

## theme 5

### what to do if things don't go to plan

#### Learning intention:

To gain awareness of options available if contraception fails or is not used

#### Learning outcomes:

- To understand how and when emergency contraception should be used
- To understand about pregnancy testing and how and when it can be accessed
- To understand what abortion is
- To know about pregnancy support and advice services

#### Resources:

1. Pens and paper
2. White board or flip chart
3. Access to projector/white board for PowerPoint presentations
4. The [‘Emergency contraception’ PowerPoint](#)
5. The [‘Pregnancy testing’ PowerPoint](#)

#### Printing/photocopying:

1. One printed copy of this pdf document
2. Print and laminate the [voting cards](#)
3. As many copies of [‘character cards’](#) as will be need to give one card to each group of 4 or 5 pupils (each sheet should be cut into four separate cards).

## theme 5

### theme overview

The following list represents the suggested learning pathway for this theme - it may be delivered in one or more lessons.

**Working agreement/ground rules:** remind the class of their agreed ground rules from the first session.

#### Introduction:

Explain that:

Today's lesson will be about what options are available if things 'don't go to plan'.

According to UK statistics:

- 75% of teenage conceptions (pregnancies) are unplanned.
- almost half of all teenage pregnancies lead to abortion.\*

The overall aim of the learning you have engaged in in previous sessions has been to reduce the chances that you (young people learning about sexual health in Somerset) experience an unplanned or unwanted pregnancy.

However, things don't always go to plan, and today's session will be about what to do when you are concerned that you or your partner might be at risk of an unplanned pregnancy.

1) [warm up activity](#)

2) [emergency contraception - Sophie and Taylor](#)

3) [pregnancy testing and unplanned pregnancy - Sophie's options](#)

4) [feedback/evaluation](#)

5) [alternative and/or additional lessons and resources](#)

\*It is important to establish that the group know that abortion refers to - "the intentional ending of a pregnancy by medical or surgical means". Although 'spontaneous' abortion can occur - often known as 'miscarriage' - for the purpose of this lesson abortion will refer to this stated definition.

## theme 5 activity 1

### warm up activity

In this warm up the group will consider and express their opinions about some issues. There are no 'right or wrong' answers, just opinions....

Explain that you are going to read out a series of statements and that everyone in the class will be invited to express their opinion—anyone who is not sure, or who doesn't want to express their view, can abstain from voting by standing in the middle of the room.

- Point out that the four corners of the room (or select four other points in the room if standing in corners is not possible) represent teens, 20s, 30s and 40s. Ask everyone to stand in the corner, or a position between two corners, which represents the age they think is 'ideal' to start a family (so someone who thinks the ideal age is 25 should stand mid way between the 20s and 30s corners).
- Invite one or two volunteers from each corner to explain why they chose to stand where they did.
- Having heard what was said, would anybody like to change their position?

Now, just three corners/places will be used: 'agree' 'disagree' or 'it's not that simple' (you should hang or place the laminated cards in the assigned corners/places) :

- After each statement is 'voted' upon, invite one or two volunteers from each group to explain why they chose to stand where they did.
  - After explanations have been discussed, ask if anybody like to change their position before moving on to the next statement.
1. Parents are the best people to give advice to their children, and it's wrong that doctors or nurses don't have to tell parents that their underage children are having sex.
  2. It's a girl's responsibility to protect herself from unplanned pregnancy.
  3. Young people get pregnant deliberately so that they can claim benefits and get accommodation.
  4. Teenage marriages are doomed to fail.

**AGREE**

**DISAGREE**

**IT'S NOT THAT  
SIMPLE**

## theme 5 activity 2

### emergency contraception

Emergency contraception can be used when there is a risk of unwanted pregnancy and other contraceptive methods have either failed or not been used.

Working in pairs, ask the class to consider how many different situations they can think of in which emergency contraception might need to be considered. Ask the pairs to feed back their ideas and write these up as a list on the board/flip chart.

