

Contraception
Aim <ul style="list-style-type: none"> To raise awareness of available contraception and it's use To broaden knowledge around long acting and reversible contraception (LARC) To increase confidence around accessing local contraceptive services
Resources Needed: <ul style="list-style-type: none"> Board or flip chart for facilitator to write on Sexual Health Sheffield Contraception Overview Sheet Sexual Health Sheffield Contraception Method Information Cards
Length of Session: 1 hour
Setting The Scene Contraception refers to the methods that are used to prevent pregnancy. Some methods of contraception can also be used to prevent sexually transmitted infections (STIs). Contraception is free on the NHS for all ages and you can get it from a range of places including Sexual Health Sheffield (Youth Clinic) and Primary Care Sheffield (GP and Contraceptive Hubs),

Ice Breaker (Whole Group Activity) What is contraception? Ask the group if they know the two things contraception can do. Write the answers on the board. Ask the group if they can name any types of contraception. Write the answers on the board. Ask the group if they know which types of contraception prevent pregnancy, which prevent STI's, and which prevent both.	5 mins
Main Activity (Small Group Activity) Split the group into pairs or small groups, and give each group 1 or 2 of the Contraception Game Cards (depending on the size of the group). Ask the groups to read through the card/s they have been given and to think of a way to introduce their type of contraception to the rest of the group. (The more creative and entertaining the better!) If you have access to a contraception kit, the group can also find their type of contraception from the box. Go round each group and ask them to share the type of contraception they have, with the rest of the group as a knowledge share.	5 mins for intro 15 mins for activity 25 mins for feedback
Signposting To Local Services Ask participants to consider where they might be able to access contraception?	10 mins

Advise: (facilitator may want to put this information on a flipchart or on presentation slides if using)

- Contraception services are delivered by Primary Care Sheffield – appointments can be booked by telephone on 0114 226 8888
- Some GP Practices offer contraception support
- Contraception support available at Sexual Health Sheffield's walk-in Youth Clinic service for anyone aged 18 or under
- More information available at bit.ly/SHSContraception (encourage participants to take the URL before leaving session)