

TEACHER TIP SHEET



What do you know about contraception?

Kahoot! Quiz for secondary school students

This tip sheet has been designed for teachers and other educators using Family Planning NSW's Kahoot! quiz [What do you know about contraception?](#) It provides short explanations of the quiz answers, key messages and suggests some further discussion points and resources to support teaching this topic to young people.

1. The chance of pregnancy if not using any contraception is around __% in a year

→ 85%

Without using contraception, it is estimated that between 80¹ to 85² in 100 people of reproductive age will get pregnant in a year. Young people in their teens and twenties are more likely to conceive than those in their 30s or older as fertility declines with age.

2. How many couples using 'pulling out' (withdrawal) as their only form of contraception are likely to become pregnant?

→ 1 in 5

Withdrawal is when the penis is removed (withdraws/pulls out) from the vagina before ejaculation occurs. It is not recommended as a regular method of contraception because it is less effective than other methods, typically around 78% effective.

- Effectiveness is often seen as a range between 'typical' use, which takes into account human error, and 'perfect' use, which is generally higher. For example, withdrawal effectiveness (or efficacy) ranges from 78% for typical use to 95% for perfect use.¹
- It's important for young people to know how contraception works and what factors can make each method less effective and more effective.
- Ask students to research different types of contraception using the [BodyTalk](#) website or [What Suits Me](#) booklet.

¹ Family Planning Alliance Australia *Efficacy of contraceptive methods*, Sep 2020
https://www.fpnsw.org.au/sites/default/files/assets/FPAA-Efficacy-of-Contraceptive-Methods_2020.pdf

² Trussell J. Contraceptive failure in the United States. *Contraception*.2011;83(5):397-404.

3. Which of these methods of contraception are the most effective?

→ Contraceptive implants and IUDs

Contraceptive implants and both copper and hormonal intrauterine devices (IUDs) are over 99% effective. They are also known as Long Acting Reversible Contraceptives (LARCs) because they can be inserted and then last several years.

- After researching different types of contraception, ask students to compare and rank the different methods to see similarities and differences between factors like effectiveness, how long they last, possible side effects and downsides, and how to access them.
- Selecting contraception is a personal decision. Knowing about a range of options provides choice and supports informed decision making.
- Ask students to identify what factors would be important to them when making decisions about what forms of contraception would be suitable for them and their partner. People's preferences for contraception may change at different stages in their life.
- Ask students to identify reliable sources of information about contraception.

4. Using 2 condoms is safer than using just one.

→ False.

Using two condoms can cause friction and makes it likely that both will break.

- Using a condom can be an easy and effective form of contraception when used correctly.
- Condoms are the only form of contraception that also protects from STIs. Other forms of contraception prevent pregnancy but don't protect from STIs.
- Students can find out more about how to use condoms on the [BodyTalk](#) website.

5. Which of these could make the pill ineffective?

- vomiting
- severe diarrhoea
- forgetting to take it on one day

If any of these things happen, the contraceptive pill may not work properly. Taking some medications can also make it ineffective. If any of these things happen, avoid having vaginal sex, use another form of contraception, like condoms, or consider emergency contraception.

- People taking the pill should let their doctor know if other medicines are being prescribed
- If you forget to take the pill, even for one day, check the information in the packet, or get some advice from a pharmacist or doctor to find out what to do and how many days it will take to become effective again.
- Family Planning NSW's confidential TalkLine service can also provide advice about contraception: Phone [1300 658 886](tel:1300658886) Monday to Friday, 8:30am-5pm, email talkline@fpnsw.org.au or use live chat on our website: www.fpnsw.org.au

6. Emergency contraception can be used...

→ Up to 5 days after unprotected sex

The emergency contraceptive pill (ECP) is effective for preventing unintended pregnancy for up to 5 days after unprotected sex, depending on the type of pill. It is most likely to be effective when taken earlier in the 5 day window.

- An STI check is recommended after unprotected sex or if a condom breaks during sex.

7. You need to see a GP for emergency contraception

→ False

People seeking the ECP can buy it without a prescription at pharmacies. It is available from Family Planning NSW clinics and usually also from hospitals in the emergency department.

- The ECP is not recommended as a regular form of contraception – it's best to plan ahead and use another method, particularly long acting methods, to be on the safe side.

8. Only guys should carry condoms

→ False, anyone can carry either 'external' or 'internal' condoms

Being prepared can show your partner that you care about them and want to keep yourself and your partner healthy.

- Ask students where they can get condoms. They are available to buy in supermarkets, pharmacies, convenience stores and vending machines.
- Young people can access free condoms in NSW from Condom Credit Card providers, which are youth friendly services all over the state. Check out the [Condom Credit Card](#) web page or download the app to find your nearest provider.

9. Using a condom + another method such as a LARC is even better at preventing pregnancy

→ True

Using a condom as well as another contraceptive method such as a LARC is better at preventing pregnancy than condoms alone. This also protects from STIs.

10. You have to be 16 to get contraception.

→ False

Whilst 16 is the legal age of consent, there is no legal age limit to access or buy condoms or other forms of contraception. When working with young clients, GPs and pharmacists follow guidelines to assess each client's ability to understand what is involved.

- Provide students with information to build their health literacy around how to access health and support services, such as how to find a local health service and make an appointment.
- Young people can get their own Medicare card from the age of 15.
- Whilst it's ideal for young people to have a supportive family, they also have a right to confidentiality when it comes to their health. If attending a health appointment together with a parent, carer or support person, the young person or the clinician may ask for some time during the appointment to speak alone to check their understanding of the situation and in case there are questions the young person would like to ask without the other person there.

Want to know more?

- ➔ Visit the BodyTalk website bodytalk.org.au to find more information for students and teachers
- ➔ Family Planning NSW's [Contraceptive Kit](#) contains a range of resources for teaching young people
- ➔ Enrol in one of our NESA Registered professional development [courses for teachers](#) or request [customised training](#) for your team
- ➔ Contact our Education team to discuss your needs by phone (02) 8752 4300 or email education@fpnsw.org.au