



Myths and Facts about Sex

MYTH	FACT
There is no 100% effective method to keep from getting a STI or getting pregnant.	Abstinence (not having sex) is the only 100% effective method for the prevention of STIs and pregnancy.
A girl cannot get pregnant the first time she has sex.	A girl can definitely get pregnant the first time she has sex , even if she has not started her period yet. Once a girl has ovulated (released an egg) for the first time, she can get pregnant.
A girl will not get pregnant if the guy pulls out before he ejaculates.	Even if the guy does not ejaculate some pre-cum might have escaped from his penis. Pre-cum has sperm in it too.
A girl cannot get pregnant if she has sex standing up.	You can get pregnant no matter what position you have sex in.
A girl will not get pregnant while she is on her period.	Although there are some times when it is more likely for a woman to get pregnant, it is never impossible. Always use protection!
If a girl urinates right after she has sex, she will not get pregnant.	Girls urinate from a different opening than where they have sex. So, urinating does not empty out the sperm, thus she can get pregnant.
Teens do not get STIs.	About three million teenagers get an STI every year. One in three sexually active young people will get an STI by age 24. 15-19 year old girls have the highest rates of Chlamydia and Gonorrhea.
You can tell by looking at someone that they have an STI.	Often, symptoms for an STI do not show up right away and sometimes they do not show up at all. Just because someone has a STI does not mean you can see it. You could definitely have an STI and not know it.
STIs can be cured.	Some STIs, like Chlamydia and Gonorrhea can be cured with medication but they can cause a lot of damage if they are not treated right away. Others, like Herpes, Genital Warts, and HIV/AIDS can be controlled but there is currently no cure for them.



Teen Pregnancy Prevention Initiative

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<p>STIs are only passed through sexual intercourse.</p>	<p>Some STIs, like Genital Warts and Herpes can be passed just by having skin to skin contact with infected genital and surrounding areas. Others, like HIV can be spread through oral sex. All STIs can be passed through both vaginal (penis to vagina) and anal (penis to anis) intercourse.</p>
<p>There is nothing that can be done to prevent STIs.</p>	<p>There are a lot of ways to protect yourself! The only sure way is to not have sex. If you do have sex you can protect yourself from STIs by using a condom with lots of water-based lubricant every time. One way to reduce your STI risk is to have sex with only one person who is only having sex with you.</p>
<p>A person with a cold sore who performs oral sex cannot infect their partner with genital herpes.</p>	<p>HSV can be found in and released from the sores that the viruses cause. They also are released between outbreaks from skin that does not appear to be broken or to have a sore. Transmission can occur from oral to genital and genital to oral contact.</p>