

This is a lesson developed by ETR. We have modified it by adding or changing discussion questions. The additions are intended to include more students and help them personalize the material. In order to maintain boundaries and keep them from sharing personal information, we ask them to describe students or kids they know.

All additions or changes are in italics and highlighted.

Contraceptive Options

From ReCAPP at ETR Associates

(<http://www.etr.org/recapp/index>)

The following learning activity is designed to help youth understand and cope with the physical and emotional changes that occur during puberty and how to address their associated contraceptive needs. It includes the following sections:

Procedure

Part I: David and Rosa

1. Tell the youth that you will be talking about abstinence and contraceptive methods today. Review the [learning objectives](#) for this session with the group.

OR

How do you and your friends define abstinence and contraception?

2. Give each youth a copy of the "David and Rosa" handout. Ask them to read the scenario to themselves. After the youth have finished reading the scenario, ask them to divide into groups of three to discuss the questions written below and on the handout. Give the youth about 15 minutes to complete this task.

Not all couples risk getting pregnant when they have sex. Who doesn't?

What risks do all sexually active people face?

Questions:

- A. What is happening in the scenario (in your own words)?

How would this scenario play out with kids you know?

B. What risks are David and Rosa taking? What are some of the possible consequences of their current behaviors?

Possible responses might be:

(-)	(+)
Pregnancy	Feels good
STIs including HIV	Brings more intimacy to their relationship
Emotional regret	Experience, satisfies curiosity
Stresses on their relationship	
Parents might find out	

C. Why do you think David and Rosa are not using contraception consistently?

Why don't kids you know always protect themselves? What keeps them from making sure they don't get a disease or pregnant every time they have sex?

Possible responses might be:

- Worried about getting "fat" or getting "cancer" (misinformation about the birth control pill)
- Doesn't feel good
- Not always available
- Not knowledgeable about options
- Embarrassed to talk about or obtain contraceptives
- *It's not allowed*
- *They think it can't happen to them*
- *They're horny (can't wait)*
- *They think they will be rejected*
- *It's not available*
- *Their parents don't approve*

- *It's not considered cool*
- *It's a girl thing*
- *Passion*

D. How could David and Rosa reduce their risks and lower the chances for an unwanted consequence?

Possible responses might be:

- Abstain from sexual intercourse (100% effective in pregnancy prevention)
- Use contraception correctly and consistently
- *Don't go all the way*
- *Have oral sex with condoms/ dams*
- *Use condoms*
- *Carry condoms AND EC*
- *Just use their hands*

E. What advice do you have for David and Rosa?

Possible responses might be:

- Talk about their needs and expectations with each other
- Get more information (from library, Internet, clinic, etc.)
- Visit a family planning clinic
- Return to being abstinent — find other ways to be intimate with each other (i.e., use "outcourse")
- Use contraception correctly and consistently — always use condoms to help prevent against STIs

What would make this scenario more realistic ? Rewrite it so it sounds like your friends.

Then what would you tell them to do?

- F. Who should take primary responsibility for preventing pregnancy (by either abstinence or contraception)?
- Both David and Rosa!

How can couples you know take responsibility for preventing risks?

3. After 15 minutes, ask the small groups to share their answers to the questions with the whole group. Give reinforcement when youth discuss responsible choices and give healthy advice. Correct misinformation as needed.

David and Rosa

David is a junior in high school. He is a good student and hopes to go to college when he graduates. Rosa is also a junior and is also a good student. She hopes to be an airline pilot one day. David and Rosa met over the summer at a party hosted by a mutual friend. They have been dating for five months. They began having sex a few weeks ago. They both say they are “in love” with each other. David has had two previous sexual partners before Rosa. David is Rosa’s first sexual partner. Rosa discusses almost everything with her best friend Jennifer, including her relationship with David. Rosa heard from Jennifer that birth control pills can make girls get fat, and she also heard something about birth control pills causing cancer. David and Rosa are using condoms ... most of the time. They definitely do not want to get pregnant; it’s just that sometimes they run out or sometimes they just don’t feel like using them.

Answer the following questions about David and Rosa in your small group:

1. What is happening in the scenario (in your own words)?

***INSTEAD** How would this play out with kids you know?*

2. What risks are David and Rosa taking? What are some of the possible consequences of their current behaviors?

3. WHY do you think David and Rosa are not using contraception consistently?

***INSTEAD** Why don’t kids you know always protect themselves?*

4. How could David and Rosa reduce their risks and lower the chances for an unwanted consequence?

5. What advice do you have for David and Rosa?

***INSTEAD** What would make this scenario more realistic ? Rewrite it so it sounds like your friends.*

Then what would you tell them to do?

6. Who should take primary responsibility for preventing pregnancy (by either abstinence or contraception)?

***INSTEAD** How can couples take responsibility for preventing risks?*

