

Quiz, Quiz, Trade Card

1. Fact or myth?

Pregnancy can occur if a woman's body does not ovulate (release an egg).

Answer

Myth

Pregnancy occurs when sperm meets an egg. In order for this to happen, the ovary must release an egg so the sperm can fertilize it.

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2. Fact or myth?

People should take a break from birth control pills after a few years.

Answer

Myth

This is a common myth. It is safe and healthy to be on birth control pills for many years. It is important to talk to a healthcare provider about the type of birth control that is the best option.

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3. Fact or myth?

Birth control pills provide protection against STI (Sexually Transmitted Infection).



Answer

Myth

Birth control pills, or any hormonal birth control, do not provide protection from STIs. The only method that can provide protection from STI is using condoms or practicing abstinence

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4. Fact or myth?

One consequence of having an STI might be the inability to have children (infertility).

Answer

Fact

Some STI, if left untreated, can damage the reproductive organs resulting in infertility.

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5. Fact or myth?

If someone wants to be extra safe, it is best to use two condoms at once.

Answer

Myth

Use only one condom at a time. Doubling up can lead to both condoms slipping off or breaking. Never use a male and a female condom together.

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6. Fact or myth?

It is always possible to tell if someone has an STI by the signs and symptoms that appear.

Answer

Myth

Some STIs, such as Chlamydia, may not show any signs or symptoms. If someone is sexually active, regular STI testing is important.

Quiz, Quiz, Trade Card

7. Fact or myth?

Bacteria, viruses, & parasites can all cause Sexually Transmitted Infections.

Answer

Fact

Infections caused by bacteria & parasites can be cured with medication. Infections caused by viruses can be treated, but not cured.

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8. Fact or myth?

A urine test is common for STI testing in males.

Answer

Fact

Urine test (pee-in-a-cup) is the most common STI testing in males. Penile swabs and blood tests can also test for STI when necessary.

Quiz, Quiz, Trade Card

9. Fact or myth?

A sign of a healthy relationship is when one person makes all the decisions.

Answer

Myth

When one person in the relationship is making all the decisions that person holds the most power and may be manipulative. It is best if both partners have equal power & make decisions together.

Quiz, Quiz, Trade Card

10. Definition

Define: Dual Protection
(For contraception)

Answer

**Using condoms & birth control
together**

Every time sexual activity takes place, dual protection is the best method to prevent STI and pregnancy.

Quiz, Quiz, Trade Card

11. Fact or myth?

Using an assertive style of communication in a relationship is the healthiest communication style.

Answer

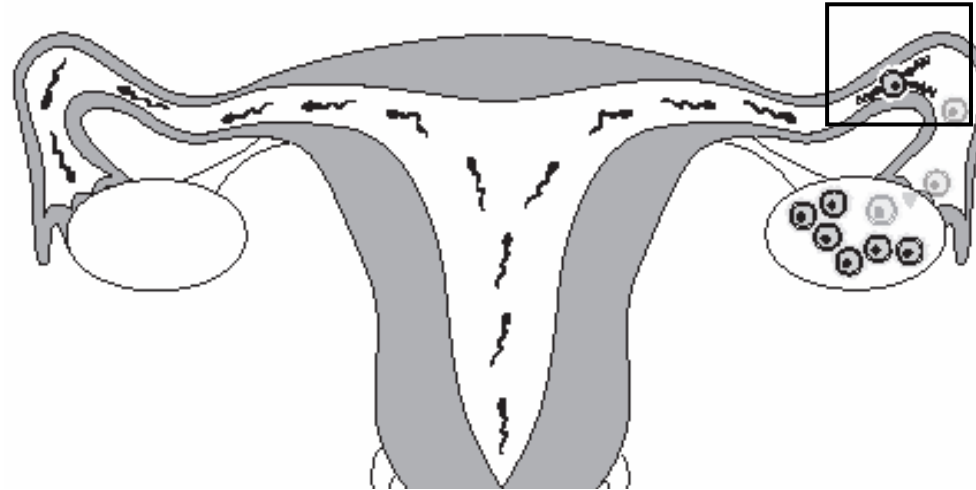
Fact

When individuals are assertive they:

1. stand up for their rights without denying other people theirs
2. respect themselves as well as others
3. know how to listen and talk
4. express their emotions, both positive and negative
5. know how to be self-confident without seeming arrogant

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12. What is this process called?



