



World Contraception Day

Teachers Lesson Plan 1: Workshop

Objectives

- To encourage pupils to explore why young people of their age decide to have sex, why some people might postpone having sex, and how they know when they might be ready
- To demonstrate the use of decision making skills to make choices about sexual behaviour

Lesson Plan (approximately 45 minutes)

Start the lesson by writing the following questions on the black/whiteboard:

- *Why do people choose to have sex?*
- *Why do some people choose to postpone having sex?*
- *How do we know we are ready to have sex?*

Split the class into groups of around five, and ask each group to discuss possible answers to each question. This exercise should take around 10-15 minutes. Inform them that one person from each group will need to report their answers once the class reconvenes as a whole.

When you collect and discuss the responses as a group, you can use the following checklist to help ensure important issues are addressed sufficiently:

<i>Reasons for waiting</i>	<i>Reasons for having sex</i>
Religious / cultural beliefs Not ready emotionally Does not want to hide it from parents Guilt Fear Thinks it might be a disappointment Concern about STIs Concern about pregnancy Concern about reputation Relationship status – not sure if trusts partner Believes sex belongs only in a certain kind of relationship	Desire Curiosity Love for partner Need to feel wanted / loved Feels good To prevent a relationship ending Peer pressure Not knowing how to say no
<i>Knowing when you are ready – what do you need to think about?</i>	
Do you know enough about protection against STIs and unintended pregnancy? Can you and your partner talk openly about sex, contraception, and STIs? Do you know how to find the best contraception to suit and protect you? How does having sex fit with your personal values? How does sex fit with your cultural, family and religious values? Is there trust and respect between you and your partner? Is there pressure on you to have sex? If so, why? What will happen if sex results in pregnancy and/or disease?	



Concluding the workshop

- Emphasise that choosing to wait until you feel ready to be in a sexual relationship is absolutely fine, even if you know other people who have started having sex
- Each individual has the right to decide when the time is right for them, and there is no need to feel guilty about their decision
- If there are feelings of uncertainty, it is best to address this before making any decisions