



## International Reproductive Health Education Collaboration

### **What you need to know about your reproductive health and fertility International Reproductive Health Education Collaboration Teaching resource**

This resource has been developed by the European Society for Human Reproduction and Embryology (ESHRE – [www.eshre.eu](http://www.eshre.eu)) and the International Reproductive Health Education Collaboration (IRHEC -[www.eshre.eu/IRHEC](http://www.eshre.eu/IRHEC)) in collaboration with the International Federation of Gynaecology and Obstetrics (FIGO – [www.figo.org](http://www.figo.org)) and the International Federation of Fertility Societies (IFFS - <https://www.iffsreproduction.org/>).

The IRHEC is a multidisciplinary global collaboration dedicated to improving reproductive health education. Our mission is to increase reproductive health awareness using the life course approach, in order to improve reproductive health and facilitate decision-making in family planning among adolescents, people of reproductive age, primary healthcare, education professionals, and policymakers through development, evaluation and dissemination of inclusive educational resources.

We are providing resources and making content to help deliver fertility and reproductive health education. These resources are being co-designed with the target group, mainly young people and you may wish to use these in your lessons.

We have made a fertility education poster which has been translated into many languages and information leaflets which can be obtained from <https://www.eshre.eu/irhec>.

#### **Information leaflets**

- Menstrual cycle
- Endometriosis
- PCOS
- Female fertility and age
- Male fertility
- How to get pregnant
- Why some people can't get pregnant
- IVF
- What is ICSI
- Egg freezing
- Egg donation

Sperm donation

### **How to use this resource**

The IRHEC has created a PowerPoint presentation about reproductive health and fertility education for teachers who teach sexual and reproductive health. This has been developed after research conducted into the UK school curriculum and with students and teachers in the UK, and subsequent work in Belgium, Greece and Japan. We aim to continuously update and improve the resource. In 2023 the first draft was open for consultation, and we took on board the feedback. We are currently undertaking a study with teachers to determine their views on the resource, so we can improve it. If you have any feedback, please contact [joyce.harper@ucl.ac.uk](mailto:joyce.harper@ucl.ac.uk).

**The teaching resource is aimed at mixed classes for ages 14-18. We strongly encourage co-education schools to teach this in mixed classes and not to separate classes by gender.**

The topics are split into 10 sections. Teachers are free to edit or delete any slides and use the slides to make their own lesson plans. We do not envisage teachers using the whole powerpoint in one lesson. Maybe they will take 1 or 2 sections, and use these for a lesson plan, with additional resources produced by IRHEC such as the personal story videos, information leaflets and posters. Or using resources produced by others. See [https://www.eshre.eu/Specialty-groups/Special-Interest-Groups/Global-and-Socio-cultural-Aspects-of-Infertility/IRHEC/IRHEC\\_Resources](https://www.eshre.eu/Specialty-groups/Special-Interest-Groups/Global-and-Socio-cultural-Aspects-of-Infertility/IRHEC/IRHEC_Resources)

For each Powerpoint slide there are comments with further information to explain the content of the slide. And we have included some questions that you may use to stimulate discussion. We are embarking on a study to see what teachers think about the resource and we will be improving it. Your comments will be very welcome.

The topics are:

Puberty  
Menstrual cycle and periods  
Fertility  
Contraception  
STIs  
Infertility  
Pregnancy  
Menopause/andropause  
Cancers that affect reproductive organs  
Wellbeing and lifestyle

**Inclusive language:** We have aimed to make this resource as inclusive as possible. We have used the biological terms female and male. We are aware that there are people who menstruate/make eggs/make sperm who are gender diverse. Schools need to determine which is the best wording to use and to edit the slides as they wish.

You may wish to start the lesson with some ground rules, such as confirming the lesson needs to be a safe space to discuss these personal topics, ask the students which terms they would like to use such as female and male, man and women, people who menstruate, people with a womb, ovaries, penis, etc. You may wish to point out that some of the content may be triggering and if they have any concerns, who they should contact. Some of the content may also be triggering for the teachers.

We have not specifically talked about people with disabilities, and you may wish to edit the slides to include this.

In our research, we have found that currently no school covers all of these subjects, but almost all cover puberty, STIs and contraception. In this resource we have therefore not covered these three topics in any detail.

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