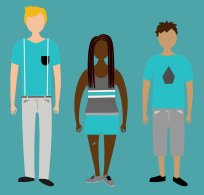




THE NATIONAL DAY TO PREVENT TEEN PREGNANCY QUIZ



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 to handle a tough decision about sex is *before* you have to make it.

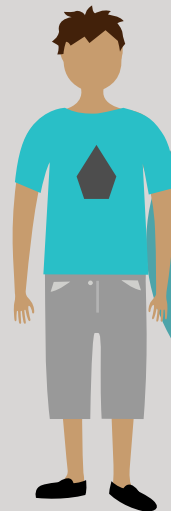
For this quiz, we've come up with five situations you or your friends might find yourselves in. Choose the answers that are closest to what you would really do, not the answers you think are "right." No one's watching, so be honest. That's the only way to find out how you really score.

INSTRUCTIONS

1. Read each of the **SCENARIOS**.
2. Mark your answers on the **ANSWER SHEET** on p. 12 and check the **SCORING GUIDE FOR GIRLS** on p. 13 or the **SCORING GUIDE FOR GUYS** on p. 14 to tally up your score as you go.
3. When you're done, check the **HOW DO YOU SCORE? GUIDE** on p. 15 to see how you did.
4. Use the **DID YOU KNOW?** facts on p. 16 to start a conversation about teen pregnancy or download our discussion guide from **STAYTEEN.ORG**.



GIRLS
START ON P. 2



GUYS
START ON P. 7



NOT SO FAST, FELLAS!

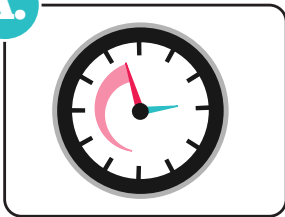
THIS IS THE GIRLS' QUIZ. IF YOU'RE A GUY, PLEASE GO TO PAGE 7.

SCENARIO 1

Julia and other friends are hanging out in your bedroom trading stories about their most recent hook-ups. When they realize that you aren't saying anything, they start begging for details about what it's like with your boyfriend, Daniel. You and Daniel decided not to rush things when you first started dating. Even though you're both virgins, your friends don't know and now they are pressuring you for details.

WHAT DO YOU DO?

A.



Tell them that you and Daniel are just waiting for the right time, which you hope will be soon.

B.



Lie and tell them what they want to hear. Anything to get them off your back.

C.



Let them know that you and Daniel have decided to wait and that sex isn't a part of your relationship right now.

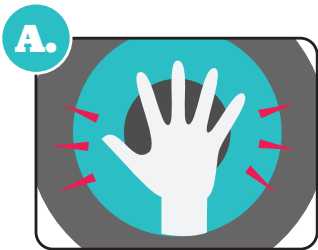


DON'T FORGET TO TALLY YOUR SCORE AS YOU GO USING THE **ANSWER SHEET** ON PAGE 12 AND THE **SCORING GUIDE FOR GIRLS** ON PAGE 13.

SCENARIO 2

You and Daniel are driving home from the movies when you casually mention the conversation you had with your friends about sex. As he pulls up in front of your house, he asks, “So, ummm, when do you think you might be ready? Because I’ve been thinking about it and I think I might be.” You are totally surprised.

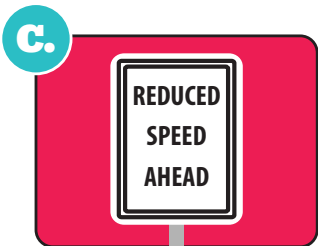
WHAT DO YOU DO?



Let him know that you really like him, but that you’re sure you’re not ready to have sex.



Go with the flow. You really like him a lot and want to make sure he doesn’t lose interest.

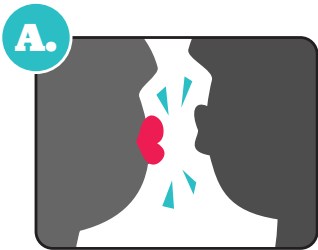


Explain to him that you don’t want to rush into having sex so soon. You’re not saying “never,” you’re just saying that you’re not ready right now.

