

Safer Sex Teacher Guide

The following information may help to develop the discussion in Activity 3:

How do unintended pregnancies happen? To whom?

Unintended pregnancies occur when people fail to use contraception correctly or do not use it at all. An unintended pregnancy can happen to any woman who has unprotected penetrative intercourse. To avoid unintended conception, couples need to use a reliable form of contraception such as condoms, femidoms (both these will also protect against STIs), implants, injections, IUDs etc.

What would a clinic be able to offer a couple who come in on Monday after having had unsafe sex on Saturday? Ensure that emergency contraception is covered and the timing of pregnancy tests (after a missed period or after unprotected sex). Discuss negative and repeat pregnancy tests.

A couple visiting a clinic on Monday after having unsafe sex on Saturday would be offered emergency contraception. There are two forms of emergency contraception – the emergency contraceptive pill - also known as the morning after pill, and the emergency IUD (intrauterine device) - also known as the coil.

The **emergency contraceptive pill** can be taken up to 72 hours (three days) after sex. It is more effective the sooner after sex it is taken. If the pill is taken within 24 hours after sex it will prevent 95 out of 100 pregnancies. If taken 72 hours after sex the pill will prevent 58 out of 100 pregnancies. Because the emergency contraceptive pill is more effective the sooner after sex it is taken, it is important to seek emergency contraceptive advice as quickly as possible. Women over 16 can also buy the emergency contraceptive pill from most pharmacies. There is also a new emergency contraceptive pill, which is currently only available on prescription and can be taken up to five days after sex. An **IUD** can be fitted as an emergency contraceptive up to five days after sex. It has to be fitted by a specially trained doctor or nurse.

The clinic staff would discuss contraceptive options with the couple and may recommend a pregnancy test later if the woman misses a period. It is important to note that a negative pregnancy test is not a licence to continue to have unprotected sex. Both partners may also be encouraged to have test for STIs.

Where is it possible to obtain a pregnancy test? Why is it beneficial to go to a clinic?

Pregnancy tests can be obtained from a pharmacy, GP surgery, family planning clinic or Brook Centre. It is beneficial to visit a clinic where there is support following a negative or positive result. The earlier a woman finds out she is pregnant, the more options she has. If she decides to keep the baby, it is better to arrange ante-natal care with her doctor early on for the health of the baby and the woman. If on the other hand, she decides to have an abortion, it is also very important to act quickly. It should be emphasised that a pregnancy test will not give a valid result the day after unprotected sex.

Condom Checklist

- ✓ Use reputable, rather than novelty condoms
- ✓ Avoid penetration before the condom is on
- ✓ Check kite mark and safety mark
- ✓ Check expiry date
- ✓ Take the condom out of the packet carefully, taking care not to tear or scratch it
- ✓ Check the condom is the right way round so that it will roll down easily
- ✓ Pinch the top of the condom to squeeze out any air, leaving room for semen
- ✓ Unroll the condom to the base of the penis
- ✓ After ejaculation withdraw while the penis is still erect taking care to hold the condom in place
- ✓ Tie a knot in the condom and place in the bin, not in the toilet

Additional points

- × Avoid using oil based lubricants – use water based
- × Never use two condoms together
- × Never use a condom with a femidom

Where to get contraception and advice

- Condoms are available free from young people's sexual health clinics such as Brook and local clinic services provided by the local authority; they are also available to buy from pharmacies, supermarkets, petrol stations and corner shops.
- All contraception available from clinics is free for young people, and adults, but will require a prescription. There are fourteen different types of contraception and it is important that a young person chooses the contraceptive which is right for them. Detailed information about other types of contraception can be found on the following websites: Brook: www.brook.org.uk and Fpa: www.fpa.org.uk.
- Both websites have a 'My Contraception Tool' facility to help someone explore the different choices of contraception that are available.
- Both websites have a 'Find a Clinic' facility to locate the nearest clinic with a sexual health service specifically for young people.