

# Curriculum-Linked Activity:

## Types of Contraception (Birth Control)

### Grade:

7 to 12 – content should be adapted by facilitator/teacher to meet the needs and developmental stage of the group

### Curriculum Links

Meets the Ontario Health and Physical Education Curriculum expectations for Human Development and Sexual Health of the Healthy Living strand (Grade 7 – D1.5, D2.4, Grade 8 - D1.4, D2.3, Grade 9 – C1.4)

### Purpose/Outcome

To develop an understanding of the types of contraception available and how it works to prevent pregnancy

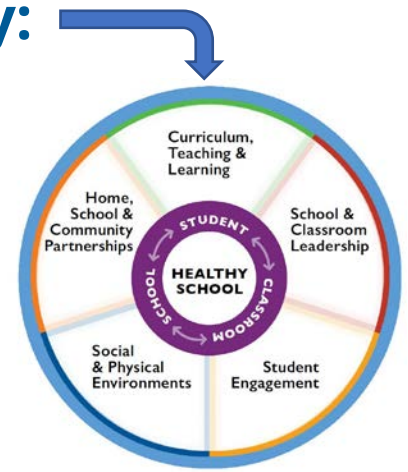
**Time commitment:** 20 minutes

### Materials Provided

- Samples of birth control, brown paper bags (if available)

### Space and Materials Required

- Paper
- Pencil
- Can be used with the [Contraceptive \(Birth Control\) Presentation](#) on our website
- Computer and smart board



Ontario Ministry of Health  
Healthy Schools Effectiveness Framework

## Instructions

Minds-on:

Have students sit at their desks and think about the ways one can prevent pregnancy and spread of sexually transmitted diseases. Introduce the topic of contraceptives and tell students that today you will be discussing various types on contraception (birth control) available.

Action:

1. Divide class into groups of 3 or 4
2. Hand out brown paper bag to each group with various contraceptives inside
3. Have groups discuss items in their bag and think about the following questions:
  - a. What type of birth control is this?
  - b. How does it work?
  - c. What are the advantages/benefits?
  - d. What are the disadvantages/risks?
4. Give student 5-10 minutes to complete the activity
5. Have one student record the answers and one student present at appropriate time. (if using Contraception (Birth Control) Presentation have students present at beginning of the introduction of each type of birth control)
6. Review each type of birth control and have students present their findings. Provide additional information as needed (information on all birth control types found in presentation)

## Other Supporting Resources

Can be used with the [Contraceptive \(Birth Control\) Presentation](#) on our website