1. Failed contraception:
  - condom comes off/splits
  - femidom (or female condom) put in or taken out wrongly leading to the spilling of semen
  - penis accidentally put in between the femidom and the wall of the vagina
  - missed /forgotten contraceptive pill
  - vomiting after taking contraceptive pill
  - taking some types of medicine (for example some antibiotics) and not using a condom as well as the pill (some medicines can reduce the effectiveness of the contraceptive pill)
2. Unplanned sex - no contraception used
3. Sexual assault - rape

Present the [emergency contraception PowerPoint](#)

Arrange the class into small groups, and then read out the [emergency contraception scenario](#), giving the groups a few minutes to discuss each question.



### Emergency Contraception

for young women in Somerset

Access free emergency contraception without the need to go via a GP.

## “The morning after pill”

... and what you can do if you have unprotected sex and are worried that you might become pregnant...






### Emergency Contraception

for young women in Somerset

## Emergency contraception is used when...

- Other forms of contraception have not been used (i.e. if you have unplanned or unprotected sex)
- Other forms of contraception have failed (e.g. condom came off or split)







### Emergency Contraception


for young women in Somerset

## What is ‘the morning-after pill’?



- This is the name often used to describe the most common form of emergency contraception
- It is taken as a single tablet or pill
- It became known as the ‘morning after pill’ because it must be taken *as soon as possible* after having unprotected sex (that might often be ‘the morning after’)
- However, it can be taken up to 72 hours after unprotected sex, though it is more effective the sooner it is taken



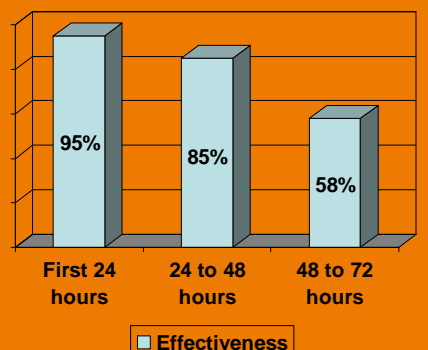


### Emergency Contraception


for young women in Somerset

## How effective is it?

- The morning after pill is not as effective as other contraceptives
- It should not be used as an alternative to other forms of contraception



Time Period	Effectiveness
First 24 hours	95%
24 to 48 hours	85%
48 to 72 hours	58%






## Emergency Contraception

for young women in Somerset

### Are there any alternatives?



- Yes, the IUD (intrauterine device), also called the coil, can be fitted up to 5 days (120 hours) after unprotected sex, so can be used beyond the usual 72 hour limit for the morning after pill\*
- The IUD is a small T-shaped frame with a thin copper coil around the stem which is inserted into the neck of the womb
- The IUD is the most effective method of emergency contraception - almost 100%
- The IUD must be fitted by a health professional



\*It may also be possible to use the emergency contraceptive pill for up to five days – the doctor or nurse will be able to discuss this with you



## Emergency Contraception

for young women in Somerset

### How much does it cost and how do you get it?

- Emergency contraception is available **free** to all women (including under 16s)
- You can get it from:
  - A doctor (including your own GP)
  - Family planning clinics
  - NHS walk-in centres or sexual health clinics
  - Young people's clinics
  - School health clinics (from the nurse\*)
  - Accident and emergency departments or minor injury units
  - Some pharmacies\*



\* Not all pharmacists or nurses will be able to supply you with emergency contraception, but they should be able to advise you about where you can get it

## theme 5 activity 2

### emergency contraception scenario - Sophie & Taylor's story

Sophie and Taylor spend Saturday evening at her house. Unexpectedly, Sophie's big sister, who was meant to be staying in, decides to go out, leaving them alone. It's the first chance they've had to be alone and before they know it, things are getting pretty heated. They end up having sex but don't have any contraception. Sophie's sister comes back before they have chance to decide what to do next.

It's Sunday morning and Taylor texts Sophie to ask her to meet him in the local park.

