



Lesson Plan

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For Professionals Working With Teens

Sexetc.org

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Birth Control & Safer Sex Crossword Puzzle

LEARNING OBJECTIVES

At the completion of this lesson, students will be able to

1. Describe at least three common methods of birth control.
2. Describe at least three common sexually transmitted diseases (STDs).

NATIONAL HEALTH EDUCATION STANDARD ADDRESSED

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

TIME NEEDED

50 minutes

MATERIALS

- Copies of "Birth Control & Safer Sex Crossword

- Puzzle" (puzzle page only)—one per student
- Copies of Birth Control & Safer Sex Crossword Puzzle Worksheets for Rounds 1 – 4—one set for each group of three students
- Copies of Resources About Birth Control & Safer Sex
- Flipchart pad and markers or chalkboard and chalk

PREPARATION

If needed, brush up on your knowledge about birth control methods and sexually transmitted diseases (STDs) so you can respond to potential questions and clarify misinformation that might arise during this lesson. One way to refresh yourself is by visiting Sexetc.org and checking out the birth control and STD topic areas, especially the FAQs section. Additionally, this lesson plan can serve as a review for students who have recently completed a unit about birth control and STDs.

PROCEDURE

1. Begin the lesson by brainstorming two lists with students—one with all of the birth control methods and the other with all of the STDs they can think of. Write each list on the chalkboard or flipchart paper in its own column. Once complete, tell students that these lists are the word bank to be used with the crossword puzzle. Explain that most of the terms will be used to complete the puzzle but not necessarily every one.

Make sure the lists include the following:

Birth Control Methods	STDs
birth control pills	gonorrhea
withdrawal	crabs
spermicide	HIV
the ring	herpes
the patch	hepatitis B
abstinence	genital warts
female condom	syphilis
emergency contraception	chlamydia
IUD	AIDS
condom	
dental dam	

(Facilitator's Note: Please note that other STDs and methods of birth control may arise, such as Implanon, Depo-Provera, HPV, etc., which is fine, but these are not answers to the puzzle.) [5 minutes]

2. Divide students into trios and distribute a copy of the crossword puzzle to each group. **(Facilitator's Note:** Please use the version of the puzzle included with this lesson, as the answers have been removed from the bottom).

Tell students that each group will complete the puzzle as a team. The teams should work together to pool their knowledge and complete the puzzle. Explain that the clues have been divided into sections and will be given to teams in rounds. After each round, each team that is able to correctly answer all five clues will win a point. The same process will continue for all four rounds, and the teams who have the most points at the end will win.

(Facilitator's Note: You may want to give small prizes or possible extra credit for the winning teams or just let them enjoy the feeling of winning).

Ask if there are any questions about the directions and if not, distribute the Birth Control & Safer Sex Crossword Puzzle Round 1 Worksheet, one per team. Give students five minutes to come up with answers to Round 1 questions and fill in their puzzle. [7 minutes]

3. Call time and gather groups' attention. Ask groups to rotate their puzzle with another group so they can grade each other's work. Review the

answers to the five questions from Round 1 and clarify any misinformation or misunderstandings about those STDs or methods of birth control. Tally the groups that had correct answers for all five questions and make sure groups correct any incorrect answers on the puzzles they are grading. Have students return the puzzle they graded to the original group. Then distribute Round 2 worksheets and continue the same process of rotating puzzles, correcting answers, tallying scores and moving onto next round. Continue through Round 4 when the puzzles should be complete. [18 minutes]

4. Once all four rounds are complete, tally the scores for each group and reveal all the winners. Instruct students to return to their seats and ask the following questions as time permits:

- Were there any methods of birth control you were not familiar with? (Clarify any questions students have about these methods.)
- Were there any STDs you were not familiar with? (Clarify any questions students have about these STDs.)
- Which birth control methods protect against pregnancy and diseases?
- Which birth control method is most effective?
- Where could teens go in our area if they wanted get birth control or STD testing?

[18 minutes]

5. Distribute a copy of Resources About Birth Control & Safer Sex to each student and close the lesson. [2 minutes]

Round 1 Worksheet

Across—Clues 1, 7,8, 12 and 13

1. This bacterial STD, also known as “the clap,” can damage the vas deferens or fallopian tubes if left untreated.
7. If taken by mouth once daily at the same time of day by a female, this is 99.7-percent effective at preventing pregnancy.
8. This bandage-like birth control method—also known by its brand name Ortho Evra—is worn by a female and releases synthetic hormones that prevent ovulation.
12. This series of symptoms can take up to 20 years to occur in the later stages of HIV infection.
13. Before vaginal sex, a female can insert this birth control device into the vagina—the ringed, closed end covers the cervix and the other end sits outside of the vaginal opening.

