



# Protection & Contraception



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2023-2-AT01-KA220-YOU-000180341

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# let's sign about səx



These materials were produced with the financial support of Abakus Erasmus+ as part of the Let's Sign About S<3X project.

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Freya's materials were supplemented by the project team with easy-to-read entries  
and information on existing video material



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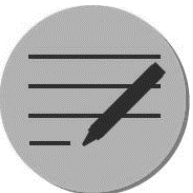
# Infos for Trainers



This icon shows you that the information will be signed by the trainers in the workshop.



This icon indicates that the LSAS lexicon contains **video material in sign language**.



This icon shows you that there is a **worksheet for the participants**.



What are the options and how to use them correctly?



## What is Contraception?

- Contraception is **protection against pregnancy**.
- Some methods of contraception can also protect against **sexually transmitted infections**.
- A person should use contraception if they have sex and want to protect themselves.
- For example, if a couple decides they want to have a child together, they stop using contraception during sex.



### Contraception



**Both men and women should think about contraception.**



- Everyone should choose the method of contraception that suits them the most.
- You can consult a doctor.
- Women should see their gynecologist.
- The gynecologist will examine them and can recommend a suitable form of contraception.



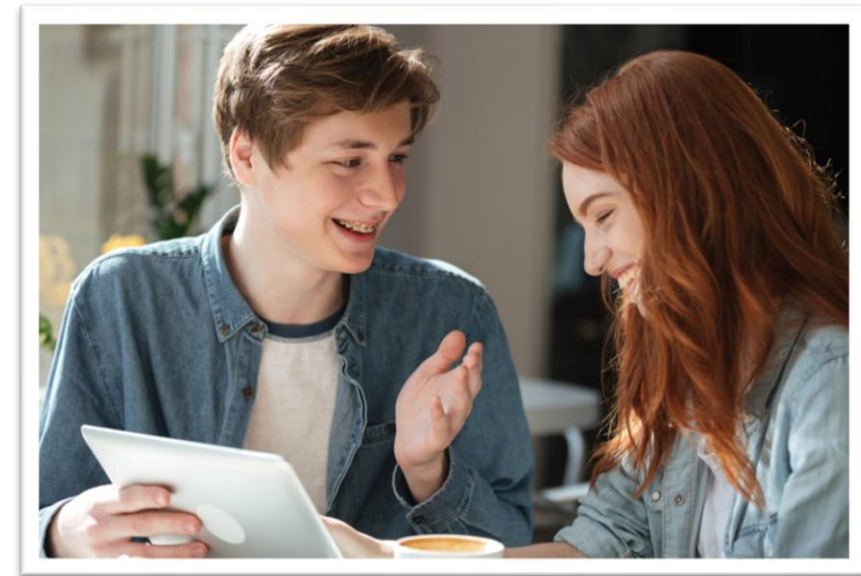
# Contraception

**It's a good idea to talk about contraception with your partner if you want to have sex.**



What form of contraception will we choose?

If your partner wants to have a child, you should discuss this together.



# Contraception

## Sex? Sperm? Egg?

Sex can be vaginal, anal, and oral.

You can protect yourself during each of them.

vaginal



anal



oral

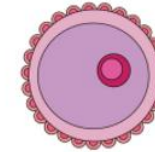


Sperm is the male sex cell.

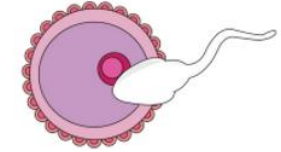
Egg is the female sex cell.



sperm



egg



fertilization  
of the  
egg

During **vaginal sex**, these two cells can come together.

An egg can be fertilized, which would later develop into a **fetus**.

The woman would become pregnant.

**Fetus**

other word:  
embryo

What types of contraception do we have?



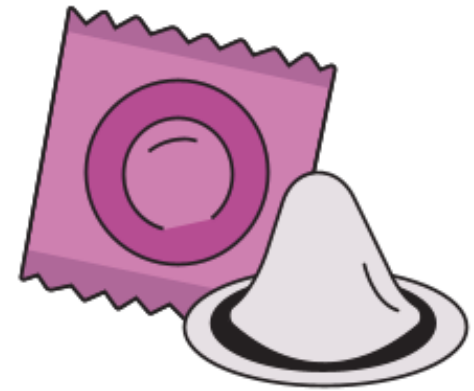
## Condom



Protects against pregnancy and the transmission of many sexually transmitted infections.

