



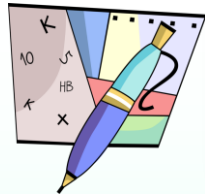
PSHE KNOWLEDGE ORGANISER

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Strand:
Relationships
+ Sex Education



Key Terms:



Oral method of contraception -

A pill used to prevent pregnancy. It contains hormones that block the release of eggs from the ovaries. Most oral contraceptives include oestrogen and progesterin. Also called birth control pill.

Branded pills -

Common contraceptive pills you may hear spoken about include: Microgynon, Cilest, Rigevidon and Yasmin. There are many varieties of pill - so if you try one and it doesn't suit you (if you have side effects) your doctor can prescribe another.

Pros and cons of the pill:

PROS: When taken correctly, the pill is over 99% effective at preventing pregnancy. There is no evidence that the pill will make you gain weight. It doesn't interrupt sex. It can lighten heavy periods - depending on which type you use. It can be used in conjunction with a condom

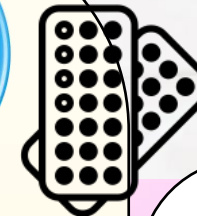
CONS: You need to remember to take it as directed - most pills are every day. It can make some medicines less effective. It doesn't protect against STIs. There can be side effects such as a change in mood, breast tenderness and headaches.

PSHE topic in focus: Contraception Benefits and use of the pill



The Pill - what is it and how do we use it?

There are different types of pill, such as the progestogen only pill or the combined pill, but they all basically do the same thing; stop a woman from getting pregnant. Many work by stopping her releasing an egg, but some work by creating a thick fluid in the neck of the woman's womb, so she cannot conceive. A woman has to remember to take the pill every day, otherwise it can stop working and some women end up getting pregnant by mistake because they've missed their pill. A caring boyfriend might remind them to take it, and you can actually subscribe to a text message service from the NHS which reminds you every day. Taken at the correct time each day, the pill can be up to 99% effective at preventing pregnancy.



However, the pill DOES NOT protect you against STIs and so is best used in a long-term relationship with a partner you trust and know has no STIs. It can be used with a condom at the same time though, which then would protect against STIs. The pill is available from your doctor or local family planning clinic.

There is also such thing as a 'morning after' pill which is available from doctors or chemists. This is an emergency pill which people take the day after sex if they didn't protect themselves properly or had an accident. It does not protect against STIs. It's also not recommended that you rely on this as a usual contraceptive and it can also make you feel quite sick - but it's very useful as an emergency option.

The contraceptive pill is the most common form of contraceptive in Europe. Its ease of use and popularity is believed to have contributed to the fall of teenage pregnancy rates in the UK.

Need help, support or more information?

NHS Contraception Help:
<https://www.nhs.uk/live-well/sexual-health/getting-contraception/>

Confidential advice:
<https://www.brook.org.uk/>

If someone is pressuring you for sex: NSPCC Helpline:
0808 800 5000
(24 hours, every day)
www.nspcc.org.uk



Childline Helpline: 0800 1111(24 hours, every day)
<https://www.childline.org.uk>

If you have been a victim of a sex-crime or assault (remember if you are under 16 you cannot give legal consent) you can ring the police - 999

Fantastic helpline directory:
<https://www.gettingiton.org.uk/useful-contacts>

