

MYTHS AND FACTS ABOUT SEX

These are just a few myths and facts you might be interested in.

MYTH: *Everyone else is having sex*

FACT: Many teenagers under 18 are not having sex. There is a lot of talk but that doesn't necessarily mean there is a lot of action, so don't believe everything you are told. People lie and exaggerate, and can talk a good game when it comes to sexual antics.

MYTH: *Oral sex isn't real sex*

FACT: Oh yes it is! Sex can be oral, vaginal or anal. It's worth noting that whilst you can't get pregnant from oral sex you can contract a number of sexually transmitted infections.

MYTH: *A girl can't get pregnant the first time you have sex*

FACT: Girls can and do get pregnant the first time they have vaginal sex. If a girl has ever had a period then she can get pregnant when she has sex – whether that is the first, second or 100th time!

MYTH: *You can tell if someone has a sexually transmitted infection*

FACT: Unfortunately, you can't always tell if a person has a sexually transmitted infection (STI). Most STIs have very few or no signs at all. Only in really extreme cases of certain STIs could a person detect any signs of an infection in the groin area so don't rely on there being signs.

MYTH: *You can't get pregnant if you are having your period*

FACT: It is possible for a girl to get pregnant when she is having her period if she is ovulating. This is more likely for girls who have irregular or shorter cycles as they can actually ovulate during their period.

MYTH: *It's unhealthy to masturbate*

FACT: Masturbation is a very healthy, natural, and safe thing to do – for guys and girls alike!

MYTH: *Condoms keep you from feeling anything during sex*

FACT: Wrong! Condoms are designed to ensure that you enjoy sex and feel everything that is going on but that you are also protected from sexually transmitted infections and from becoming pregnant.



MYTHS AND FACTS ABOUT SEX

- MYTH:** *Fooling around without sex is not fair on the other person*
- FACT:** There are no rules. You can start and stop at any time you choose. From kissing right through to deciding to have sex - it is all about your choice. It is ok to say no, at ANY TIME.
- MYTH:** *If a guy withdraws before he cums then the girl won't get pregnant*
- FACT:** This is called the 'withdrawal method' and is NOT a safe way to prevent pregnancy. This is because the penis leaks semen that can contain thousands of sperm even before ejaculation.
- MYTH:** *Guys always initiate sexual activity*
- FACT:** This is not necessarily true. Girls and guys both have sexual desires and either can decide to initiate sex with another person.
- MYTH:** *Guys have stronger sex drives and are more interested in sex than females.*
- FACT:** Rubbish! The female sex drive is just as strong as the male, and will vary across the community. Society has traditionally allowed males to express their interest in sex more openly but this is an out-dated and sexist idea.

