



SAFE SEX, CONTRACEPTION, PREGNANCY OPTIONS

A safe space

- ❑ The content of this presentation is about sexual health, contraception, pregnancy options and fertility. It is to provide you with information and an understanding to help you make safe and informed choices.
- ❑ This is an inclusive space, based on mutual respect and trust. Please listen and you can ask questions about anything you are unsure of. If we are unable to answer the questions during the session, we will make sure we find the answers you need.
- ❑ You can have a conversation about the lesson with a teacher, your HoL or tutor after the lesson too.
- ❑ There is no judgement here and we want you to feel comfortable, informed, empowered and aware about your options in the future



Sex....

Sex can be a really fun and exciting part of having an intimate relationship with someone. When you decide to have sex for the first time, there's no right or wrong way to do it, but there are some things you should consider to ensure it is safe and enjoyable for everyone involved.

Remember that consent is essential: Think FRIES

Discuss: What does 'safe sex' mean to you?

Discuss: What are the laws around consent?

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Sex....

Having sex for the first time is often referred to as 'losing your virginity'

However, this is usually code for penetrative sex, and doesn't take into account all the different types of sex that people can have.

'Sex' can include all sexual activity, not just penetration. Think 'intercourse' and 'outercourse'.

There are loads of different ways to be sexually intimate with another person.

This means 'sex' and having sex 'for the first time' can mean different things for different people.

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True or False?

“There is no scientific way to tell if someone has had sex.”

TRUE !

There is no medical or scientific way to tell if someone has had sex (or if they haven't). The word ‘virginity’ has been used for thousands of years to describe the state of not having had sex. Some people believe it is possible to 'test' for virginity - it isn't! Virginity has a lot of negative associations and is a concept we are trying to move away from.

Some people like to use the phrase ‘sexual debut’ instead of ‘losing your virginity’, because it doesn’t treat having sex for the first time as a loss of anything, or a change in your status as a person.

Other people prefer not to think of having sex for the first time as a moment that is any more significant than any other time you have sex in your life.

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Consent- again (it is vitally important!)

- GET CONSENT
- Our number one tip for great sex is to **make sure that everyone involved is consenting at all times** – no one should ever feel they have to do something they are not comfortable with or don't want to do. Just because you have consented to one thing doesn't mean you have consented to something else, and it's completely OK to say no or stop at any point if you don't want to continue.
- If your partner changes their mind, it's OK for you to feel disappointed, but if you're so unhappy that your partner feels they have to have sex in order to cheer you up, **this isn't consensual.**

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DON'T RUSH

- It can feel like there is a lot pressure to have sex but take your time and ask yourself if you're ready. You might be thinking about having sex because your friends have (or say they have), because your partner wants to or because the characters in your favourite shows are all doing it. Some people feel that there is an age by which you should have had sex for the first time – this isn't the case.
- **The right time to have sex for the first time is when you are ready and want to.** And remember – you can change your mind at any point. You shouldn't feel pressure from anyone else to have sex: not the first time, not the hundredth time, never.

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BE SAFE....

so, what is 'safe sex'?



Contraception

- If you are sexually active, or planning on having sex, it's important to find a form of contraception that works for you. Regardless of your gender, sexual orientation, or genitalia, it's important to consider which type of birth control to use.
- This can be tricky for anyone. And if you're a teenager who needs contraception, this can be even more difficult. You'll have to consider other factors, like guardian consent, access, and cost.
- The good news is that there are many kinds of contraception out there, each with their own advantages and disadvantages.
- Contraception can be defined as a method or device that prevents pregnancy. As an essential component of sexual and reproductive healthcare, contraception gives people autonomy over their reproductive health, and lives, by enabling them to decide if, or when, they would like to become pregnant.



What do we know? What types of contraception are there?

- Types of contraception range from short-term barrier methods, such as the male or female condom, to long-acting methods, such as the Intra-Uterine Device (or IUD), which can prevent pregnancy for up to 12 years. Permanent methods of contraception include tubal ligation and vasectomy, which are minor surgical procedures for people who do not want to have children in the future.
- When it comes to deciding which contraception to use, it is never a one-size-fits-all approach. Everything from age to lifestyle can affect which method will best suit your needs. With more contraceptive methods available than ever before, it is vital that everyone has the information they need to make an informed choice.



