

# The #TalkingIsPower Quiz: Discussion Guide

Ever think about sex? Of course, who doesn't? What about actually having sex? What will you do when that situation arises? The best time to think about how you'd handle something is before it actually happens. What will you say? How will you say it? And if you do go all the way, how will you protect yourself, your partner, and both of your futures?

Take the #TalkingIsPower Quiz at STAYTEEN.ORG and then use this discussion guide to start a conversation with a champion in your life about sex, love, and relationships and how these topics may affect your future.

## Questions For Youth

**After you've taken the #TalkingIsPower Quiz, answer these questions by yourself, and discuss with your friends or family:**

### 1. First, answer some general questions about pregnancy prevention.

- How would your life change if you became pregnant or got someone else pregnant? What would that mean for your future?
- Do you worry about getting pregnant or getting someone pregnant? How much does this influence your decision to engage in sex? How much does it influence your decisions about using protection?
- How open is your relationship with the champions (parents, peers, mentors, etc.) in your life? Do you talk to them about relationships, sex, or birth control? How do you think they'd react if you became pregnant or got someone else pregnant?
- Do you know where to go to get birth control?

## Did You Know...

- Not having sex is the most effective and safest way to prevent pregnancy and STIs.
- If you're going to have sex, it is best to use birth control carefully and correctly each and every time.
- Not everyone is "doing it"—in fact, less than half of high school students have had sex.
- Young people often say that they're not sure where to find trustworthy information about sex. Make sure you know the facts. Check out Stay Teen's Myth versus Fact section at <http://www.StayTeen.org/myths>.
- If you can't be open and honest with 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.
- If you have sex in your early teens, your chances of getting pregnant or getting an STI are much greater than if you wait until you're older and more ready to have sex.
- Thinking "it won't happen to me" is not a form of birth control.

Have additional questions? Ask a champion or an adult you trust like your parent, guardian, other family member, teacher or mentor.

## 2. Next, answer some general questions about the #TalkingIsPower Quiz.

- How realistic were the quiz scenarios? Have you or your friends ever been in similar situations? How did you handle them? After taking the quiz, how would you make a different choice next time?
- Which situation did you find 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? Has the quiz made you think about things in a different way? Name one thing you now know about pregnancy prevention that you didn't know before.
- Did you learn about sex ed 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?

## 3. Now answer some questions about the specific situations mentioned in the #TalkingIsPower Quiz.

### SCENARIO 1

- Do you think that it is embarrassing for young people to admit that they want to wait to have sex? Why or why not?
- Do you think people share too many details about their sex lives? How would you feel if the person you were intimate with shared those details with friends?

### SCENARIO 2

- Guys often say they feel pressure from their friends to have sex; girls often say they feel pressure from their partners to have sex. What do you think about sex and peer pressure? See what others are saying about pressure at <http://www.StayTeen.org/article/stay-outloud-pressure>.
- How important is sex in a relationship? Can a couple be "serious" without having sex?

### SCENARIO 3

- How do you think drinking and drugs affect people's decisions about sex and pregnancy prevention? What advice would you give other young people in your community to help them make better decisions?

## 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.

Most teens are having sex.

FACT  FICTION

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

FACT  FICTION

Nearly three out of every 10 girls in the United States will get pregnant before age 20.

FACT  FICTION

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

FACT  FICTION

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

FACT  FICTION

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

FACT  FICTION

Girls can get pregnant during their period.

FACT  FICTION

## SCENARIO 4

- How much do you know about birth control? How many different methods can you name? Learn more and figure out which one is best suited for you at <http://www.StayTeen.org/birth--101>.
- Do you know which birth control 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://www.StayTeen.org/stis>.

## 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 discuss birth control with your partner? 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 To Ask The Champions In Your Life

Ask the champion in your life to take the #TalkingIsPower Quiz and then answer these questions:

- What is the one piece of advice you think is most important when it comes to avoiding an unplanned pregnancy?
- What are your values about sex, relationships, birth control, pregnancy, and marriage? How did you learn them?
- Do you find it difficult or awkward to talk to young people about these topics?
- Which of the scenarios in the quiz surprised you the most? Do you worry about me 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 sex and relationship advice would you give your younger self?

## 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 expertise 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.** Nearly three in 10 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 nearly half of African American girls and four in 10 Latina girls getting pregnant once before age 20. That’s about 2,000 girls every day. 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.