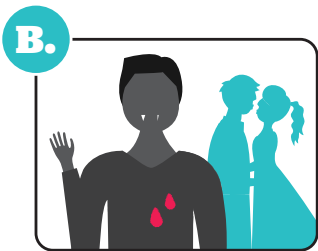
SCENARIO 3

You and Julia are at your friend Devin's Halloween party. Everyone from school is there and you want to fit in, so when beer is offered, you both drink up. Later, you're still pretty sober but Julia is wasted and hooking up with an older guy who she just met. Your older sister texts you to say she's waiting outside to take you home. Julia drunkenly tells you she's not ready to leave.

WHAT DO YOU DO?



Leave her there. There are worse things than hooking up with a hot older guy even if he is a total rando.



Ask Devin to keep an eye on her and make sure she gets home safely. Devin is definitely sober and he's always got your back.

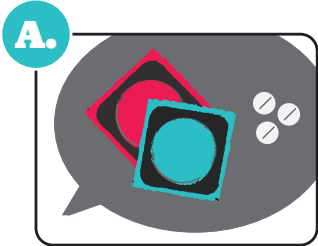


Grab her arm and drag her out of the party.

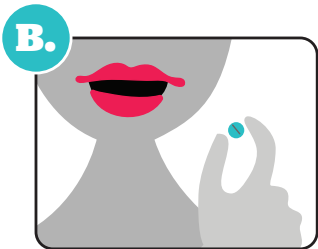
SCENARIO 4

You and Julia are talking about your Valentine's Day plans. She has been dating Carlos for a few weeks and she says she's got big news. Julia, who's not a virgin, tells you that she's on the pill and that she's going to have sex with Carlos.

HOW DO YOU RESPOND?



"Really? Have you talked about birth control with him? Even though you're on the pill, you still need to make sure that he uses a condom too."



"Well, just remember to take your pill on time every day, so you don't have to worry about getting pregnant."

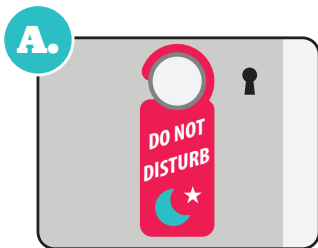


"Wow. That's huge! You'll tell me all about it, right?"

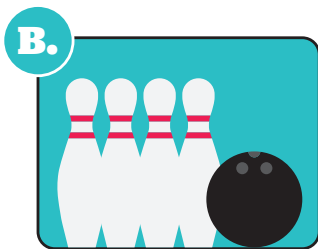
SCENARIO 5

You and Daniel have been together all year and are having a great time at prom when he surprises you by saying that he rented a hotel room for the night. You'd been planning on going to the school-sponsored after-party at the bowling alley. You've recently decided that you are interested in maybe having sex, but you haven't really talked about protection with Daniel. When you ask him if he's got some, he says that he thought you were on the pill. You're not and it's time to leave.

WHAT DO YOU DO?



Go to the hotel with him. What a romantic surprise!



Insist that you stick to the plan and go to the after-party.



Go to the hotel, but tell him that tonight is not going to be his lucky night.



NICE JOB! YOU FINISHED THE QUIZ. NOW CHECK THE HOW DO YOU SCORE? GUIDE ON PAGE 15 TO SEE HOW YOU DID.



SLOW DOWN, GIRL!

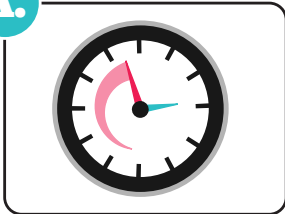
THIS IS THE GUYS' QUIZ. IF YOU'RE A GIRL, PLEASE GO BACK TO PAGE 2.

SCENARIO 1

Daniel and some of other friends are hanging out in your bedroom trading stories about their most recent hook-ups. When they realize that you aren't saying anything, they start harassing you for details about what it's like with your girlfriend, Julia. You and Julia decided not to rush things when you first started dating. Even though you're both virgins, your friends don't know and now they're pressuring you for details.

WHAT DO YOU DO?

A.



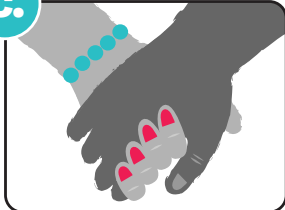
Tell them that you and Julia are just waiting for the right time, which you hope will be soon.

B.



Lie and tell them what they want to hear. Anything to get them off your back.

C.



Let them know that you and Julia have decided to wait and that sex isn't a part of your relationship right now.