Can be used for **vaginal**, **anal** and **oral** sex.

The condom is flexible and stretches over the penis. It catches sperm so that it does not enter the vagina.

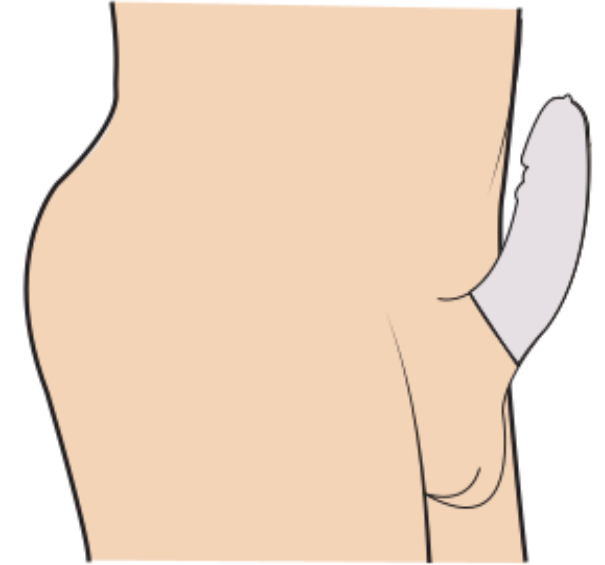




## Condom



- It is necessary to check the **expiration date**, i.e. until when the condom can be used (listed on the package).
- It is also important to check the packaging, if is not damaged in any way (**tear, puncture**).
- **It is intended for single (1 x) use only.**
- We never use two condoms at the same time, as they could get damaged and break.
- Condoms can be purchased at a pharmacy, drugstore, or sex shop.
- They are the **most affordable** contraceptive method.

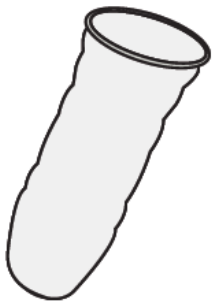


## Female condom (femidom)

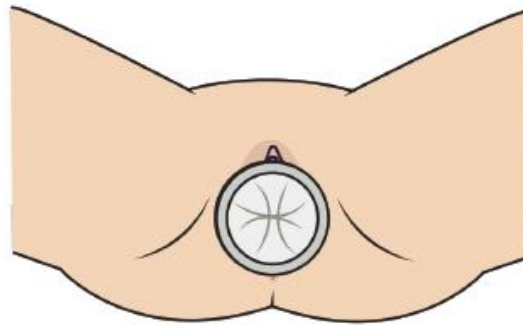
**Femidom**

**feminine**  
= female

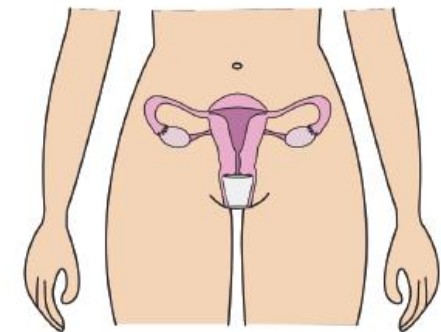
- Inserted into the vagina to prevent sperm from entering the uterus.
- In addition to protecting against pregnancy, it also provides protection against some sexually transmitted infections.
- You need to learn how to use it correctly for it to be effective.



female condom  
(= femidom)



femidom - external view  
(vulva)



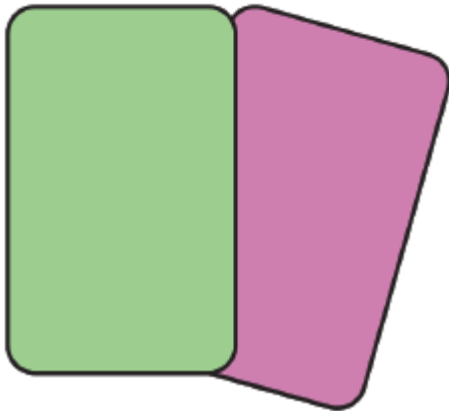
femidom – internal view  
(vagina)



