



## MYTHS AND FACTS ABOUT SEX

**MYTH:** Teens don't get STDs.

**FACT:** About three million teenagers get an STD every year. One in three sexually active young people will get an STD by age 24. STDs are very common in teens living in Spokane.

**MYTH:** You can tell by looking at someone that they have an STD.

**FACT:** Often, symptoms for an STD don't show up right away, and sometimes they don't show up at all. Just because someone has an STD does not mean you can see it. You could definitely have an STD and not know it.

**MYTH:** STDs can be cured.

**FACT:** Some STDs, like Chlamydia and gonorrhea can be cured with medicines, but they can cause a lot of damage if they're not treated right away. Other STDs, like herpes, genital warts, and HIV/AIDS, can be controlled but there is no cure for them right now.

**MYTH:** STDs are only passed through sexual intercourse.

**FACT:** Some STDs, like genital warts and herpes, can be passed just by having genital areas rub against each other. Others, like HIV, can be spread through oral sex. All STDs can be passed through both vaginal (penis to vagina) and anal (penis to anus) intercourse.

**MYTH:** There's nothing that can prevent STDs.

**FACT:** There are lots of ways to protect yourself! The only sure way is to not have sex. If you do have sex, you can protect yourself from STDs by using a condom with lots of water-based lubricant every time. One way to reduce your STD risk is to have sex with only one person who is only having sex with you.

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

**FACT:** 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.

**MYTH:** If a girl pees right after she has sex, she won't get pregnant.

**FACT:** You pee from a different place than where you have sex, so peeing doesn't empty out the sperm.

**MYTH:** A girl won't get pregnant if the guy pulls out before he ejaculates.

**FACT:** Even if the guy does not ejaculate, some pre-ejaculate, or pre-cum, might have escaped his penis. Pre-cum has sperm in it too.

**MYTH:** You can't get pregnant if you have sex standing up.

**FACT:** You can get pregnant no matter what position you have sex in.

**MYTH:** A girl won't get pregnant while she has her period.

**FACT:** Although there are some times when it is more likely for a woman to get pregnant, it is never impossible. Always use protection!