

Risk of Pregnancy Stand Up

Michigan Merit - Sexuality

7.2 Compare and contrast the pros and cons of methods used for pregnancy and disease prevention, including abstinence and use of contraception.

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7.5 Apply strategies, including refusal and assertiveness skills to avoid, manage, and escape situations that are high risk for pregnancy, HIV, and other STI's.

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7.6 Explain how stereotypes, norms peer influence, alcohol and other drug use, media, and personal responsibility can impact sexual decision making and the consequences of such decisions.

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7.7 Evaluate the physical, social, emotional, legal, and economic impacts of teen pregnancy, teen parenting, HIV infection, or other STIs on personal lifestyle, goal achievement, friends and family members.

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7.9 Apply decision-making skills to avoid situations that are high risk for pregnancy, HIV, and other STIs.



USE:

- To examine how choices regarding abstinence, postponing and protection impact pregnancy and it's prevention.
- Provide simulation of the emotions

involved in unplanned pregnancy should it occur in adolescence.

- Provide discussion regarding the choices regarding pregnancy prevention and impact choices have regarding this prevention.
- Reinforce the view that communication, abstinence, effective and consistent use of contraception, and controlling ones behavior will effectively avoid pregnancy in varying degrees.



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- Examine the hierarchy of pregnancy prevention with abstinence being the more effective, followed by postponing, and effective use of contraception.

PREPARATION:

- Prepare numbers for drawing by cutting the numbers provided to allow random drawing for round one.
- Prepare a bowl or hat from which the numbers will be drawn during round one.
- Obtain Frisbee type flying discs on which to place the "Risk of Pregnancy" facts stickers numbered 1 - 5 to match the order on the provide overhead. If stickers are missing, place the five facts on paper, and tape to the discs. Place one sticker on each of 5 flying discs, or place all 5 stickers on one.
- Make transparencies of the (5) overhead masters if needed.
- Make copy of numbered situation strips. With copy, cut situation strips (1-12) with scissors or paper cutter and fold. Place the strips into individual containers, or into a zippered bag for use during round 2.

IMPLEMENTATION:

INTRODUCE

- Explain that the activity as a simulation about the emotional impact of unplanned pregnancy, how to avoid risk, and how decisions effect each individual's chances of pregnancy.

NUMBER OFF by month of birth

- Ask students to raise their hand as you recite the months of the year.
- The goal is to have at least one person to represent each month. If there are no people born in selected months, ask that someone change to that month if you have more than one person in other months. If the group is especially small, and birth months are not efficient, simply number off 1 -12

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OVERHEAD # 1 - FACTS

- Ask a student volunteer to throw disc # 1 into the group. (Give safe throwing guidelines)
- Place the "FACTS transparency" on the overhead and reveal the first fact, while a student reads the sticker on the Frisbee they just caught.
- If you have 5 separate discs, have the student throw the second disc when indicated to another student, and reveal fact #2. Continue until the five facts are reviewed. Comment briefly on each statement as needed.
- If one Frisbee is used, have the first student read sticker #1, then throw to another student, who will read sticker # 2, and continue throwing and reading until all five have been read and revealed.
- The fact listed on the "Facts" transparency are:

- If a person has sex just once a month a pregnancy will occur in one year.
- If a person has sex twice a month, a pregnancy will occur in six months.
- Pregnancy might occur the first time!
- Pregnancy rarely occurs without intercourse.
- Using birth control every time lowers the chances of pregnancy.

OVERHEAD # 2 - FOR THIS EXERCISE (EXPLANATION OF ROUND #1)

- Project transparency, and explain round # 1

For this exercise, assume all are having intercourse that could cause a pregnancy.

- For this exercise, we will use the month of your birth (although pregnancy can occur during any month.)
- When your month is drawn, it indicates that you became pregnant or caused a pregnancy.
- When your month is drawn please stand.

ROUND # 1 - DRAWING OF THE NUMBERS

- Having placed the numbers into a "hat" or "bowl", move about the room, having students draw a number reading it aloud to the group.
- Indicate that each time a number is drawn, the person will stand to indicate that they became pregnant (or caused a pregnancy).

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- As each number is drawn, the designated people will stand to indicate that they have caused or gotten pregnant and will remain standing through all twelve draws.
- The first ball drawn indicates they got pregnant the first time they had sex, the second represents the pregnancy occurred the 2nd time they had sex, and on through time # 12.
- Approximately halfway though (#6) ask the students to indicate how they feel or felt when their number was drawn. Also ask the students who are still sitting, what they are thinking.
- When all the numbers are drawn, reinforce the idea, that statistically, everyone will be pregnant if they have sex twelve times.