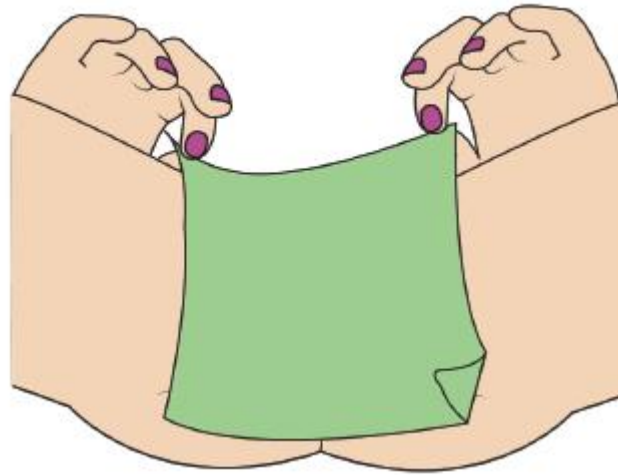
## Oral mask

It is intended for oral sex only.

It protects against many sexually transmitted infections.



oral mask

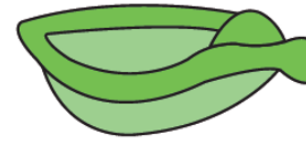


use of oral mask



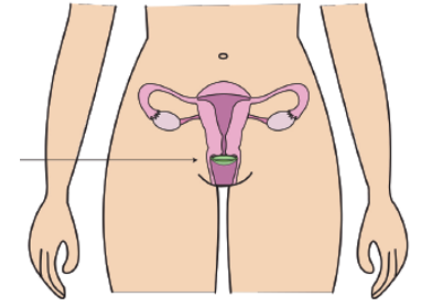
## Pessary und Spermicides

- A pessary is a small tool that is inserted into the vagina before intercourse.
- It prevents sperm from reaching the uterus.
- It should **remain in the vagina for at least 6 hours after intercourse** for the method to be effective.
- It can be used repeatedly, but it must be cleaned carefully.



pessary

Pessary  
inserted

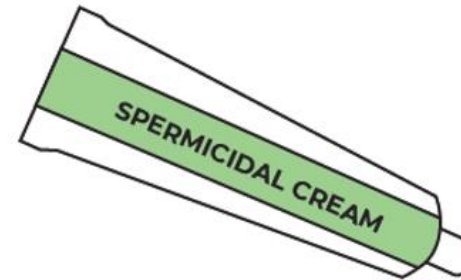


pessary – internal  
view (vagina)

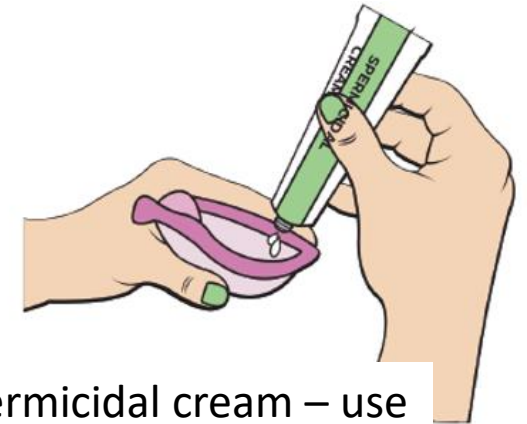


## Pessary und Spermicides

- The pessary can be used together with spermicides.
- Spermicides are substances that destroy sperm inside the vagina.
- Spermicides are available in the form of a cream or a suppository that is inserted into the vagina before sexual intercourse.



