**Validation Test:**

1. Many contraceptives are available today to prevent pregnancy. Briefly describe the steps required for a woman to get pregnant. Include in your description what happens to the sperm and egg. **(4 marks)**

* Insemination – when the male ejaculates and in the vagina and the sperm are released
* The sperm then travel through the cervix and uterus to the uterine tubes where it meets the egg
* The tips of the sperm contain an enzyme that breaks down the outer layer of the egg (corona radiata) fertilising the egg
* The fertilised egg/zygote/blastocyst then must implant into the uterine wall

1. A female is visiting her doctor and is trying to decide whether to go on a hormonal contraceptive or get an intrauterine device placed. She is having trouble deciding between the two. Using an example of **one** hormonal contraceptive and **one** intrauterine device, describe what they are, how they both work, and the advantages and disadvantages of both.

**(16 marks)**

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| **For each device** | **Marks** |
| Describes the contraceptive E.g: Combined pill is a tablet that contains chemicals like progesterone and oestrogen | 1 mark |
| Describes how they work  E.g:  Any three of the following:   * Pill is taken daily at the same time * It prevents the release of a mature egg from the ovary – meaning there is no egg to fertilise * It creates a thick sticky cervical mucus – making it difficult for sperm to pass through therefore unable to fertilise the egg * It alters the lining of the uterus making is thin so that a fertilised egg could not implant | 3 marks |
| * Very reliable * Regular periods * Reduced incidence against ovarian and uterine cancer * Unrelated to sexual activity | 2 marks |
| * Doctor prescription required * Must be taken daily * Possible side effects | 2 marks |

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| **For each device** | **Marks** |
| Describes the contraceptive E.g: Small devices made from plastic that are inserted into the uterus | 1 mark |
| Describes how they work  E.g:  Any three of the following:   * Affects movement of sperm * Prevents sperm moving into the uterus * Cause changes to the endometrium * If an egg were to be fertilized, would stop egg being attached | 3 marks |
| * Effective * Long lasting * Easily reversed * Can be forgotten it’s there | 2 marks |
| * Must be inserted by doctor * Can cause pain/bleeding * No protection against STI | 2 marks |

1. Some people prefer not to use any contraceptives, instead they perform periodic abstinence. Describe what periodic abstinence is and describe one method of periodic abstinence. State the advantages and disadvantages using this method. **(8 marks)**

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| **Method** | **Marks** |
| **Periodic Abstinence:**  Female determines when ovulation is occurring an avoid intercourse over the days that fertilisation is most likely to occur. | 1 mark |
| Gives an example of periodic abstinence and describes how it works  E.g.: **Temperature method**   * Woman takes her temperature every morning * Ovulation is associated with a sharp decrease then increase in body temperature * After ovulation the woman abstain from intercourse for three days | 3 marks |
| Gives two advantages | 2 marks |
| Gives two disadvantages | 2 marks |

1. Mechanical barriers are another form of contraceptive. Even when someone is already using a contraceptive, e.g. the pill, it is also recommended that they use a mechanical barrier as well. State two reasons why a person would use a mechanical barrier as well as another form of contraceptive. **(2 marks)**

* No contraceptive method is 100% effective therefore using additional contraceptives reduces the chance of pregnancy even further.
* It can prevent the transfer of Sexually transmitted infections.