- How do you imagine Sophie and Taylor will be feeling?

You are friends with Sophie and Taylor, and you meet them sitting together in the park. Sophie is in tears and Taylor is trying to comfort and reassure her. You ask them what the problem is and they reluctantly explain what has happened.

- What would you advise Sophie and Taylor to do?

Luckily, you've just recently had this lesson, so you decide to tell them about emergency contraception. You know that the local chemist shop is open this Sunday, so you go with Sophie and Taylor to show them where it is. You wait outside, but when they come out they tell you that the pharmacist on duty has told them that he can't give them emergency contraception without a prescription, so they will have to pay for it and it costs £25.00. They don't have any money.

- What do suggest they should do now? Where else in Somerset could they find emergency contraception on a Sunday?

The three of you go to the local hospital because they have a minor injury unit, but Sophie is panicking because one of her mum's friends, who is a nurse, works there. Taylor offers to go in and ask for emergency contraception for his girlfriend.

- What do you think might happen next?

Taylor comes out and explains that Sophie must see the nurse herself as they can't give emergency contraception to him.

- How might you reassure Sophie?

Sophie sees the nurse and is given emergency contraception.

How might what has happened affect Sophie and Taylor's relationship?



## theme 5 activity 3

### pregnancy testing and unplanned pregnancy

Present the [pregnancy testing PowerPoint](#).

Split the class into groups of four or five.

Explain that we are going to continue with Sophie and Taylor's story, but that it has changed...

On the Sunday morning that Sophie and Taylor met, they didn't bump into their friend who knew about emergency contraception. And, they lived in a small village with no chemist shop and no minor injury unit. When they met up in the park they had talked about what they might do if Sophie was pregnant and decided to keep their fingers crossed and hope for the best.

Three weeks later Sophie still hasn't had her period, and though her periods are not always totally regular, she is certain that she should have had one by now.

The groups will now each be given a character to think about and consider how they may act and react.... They should discuss the questions on the card in their groups and see if they can reach agreement about how their character would react.

Draw the groups back together and discuss the following as a whole class:

Sophie has now taken the test and it is positive...

1. What reasons do you think Sophie might have for wanting to continue with the pregnancy?
2. What reasons do you think Sophie might have for NOT wanting to continue with the pregnancy?
3. How might this be the same, or different, for Taylor?
4. What sort of pressures might Sophie find herself under from those around her?
5. What do you think Sophie needs to do if she does want to continue with the pregnancy?
6. What do you think Sophie needs to do if she doesn't want to continue with the pregnancy?
7. Where do you think Sophie should go for help?
8. If Sophie decides not to continue with the pregnancy - how long will she have to decide to have an abortion?

The continuation sheet describes Sophie's options....

## theme 5 activity 3

### unplanned pregnancy - Sophie's options...

#### Continuing with the pregnancy:

Sophie should see the doctor or midwife at her GP surgery as SOON as possible. It is important for the health of both mother and child that they receive early care and support. Sophie may want to get the support of someone close to her to help her with this process (parents, family, friends) or alternatively she could seek support from a youth worker, school nurse, Connexions advisor, or a worker at a young person's clinic or sexual health clinic.

In addition, in Somerset there is a specialist midwife, who works countywide to care for young mums. She would be able to support Sophie during her pregnancy.

#### Considering adoption:

There is a specialist advisor in Somerset who can offer advice and support about the adoption process. Any of the professionals listed above would be able to provide contact information. Sophie can change her mind about giving her baby up for adoption at any time up to, and for a time after, having her baby.

#### Not continuing with the pregnancy - abortion:

In order to obtain an abortion Sophie must have the agreement of two doctors, and one of these would normally be either her GP or a doctor from a contraceptive and sexual health clinic (C&SH). [Some GPs may, for religious or other reasons, conscientiously object to referring a woman for an abortion. They should, nevertheless, refer the woman to another GP within the practice who will refer the woman for an abortion]. The second doctor would usually be the one who carries out the abortion.