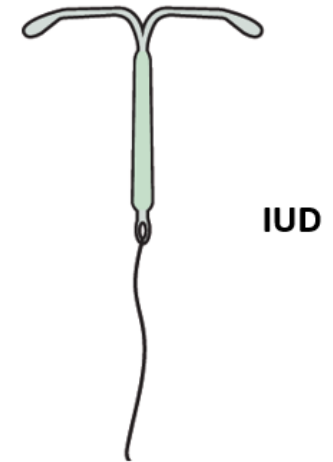
spermicidal  
cream



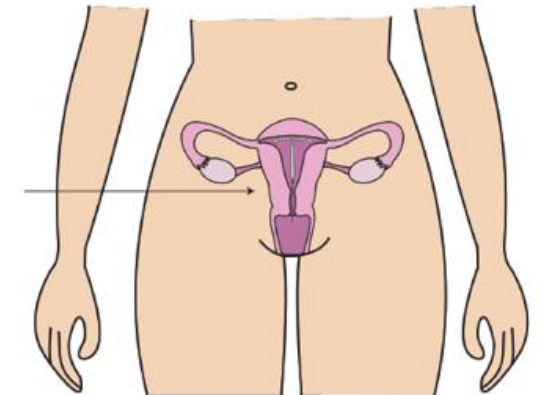
spermicidal cream – use  
with a pessary

## Non-hormonal intrauterine device (IUD):

- The device is inserted into a woman's body by a gynecologist during a minor procedure.
- This device is usually made of **copper**, which destroys sperm.
- It can provide protection for **several years**.



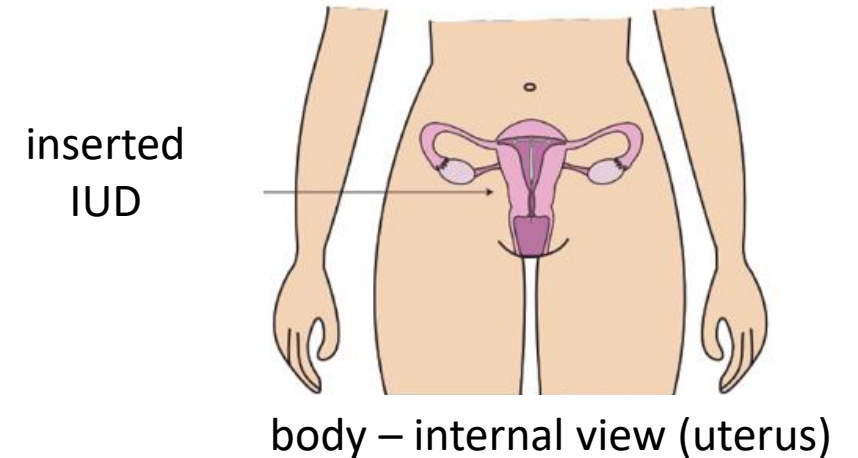
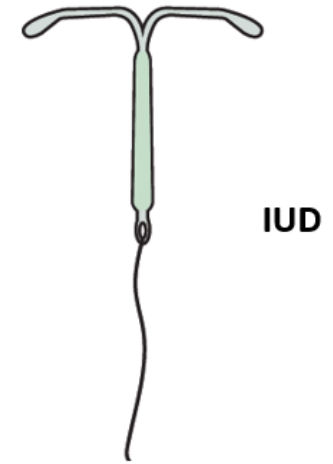
inserted  
IUD



body – internal view (uterus)

## Hormonal IUD:

- It is similar to the non-hormonal IUD.
- It is also inserted by a gynecologist and works for a relatively long time (5 to 7 years).
- The difference is that it releases a small amount of hormone into the uterus, which prevents pregnancy.

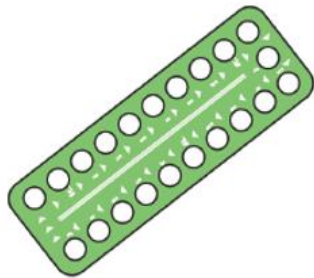


## Hormonal contraception – pills

- The **hormones** contained in pills affect a **woman's menstrual cycle**.
- It is not suitable for people with blood clotting disorders and other diseases.
- Therefore, it is necessary for a woman to visit her gynecologist before using it.
- The woman can then collect the medication at the pharmacy.
- It is important that the woman takes the pills regularly **every day** as prescribed.



hormonal contraception -  
application



hormonal  
contraception - pills

### Hormones

Hormones are substances in the body that send messages. They control things like growth, mood, and body changes.

