

### 1. Jasmin and David:

- They should definitely consider using condoms (a non-hormonal method of contraception) to reduce the risk of pregnancy.
- Although neither has had sex before and they are therefore likely to be free from STIs, it is beneficial to get used to using condoms and there are still potential STI risks if either has shared needles or had intimate contact with others that stopped short of sexual intercourse, for example.
- Condoms can be tricky to use at first (reliability drops from 98% to 85% in first year of use), so Jasmin should consider using an additional method. Since she forgets to take medicine, a contraceptive patch, implant, vaginal ring, or injection may be suitable.
- A coil/cap/diaphragm would not necessarily be recommended. Most young women prefer to wait until after pregnancy for a coil, or at least until they are more sexually experienced, as coils require a specialist to fit which can seem quite daunting for someone new to sex. Coils can sometimes be less comfortable to fit prior to pregnancy. Caps/diaphragms are often quite fiddly to use so are more often recommended for someone who is sexually experienced.
- If Jasmin and David did have unprotected sex, or the condom broke, the emergency contraceptive pill can be taken up to 72 hours (Levonelle) or 5 days (EllaOne) after unprotected sex. Emergency contraception pills use medication to block pregnancy and most use the same hormones that are in regular birth control pills. The emergency contraceptive pill cannot end a pregnancy once it has started.

### 2. Sonia and Daisy:

- Pregnancy is not a risk in same sex relationships. The risk of STI transmission in female/female sex is low but they should both consider getting tested for STIs due to Sonia's ex.
- They might consider the use of dental dams or finger condoms until they are sure both partners are free of infection.

### 3. Nico:

- Nico should always use condoms when having sex with other people and have regular checks for STIs.
- This is high risk behaviour and he may wish to think about why he is choosing to have so many different partners.

### 4. Rosie and Keith:

- Vasectomy is an option for Keith, or sterilisation for Rosie.
- Or they could consider using fertility awareness methods where Rosie works out when she is fertile and abstains on those days. However, this method requires strong commitment to abstaining on fertile days and there is still a risk of conception.
- Students may suggest the 'withdrawal method' as a form of contraception. If they do, emphasise that even if the male doesn't ejaculate, sperm can still be present in his pre-ejaculation fluid which could lead to pregnancy. Also, the fluid can transmit sexually transmitted infections. This method requires men to be very controlled with their ejaculation which is not always possible.