There are two methods by which abortion can be carried out in Somerset. Both methods are available for free (there are, in addition, paid-for abortion services). The first 'early' method is usually available up until nine weeks into the pregnancy. This method, described as a medical abortion, does not usually involve any need to undergo a surgical procedure. The second method is available up to 24 weeks into the pregnancy (this is the legal limit for abortion in the UK).

In Somerset abortions are carried out at Yeovil and Taunton hospitals, but women may also be referred to Marie Stopes International (MSI) or the British Pregnancy Advisory Service (BPAS) for treatment paid for by the NHS.

Sophie can change her mind about abortion at any time up to the procedure.

## theme 5 activity 3

### character cards

You are Sophie	You are Taylor
<ol style="list-style-type: none"> <li>1. You decide that you should take a pregnancy test.</li> <li>2. When is it right time for you to take a test?</li> <li>3. Where will you get a test from?</li> <li>4. What do you want the result to be?</li> <li>5. How will you feel if the test is not the result you want?</li> <li>6. If the test is positive – what options will be available to you and Taylor?</li> <li>7. Which option would you choose and why?</li> <li>8. Who will you talk to about it?</li> <li>9. How are you feeling?</li> </ol>	<ol style="list-style-type: none"> <li>1. Sophie has told you that her period is late so she is going to take a pregnancy test.</li> <li>2. What do you do?</li> <li>3. What do you want the result to be?</li> <li>4. How will you feel if the test is not the result you want?</li> <li>5. If the test is positive – what options will be available to you and Sophie?</li> <li>6. Which option would you choose and why?</li> <li>7. Who will you talk to about it?</li> <li>8. How are you feeling?</li> </ol>
You are Sophie's mum	You are Taylor's mum
<p>Your daughter Sophie has been very quiet and looks worried a lot of the time, she hasn't asked you to buy any sanitary towels for her this month. You suspect Sophie might be pregnant.</p> <ol style="list-style-type: none"> <li>1. How do you feel?</li> <li>2. What do you do - ask Sophie, ignore it?</li> <li>3. How might you react if Sophie tells you she is pregnant.</li> <li>4. What would you say to Sophie?</li> <li>5. What would you want Sophie to do?</li> <li>6. How might you want to be involved if Sophie tells you she is pregnant?</li> </ol>	<p>Your son Taylor has been very quiet and looks worried a lot of the time. He left his phone on the kitchen table and you noticed a text from his girlfriend Sophie that made you suspect she might be pregnant.</p> <ol style="list-style-type: none"> <li>1. How do you feel?</li> <li>2. What do you do - ask Taylor, ignore it?</li> <li>3. How might you react if Taylor tells you that Sophie is pregnant.</li> <li>4. What would you say to Taylor?</li> <li>5. What would you want Sophie to do?</li> <li>6. How might you want to be involved if Taylor tells you that Sophie pregnant?</li> </ol>



Free Pregnancy Testing

for young women in Somerset

Free and confidential Pregnancy testing services

# Pregnancy Testing

When to take a test, how to take a test and what to do next





Free Pregnancy Testing

for young women in Somerset

# How would you know that you might be pregnant?

- If you have had sex without using contraception, the contraceptive failed (for example the condom split), you have forgotten to take your contraceptive pill or been sick after taking it, then you could become pregnant.\*
- The most obvious sign of pregnancy is your period is late, but sometimes you can still have a period and be pregnant.

\*Remember there may still be time to take emergency contraception





Free Pregnancy Testing

for young women in Somerset

# When should I take a pregnancy test?

- Most pregnancy tests will work from the first day of a missed period.
- If the test is taken too early, it may give a negative result - this is because the test measures a hormone produced during pregnancy, and the levels might be too low very early in a pregnancy.





Free Pregnancy Testing

for young women in Somerset

# Where can I get a pregnancy test?

- Free pregnancy testing is available from clinics in Somerset.
- Some GP surgeries offer free pregnancy testing.
- Pregnancy tests can also be bought from chemists and supermarkets.





