

# not-so-safe sex...

**t**here are a lot of risks involved when people begin to have sex: including emotional risks and health risks. Not to mention the possibility of an unplanned pregnancy.

Nine out of 10 sexually active teenagers who don't use contraception will get pregnant within one year.



## True and False

**False:** "A girl can't get pregnant the first time she has sex."

**False:** "If a guy pulls out before he comes, then the girl can't get pregnant."

**False:** "If a girl douches (way of cleaning the vagina) after sex then she won't get pregnant or get an STD."

**False:** "A girl can't get pregnant while she's having her period."

**False:** "It's still safe sex if a guy remembers to put on a condom after he has already gone inside."

## Truth:

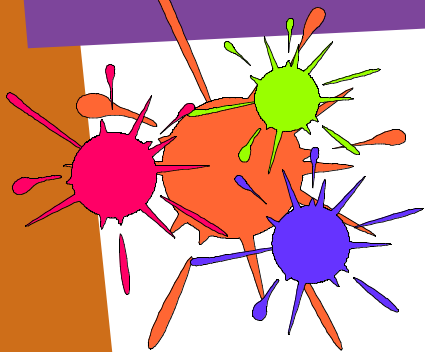
None of these methods prevents pregnancy or STDs/HIV. The only thing that will give you a 100 percent guarantee against pregnancy and STDs is abstinence (not having sex).



*I heard some friends talking about a kid who has something called an STD. I didn't want to ask them, but what is it?*

STDs (or sexually transmitted diseases) are diseases, infections, or illnesses that can spread from one person to another from sexual contact. They are also called STIs (sexually transmitted infections) or VD (venereal disease). STDs that go untreated can cause serious ongoing health problems, including infertility (not being able to get pregnant, ever), and life-threatening illnesses.

Some names for STDs are: chlamydia, gonorrhea, genital warts, herpes, pubic lice (crabs) and HIV (the virus associated with AIDS).

Every year about one in four sexually active teens get an STD before they graduate high school. You and your boyfriend or girlfriend can have an STD without even knowing it. You can have an STD but not see or feel anything unusual. If you've had sex, talk to your doctor about being screened for an STD.






*Sometimes my older sister goes to the doctor for a special exam. What's that all about?*

If girls have had sex or start to think seriously about having sex, they need to see a health care provider every year or so, even if they feel OK. Part of these exams is a pelvic exam. The doctor will examine your vagina and areas around it, inside and out. It might be a bit uncomfortable (like putting in a tampon), but it doesn't hurt. It only takes a few minutes and is important to your health. You will also need to have an annual pelvic or urine test for chlamydia. You can have chlamydia without even having any symptoms.

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*I think something is wrong. It's sore and smells weird down there. I thought it would go away, but it's not. What should I do?*

See your doctor right away if you are having any of the following symptoms. They could be signs that you have an STD (even if it's not an STD, it's still important to get checked):

- Sores or swelling on or near your penis or vagina
- Rash on or near your penis or vagina
- Itching on or near your penis or vagina
- Pain while peeing
- Weird "stuff" coming out of your penis or vagina
- Weird smell coming from your penis or vagina
- Lower abdominal pain (especially in girls)

Even if only one of you is infected, you and your boyfriend or girlfriend both must get treated so that you won't keep re-infecting one another.

For more information, see the resource list on the back cover.