

# Healthy Sexuality

Use: Future Development

## What's Your Sex I.Q.? (for High School grades 10-12)

Answer True (T) or False (F) to each of the following questions:

1. \_\_\_\_\_ It can be damaging to the boy's health to get sexually aroused and not have sex.
2. \_\_\_\_\_ A girl can get pregnant the first time she has sex.
3. \_\_\_\_\_ Once you have had one sexually transmitted disease (STD), you cannot get another one.
4. \_\_\_\_\_ Teenagers under the influence of alcohol or drugs are more likely to have sex, even if they have made the decision not to.
5. \_\_\_\_\_ Jumping up and down after intercourse will prevent pregnancy.
6. \_\_\_\_\_ One out of every four teens will become infected with an STD before the age of 21.
7. \_\_\_\_\_ It is impossible for a girl to become pregnant before she begins to menstruate.
8. \_\_\_\_\_ You cannot become pregnant if you have intercourse standing up or in a swimming pool.
9. \_\_\_\_\_ It's normal for puberty to start as early as age nine and as late as seventeen.
10. \_\_\_\_\_ If a boy experience nocturnal emissions – what are commonly called “wet dreams” – it means he thinks too much about sex.
11. \_\_\_\_\_ You are at greater risk of contracting HIV, the virus that causes AIDS, if you have an STD.
12. \_\_\_\_\_ Latex condoms plus the spermicide nonoxynol-9 is the best available protection against pregnancy, STDs, and HIV.
13. \_\_\_\_\_ Even if you have been sexually active in the past, you can still choose to be abstinent.
14. \_\_\_\_\_ It's easy to tell if someone has a sexually transmitted disease.
15. \_\_\_\_\_ Abstinence is the only sure way to avoid becoming pregnancy or getting an STD or HIV infection.

(Answers on the back)

- (1) **False**      Becoming sexually aroused without having sex may be damaging to a boy's ego, but not at all to his health.
- (2) **True**      A girl can become pregnant any time she engages in sex, but using a contraceptive greatly reduces the risk. 25 percent of teenagers who do not use contraceptives become pregnant within the first month of sexual activity.
- (3) **False**      Having an STD does not provide protection against contracting the same STD or another one over and over again.
- (4) **True**      Using drugs or alcohol greatly increases the chances of having sex because these substances interfere with judgment and good decision making.
- (5) **False**      Jumping up and down after having sexual intercourse will not prevent pregnancy.
- (6) **True**      Every year, three million teenagers – roughly one person in eight aged 13-19 and about one in four of those who have had sexual intercourse – contract an STD.
- (7) **False**      Ovulation usually takes place 14 days before a period. If sperm are present to fertilize the first egg that journeys down a girl's Fallopian tube, the lining of her uterus will not break down and pass out of her body as her first menstrual flow. Instead, the egg will attach itself to the uterus wall, she will become pregnant without ever having her first period.
- (8) **False**      If you fail to take protective measures, you can get pregnant no matter where you have sex or what position you use.
- (9) **True**      Puberty, the time when your body changes from a child's to an adult's, starts at different times for different people. Girls can begin to develop as early as age 9 or 10. Some boys don't reach puberty until the age of 17 or 18.
- (10) **False**      Nocturnal emissions, commonly called "wet dreams" are simple a normal sign that a boy is maturing.
- (11) **True**      If you have an STD and have unprotected sex with someone infected with HIV, your chances of becoming HIV infected are greatly increased because open sores, through which HIV can pass, are a common symptom of many STDs.
- (12) **True**      Although not 100 percent foolproof, condoms plus the spermicide nonoxynol-9 can be highly effective in preventing pregnancy and the spread of STDs, such as syphilis and gonorrhea, which are bacterial infections, and HIV, herpes and hepatitis B, which are viral infections.
- (13) **True**      It's never too late to change your mind and choose to be abstinent, even if you've had sex before.
- (14) **False**      It is not east to tell if someone has a sexually transmitted disease. Warning signs may not show up for weeks or even months and it is not unusual for the symptoms to disappear, even though the disease is still present. Men are more likely than women to have early symptoms. In fact, women often don't experience any symptoms until the disease has caused permanent damage. The only sure way to know is to be tested, if you suspect that you've been exposed to an infection.
- (15) **True**      Not having sex is the only way you can be 100 percent sure you will neither cause a pregnancy nor contract an STD.