# Free Pregnancy Testing

for young women in Somerset

## What is involved in having a pregnancy test?

- A sample of urine is tested with a ‘dip and read’ stick.
- The result is given there and then.
- If a test is taken one of the clinics listed in the Somerset C&SH website, they will also be able to discuss the different options available if the test is positive.





# Free Pregnancy Testing

for young women in Somerset

## What are my options if I am pregnant?

- If you are pregnant, or think you might be, and don't know what to do next, who to talk to, or whether you want to continue with the pregnancy, it is very important that you talk to somebody who can help as soon as possible.
- If you are pregnant the options include:
  - continuing with the pregnancy
  - different forms of abortion
  - considering adoption
- There will be plenty of help, whichever option you choose. Remember - the earlier you seek help, the more options are available to you.
- Places you can find free confidential help are listed on the Somerset CSH website



# Free Contraception & Sexual Health Services

for young women & men in Somerset

Home

Local Services

C-Card

Chlamydia

Other STIs

Pregnant?

Looking After Yourself

Sexual Identity

Links

## What contraceptive and sexual health services offer

The services listed here are divided into local geographic areas of Somerset and offer a walk in and/or appointment service.

All the services listed are able to offer confidential information and advice on sexual health and relationship issues. In addition, services offered vary but will include all or some of the following free and confidential services:

- The full range of contraception
- Emergency contraception
- Pregnancy testing and advice
- Condoms (C Card)
- Chlamydia screening
- Sexually transmitted infections testing and treatment

For further details on exact services offered by each clinic either phone the number given or look on the RU thinking website:  
[www.ruthinking.co.uk](http://www.ruthinking.co.uk)

## Find your nearest clinic

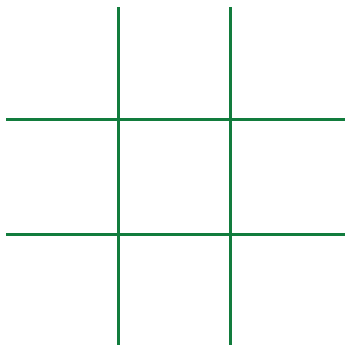
Click the map on your area to find the nearest clinic.

Alternatively browse through the list of clinics below



## theme 5 activity 4

### feedback/evaluation



- Divide the class into two teams and allow them to choose to be either hugs (O) or kisses (X) as in noughts and crosses.
- Draw a noughts and crosses grid on the board/flipchart.
- Ask the first team to choose a square and ask them a question, if they answer correctly ask a member of that team to come and fill in their square with a hug or kiss.
- Continue through the questions until the first team to get three in row (up, down or diagonally) is declared the winner.

1	Giving birth is safer than having a legal abortion	F
2	Emergency contraception can be used up to five days after unprotected sex	T
3	Taking a pregnancy test the day after unprotected sex will give a reliable result	F
4	There is a specialist midwife in Somerset who looks after teenage mums from across the county	T
5	A woman cannot have an abortion without her GP knowing	F
6	To have an early abortion you must have a general anaesthetic (be put to sleep)	F
7	The most reliable sources of help are available by looking on the Somerset CSH website	T
8	Emergency contraception is not as effective as taking the pill	T
9	A doctor can refuse to help a woman who asks about abortion if it is against his/her religion	F
10	You have to be aged 16 or over to buy a pregnancy test in a shop	F
11	If you need emergency contraception then you should take a Chlamydia test too	T
12	You must take the emergency contraception pill in the morning	F
13	It is against the law for girls under 16 to have an abortion without their parents knowing	F
14	You should seek help as early as possible if you think you may be pregnant	T
15	A boy can obtain emergency contraception for his girlfriend	F
16	Pregnancy tests check levels of hormone in the blood or urine	T
17	Emergency contraception, pregnancy testing and abortion are all available for free in Somerset	T
18	Nurses and pharmacists working in Somerset may be able to give emergency contraception	T
19	If a girl is still getting her period, then she can't be pregnant	F
20	School nurses/health advisors working in Somerset schools can give confidential advice and support	T