### Menstrual cycle

The menstrual cycle is a monthly body process in females. The body prepares for pregnancy, and if there is no pregnancy, menstrual bleeding happens.



## Emergency contraception

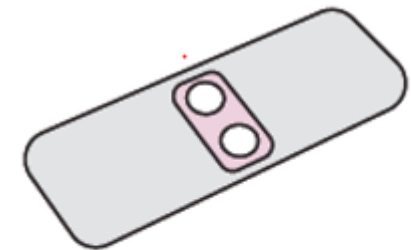
- People also call it the "**morning after pill**".
- It is sold in pharmacies in the form of one to two tablets.
- It is not a type of contraception that is suitable for regular use.
- It can disrupt a woman's menstrual cycle.
- Women only take it if they are concerned about getting pregnant.

For example, the condom was damaged (broke, slipped during intercourse) or the couple completely forgot about any form of contraception.

- It must be taken **within 3 days** of unprotected intercourse, the sooner the better.



emergency  
contraception -  
application

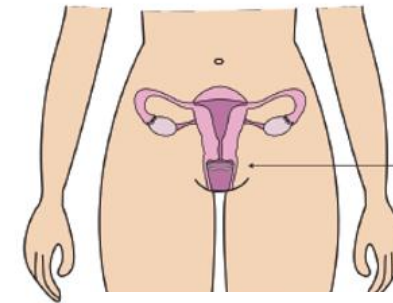


emergency  
contraception



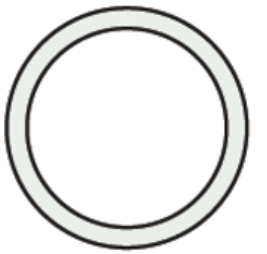
## Vaginal ring

- The vaginal contraceptive ring is a flexible, soft and transparent circular tool made of plastic.
- It is inserted into the vagina as a form of hormonal contraception.
- It releases hormones that prevent pregnancy.
- The ring is inserted into the vagina once a month. It is left in place for **3 weeks**.
- **After three weeks, the ring is removed.**
- This is followed by a week without a ring, during which bleeding usually occurs.
- **After a week's break, a new ring is inserted.**



hormonal ring  
- internal view

hormonal ring  
inserted



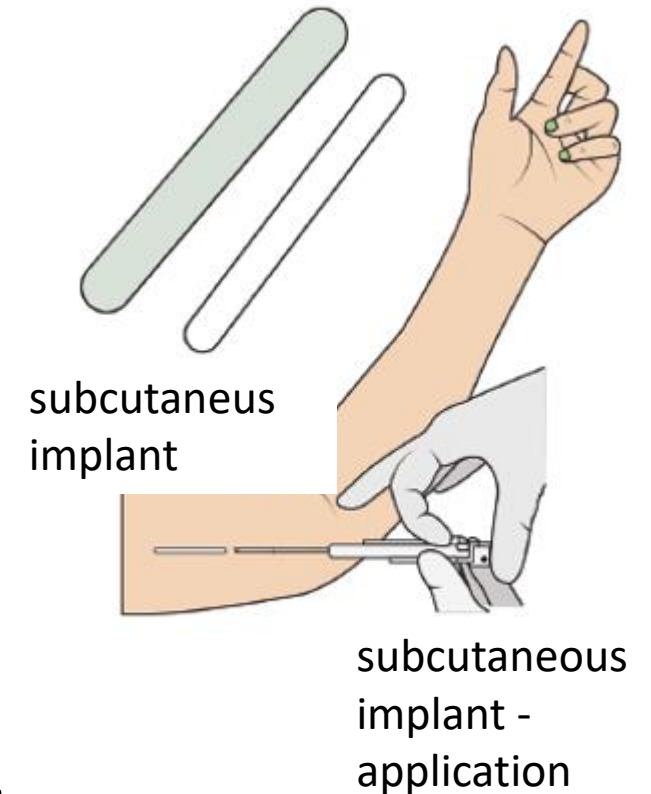
hormonal ring

## Subcutaneous implant

= small, flexible, plastic rod-shaped device.

