

Birth Control & Condoms Scavenger Hunt

Recommended Age: 12+

Goal

- To introduce commonly used birth control methods in an interactive, fun, and tactile way.

Have Ready

- As many of the following items as possible (always include bolded items or pictures of them).
 - **Birth control pills (3- and 4-week packs)**
 - **The patch**
 - **NuvaRing**
 - **Depo vial**
 - **IUD/S**
 - **One lubed condom**
 - **ECP box**
 - One non-lubed condom
 - More condoms
 - Lube bottle or packs

Instructions

- Set up birth control scavenger hunt ahead of the session by hiding items around the space you are using. Note where you have hidden items so you can tell the youth how many things there are to find. This will also help you keep track when talking about each option.
- Advise the youth that the items you have hidden are for demonstration only, and if they want their own, they can access them at the teen clinic, health centre, or nursing station.
- Use the items for demonstrations and discussion once found. Include the participants as much as possible, and allow them to pass the methods around to one another, and hold them up to show what they have found. For example, you can ask the group questions like:

- **“Who thinks they found a hormonal method of birth control?”**
- **“Who found condoms?”**
- **“Does anyone have something they are unsure of what it is?”**
- **“How do you think this method is used?”**

Additional Activities

Ideally, this activity is an introduction to the following sections:

- Hormonal Birth Control Demonstrations
- Plan B: Emergency Contraception Demonstration
- Condom Demo & Internal Condom Demo (see STI chapter)