

# FACTS ABOUT TEENAGE PREGNANCY, SEXUALLY TRANSMITTED DISEASE, AND BIRTH CONTROL

## Consequences of Unprotected Sex

Many teenagers are curious about sex, but do not know the facts. Movies, television, and magazines portray sex as fun, exciting, and adult, but they rarely tell you about unwanted pregnancy, sexually transmitted diseases, and their consequences.

## Facts About Teenage Pregnancy

- In the United States, 1,000,000 teenagers become pregnant each year.
- A young woman who is sexually active for 1 year and is not using birth control has a **90%** chance of getting pregnant.
- Four out of 10 girls in the United States get pregnant at least once before age 20.
- Most teens who are sexually active do not want to become pregnant—85% of teenage pregnancies are unplanned.
- You **can** get pregnant the first time you have sex.

## Facts About Sexually Transmitted Diseases (STDs)

- You **can** get an STD the first time you have sex if your partner is infected.
- About 1 in 4 sexually experienced teens contracts an STD every year.
- The human immunodeficiency virus (HIV), which causes AIDS, is spread by sexual contact and by injecting drugs. The best protection against HIV is not having sex (abstinence) or using a latex male condom. Also, don't inject drugs.
- The consequences of STDs can be severe—infertility (not being able to have a child), cancer (of the cervix), and death (of HIV infection and AIDS).
- The safest way to prevent unwanted pregnancy and disease is not to engage in sexual intercourse (abstinence).
- Latex condoms, or rubbers, are the best protection against STDs. Unfortunately, the most effective means of preventing an unwanted pregnancy don't protect you from STDs. Most health care providers recommend that teens use **both** a birth control method and a latex condom to be safe.
- If your partner refuses to use a male latex condom, you can use the female condom to help prevent disease. Male condoms and the female condoms are available in drug stores, supermarkets, and convenience stores without a prescription.

## Facts About Birth Control

- Many teens are afraid to use contraception because they fear it is dangerous.
- Most teens don't realize that using contraception is safer than having a baby.

**Are you afraid of using birth control? Here are some facts about common methods of birth control you may not be aware of.**

<i>You might be afraid that the pill...</i>	<i>The truth is that using the pill...</i>
Is so strong your body needs a “rest” from it	Is so safe that your body does not need to “rest” from it
Can cause cancer	Protects against cancer of the ovary and uterine lining
Will make you gain weight	Will not make you gain weight
Can cause future problems having a baby	Does not make you sterile
Can cause birth defects	Does not cause birth defects

***The pill can be good for your health! You may not have known it, but the pill...***

- Makes your periods lighter
- Makes your periods more regular and predictable
- Decreases menstrual cramps

***The pill can also help protect you against...***

- Cysts in the breasts
- Iron deficiency anemia
- Two types of cancers (ovary and uterine lining)
- Pregnancy outside the uterus (ectopic pregnancy)

<i>You may be afraid that the condom...</i>	<i>The truth is that...</i>
Will not work to prevent pregnancy or disease	Use of latex male condoms correctly and with every act of intercourse is the best way to prevent STDs, including infection with HIV, the virus that causes AIDS.
Is likely to break or tear	Condoms rarely break or tear when handled correctly
Will be a turn-off to sex	Having the woman place the condom on the man’s penis may add to sexual enjoyment

<i>You may be afraid that implants...</i>	<i>The truth is that...</i>
Will hurt a lot when put in or taken out	Having implants put in or taken out can be done in your health care provider’s office and usually takes 15 to 30 minutes. Most women anticipate more pain than they report later after having it done.
Are not proven to be safe	The implant is very safe and was tested for over 30 years before being allowed in the United States.
Can break in your arm	The rods of the implant are made of a soft, flexible plastic that is unlikely to break.

<i>You may be afraid that the birth control</i>	<i>The truth is that the birth control shot...</i>
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<i>shot...</i>	
Won't work	Prevents pregnancy over 99% of the time when given once every 3 months.
Will cause your periods to be heavier	Causes irregular bleeding and bleeding between periods, which gradually decreases. Eventually many women experience no periods. This side effect is not dangerous.
Will give you cancer	Protects against cancer of the uterine lining