



CENTERSTONE

Fact or Fiction

This publication was made possible by Grant Number **TP1AH000081-01-01** from the Department of Health and Human Services, Office of Adolescent Health; its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Department of Health and Human Services.

Can you separate FACT from FICTION?

How much do you know about how pregnancy happens? For each statement, respond if you think it is:

Fact

or

Fiction

Be prepared to explain your answer!



Oral sex can result in a pregnancy.

Fiction

- Sperm has to meet with an egg for a pregnancy to occur. This only takes place when sperm enter the uterus through the vagina. However, a person can still get STDs from participating in oral sex.



Having sex in a pool, hot tub, or other body of water will prevent a pregnancy.

Fiction

- Having sex in a body of water will not prevent pregnancy. Any time sperm meets with an egg inside the uterus, a pregnancy can occur. Water will not prevent semen from entering the vagina.



Pulling the penis out of the vagina before ejaculation is an effective way to prevention pregnancy.

- During sex, a small amount of pre-ejaculate is released. A person may not feel this and does not have any control over this. It only takes 1 sperm for a pregnancy to occur. Even if semen is near the opening of the vagina, there is a risk for pregnancy. Pre-ejaculate can also transmit STDs.

Fiction



Pregnancy can happen during menstruation.

Fact

- Ovulation (when an ovary releases an egg) occurs during a certain time in the menstrual cycle-anywhere from a few days up to two weeks after the period. Sperm can live in the body up to five days. So, there is a risk that sperm could still be present the next time ovulation occurs, and pregnancy is possible.



Having sex standing up
will prevent pregnancy.

Fiction

- Some people might think that gravity will cause sperm fall out of the body. However, sperm are really good swimmers, so no amount of jumping up and down will prevent pregnancy.



Drugs and alcohol make sex more risky.

Fact

- Drugs and alcohol DO make sex more risky. 1 in five 15-17 year olds say they have done something sexually, while under the influence of drugs or alcohol, that they would not normally have done. That's 20%!
- Teens that are under the influence are also more likely to be victims of sexual assault and to not use contraception if they do have sex.



Urinating after sex can help prevent pregnancy.

Fiction

- Urinating after sex has no effect on whether or not a pregnancy can occur because it is not the same opening on the body. The female reproductive system has two openings in the genital area; 1) The urethra-where urine leaves the body. 2) The vagina-where vaginal intercourse takes place, menstrual flow exits the body, and a baby is delivered.



Pregnancy can occur the first time a couple has sex.

Fact

- ANY TIME sperm meet with an egg there is a possibility of pregnancy! It doesn't matter if it is the first or the hundredth time someone has had sex. Virginity does not protect you from pregnancy.



Missing a period is a definite sign of a pregnancy.

- While a missed period can definitely be a sign of pregnancy, there are many other causes of a missed period. Menstrual cycles can be irregular due to diet, stress or exercise.



Fiction

Drinking Mountain Dew
reduces sperm count.

- No amount of Mountain Dew will lower a sperm count. Food or drinks are not an effective way to prevent pregnancy.

Fiction



Pregnancy By the Numbers

- Time for a guessing game about pregnancy and reproduction



Take a guess!

_____ Average amount of sperm found in the semen of one ejaculation.

_____ Number of sperm it takes to create a pregnancy.

_____ Average number of days it takes the body to create sperm.

50-150 Million

64

1



Take a guess!

_____ Average number of eggs contained in the ovaries by puberty.

_____ Average number of eggs ovulated during the lifetime.

300

300,000-400,000



Take a guess!

_____ Number of babies born to teen mothers in the U.S. in 2015.

_____ Percentage that teen birth rates have dropped 1991.

_____ Number of teen pregnancies in Tennessee in 2014.

64

229,888

6,756



Take a guess!

_____ The percent of teen girls who have a baby before the age of 18 that obtain their high school diploma before the age of 22.

_____ The percent of teen mothers who finish college before the age of 30.

_____ The percent of working teen dads that get their high school diploma before the age of 26.

50

<2

61