Watch this...

And this....

- [Log on.....](#)
- Scroll down and start investigating the different types of contraception
- [Watch this.....](#)
- What are the benefits of using condoms?
- Where can you get hold of condoms?
- What are the advantages of the contraceptive pill?
- How can you get hold of the contraceptive pill?





WHAT SHOULD I DO IF...?

AM I DEFINITELY PREGNANT?

If you might be pregnant, you should take a pregnancy test.

You can do a pregnancy test from the first day of a missed period. If you take a test before this time, the level of pregnancy hormone, human chorionic gonadotrophin (hCG), may be too low to show up on the test and you may get a negative result even if you're pregnant.

If you don't know when your period is due, the earliest time to take a test is three weeks after your last unprotected sex.

You can buy a pregnancy test from a pharmacy, or you can ask for a test to be done at:

- your general practice
- a contraception clinic
- a young people's service (there will be an upper age limit)
- a pharmacy (there may be a charge)
- most NHS walk-in centres (England only)
- a sexual health or genitourinary medicine (GUM) clinic.

For details on how to find one of these services see [Where to get help](#).



I AM PREGNANT- HOW DO I FEEL?

What are the range of emotions if a person finds out they are pregnant?



I AM PREGNANT- HOW DO I FEEL?

- happiness that you're able to get pregnant
- shock that you're actually pregnant
- worry that you aren't ready
- worry that you can't afford to have a baby
- anger that you're pregnant when you didn't choose to be
- anxiety about what other people will think
- excitement about such a big change in your life
- concern that you might make the wrong decision
- fear about the process of pregnancy and giving birth.



— PREGNANCY OPTIONS

- If you get pregnant, what are your options?



I'M PREGNANT. WHAT SHOULD I DO NEXT?

If your pregnancy test is positive, it's understandable to feel mixed emotions: excitement about having a child, worry about telling your parents, and anxiety about pregnancy and childbirth. You may also be feeling worried or frightened if you're not sure that you want to be pregnant. Make sure to talk through your options and think carefully before you make any decisions. Try talking to a family member, friend or someone you trust.

Whatever your age, you can also ask for confidential advice from:

- a GP or practice nurse
- a contraception or sexual health clinic
- NHS 111 – available 24 hours a day, 365 days a year

It's your decision, but do not ignore the situation, hoping it will go away.

Your options are:

- continuing with the pregnancy and keeping the baby
- having an [abortion](#)
- continuing with the pregnancy and having the baby adopted

If you decide to continue your pregnancy, the next step is to start your [antenatal care](#).

If you decide not to continue with your pregnancy, you can talk to a GP or visit a sexual health clinic to discuss your options.

They can refer you for an assessment at a clinic or hospital if you choose to have an abortion.



HOW CAN I MAKE UP MY MIND?

Talking to people you trust, and getting information about your options, can help you decide. You may want to talk to a partner, family or friends, or you may prefer to speak to someone less close to you.

The following services can talk confidentially with you, free of charge, about how you feel about the pregnancy and what options you have:

- your general practice (talk to your doctor or nurse)
- a contraception or sexual health clinic, including a young person's service ([find a clinic here](#)).
- For a fee, you can discuss your options with organisations such as bpas (helpline: 0345 730 4030, www.bpas.org), Marie Stopes (helpline: 0345 300 8090, www.mariestopes.org.uk), and NUPAS (helpline: 0333 004 6666, www.nupas.co.uk). There's useful information on their websites which can help you explore your feelings, including how you feel about becoming a parent, having an abortion, or choosing adoption.
- If you're under 25, you'll find information and advice about all options, including abortion, from the Brook website at www.brook.org.uk

It's essential to get information and take time to explore how you feel so that you can make the decision that's right for you. Be aware that some organisations may not offer unbiased pregnancy counselling or advice and may lead you into making the wrong choice for you.





WHAT IS AN ABORTION?



READ THIS.....

Click on the pink tab "abortion" to read more about abortion.