



THE NATIONAL DAY TO PREVENT TEEN PREGNANCY QUIZ DISCUSSION GUIDE



Ever think about sex? Of course you do...who doesn't? What about actually having sex? What will you do when you're in that situation? The best time to think about how you'd handle something risky is *before* it actually happens. Will you say no? If so, how will you say it? And if you do go all the way, how will you protect yourself and your future?

Take the National Day to Prevent Teen Pregnancy Quiz at **STAYTEEN.ORG** and use this discussion guide to start a conversation with your friends, classmates, or parents about sex and pregnancy and how these issues affect your lives.

QUESTIONS FOR TEENS

After you've taken the National Day Quiz, answer these questions by yourself, with your friends, or with your family.

1. First, answer some questions about teen pregnancy prevention in general.
 - Do most teens just think pregnancy won't happen to them? Why or why not? Want to know more about teen pregnancy? Check out <http://www.StayTeen.org> for more info.
 - What would it be like if you got pregnant or got someone pregnant? How would your life change? What would that mean for your future? For your relationships? For the baby? For your family?
 - Do you worry about getting pregnant or getting someone pregnant? How much does this influence your decision about whether or not to have sex? How much does it influence your decisions about using protection?

SOME THINGS TO THINK ABOUT

- Sex has consequences—both physical and emotional.
- Not having sex is the best and safest way to prevent pregnancy.
- If you're going to have sex, you must use contraception carefully and correctly each and every time.
- Have a plan: think about what you'll do in the moment (*before* you're in the moment).
- Not everyone is "doing it"—and if more teens knew that, they'd feel supported in waiting.
- There are a lot of myths and misconceptions out there about sex. Make sure you know the facts.
- To use birth control every time, you need to think about it beforehand.
- If you can't talk to your partner about sex and contraception, you're not ready to have sex.
- You can always say "no," even if you've said "yes" before.
- Having sex at a young age is very risky—your chances of getting pregnant or getting an STI are much greater than if you wait until you're older to have sex.
- Thinking "it won't happen to me" is not a form of birth control.
- Have questions? Ask a parent or a trusted adult.

- Are there any pregnant girls or teen parents in your school? What are their lives like? What do you think would be the hardest part of being a teen parent? Who has it harder: teen moms or teen dads? Why? What about the babies of teen parents?
- How open is your relationship with your parents? Do you talk to them about relationships, sex, or birth control? How do you think they'd react if you got pregnant or got someone pregnant? What would they say if one of your friends got pregnant or got someone pregnant?
- There are a lot of myths and misconceptions out there about sex, contraception, and how to avoid pregnancy. What are some that you've heard? Want to get the truth behinds some of the crazy myths? Check out Stay Teen's *Myth versus Fact* section at <http://StayTeen.org/sex-ed/myths-vs-facts>.

2. Next, answer some general questions about the National Day Quiz.

- How realistic were the quiz scenarios? Have you or your friends ever been in similar situations? How did you handle them? Now that you've taken the quiz and really thought about it, would you make a different choice next time?
- Which situation was the most difficult to select an answer for? Which of the answer options seemed most likely? Which seemed safest? Why?
- Do you feel like you learned anything from taking the quiz? Can you name one thing you now know about pregnancy prevention that you didn't know before? Has the quiz made you think about things in a different way?
- Did you have a sex ed class in your school? What kinds of topics were covered? Were there topics that should have been covered, but weren't? If you were in charge of running a sex ed class for a school what would it be like?

FACT OR FICTION?

Think you're in-the-know about sex and can weed out fact from fiction? Put your smarts to the test by reading the statements below and selecting either "fact" or "fiction" for each. Then check the answers to the next page to see how you did.

1. Most teens are having sex.

FACT **FICTION**

2. There's no method of birth control that's 100% effective.

FACT **FICTION**

3. Roughly one in four girls in the United States get pregnant at least once before age 20.

FACT **FICTION**

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

FACT **FICTION**

5. Most guys would rather have sex than be in a relationship.

FACT **FICTION**

6. Most girls who have babies before age 18 don't graduate from high school.

FACT **FICTION**

7. Girls can get pregnant during their period.

FACT **FICTION**

3. Now answer some questions about the specific situations brought up in the National Day Quiz.

SCENARIO 1

- Do you think that it is embarrassing for teens to say they're virgins or that they want to wait to have sex? Why or why not? Did you know that less than half of high school students have had sex? Does that surprise you?
- Do you think people share too many details about their sex lives? What would it feel like for you if the person you were intimate with shared those details with friends?