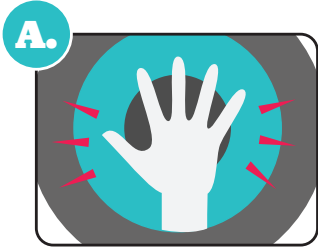


DON'T FORGET TO TALLY YOUR SCORE AS YOU GO USING THE **ANSWER SHEET** ON PAGE 12 AND THE **SCORING GUIDE FOR GUYS** ON PAGE 14.

SCENARIO 2

You and Julia are driving home from the movies when you casually mention the conversation you had with your friends about sex. When you pull up in front of her house, she says, “So I’ve been thinking about it and I think I might be ready. Are you?” You are totally surprised.

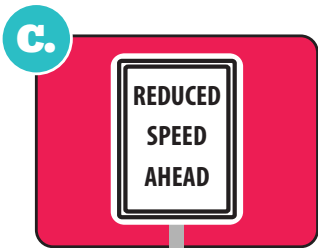
WHAT DO YOU DO?



Let her know that you really like her, but that you’re sure you’re not ready to have sex.



Go with the flow. You really like her a lot and want to make sure she doesn’t lose interest.



Explain to her that you don’t want to rush into having sex so soon. You’re not saying “never,” you’re just saying that you’re not ready right now.

SCENARIO 3

You and Daniel are at your friend Devin's Halloween party. Everyone from school is there and you want to fit in, so when beer is offered, you both drink up. Later, you are still pretty sober but Daniel is wasted and hooking up with a girl that he just met, who is also obviously wasted. Your older brother texts you to say he's waiting outside to take you home. Daniel drunkenly tells you he's not ready to leave.

WHAT DO YOU DO?

A.

Leave him there. There are worse things than hooking up with a cute girl even if she is a total rando.

B.

Ask Devin to keep an eye on him and make sure he gets home safely. Devin is definitely sober and he's always got your back.

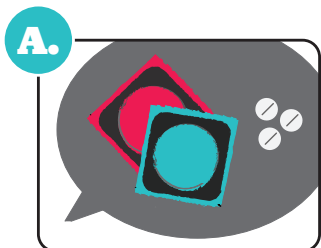
C.

Drag him out of the party and throw him in the car.

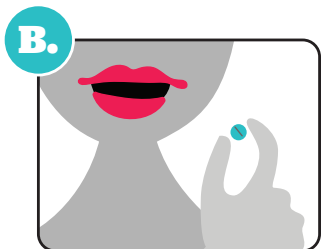
SCENARIO 4

You and Daniel are talking about your Valentine's Day plans. He has been dating Christine for a few weeks and says that he has big news. Daniel, who's not a virgin, tells you that Christine went on the pill and that they are going to have sex.

HOW DO YOU RESPOND?



"Really? Have you talked about birth control with her? I know you said she's on the pill, but you should still use a condom just in case."



"Well, as long as she's on the pill, I guess you won't have to worry about getting her pregnant."

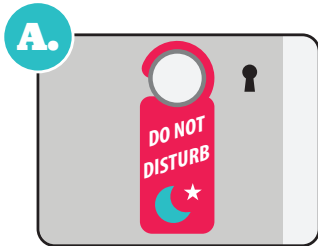


"Wow! I can't believe anybody's willing to have sex with you, but still... congrats."

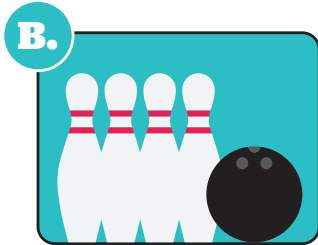
SCENARIO 5

You and Julia have been together all year and are having a great time at prom when she surprises you by saying that she rented a hotel room for the night. You'd been planning on going to the school-sponsored after-party at the bowling alley. You've recently decided that you are interested in maybe having sex, but you haven't really talked with her about protection. She's ready to leave, but you don't have any condoms.

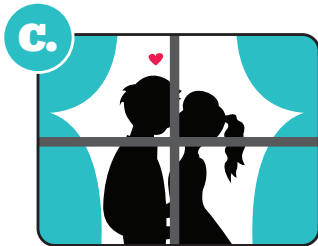
WHAT DO YOU DO?



Go to the hotel with her. What an awesome surprise!



Insist that you stick to the plan and go to the after-party.



Go to the hotel, but tell her that sex is off the table.



NICE JOB! YOU FINISHED THE QUIZ. NOW CHECK THE HOW DO YOU SCORE? GUIDE ON PAGE 15 TO SEE HOW YOU DID.