## theme 5 activity 4

### feedback/evaluation answers

1	F	The chance of a woman suffering injury or death is greater when carrying a pregnancy to term and giving birth than having an abortion
2	T	The coil can be fitted for up to five days after unprotected sex, and the 'morning after pill' may also be given (though it is most effective when used as soon as possible after unprotected sex)
3	F	Most tests are effective on the first day of a missed period
4	T	The specialist midwife (based in Taunton but working countywide) supports young mums through their pregnancy
5	F	False, a woman can request that her details are not given to her GP when she has an abortion. However, it is advisable to have all of her medical history in her medical records
6	F	It is possible to have both surgical and medical abortion without a general anaesthetic, and early (medical) abortions are usually carried out without a general anaesthetic
7	T	The services signposted on this site are safe and reliable. Not all organisations who offer pregnancy advice services are explicit about their views - for example they may be anti-abortion
8	T	The pill is almost 100% effective if used properly, emergency contraception taken early enough is 95% effective, but becomes less effective over time
9	F	A doctor who is opposed to abortion can refuse to participate in providing abortion, but his professional guidance says that he should tell a woman where she will be able to go to get help
10	F	There is no age limit on being allowed to buy a pregnancy testing kit
11	T	If you have had unprotected sex it is a good idea to have a Chlamydia test as well as a pregnancy test
12	F	No, even though it is commonly known as 'the morning after pill' it can be taken at any time
13	F	Doctors would prefer that a young woman has the support of her parents, but if necessary he/she can maintain a young woman's confidentiality
14	T	Whatever option is decided upon, seeking early support means that the best care and support can be given
15	F	Emergency contraception can only be given to the person who is going to take it
16	T	Human chorionic gonadotrophin (hCG) is made by the developing embryo soon after conception and can be detected in the blood and urine of the pregnant woman
17	T	All three of these services are available through the NHS and are free to all
18	T	Some nurses and pharmacists working in Somerset will have undertaken specialist training that allows them to prescribe emergency contraception
19	F	Although uncommon, some women do have periods (which are often 'lighter' than normal), particularly in the early stages of pregnancy
20	T	Even though they are working in a school, nurses can give confidential advice and support. They will not break confidentiality unless you give them permission, or they have serious concerns about your (or someone else's) safety

## theme 5

### alternative and/or additional lessons and resources

#### Lesson plans and activities

1. Brook Protect Yourself!, Lesson 6 “Emergency Contraception” pages 105-119
2. Channel 4 Sex and Relationships DVD: Section 3 - ‘More than Love’, part - 1 ‘No Respect’
3. Education For Choice: Abortion Dilemmas and Decisions
4. Christopher Winter Project Year 11, Lesson 2, ‘Choices and Decisions’

#### Useful websites

***For more information about issues covered in this theme:***

[www.connexions-somerset.org.uk/health/pregnancy.html](http://www.connexions-somerset.org.uk/health/pregnancy.html)

[www.fpa.org.uk](http://www.fpa.org.uk)

[www.brook.org.uk](http://www.brook.org.uk)

[www.mariestopes.org.uk/Young\\_peoples\\_services.aspx](http://www.mariestopes.org.uk/Young_peoples_services.aspx)

[www.bpas.org/bpaswoman.php?page=19](http://www.bpas.org/bpaswoman.php?page=19)

Somerset contraceptive and sexual health services: [www.somersetcsh.co.uk](http://www.somersetcsh.co.uk)

#### Resources

**FPA information leaflets:**

[Emergency contraception](#)

[Pregnancy young people’s leaflet](#)

[Abortion young people’s leaflet](#)

[Abortion your questions answered](#)

[Pregnant and don’t know what to do](#)