- It is inserted under the skin, usually on the inner side of the arm.
- It releases the hormone **progestin**, which prevents pregnancy.

It is inserted by a gynecologist during a short procedure.  
**The implant is effective for several years.**



## Injectable contraception

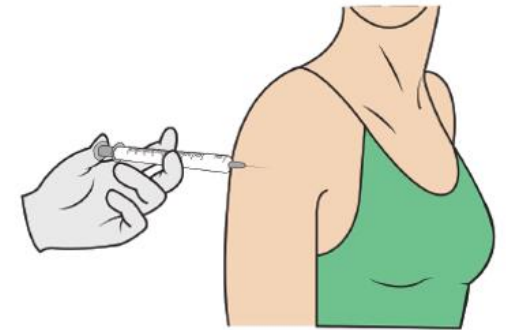
- It is a form of hormonal contraception that is given as an **injection**.
- This method provides long-term protection against pregnancy, usually for a period of 3 months.
- It must be applied by a healthcare professional.

**Injection**

with syringe



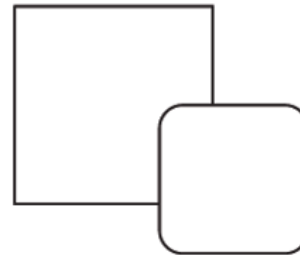
injectable  
contraception



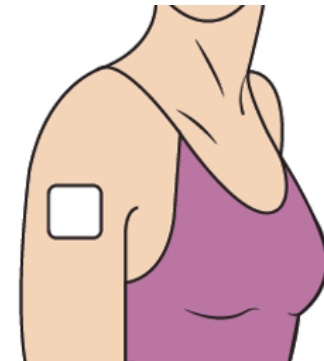
injectable  
contraception

## Contraseptive patch

- The patch is applied to **clean, dry skin**,  
for example on the abdomen, buttocks, back or arm.
- The patch is changed **once a week** for three weeks.



contraseptive patch



contraseptive patch – use



## How to have safer sex?

- Use one of the methods of contraception.
- If you don't have a regular sexual partner, it is important to also think about protection against sexually transmitted infections.
- **The best solution is to use a condom.**



## How to have safer sex?

- Get tested regularly for sexually transmitted infections.
- If a person has problems, they should see a doctor as soon as possible.
- Women go to a gynecologist.
- Men go to a urologist.



## How to have safer sex?

- If necessary, venereology can be visited.
- Venereology departments deal with the treatment and prevention of sexually transmitted infections.



## How to have safer sex?

Inform your sexual partner if you know that you have a sexually transmitted infection or have another problem in the intimate area  
- for example, inflammation.



## How to have safer sex?

Pay attention to proper hygiene of intimate areas before and after sex.



Protection Box

# Contraception

## EXERCISE

Stick the attaches pictures in the right coumn.

If it protects against both, stick the picture in the middle – on the red line.

protects against  
pregnancy:

