Preventing Pregnancy and STBBIs
Grades 9-12

Last updated: October 2023
Before we start...

Let’s cover some ground rules!

*Reminder that support is always available at school. Other community resources will be shared at the end of the module.
Introduction

- Sexual contact
- Preventing STBBIs
- Preventing pregnancy
Sexual contact

Any contact with the vulva, clitoris, vagina, anus, penis or testicles between two or more people.

Examples:

- Skin ↔ genitals
- Mouth ↔ genitals (oral sex)
- Penetration (vaginal or anal)
Protection against STBBIs

- Abstinence
- Barrier methods
  - Condoms
  - Dental dams
- Vaccinations
  - Hepatitis B
  - HPV
Putting on an external condom demonstration

https://www.youtube.com/watch?v=fbo9_0lgcFA
Using an internal condom demonstration

https://www.youtube.com/watch?v=IVtSCQYU0J0&t=2s
Using a dental dam demonstration

https://www.youtube.com/watch?v=O-bRI70cp8E
Preventing pregnancy

- Abstinence
- Barrier methods
  - Condoms (internal & external)
- Hormonal methods
  - Birth control pills
  - Contraceptive patch
  - Vaginal contraceptive ring
  - Injectable contraceptive
  - Etonogestrel implant
- Intrauterine contraception (IUD)
Hormonal contraceptives

Oral pill
Hormonal contraceptives
Patch
Hormonal contraceptives

Vaginal ring
Hormonal contraceptives
Injection
Hormonal contraceptives

Implant
Intrauterine contraceptive
Emergency contraceptives

- Emergency use
  - Not a regular method of birth control
  - To be used after unprotected sexual intercourse to prevent pregnancy

- Two Methods:
  - **Oral** (“morning after pill”)
  - **Copper IUD**
Resources & services

Where do you find credible information on sexual health?

- The Link
  - Ottawa Public Health
- Community health clinic
- Primary health care provider and other health care professionals
- Walk-in clinic
- Sexual Health Clinic: 613-234-4641
- Sexual Health Infoline Ontario: 1-800-668-2437

Your health matters!
Questions?

OPH wants you to protect yourself if you are sexually active.

Need more information?

Scan the QR code

Free condoms available!

OttawaPublicHealth.ca/SchoolHealthOnline