8: Studying Contraception Lesson 1](#)

[Grade 8: Studying Contraception Lesson 2](#)

[Grade 9: Safer Sex Lesson 2](#)

[CALM: Examining Abstinence Lesson 1](#)

[CALM: Contraception Lesson 1](#)

[CALM: Contraception Lesson 2](#)

[CALM: Pregnancy and Parenting](#)