ANSWER SHEET

Use this page to keep track of your answers by checking the letter that corresponds with your response. Check the **SCORING GUIDE FOR GIRLS** on page 13 or the **SCORING GUIDE FOR GUYS** on page 14 to tally up your score and check the **HOW DO YOU SCORE? GUIDE** on page 15 to see how you did.

SCENARIO 1 **A** **B** **C**

SCENARIO 2 **A** **B** **C**

SCENARIO 3 **A** **B** **C**

SCENARIO 4 **A** **B** **C**

SCENARIO 5 **A** **B** **C**

SCORING GUIDE **FOR GIRLS**

Scenario 1

- **If you answered A, give yourself 1 point.**
You weren't completely honest with your friends about your decision not to rush things and now you're more likely to feel pressure from them in the future. Remember, it's okay wait. In fact, not having sex is a great idea, especially if you want to avoid pregnancy or sexually transmitted infections (STIs).
- **If you answered B, give yourself 0 points.**
You chose to lie about your sexual experience. Even though you aren't having sex, your friends now think you are and now you're more likely to feel pressure from them in the future. Remember, it's okay to wait. In fact, not having sex is a great idea, especially if you want to avoid pregnancy or sexually transmitted infections (STIs).
- **If you answered C, give yourself 2 points.**
You know that honesty is the best policy and you talked to your friends about your decision to wait. To your surprise, they were actually supportive of your decision and some of them actually admitted that they regretted having sex too soon. Remember, it's okay to wait. In fact, not having sex is a great idea, especially if you want to avoid pregnancy or sexually transmitted infections (STIs).

Scenario 2

- **If you answered A, give yourself 2 points.**
You chose to put on the brakes and Daniel totally understood. It actually made you feel a lot better about your relationship. There is nothing wrong with expressing your boundaries, and it is always okay to say "no" to something that makes you uncomfortable...even if you've said "yes" before.
- **If you answered B, give yourself 0 points.**
You chose to go with the flow. Even though you didn't have sex right there in the backseat of his dad's car, the pressure is on. Remember, it is always okay to say no to something that makes you uncomfortable...even if you've said "yes" before.
- **If you answered C, give yourself 1 point.**
You chose to slow things down. He was totally understanding, but because you left the door open for sex in the future it may not be the last time you need to talk about waiting. Remember, it is always okay to say "no" to something that makes you uncomfortable...even if you've said "yes" before.

Scenario 3

- **If you answered A, give yourself 0 points.**
You chose to leave Julia at the party. While you may have avoided a fight, she later ended up confiding in you that she did some things she regretted after you left. Even if your friends get mad, it's better to help them avoid risky situations.
- **If you answered B, give yourself 1 point.**
You tried to help by asking Devin to keep an eye on Julia, but he got distracted when the neighbors called the cops and Julia confessed to going pretty far with the guy. Even if your friends get mad, it's better to help them avoid risky situations.
- **If you answered C, give yourself 2 points.**
You chose to drag Julia out of the party. While she didn't want to leave, she thanked you the next day when she realized that

she couldn't even remember the guy's name the next day. Even if your friends get mad, it's better to help them avoid risky situations.

Scenario 4

- **If you answered A, give yourself 2 points.**
You chose to offer advice, which led to Julia and Carlos having a conversation about using condoms on top of the pill just to be sure. If you're having sex, you should know that no method is 100% risk-free and that some methods—like the IUD or the implant—are better than others at preventing pregnancy. It's also important to know that only condoms protect against both pregnancy and STIs.
- **If you answered B, give yourself 1 point.**
You chose to remind her about her pill, which is good news because she was covered against pregnancy. But the pill didn't protect her from getting a sexually transmitted infection. If you're having sex, you should know that no method is 100% risk-free and that some methods—like the IUD or the implant—are better than others at preventing pregnancy. It's also important to know that only condoms protect against both pregnancy and STIs.
- **If you answered C, give yourself 0 points.**
You chose to act excited for her and she ended up having sex. But the pill doesn't protect against sexually transmitted infections and because she didn't use a condom, Julia later learned that she got an STI. If you are having sex, you should know that no method is 100% risk-free and that some—like the IUD or the implant—are better than others at preventing pregnancy. It's also important to know that only condoms protect against both pregnancy and STIs.

