



## Contraception

1 Define the term contraception

- The deliberate use of artificial methods or other techniques to prevent pregnancy

[ 1 mark ]

2 Which type of contraception protects against sexually transmitted infections? Give an example

- Barrier methods e.g. male or female condoms

[ 1 mark ]

3 What is the name given to chemicals that disable sperm cells? How effective is using this technique alone?

- Spermicide - not very effective (only 70% or 7/10)

[ 2 marks ]

4 Which two hormones can be found in hormonal contraceptives and how does each work?

- Oestrogen and progesterone
- Oestrogen (both) inhibit FSH production so eggs don't develop
- Progesterone stimulates the production of thick mucus in the cervix so sperm can't pass through

[ 4 marks ]

5 Discuss the pro's and con's of using the contraceptive pill versus the contraceptive implant

- Both are very effective and rely on hormones
- The pill has to be taken every day which is inconvenient and easy to miss
  - But it is fairly easy to take a pill, little chance of harm or pain
- The contraceptive implant only has to be implanted every 3 years, so no need to remember it each day
  - But the implantation and removal is unpleasant and can be painful
- Because the pill can be easily missed, it is often not taken properly which can allow pregnancy

[ 4 marks ]

6 What is the difference between the plastic and copper intrauterine devices (IUDs)?

- The plastic IUD releases progesterone which stimulates mucus in the cervix so sperm can't pass
- The copper IUD kills/disables the sperm that enter the cervix

[ 2 marks ]

7 A couple with two children have decided they don't want to have any more children  
Suggest a suitable long term contraception for the man and the women and explain how they work

- The man could have a vasectomy which involves his vas deferens (spermatic cord) being cut and tied, so that he can no longer ejaculate sperm
- The women could have 'sterilisation' which involves her fallopian tubes being cut and tied so that eggs can no longer pass from the ovaries to the uterus

[ 4 marks ]

8 Some religious couples do not accept artificial methods of contraception. Suggest two alternative methods, and discuss how effective each are.

- Abstinence - 100% effective
- Withdrawing from sexual intercourse before ejaculation - not very effective at all
- Only have sex at certain times of the month - also generally very ineffective

[ 4 marks ]

9 List all of the hormonal contraceptives, non-normal contraceptives and other methods that you can recall

Hormonal contraceptives	Non-hormonal contraceptives	Other methods
Combined oral contraceptive pill	Male condom	Abstinence
Progesterone only pill	Female condom	Vasectomy
Patch	Spermicide	Female sterilisation
Implant	Diaphragm	Certain time of the month
Copper IUD		Stopping before ejaculation
Plastic IUD		

[ 10 marks ]

[ Total 32 marks ]