ABSTAIN, POSTPONE, PROTECT TRANSPARENCY

- Using the transparency explain that there the three levels of prevention of pregnancy in order of effectiveness: **Abstain, Postpone, Protect**

TRANSPARENCY:

There are some things that can be done to protect against pregnancy:

1. Abstain from intercourse
2. Decide to postpone intercourse until:
 - The relationship is ready
 - Both partners want to have intercourse
 - Protection is available
 - A pregnancy is desired
3. Use birth control every time you have intercourse.

These choices will dramatically effect the chances of unplanned pregnancy.

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EXPLANATION OF ROUND # 2 ACTIVITY

TRANSPARENCY

The exercise will show:

- The choice a person makes determines the likelihood of pregnancy.
- A group member will draw a numbered slip of paper & read the number aloud.
- Stand if your number is read.
- The person will then read information on the strip.
- Remain standing if you are “pregnant.”
- Be seated if you are “not pregnant.”

- Have one individual draw one container with the "numbered situation strips". Instruct them to read the number on the strip first, and allow time for the group members with that designated number (12 = December) to stand.
- After the people stand, the individual will read the "numbered situation strip" out-loud to the group. If the person standing either abstained, postponed or protected, they will not cause or get pregnant, and will be able to sit down. If they took a risk, and were not protected, they must remain standing to indicate their pregnancy until the end of the round.

END PROCESSING:

- After all numbers have been drawn, review why people were allowed to sit back down because they abstained, postponed or protects, and what those who did cause a pregnancy failed to avoid pregnancy.
 - Reasons for getting pregnant:
 - Didn't understand the directions
 - Drank too much alcohol
 - Didn't use a condom every time
 - Didn't think it could happen
 - Examples of how pregnancy was avoided
 - Used a condom and foam every time
 - Took no risk

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- Decided to postpone until appropriate protection was obtained
- Communicated with partner and stuck to decision to not have sex
- Used effective protection (the pill taken correctly)
- Used birth control correctly every time
- Realize that actions could be controlled
- Got scared and decided to abstain until marriage
- Ask students to summarize the messages from the activity.

What was learned by this activity?

A person can **control** their actions to avoid pregnancy.

A person can get pregnant the **first time**.

A person can **choose** to avoid pregnancy.

Alcohol **impairs** a person's judgment.

Communication is important to avoid risky behaviors.

Contraception must be used **every time** to be effective.

Contraception must be used **correctly** to be effective.

Abstaining is the only sure way to avoid pregnancy.

TEACHING TIPS:

- Number drawing substitutes may be selected. Balls with number written on them; bingo chips with numbers; billiard balls; tongue depressors with numbers written on them may be substituted.
- Containers for the folded situation strips could be same plastic stop top containers, flip top containers like those used for film, small change purses that push or zip open, reusable "fortune cookies" or Ziploc type snack bags to separate the strips for easy drawing.
- During Round # 2, between drawings, ask those who are standing, and those who were able to sit down why this occurred, to reinforce that choices make a difference in pregnancy prevention.

- 7. You decided to use condoms, but you didn't use one every time, so you (or your partner) are pregnant.**
- 8. Because you decided to use the pill and you (or your partner) took it at the same time every day, you did not become pregnant.**
- 9. Because you used birth control correctly every time you had sex, you (or your partner) did not become pregnant.**
- 10. Because you realized you could control your actions, and avoided a risky situation by talking honestly with your partner, you (or your partner) did not become pregnant.**
- 11. Because you didn't think it could happen to you and didn't plan to postpone or protect, a pregnancy has occurred.**
- 12. Because after your first scare, you decided that the worry was not worth it and decided to abstain until marriage, you (or your partner) did not become pregnant.**

- 1. Because you used a condom and foam and used it correctly every time you had sex, pregnancy did not occur.**
- 2. Because you didn't understand the directions, or didn't follow the directions when you used the birth control, and had intercourse anyway, pregnancy has occurred.**
- 3. Because you have taken no risk of pregnancy with your partner and engaged in no risky behaviors, no pregnancy occurred.**
- 4. Because you decided to postpone until you had appropriate protection, no pregnancy occurred.**
- 5. You drank too much alcohol one night and it impaired your judgment. Because you didn't abstain or use birth control because you had too much to drink, pregnancy has occurred.**
- 6. Because you told your partner you didn't want to have sex and stuck to your decision, no pregnancy has occurred.**