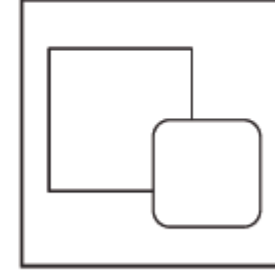
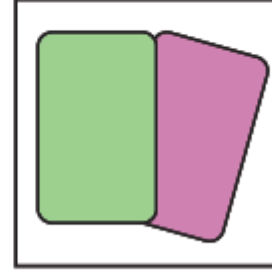
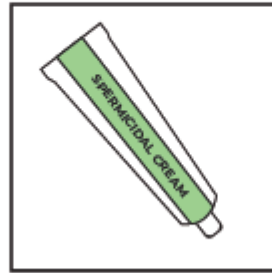
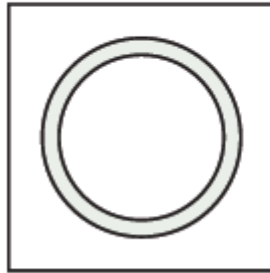
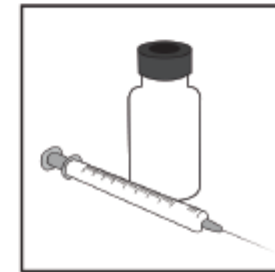
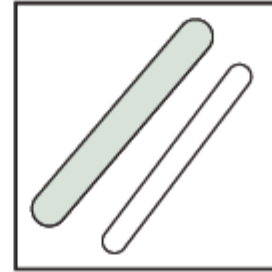
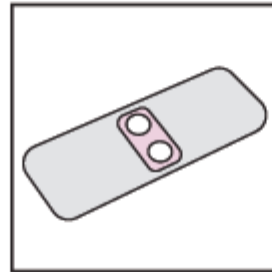
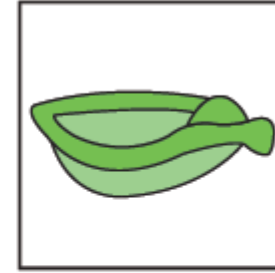
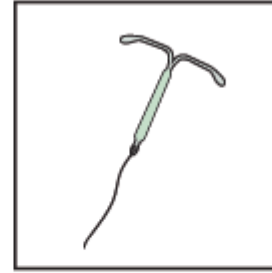
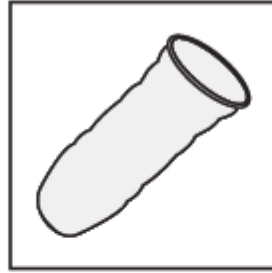
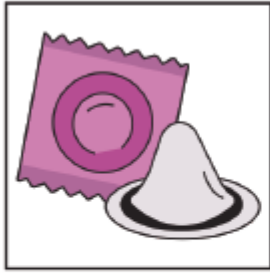
Protects against  
sexually transmitted  
infections:

Extension section - knowledge  
Contraseption (worksheet)



# Contraception

Pictures for exercise



Quiz!



**The most effective prevention against sexually transmitted infections:**

- a) using an oral mask or condom,
- b) avoiding changing sexual partners,
- c) both options are correct.

Quiz!



**A sexually transmitted infection is:**

- a) a urinary tract infection,
- b) an infection that most often affects the genitals,
- c) a flu that can affect both sexes.

Quiz!



**What names come to mind when you hear the word sexually transmitted infection?**

Write at least 3.



or

sign at least 3.



**Quiz!**



**Which disease can cause the following symptoms?**

Genital warts, warty growths in the neck area, cervical lesions (changes in the cervix), cancer of the cervix, vulva or vagina, cancer of the anal opening, cancer of the penis.

- a) gonorrhea,
- b) syphilis,
- c) HPV virus.

Quiz!



**Which disease does this treatment belong to?**

Shaving the hair is not necessary, however, it is considered appropriate to speed up treatment. The application of the product must be repeated according to the instructions for approximately 8–10 days. At the same time, it is necessary to treat the sexual partner and thoroughly wash/disinfect personal and bed linen.

- a) HIV,
- b) pubic lice,
- c) genital herpes.

**Quiz!**



**How can sexually transmitted infections be transmitted?**

- a) through contact of mucous membranes with infected secretions,
- b) a contaminated object,
- c) shaking hands with an infected person.

Quiz!



**What infections are subject to mandatory reporting and treatment:**

- a) HIV, gonorrhea, syphilis,
- b) gonorrhea and HIV,
- c) only HIV.

**Quiz!**



**Where can you get tested:**

- a) in non-profit organizations that deal with the topic of sexually transmitted infections, anonymity is an advantage,
- b) only in a professional facility - venereology,
- c) in professional facilities and some non-profit organizations that deal with the topic of sexually transmitted infections.

**Quiz!**



**What to look for in a sexual partner:**

- a) I don't have to notice anything, just use a condom or oral mask.
- b) Unusual sores, nipples, redness of the genitals, unhealthy discharge and odor from the genitals,
- c) ideally I will ask about the number of sexual partners.

**Quiz!**



**Some sexually transmitted infections often have similar symptoms such as:**

- a) Flu and urinary tract infections,
- b) cold and flu,
- c) sexually transmitted infections do not have symptoms that can be confused with other diseases.