Scenario 5

- **If you answered A, give yourself 0 points.**
You chose to head to the hotel without a second thought about contraception. Even though Daniel did pull out, you still put yourself at risk for pregnancy and STIs and caused yourself a lot of anxiety when your period was late. Luckily, it was a false alarm, but the truth is that you can get pregnant any time you have sex—even if the guy pulls out—so you must use birth control every single time.
- **If you answered B, give yourself 2 points.**
You stuck with the plan. You'd rather have fun with your friends than have awkward first-time hotel sex. Even though you are interested, you know that sex is serious and that you must use birth control every single time. If you are thinking about having sex, you should talk with your partner and have a clear plan for how you are going to protect yourselves from pregnancy and STIs.
- **If you answered C, give yourself 1 point.**
You chose to go to the hotel, but explained to Daniel that you aren't planning to have sex. It was a risky move on your part, because it is hard to make decisions in the heat of the moment. Fortunately, you stopped just short of having sex. If you are thinking about having sex, you should talk with your partner and have a clear plan for how you are going to protect yourselves from pregnancy and STIs.

SCORING GUIDE FOR GUYS

Scenario 1

- **If you answered A, give yourself 1 point.**
You weren't completely honest with your friends about your decision to not rush things and now you're more likely to feel pressure from them in the future. Remember, it's okay wait. In fact, not having sex is a great idea, especially if you want to avoid pregnancy or sexually transmitted infections (STIs).
- **If you answered B, give yourself 0 points.**
You chose to lie about your sexual experience. Even though you aren't having sex, your friends now think you are and now you're more likely to feel pressure from them in the future. Remember, it's okay to wait. In fact, not having sex is a great idea, especially if you want to avoid pregnancy or sexually transmitted infections (STIs).
- **If you answered C, give yourself 2 points.**
You know that honesty is the best policy and talked to your friends about your decision to wait. To your surprise, they were actually pretty cool about it and some of them even said they thought it was a good idea to wait until you're ready. Remember, it's okay to wait. In fact, not having sex is a great idea, especially if you want to avoid pregnancy or sexually transmitted infections (STIs).

Scenario 2

- **If you answered A, give yourself 2 points.**
You chose to put on the brakes and Julia totally understood. It actually made you feel a lot better about your relationship. There is nothing wrong with expressing your boundaries, and it is always okay to say "no" to something that makes you uncomfortable...even if you've said "yes" before.
- **If you answered B, give yourself 0 points.**
You chose to go with the flow. Even though you didn't have sex right there in the backseat of your dad's car, the pressure is on. Remember, it is always okay to say no to something that makes you uncomfortable...even if you've said "yes" before.
- **If you answered C, give yourself 1 point.**
You chose to slow things down. She was totally understanding, but because you left the door open for sex in the future it may not be the last time you need talk about waiting. Remember, it is always okay to say "no" to something that makes you uncomfortable...even if you've said "yes" before.

Scenario 3

- **If you answered A, give yourself 0 points.**
You chose to leave Daniel at the party. While you may have avoided a fight, he later ended up confiding in you that he did some things he regretted after you left. Even if your friends get mad, it's better to help them avoid risky situations.
- **If you answered B, give yourself 1 point.**
You tried to help by asking Devin to keep an eye on Daniel, but he got distracted when the neighbors called the cops and Daniel confessed to going pretty far with the girl. Even if your friends get mad, it's better to help them avoid risky situations.
- **If you answered C, give yourself 2 points.**
You chose to drag Daniel out of the party. While he didn't want to leave, he thanked you the next day when you showed him

the embarrassing picture you took of him slobbering all over the girl at the party. Even if your friends get mad, it's better to help them avoid risky situations.

Scenario 4

- **If you answered A, give yourself 2 points.**
You chose to offer advice, which led to Daniel and Christine having a conversation about using both condoms and the pill just to be sure. If you're having sex, you should know that no method is 100% risk-free and that some methods—like the IUD or the implant—are better than others at preventing pregnancy. It's also important to know that only condoms protect against both pregnancy and STIs.
- **If you answered B, give yourself 1 point.**
You chose to remind him about birth control, which is good news because they were covered against pregnancy. But the pill didn't protect him from getting a sexually transmitted infection. If you're having sex, you should know that no method is 100% risk-free and that some methods—like the IUD or the implant—are better than others at preventing pregnancy. It's also important to know that only condoms protect against both pregnancy and STIs.
- **If you answered C, give yourself 0 points.**
You chose to act excited for him and they ended up having sex. But the pill doesn't protect against sexually transmitted infections and because he didn't use a condom, Daniel later learned that he got an STI. If you're having sex, you should know that no method is 100% risk-free and that condoms are the only method that protects against both pregnancy and STIs.

