



# PSHE KNOWLEDGE ORGANISER

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Strand:  
Relationships  
+ Sex Education



## Key Terms:

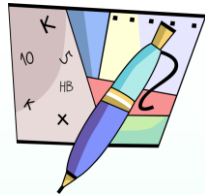
Barrier method of contraception -

Barrier methods of contraception act as barriers to keep the man's sperm from reaching the woman's egg.

Some barrier methods also protect against sexually transmitted infections (STIs). A few barrier methods (spermicide, condom, and sponge) can be bought in most drugstores.

Male condom -

a thin rubber sheath worn on a man's penis during sexual intercourse as a contraceptive or as a protection against infection.



## PSHE topic in focus: Contraception Benefits and use of the male condom



### The Male Condom - what is it and how do we use it?

A condom works by covering a man's penis with a very thin sheet of latex. This means the man can still feel everything going on but his sperm can't get inside the woman. If a man's penis isn't actually touching the woman because it is covered, then this also means that either person can't catch a STI off the other one. So, if used properly, condoms are very safe methods of contraception suitable for any couple who wants to prevent pregnancy, or any straight or gay couple who want to prevent STIs.

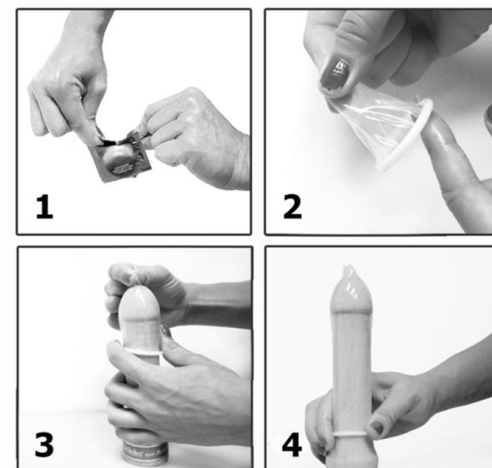


Contrary to popular belief, condoms do not break easily. You just need to ensure it is put on carefully and make sure there's no air bubble at the end of it. During sex, be careful of sharp nails, jewellery or teeth, in case of rips.

If the condom won't roll down, it's the wrong way round. This means you must throw it away and use a new one (if you now used it the correct way round you risk bacteria which could cause STIs transferring).

Condoms are also available at all chemists or your local family planning center (for free). The only real con is that they can be fiddly to put on and it is possible for them to slide off or tear. Used with care, condoms can be up to 98% effective against pregnancy.

Never use a condom more than once and always check the use-before date on the wrapper.



1. Unwrap condom.
2. Pinch the tip.
3. Roll it down erect penis.
4. Have fun!
5. Take it off while still hard.
6. Tie and toss.



## Pros and cons of condom use:

**PROS:** It is one of the few forms of contraception that provides any reduction in the transmission of sexually transmitted diseases and can be used with other contraceptives to add protection. Condoms are inexpensive and easily obtained. No side effects unless you are allergic to latex - Condoms are small, easy to carry, and disposable.

**CONS:** Some men complain condoms dull sensations.

May be considered an interruption during intimate foreplay.

Requires consistent and diligent use.



## 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](http://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.gettingit.org.uk/useful-contacts>