SCENARIO 2

- In your experience, do teens feel a lot of pressure to have sex? Is the pressure different for guys than for girls? Guys often say they feel pressure from their friends; girls often say they feel pressure from their partners. What do you think?
- Do you know someone who's had sex before they were ready or went further than they were comfortable with because they thought it would make their partner happy? How important is sex in a relationship? Can a couple be "serious" without having sex?

SCENARIO 3

- Is there a lot of underage drinking or drug use at your school or in your community? How do you think drinking and drugs affect people's decisions about sex and pregnancy prevention?
- Without naming names, have you ever known someone who got drunk or high and did something they regretted later? What advice would you have given them to help them make a better decision?

FACT OR FICTION? ANSWERS

1. FACT. Don't believe the hype. It only *seems* like everyone is doing it. In fact, less than half (48%) of all high school students have actually had sex. People exaggerate or lie about their sexpertise all the time. Whatever. When it comes to sex, you're the only one who knows what's right for you and when.

2. FICTION. Not having sex is a form of birth control and it is definitely 100% effective. If you aren't having sex, you can't get pregnant or get someone else pregnant. It's just that simple.

3. FACT. Roughly one in four girls in the United States get pregnant at least once before age 20. Among African American and Latina girls, the number is even higher with roughly four in 10 African American girls and roughly one in three Latina girls getting pregnant once before age 20. The U.S. has the highest rates of teen pregnancy and births in the fully developed world.

4. FICTION. It doesn't matter if it's the first time or the millionth time you've had sex, you can get pregnant any time you do it. Seriously, it's not like the sperm and egg give you a free pass that first time. The only way to 100% avoid the risk of pregnancy is to not have sex.

5. FICTION. Surprise! Guys actually value relationships over sex. Two out of three teen guys say that they could be happy in a relationship without sex—and that they would rather have a girlfriend but no sex than sex but no girlfriend. In fact, more than half of teen guys say they would not have sex with someone unless they really loved her.

6. FACT. Parenthood is the leading reason why teen girls drop out of school; after all, it's really difficult to juggle homework and a baby. Less than half of teen mothers ever graduate from high school and fewer than 2% earn a college degree by age 30.

7. FACT. A girl who has her period does not have a free sex pass. Menstrual cycles and bodies are extremely complex and the truth is a girl can be fertile at any time during her period. It's best to remember that you can get pregnant ANY TIME you have sex.

SCENARIO 4

- How much do you know about birth control? How many different methods can you name? There are lots of different methods of birth control out there. Learn more and figure out which one is best suited for you at <http://StayTeen.org/sex-ed/birth-control-explorer>.
- Do you know which methods can help prevent against sexually transmitted infections? If you are sexually active or have been in the past, do you know your STI status? Learn more about STIs and how to get tested at <http://StayTeen.org/sex-ed/stds>.

SCENARIO 5

- Is it hard to say “no” to someone you really like if they’re ready for sex and you aren’t? Do you think sex changes a relationship? How so? How would a pregnancy change a relationship?
- Whose responsibility is birth control? How should you bring it up? What can you say and how should you say it? Is it difficult or embarrassing for couples to talk about protection? Why or why not?

QUESTIONS FOR PARENTS

Ask your parent(s) to take the National Day Quiz and then answer these questions:

- Do you worry about your teen getting pregnant or getting someone else pregnant? Where does teen pregnancy rank on your list of concerns? What is the one piece of advice you think is most important when it comes to avoiding pregnancy?
- What are your own values about sex, relationships, birth control, pregnancy, and marriage? When do you think the “right” time is for someone to start having sex? Have you made your values clear to your teen? How?
- Have you spoken to your teen about sex, love, or relationships? Do you find it difficult or awkward to talk to your teen about these topics? Do you think other parents have a harder or easier time with it?
- Which of the scenarios in the quiz surprised you the most? Do you worry about your teen being in any of these situations?
- Are the scenarios in the quiz similar to anything you experienced when you were younger? How has your thinking about sex and relationships changed since you were younger? What do you wish you knew when you were younger that you know now?