

# SEX RUMOURS

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## Using two condoms will make you extra safe

Using two condoms is actually the worst thing you can do to protect yourself. It does not act as double protection – what actually happens is that the two condoms rub together and the friction causes them both to snap!

## You can't get pregnant if you have sex standing up

Yes I'm afraid you can! You can get pregnant having sex standing up, upside-down, sideways or in space mate! Don't ever believe it when someone tells you having sex in a certain way will avoid pregnancy. You can get pregnant having sex in anyway!

## I can't get pregnant while I have my period.

It's possible to become pregnant from sex at any time in your menstrual cycle. It's true that with a lot of learning and months of very careful recordkeeping and planning some women can figure out when they're most fertile, so can also work out the safest times to have sex.

However, there is no guaranteed safe time. Most of our cycles are irregular, as we are still young and some of us ovulate - the time when an egg is released and a woman is most fertile - very close to the time that they have their periods. Plus, sperm can live in a woman's body for up to seven days waiting for ovulation to happen. So just because you are on your period doesn't mean you can't get pregnant.

## You can only get STI (sexually transmitted infection) from actual intercourse

Wrong again! Infection is passed through ANY kind of exchange of bodily fluids – there's not enough on the virus in saliva so you're alright lipzin unless you have buckets of it. But you can get it through skin-to-skin contact with an infected area or sore, oral sex, full sex and especially high risk with anal sex.

## You can't get pregnant the first time you have sex.

This is VERY wrong! It only takes one time for you to get pregnant. You should always use a condom and to be on the safe side the girl can take the pill too. These will protect you from pregnancy and sexual transmitted diseases

## I can't get pregnant if I do not have an orgasm

The pleasure you have during sex has little to do with the chances of getting pregnant. So yes you can get pregnant if you do not have an orgasm!

## I can't get pregnant if he pulls out

Not true. Pulling out means that he pulls his penis out of the vagina before he "comes". It is only 81-96 percent effective in preventing pregnancy. Pregnancy can happen even if the guy pulls out, if he doesn't "come", or doesn't put his penis all the way in. Here's why: when a guy gets aroused, he produces a fluid called "pre-cum", which can contain sperm - particularly if he's had sex or masturbated earlier in the last couple of days. When the fluid leaks from the penis before the boy comes, it can cause pregnancy. Pulling out is not a very reliable method for us, as young people, because some guys lack the experience and self-control to pull out in time, or they say they will pull out, and then they get so excited and carried away that they don't. Also, some guys can't tell when they are going to ejaculate.