Answer

Fertilization

This process is the meeting of the egg and sperm that occurs in the fallopian tubes. Once the egg is fertilized, it travels down the fallopian tube into the uterus where implantation and pregnancy occur.

Quiz, Quiz, Trade Card

13. Fact or myth?

Abstinence is the only 100% effective method of preventing pregnancy and STIs.

Answer

Fact

This is only true if the definition of abstinence includes no intimate sexual behavior involving skin to genital, genital to genital or body fluid to genital contact. Abstinence can mean different things to different people. For some, it means having no physical contact with other people. For others, it could mean having limited contact, allowing some activities, but not sexual intercourse.

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14. Fact or myth?

The average age of a first violent relationship experience is around 15 years of age.

Answer

Fact

About one in ten teenagers experience physical violence in a dating relationship. Teens are at risk for abuse in their relationships due to inexperience and stereotypes. Any type of violence is not OK.

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15. Fact or myth?

A female is safe from pregnancy if sexual intercourse occurs during menstruation.

Answer

Myth

Ovulation can occur at any time during the menstrual cycle.

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16. Fact or myth?

Emergency Contraception (Plan B; Norlevo; The Morning After Pill) can be used after unprotected sexual intercourse to help prevent pregnancy.

Answer

Fact

Emergency Contraception is MOST effective within the first 24 hours but is effective for up to 5 days after unprotected sexual intercourse. It can be purchased from a pharmacist or clinic.

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17. Definition

Define: STI

Answer

Sexually Transmitted Infection

1. STI are sometimes called Sexually Transmitted Diseases (STD)
2. Some types of STI are passed through oral, vaginal or anal intercourse, while others can be passed through skin to skin contact
3. STI can be bacterial, viral or parasitic, bacterial & parasitic STI can be cured by medication. Viral STI symptoms can be managed but not cured.

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18. Fact or myth?

People only need to get tested for an STI if they think they have one.

Answer

Myth

Getting tested for an STI is part of maintaining overall health. It is important to be tested regularly if you are sexually active. Factors that may increase the need to get tested more frequently include having multiple partners, you or your partner having symptoms, and incorrect or inconsistent condom/dental dam use.

Quiz, Quiz, Trade Card

19. Fact or myth?

One of the ways that hormonal birth control methods work to prevent pregnancy is by stopping ovulation.

Answer

Fact

Hormonal birth control use hormones that naturally occur in a woman's body to prevent her from ovulating. If ovulation does not occur, pregnancy cannot occur.

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20. Fact or myth?

Menstruation is the shedding of the lining of the uterus.

Answer

Fact

During menstruation the lining of the uterus breaks down and leaves the body through the vagina. This happens approximately once a month and can be called a period.

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****CALM QUESTION****

21. Fact or myth?

There are three choices available to someone who is facing an unintended pregnancy.

Answer

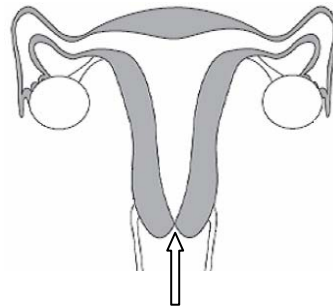
Fact

For someone facing an unintended pregnancy the choices available are: parenting, adoption or abortion.

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****CALM QUESTION****

22. What is this?



Answer

Cervix

It is the opening into the uterus and it is an important site for Pap testing (to check for cervical changes & STI testing).

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****CALM QUESTION****

23. Fact or myth?

When a female goes for a Pap test, she is being tested for an STI.



Answer

Myth

A Pap test is a screening test that is done to look for changes in the cells of the cervix (opening to the uterus) and can be done as part of an overall pelvic exam. Having regular Pap tests can prevent almost all cervical cancers by finding cell changes early enough to be treated and cured. Pap tests do not check for STI or pregnancy. Pap tests are done at a doctor's office or in a sexual health clinic.

Quiz, Quiz, Trade Card

****CALM QUESTION****

**24. What is this instrument?
What is it used for?**



Answer

Speculum

It is used during a vaginal exam so a health professional can look inside a female's vagina and take samples (Pap test and STI test) if needed.

Quiz, Quiz, Trade Card

****CALM QUESTION****

25. Fact or myth?

Testicular cancer is most common in males aged 15 – 35.

Answer

Fact

When caught early, this type of cancer is curable. From age 15 males should perform regular self checks and report lumps, enlargement of the testicle, pain or aching to a doctor.