CUT HERE

Round 2 Worksheet

Down—Clues 2, 3, 4, 5 and 6

2. Also known as “the morning after pill,” this is used to prevent pregnancy up to 120 hours after unprotected sex.
3. This STD happens in three phases but only the first two are curable, and if left untreated, it can cause damage to the brain and other vital organs.
4. This symptom of some types of HPV—a highly contagious viral infection that can be spread through skin-to-skin contact—looks like small cauliflower-like bumps that can be flesh toned or grayish in color.
5. These small parasitic insects—also known as pubic lice—infest the pubic hair and cause severe itching.
6. An estimated 2.8 million people get this infection each year, making it the most common bacterial STD.

Round 3 Worksheet

Across—Clues 16, 17, 18, 19 and 20

16. This virus, discovered in the 1980s, can only be transmitted through vaginal fluid, semen, breast milk and blood.
17. Latex or polyurethane versions of this sheath-like covering that fits over a male's penis are 98-percent effective at preventing pregnancy and protect against most STDs when used correctly and consistently.
18. This viral STD can be transmitted through unprotected sex or from contact with infected blood and also comes in type A and C.
19. This is the only method that is 100-percent effective with perfect use at preventing pregnancy and STDs.
20. This thin piece of latex is placed over the vulva, mouth or anus and used as a barrier method during oral sex.

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Round 4 Worksheet

Down—Clues 9, 10, 11, 14 and 15

9. This comes in gels, foams, creams and other forms and is used to kill or prevent sperm from moving.
10. This hormonal ring is placed in the vagina near the cervix, causes the cervical mucus to thicken and prevents ovulation.
11. This small T-shaped object that a health care provider inserts into the uterus can be hormonal or made out of copper.
14. This method—also known as “pulling out”—is typically 73-percent effective at preventing pregnancy but does not protect against STDs.
15. This STD can cause recurring outbreaks of genital sores but may also have no symptoms.

Resources About Birth Control & Safer Sex

	What It Is	How It Works	Effectiveness*	Keep in Mind	
Barrier Methods	Male Condom	These latex or polyurethane sheaths cover the penis and collect semen.	98%	Condoms are really effective at protecting against pregnancy and most STDs when they're used correctly. They are also cheap, easy to obtain and use and come in a variety of textures and flavors for oral sex.	
	Female Condom ("Vaginal Pouch")	The female condom, or vaginal pouch, is a polyurethane sheath with flexible rings at the ends.	95%	Female condoms can be a bit tricky to insert, but anyone can get the hang of it with some practice. It gets some major points for being able to be inserted up to 8 hours before sex.	
	Diaphragm	The diaphragm is a thin rubber dome with a springy, flexible rim that is held in place by muscles in the vagina. It works best when used with spermicides.	94%	Women have to visit a clinic or see a health care provider to be fitted for a diaphragm.	
	Spermicide	Spermicide, just like it sounds, kills sperm. It comes in many forms, including foam, jelly and cream. It can also provide lubrication. It is meant to be used as a backup to another method.	82%	Spermicide works best alongside a barrier method of birth control, such as a condom or diaphragm. It is easy to get and can increase pleasure by acting as a lubricant.	
Behavioral Methods*	Abstinence	The only completely safe sex is no sex! And that includes vaginal, oral and anal sex.	100%	Resisting natural sexual urges can make it difficult to remain abstinent. For abstinence to be 100% effective, it requires that you not have any type of intercourse, including oral and anal sex. When abstinence is used properly, it prevents any risk of pregnancy or STDs.	
	Coitus Interruptus (Withdrawal Method or Pulling Out)	The withdrawal method. Pulling out. Call it what you like. It's all about getting the penis out of the vagina before the climax.	96% (But only 73% typically!)	It is a better form of birth control than none at all. It is always available when needed, but it is not very reliable. Many men may not be able to totally control their ejaculation and so run the risk of ejaculating too early or too close to the vulva. The withdrawal method offers zero protection against STDs.	
Hormonal Methods	Birth Control Pill (The Pill)	Often referred to as simply "the Pill," this hormonal birth control method is a pill taken at the same time each day.	99.7%	The Pill must be taken every day at the same time. When taken with some drugs, such as antibiotics, the effectiveness may be lowered. The Pill does not protect you from STDs.	
	Depo-Provera (The Shot)	Depo-Provera is a shot that injects hormones into the body to prevent pregnancy for three months.	99.7%	The shot is effective after 24 hours and requires no daily attention. The shot does not protect you from STDs.	
	Ortho-Evra (The Patch)	It may resemble a Band-Aid, but this patch placed on the female's body is used to prevent pregnancy.	99.7%	The Patch is easy to use and only requires a change once a week. The Patch does not protect you from STDs.	
	NuvaRing (The Ring)	This small, clear, flexible ring is inserted into the vagina once a month for three weeks.	99.7%	The Ring only requires attention monthly, but it may be difficult to insert the ring until a woman gets the hang of it. The Ring does not protect you from STDs.	
	Implanon	This flexible rod is inserted into the body through a small incision in the upper arm. The rod is about 1.5 inches long.	99.6%	Implanon requires no attention for up to three years. It has to be inserted by a health care professional and requires an incision in the arm. Implanon does not protect you from STDs.	
If All Else Fails	Emergency Contraception (EC)	EC or the "morning-after pill" is taken after unprotected vaginal intercourse.	EC gives the body a large dose of synthetic hormones that resemble the birth control pill. EC only prevents pregnancy and does not cause an abortion if the woman is already pregnant.	Reduces risk by 75 to 89% if taken within 72 hours	While the nickname is the "morning-after pill" and it is most effective within 24 hours, EC can be used up to five days after intercourse. It is also very important to know that, as the name implies, this is for emergencies only and should not be used in place of other methods.

