

# Student-led Birth Control Inquiry Activity

### ACTIVITY GOAL:

To increase knowledge and awareness of the advantages, disadvantages and accessibility of contraception methods.

Educators may use this lesson as part of other sexual health teaching, including but not limited to healthy relationships, consent, refusal skills, and reducing the risk of sexually transmitted and blood-borne infections.

### ACTIVITY INSTRUCTIONS:

1. Divide the class into groups of 2-3 students.
2. Assign each group a birth control method to research using reliable websites, such as:
  - [www.sexandu.ca/contraception](http://www.sexandu.ca/contraception)
  - [www.sexualhealthontario.ca/en/reproductive-health](http://www.sexualhealthontario.ca/en/reproductive-health)
  - [www.durham.ca/sexualhealth](http://www.durham.ca/sexualhealth)

Methods to consider include: abstinence, the pill, transdermal patch, vaginal ring (Nuva Ring), injectable contraceptive (Depo-Provera), intrauterine system (IUS), intrauterine device (IUD), emergency contraception, condom, and internal condom.

3. Have each group complete a **Birth Control Inquiry Worksheet** for their assigned method and present their findings back to the class.

### Educator prompts

- Why is it important to think about and discuss birth control methods?
  - For individuals to weigh the pros and cons and be ready to talk to their healthcare provider about birth control.
  - To plan ahead and avoid pregnancy, as most methods require an appointment with a healthcare provider and time to start working
  - Partners can discuss risks and options responsibly when thinking of having sexual intercourse.

## Educator prompts continued

- What is the most effective method for preventing pregnancy and STIs?
  - Abstinence
- How can someone decrease their risk of an STI if they choose to use a hormonal method of birth control?
  - A condom or internal condom can reduce risk of STIs and can be used in addition to a hormonal method
- Who can you talk to about birth control?
  - Parent or trusted adult
  - Healthcare provider
  - Durham Region Health Department Health Connection Line 905-668-2020
  - Durham Region Health Department Sexual Health Clinics:
    - Pickering - 905-420-8781
    - Oshawa - 905-433-8901 or 1-800-314-8533
- How does consent relate to birth control?
  - Sexual consent is when everyone involved wants and agrees to any physical intimacy
  - When talking about birth control we are talking about sex, and consent is required for any form of sexual activity
  - Consent is more than not saying “no”
  - Optional video to share: [Kids Help Phone: What is consent?](#)

*Adapted with permission from Middlesex-London Health Unit (October 2022)*



HEALTH  
DEPARTMENT

Durham Health Connection Line | 905-668-2020 or 1-800-841-2729  
**[durham.ca/sexualhealth](https://durham.ca/sexualhealth)**

If you require this information in an accessible format, contact 1-800-841-2729.

