

Unit Aims: To increase student's knowledge about LARC as a method of contraception

Lesson duration: 1 hour

Organisation: Mixed Sex

Resources required:

- ✓ *LARC PowerPoint*
- ✓ *LARC Information Cards*
- ✓ *Contraception Quiz*
- ✓ *Website access for information on LARC*
- ✓ *Local Sexual Health Services in Wolverhampton*

Intended Learning Outcomes:

- Be aware of the risks associated with having unprotected sex
- Increase their knowledge about LARC methods of contraception
- Learn information about local services and develop the skills and confidence to access them independently

Introduction:	Time	Grouping
<p>1. Establish/Recap Ground Rules In a circle, go through the ground rules that you have set for these lessons. Ensure you explain - don't ask personal questions, confidentiality and the right to pass.</p>	5 mins	Whole Group
<p>2. Contraception brainstorm Ask the students in small groups to brainstorm as many methods of contraception they are aware of. Take some feedback from the group.</p>	5 mins	Small Groups
<p>3. Long Acting Reversible Contraception (LARC) PowerPoint Use the <i>LARC PowerPoint</i> to go through the main methods of LARC – Contraception: What, where, when and how?</p> <p>The aim of this activity is to inform young people about the LARC methods, how they work, what they look and feel like and why they are a good choice for young people. It will also dispel some myths surrounding LARC.</p> <p>Slides 1-2: Introduction and what you will learn Slides 3-7: There are 100 naked 'LARC ladies' on the slide. Ask the group to give an answer to the following question: 'If all these females had unprotected sex tonight, how many do you think will get pregnant?' Try and get the group to come to a consensus. Then move to the next slide to show them the</p>	20 mins	Whole Group

<p>answer (= 30%). They will see how many females have become pregnant!</p> <p>Slide 8: Sperm meets egg.</p> <p>Slides 9-10: Introduce the LARC methods of contraception as you go through slides. Refer back to the contraception brainstorm at the start of the lesson asking the group if they can name the LARC methods.</p> <p>Slides 11-14: Describe the LARC methods (IUS, IUD, Implant and Injection) ask the students to recap what they know and/or remember about these different LARC methods. <i>(Facilitators who are not health professionals can find more information about LARC on recommended websites and use the LARC Information Cards.)</i></p> <p>Slides 15-16: Where to go for help: EMBRACE clinics. Also mention to the students the other main services who offer contraception advice, Base 25, School Nurse and GP.</p> <p>Answer any questions the students may have as the contraceptives are being passed around.</p> <p><i>The slides detail all methods of LARC (including scaled pictures), how they work, and what their benefits and drawbacks are. If you have a Contraception Quiz available in school, pass around the examples of LARC for the students to look at. Alternatively Contraceptives can be loaned from the School Nurse or Children and Young People's Health Improvement Team. Condom demonstrators are also available to loan.</i></p> <p>4. Test your knowledge Quiz Give the students the <i>Contraception Quiz</i> Individually or in pairs, complete the questions.</p> <p>Go through the answers, clarifying any information the students are still unsure about.</p> <p>5. Signposting to Local Services Answer any questions the students have about LARC, pregnancy or sexual health. Signpost students to the local services which provide contraception advice.</p>	<p>15 mins</p> <p>10 mins</p>	<p>Pairs</p> <p>Whole Group</p>
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