**Pre Test: PREGNANCY and PREVENTION: Myths and Truths**

Initial Score: \_\_\_\_/7

**Directions: Read each situation and circle *T* if you think it’s true or *M* if you think it’s a myth.**

1. The best way to use a condom is to pull it on tight. T or M
2. Teenager can obtain birth control pills from family planning T or M

clinics and doctors without permission from a parent.

1. Girls cannot get pregnant if the penis doesn’t actually enter the T or M

vagina.

1. Girls can get pregnant if they have sex during their periods. T or M
2. Douching after sex will wash out the sperm and protect T or M

against pregnancy.

1. A woman is protected from pregnancy the day she begins T or M

taking the pill.

1. Abstinence is the most effective method of avoiding pregnancy. T or M
2. Condoms are effective because they don’t break easily and T or M

they don’t leak.

1. If a guy pulls his penis out of a girl in time (before he ejaculates), T or M

he can be sure to prevent pregnancy.

1. You can’t get pregnant if it’s the first few times having sex. T or M
2. Using two condoms is safer. T or M

Pre Test **PREGNANCY AND PREVENTION: Myths and Truths (answer key)**

1. *The best way to use a condom is to pull it on tight.*

**MYTH.** The best way is to leave some space at the tip to catch the semen so that it doesn’t pop when the male ejaculates.

1. *Teenager can obtain birth control pills from family planning clinics and doctors without permission from a parent.*

**TRUTH**. You do not need a parent’s permission to get birth control pills at a clinic. No one needs to know that you are going to a clinic.

*3. Girls cannot get pregnant if the penis doesn’t actually enter the vagina.*

**MYTH.** Sperm deposited on the outside the vagina can make their way into the vagina and on up into the tubes.

1. *Girls can get pregnant if they have sex only during their periods.*

**TRUTH.** Girls can get pregnant at any time during their cycles, especially if they have short or irregular cycles.

1. *Douching after sex will wash out the sperm and protect against pregnancy.*

**MTYH.** A girl can’t douche fast enough to catch the sperm, and douching may even help the sperm reach the tubes faster by rushing sperm upward into the body. Douching is also dangerous if not done correctly.

1. *A woman is protected from pregnancy the day she begins taking the pill.*

**MYTH.** Most physicians recommend that women abstain or use an additional method of birth control for the cycle after she begins using the pill. After this initial period, the woman is protected every day, including during her period.

1. *Abstinence is the most effective method of avoiding pregnancy.*

**TRUTH**. Not having sexual intercourse is the safest, simplest, most effective way to avoid pregnancy.

1. *Condoms are effective because they don’t break easily and they don’t leak.*

**TRUTH.** Condoms are very effective, depending on how carefully they are used. Condoms are inspected before being marketed, and safety regulations require that condoms be able to hold a large amount of air without breaking. Condoms should **not** be exposed to heat or Vaseline, as both can cause rubber to deteriorate which increases chances of breaking.

1. *If a guy pulls his penis out of a girl in time (before he ejaculates), he can be sure to prevent pregnancy.*

**MYTH.** As soon as a male gets an erection, fluid can carry enough sperm into his urethra to escape into the vagina and cause pregnancy, even before ejaculation. This method is only 81-96% effective IF you are sure the man did not ejaculate in the woman. Unfortunately, men have no control over the release of this fluid.

1. *You can’t get pregnant if it’s your first few times having sex.*

**MYTH.** As soon as you start having sex, you run the risk of getting pregnant because a woman’s body is mature enough as soon as she starts menstruating.

1. *Using two condoms is safer.*

**MYTH.** Using two condoms can actually cause the condoms to rip more easily. Only one needs to be used if it is used correctly.