**Lesson: Abstinence and Contraception**

## Vocabulary Review Worksheet

1. Abstinence
2. sexually transmitted disease
3. Contraception
4. safer sex
5. barrier
6. hormonal
7. Natural
8. permanent
9. Emergency

## Lesson Quiz

1. b. abstinence
2. d. All of the above are benefits of abstinence.
3. a. barrier contraceptives = prevent sperm from entering the uterus

b. hormonal contraceptives = work to prevent ovulation

c. natural contraceptives = not actual contraceptives but are methods to protect against pregnancy and STDs

d. permanent contraceptives = used when someone does not want to have children

1. a. hormonal
2. b. safer sex

## Note-Taking Guide

**Abstinence**

1. No medical side effects; free; can be used at any time; 100 percent effective in preventing pregnancy and STD transmission.

Abstinence is refraining from any type of sexual activity.

2. Go on dates with groups of people; don’t be alone together; don’t use any type of drug or alcohol

**Contraception**

3. Contraception is any method, medicine, or device used to prevent pregnancy.

It relates to safer sex because safer sex is sex with an external latex condom, an internal condom, dental dams, gloves, or a finger sleeve.

4. Abstinence

5.

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| --- | --- | --- | --- |
| Type 1: Barrier | Type 2: Hormonal | Type 3: Natural | Type 4: Permanent |
| Description:    They prevent sperm from entering the uterus.  Examples:  External condom, internal condom, dental dam, finger sleeve, diaphragm, cervical cap, sponge, and spermicide | Description:  They contain progestin, with or without estrogen, which work to prevent ovulation.  Examples:  Birth control pill, birth control patch, Depo-Provera shot, intrauterine device (IUD), vaginal contraceptive ring, and the implant | Description:  They are not actual contraceptives but are methods to protect against pregnancy and STDs.  Examples:  Abstinence, withdrawal, and fertility awareness method (FAM) | Description:  People choose this when they do not want to have children.  Examples:  Tubal ligation for people with ovaries or vasectomy for people with testicles |

6. Advantages of choosing abstinence:

* Free to use
* No side effects
* Won’t become pregnant
* Won’t get anyone pregnant
* Won’t contract any STDs

Student response as to why students could view their answer as an advantage.

Disadvantages of choosing abstinence:

* May be difficult to stay abstinent
* May be being pressured by their partner
* May think other teens are having sex
* May think it will strengthen their relationship with their partner

Student response as to why students could view their answer as a disadvantage.

7. Students can list any type of contraceptive or a specific contraceptive. They should then list the advantages and disadvantages of the contraceptive they chose. Possible answers include:

Advantages could include:

* + Prevent pregnancy
  + Prevent STD—depends on the contraceptive the student chose

Student response as to why students could view their answer as an advantage

Disadvantages could include:

* + Have to buy the contraceptive
  + Have to go to a doctor to get the contraceptive
  + Must be used properly
  + Not 100 percent effective in preventing a pregnancy
  + Not 100 percent effective in preventing an STD
  + May not prevent STDs at all

Student response as to why students could view their answer as a disadvantage.

8. Student response

## Skill-Building Challenge

Student work will vary depending on their choice of using a contraceptive or being abstinent. Make sure students have used the five steps of the decision-making process when describing whether contraceptives or abstinence is the better choice for themselves. Students should use evidence from the reading and lesson in their reasoning.