

50 THINGS YOU SHOULD KNOW BEFORE YOU HAVE SEX

- About 750,000 girls under age 20 become pregnant each year.
- Eighty percent of these pregnancies are unplanned.
- About 63 percent of all sexually active teens wish they had waited longer.
- More than half of all teens have not had sex when they turn 17.
- Relationships change when you start having sex.
- SEX DOESN'T EQUAL LOVE.**
- Sex will not make someone stay with you.
- Sex will not fix your problems or make you feel better about yourself.
- A girl can get pregnant during her period.
- She can get pregnant even if it's the first time she has sex.
- A girl can get pregnant if she has sex standing up (or in any other position).
- NOT GETTING PREGNANT HAS NOTHING TO DO WITH LUCK - AND EVERYTHING TO DO WITH MAKING GOOD CHOICES.**
- Nearly half of all sexually transmitted infections (STIs, also called STDs) are found in 15 to 24 year-olds.
- Having an STI such as herpes or syphilis increases your risk of becoming infected with HIV (the virus that causes AIDS).
- Many new cases of HIV are in people under 25.

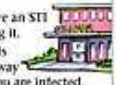


36. NOT HAVING SEX (ABSTINENCE) IS YOUR BEST PROTECTION AGAINST HIV AND OTHER STIs AND UNPLANNED PREGNANCY.

- If you are having sex, using latex or polyurethane condoms correctly and each time gives good protection against HIV and other STIs.
- Condoms are not a guarantee - there is still some risk of HIV and other STIs.
- If you are drinking or using drugs, you are less likely to use a condom.
- IF YOU ARE HAVING SEX AND YOU DON'T USE BIRTH CONTROL YOU HAVE A 90 PERCENT CHANCE OF GETTING PREGNANT WITHIN ONE YEAR.**
- Birth control is the responsibility of both partners.
- Withdrawal - or taking the penis out of the vagina just before ejaculation (coming) - doesn't work. You can still get pregnant.
- "Don't worry, I'll pull out," is a lie, not a form of birth control.
- IT ONLY TAKES ONE DROP OF SEMEN TO GET PREGNANT.**
- When used correctly and every time you have sex, condoms are very effective against unplanned pregnancy.
- "I HAVE A CONDOM" IS EASIER TO SAY THAN "I'M PREGNANT."**
- If you have sex, use a new condom each time.



- You can get condoms at drugstores, supermarkets, convenience stores, vending machines, STI clinics and family planning clinics.
- You can get a prescription for birth control pills or fitted for a diaphragm at your doctor, family planning clinic or health clinic.
- NO BIRTH CONTROL METHOD IS 100 PERCENT EFFECTIVE. YOU STILL HAVE A CHANCE OF GETTING PREGNANT.**
- A guy who gets a girl pregnant is financially responsible for that child for the next 18 years.
- Pregnancy is the number one reason teen girls drop out of school each year.
- Teen marriages are twice as likely to fail as adult marriages.
- Teen parents are less likely to graduate from high school and tend to earn less money throughout their lives.
- YOU CAN HAVE A SEXUALLY TRANSMITTED INFECTION AND NOT KNOW IT.**
- Your partner can have an STI without you knowing it.
- Getting tested for STIs and HIV is the only way to know for sure if you are infected.
- You can get an STI more than once.
- You can have more than one STI at a time.



40. BOTH YOU AND YOUR PARTNER(S) MAY HAVE TO BE TREATED IF ONE OF YOU IS DIAGNOSED WITH AN STI.

- Chlamydia is the most frequently reported STI.
- THE HIGHEST RATES OF CHLAMYDIA ARE AMONG TEENS.**
- Some STIs, if not treated, can cause pelvic inflammatory disease (PID) in girls and women.
- PID can cause sterility. That means you may not be able to have children.
- You can be infected with HIV (the virus that causes AIDS) for 10 years or more before you have any symptoms.
- YOU CAN'T TELL BY LOOKING IF SOMEONE HAS HIV.**
- HIV is passed from one person to another through semen, blood, vaginal fluids and breast milk.
- REMEMBER - ANYONE CAN GET HIV. IT'S NOT WHO YOU ARE, BUT WHAT YOU DO, THAT PUTS YOU AT RISK.**
- Having unprotected sex and sharing needles are the most common ways to get HIV.
- HERE IS SOMETHING TO THINK ABOUT:** When you have sex with someone, it's like having sex with all of their other partners, and all of their partners' partners!

