

Emergency Contraception	
Aim	
<ul style="list-style-type: none"> • To raise awareness of methods of emergency contraception • To broaden knowledge around timeframes and availability of emergency hormonal contraception (EHC) • To increase confidence around accessing emergency contraception 	
Resources Needed:	
<ul style="list-style-type: none"> • Board or flip chart for facilitator to write on • Emergency Contraception True or False Answer Sheet • Sexual Health Sheffield Emergency Contraception Fact Sheet (MATT TO DESIGN) 	
Length of Session: 1 hour	
Setting The Scene	
<p>There are two types of emergency contraception. The morning after pill and the IUD (Intrauterine Device). The IUD is a small T-shaped device containing copper that is fitted into the uterus (womb). The copper in the coil is toxic to sperm and prevents pregnancy even if you have already ovulated making it the most effective form of emergency contraception</p> <p>Despite being commonly known as “the morning after pill”, some types of emergency contraceptive pills can be taken up to five days after unprotected sex and can stop pregnancy occurring.</p>	

Ice Breaker	5 mins
Group discussion around the different types of emergency contraception and when you would use it.	
Main Activity	
“True or False”	
Label one side of the room “TRUE” and the other side “FALSE”. As the group to stand in the middle of the room. Read out one statement and ask the group to move to “True” or “False”. When they have chosen a side, facilitate some conversation around why they are stood there. Ensure to give the correct answer each time to reinforce learning – (Use answer sheet)	5 mins for intro
<ul style="list-style-type: none"> • There are two methods of emergency contraception • You will need emergency contraception if you have had unprotected sex • You can only take the emergency contraceptive pill once • When you go to get emergency contraception you will be asked questions about when you’ve had unprotected sex and your last period • The emergency contraceptive pill is sometimes called the morning after pill because it has to be taken the morning after unprotected sex 	30 mins for activity

<ul style="list-style-type: none"> • If you are under 18 you need your parent's permission to get emergency contraception • If you vomit within three hours of taking the emergency contraceptive pill you should go back to the place you got it from, to get another one • You can only get the emergency contraceptive pill from your GP 	
<p>Knowledge Check</p> <p>What is emergency contraception?</p> <p>When should you take it?</p> <p>The morning after pill is more effective the sooner you take it after unprotected sex.</p> <p>Levonorgestrel (Levonelle) Needs to be taken within 72 hours (3 days) of unprotected sex</p> <p>Ulipristal Acetate (ellaOne) Needs to be taken within 120 hours (5 days) of unprotected sex</p>	10 mins
<p>Signposting To Local Services</p> <p>Ask participants where they think they would go if they needed emergency contraception?</p> <p>Advise: (facilitator may want to put this information on a flipchart or on presentation slides if using)</p> <p>Emergency Contraception available free of charge from Sexual Health Sheffield services – telephone 0114 226 8888 for advice</p> <p>Anyone aged 18 or under can access free emergency contraception from the SHS Youth Clinic service</p> <p>Primary Care Sheffield's approved pharmacies offer emergency contraception and free condoms to anyone aged 14 or over.</p> <p>For more information visit bit.ly/ECSheff (encourage participants to take URL before leaving session)</p>	10 mins

Emergency Contraception “True or False” Game Answers

There are two methods of emergency contraception TRUE

If you choose to use emergency contraception you can either take the emergency contraceptive pill or have an intrauterine device (IUD) fitted.

You will need emergency contraception if you have had unprotected sex TRUE

Emergency contraception can prevent unplanned pregnancy, therefore if you had sex, do not want to become pregnant, and did not use any form of contraception – emergency contraception will need to be used.

You can only take the emergency contraceptive pill once FALSE

You can take the emergency contraceptive pill as many times as you need to, however other methods of regular contraception are more effective

When you go to get emergency contraception you will be asked questions about when you've had unprotected sex and your last period TRUE

You will be asked this so that the doctor or nurse can check which type of emergency contraception is most suitable for you.

The emergency contraceptive pill is sometimes called the morning after pill because it has to be taken the morning after unprotected sex FALSE

The emergency contraceptive pill should be taken as soon as possible after sex. You can take Levonelle up to 72 hours after unprotected sex (3 days), and EllaOne up to 120 hours (5 days) after, but it more effective the sooner you can take it.

If you are under 18 you need your parent's permission to get emergency contraception FALSE

Even if you are under 18 you can attend Youth Clinic at Sexual Health Sheffield and you do not need your parents permission

If you vomit within three hours of taking the emergency contraceptive pill you should go back to the place you got it from, to get another one TRUE

The emergency contraceptive pill may not work if you have vomited within three hours so you will need to go and get another one. If you vomited after three hours or more, then the pill will have been absorbed by your body and you do not need to get another one. A helpful tip is to have something to eat when you take the pill as this can help to stop you being sick.

You can only get the emergency contraceptive pill from your GP FALSE

You can get the emergency contraceptive pill from many different places in Sheffield. This includes Sexual Health Sheffield, your GP, Walk In Centre, Pharmacies. To see the whole list, go to Sexual Health Sheffield website.