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## Sexual health, fertility and routes to parenthood

### KS4 Year 11 Lesson 3

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#### Learning objective

- We are learning about ways to promote sexual health and prevent unplanned pregnancy, how fertility changes over time, and the different routes to becoming a parent

#### Learning outcomes

- I can identify different types of contraceptives
- I can explain how fertility changes over a person's lifetime and some of the factors affecting this
- I can explain ways to maintain a healthy pregnancy
- I can describe different routes to parenthood

## Graffiti walls

Add your ideas to the graffiti walls...

What types of contraception are available?

How can someone maintain their sexual health?

What are the different routes to starting a family?

## Contraception and sexual health

Which method of contraception would be best for each of the following scenarios? Why?

1. Jasmin and David have just started going out and are planning to have sex. Neither has had sex before. Jasmin is very bad at remembering to take any medication.

2. Sonia used to be in a long-term relationship with a man who was unfaithful to her but is now going out with Daisy.

3. Nico is single and regularly goes out clubbing where he gets drunk and often has sex with people he just met that night.

4. Rosie and Keith are in their late 30s and faithful to each other. Rosie cannot take the pill, or have a coil fitted for medical reasons. Neither of them like using condoms and they definitely do not want any more children.

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## What affects fertility?

Fertility relates to a person or couple's ability to conceive a child.

In your groups, you have 30 seconds to write down everything you can think of that might affect someone's fertility — you'll get a point for every correct factor you list!



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## Healthy pregnancy

Which of these factors might also affect the healthy development of a pregnancy?

- Age
- STIs
- Smoking
- Alcohol
- Anabolic steroids
- Other drugs or medicines
- Weight
- Environmental factors
- Stress



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## Routes to parenthood

Read the scenarios in the *Routes to parenthood* handout. Then, in pairs, use the information given in the *Options* handout to note down what route each character/couple might take.

(There might be multiple options for each scenario in the table!)



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## Routes to parenthood: support

Who or where might the people in the scenarios go to in order to find out more information or to seek help, guidance and support?

In your pairs, try to list at least five possible sources of support.



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## What has been learnt?

Return to the graffiti walls. Reflect on any ideas that might have changed from the beginning of the lesson to now, and add anything you have learnt in a different coloured pen.



What types of contraception are available?

How can someone maintain their sexual health?

What are the different routes to starting a family?

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## Signposting support

If you would like further guidance or support, speak to:

- a parent/carer, tutor, head of year
- school nurse/counsellor or other trusted member of staff in the school
- GP

visit your GP or local sexual health clinic for support around sexual health.

- **A Better Medway:** [www.abettermedway.co.uk](http://www.abettermedway.co.uk)
- **Brook:** [www.brook.org.uk](http://www.brook.org.uk)
- **Childline:** [www.childline.org.uk](http://www.childline.org.uk)

For further information about fertility, visit: [www.nhs.uk/conditions/infertility](http://www.nhs.uk/conditions/infertility)

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## More activities

### Contraception leaflet

Create a leaflet with further detail on different types of contraception and their relative efficacy.

### Character options

Choose two of the 'routes to parenthood' and explain why you feel the characters should choose or not choose any of the options available to them. Or, choose one of the characters and advise them what you think would be their best option and why.

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