* When Used Consistently & Correctly

** "Behavioral Methods" refers to choosing behaviors that prevent or reduce the risk of pregnancy

Resources About Birth Control & Safer Sex (cont'd)

STDs

BACTERIAL

	Gonorrhea	Chlamydia	Syphilis
How do you get it?	Oral, anal and vaginal sex. (A woman can pass it to her baby during childbirth.)	Oral, anal and vaginal sex. (A woman can pass it to her baby during childbirth.)	Oral, anal and vaginal sex. (A woman can pass it to her baby during pregnancy or childbirth.)
What are the symptoms?	Often none, but some people may experience burning or pain during urination or vaginal or penile discharge.	None early on. Some people may experience burning or pain during urination or discharge from penis or vagina. Women may experience abdominal pain and men pain or swelling of the testicles.	Painless sores and flu-like symptoms.
What are the treatments?	Antibiotics can cure the infection.	Antibiotics can cure the infection.	Antibiotics can cure the infection.
Did you know?	If left untreated, gonorrhea can lead to pelvic inflammatory disease and infertility.	If left untreated, gonorrhea can lead to pelvic inflammatory disease and infertility.	If left untreated, syphilis can spread to the brain or heart and damage other major body systems.

VIRAL

	Human Papillomavirus (HPV)	Genital Herpes	HIV
How do you get it?	Vaginal, anal or oral sex or skin-to-skin contact with the infected area. (There is a very small chance that a woman could pass HPV to her baby during childbirth.)	Oral, vaginal and anal sex or skin-to-skin contact with the infected area. (A woman can pass it to her baby during childbirth though this is rare.)	Oral, anal and vaginal sex; sharing needles. (A woman can pass HIV to a fetus during pregnancy or to her baby during childbirth or breastfeeding.)
What are the symptoms?	Often none, but some strains of HPV cause genital warts. Certain strains of HPV can cause changes in cell growth, which can lead to cancer in the cervix, vagina, penis, vulva and anus.	Often none, but some people may have painful blisters or sores, fever and swollen glands. The symptoms are recurring and can be mistaken for something else.	None early on. A person can look healthy, feel fine and be infected with HIV. Some people within the first few weeks of infection may have flu-like symptoms or a rash.
What are the treatments?	There is no cure, but most strains of HPV are naturally cleared by the body. Medication can remove genital warts. Pap tests and treatment can prevent cervical cancer.	There is no cure, but medication can treat symptoms and reduce outbreaks of sores or lesions.	There is no cure, but medication and lifetime treatment can control symptoms.
Did you know?	HPV is the most common STD, with 5.5 million new cases every year. There is a vaccine for certain strains of HPV, for both guys and girls, so ask your health care provider about it.	90% of Americans who have herpes do not know they have it.	HIV weakens the immune system, making it difficult for the body to fight off infection. A person is diagnosed with AIDS if a blood test shows his or her immune system is severely damaged or he or she has one of the infections that takes advantage of the body's weakened immune system.

PARASITIC

	Pubic Lice /Crabs, Scabies
How do you get it?	Oral, anal and vaginal sex; contact with infected skin or clothing; shared bedclothes or towels
What are the symptoms?	Itchiness, inflamed and discolored skin.
What are the treatments?	Special lotions and medications can kill the lice, crabs or scabies. Clothes, bedding and towels must be washed in hot water.
Did you know?	Contrary to popular belief, you cannot get crabs from a toilet seat

Birth Control & Safer Sex Crosswords Puzzle