Scenario 5

- **If you answered A, give yourself 0 points.**
You chose to head to the hotel without a second thought about contraception. Even though you did pull out, you still put yourselves at risk for pregnancy and STIs and caused you both a lot of anxiety when her period was late. Luckily, it was a false alarm, but the truth is that you can get pregnant any time you have sex—even if you pull out—so you must use birth control every single time.
- **If you answered B, give yourself 2 points.**
You stuck with the plan. You'd rather have fun with your friends than have awkward first-time hotel sex. Even though you are interested, you know that sex is serious and that you must use birth control every single time. If you are thinking about having sex, you should talk with your partner and have a clear plan for how you are going to protect yourselves from pregnancy and STIs.
- **If you answered C, give yourself 1 point.**
You chose to go to the hotel, but explained to Julia that you aren't planning to have sex. It was a risky move on your part, because it is hard to make decisions in the heat of the moment. Fortunately, you were able to stop before things went too far. If you are thinking about having sex, you should talk with your partner and have a clear plan for how you are going to protect yourselves from pregnancy and STIs.

HOW DO **YOU** SCORE? GUIDE

9-10 POINTS: YOU ARE A SUPER SEXPERT!

Your friends should come to you before they make any decisions about sex, since you totally get that the only way to prevent pregnancy—100% of the time—is to not have sex. But if you do get it on, you know that you have to use protection every single time. Tell your friends to take this quiz at **STAYTEEN.ORG** and see if they score as well as you.

5-8 POINTS: YOU ARE A SEMI-SEXPERT

Most of the time you know what the right choice is, but you don't always make it when it comes to sex. The only foolproof way to avoid pregnancy or STIs is to not have sex at all. But if you do, you must use protection every single time, so plan for that. Have your friends take this quiz at **STAYTEEN.ORG** and see how they score.

0-4 POINTS: YOU ARE SO-NOT-A-SEXPERT

Sex is a big deal...so why are you acting like it's not? Hopefully taking this quiz has shown you that sex can have serious consequences. Learn more at StayTeen.org and then come back and take this quiz again. It's not too late for a second chance—this time. Have your friends take this quiz at **STAYTEEN.ORG** and see if they do better than you did.

DID YOU KNOW?

- **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.
- Three out of four teens say they **don't think it's embarrassing to admit to being a virgin** and most who have already had sex say they **wish they'd waited longer**. Most also say that it would be much easier to wait if more teens spoke positively about not having sex.
- One in seven teens has sex before age 15. The younger teens are when they first have sex, the **more likely they are to regret it**. When teen girls date guys three or more years older, they are more likely to have sex and are less likely to use protection.
- If you're drunk or high, it's hard to make good decisions about sex—lots of teens say they've done something when using drugs or alcohol that they **might not have done if they were sober**. Don't do something you might regret, or might not even remember.
- Girls aren't the only ones who feel pressure to have sex. Nearly **eight out of 10 guys say there is too much pressure on them to have sex**—from their friends, society, and from girls. One out of every five guys say they have been pressured by a girl to go further sexually than they wanted to.
- **Most guys are okay with not having sex.** In fact, more than half say they're relieved when a girl wants to wait and two-thirds say they could be happy in a relationship that doesn't include sex. Most say they would rather wait to have sex with someone they love than lose their virginity as soon as possible.
- While most teens say they feel pressure to have sex, **not everyone is doing it**. In fact, about half of high school-aged teens haven't had sex.
- **Most teens who have had sex wish that they had waited.** And you can always say “no”—even if you've said “yes” before.
- Mistaking sex for love can leave you unfulfilled and unhappy and lead to risky sexual situations. About one in five teens say that most of their friends are in **“unhealthy” relationships**—those without love, trust, mutual respect, and honesty. Remember, it's okay to be friends **without** benefits.
- **You can get pregnant or cause a pregnancy the first time and any time you have sex without protection.** If you have sex regularly without using protection there's an 85% chance you'll get pregnant within one year. Luckily there are lots of forms of protection you can use. Look into all the options and decide which one will work best for you.