

Mythconceptions Answer Key

Myth	Reality
If you have sex while standing up, having the girl on top, or jumping up and down after sex, you can't get pregnant.	Sperm are NOT challenged by gravity – they have a way of getting to the target, regardless of the gravity pull. Once they are in the vagina, they can get a woman pregnant.
You can't get pregnant the first time you have sex.	As long as a female has released an egg or will release an egg within the next 5 days, she can get pregnant if she has sex with a man.
You can't get pregnant while having a period.	Sometimes a woman's fertile time starts even when she is still having her period.
The rhythm method (tracking ovulation and avoiding sex during that time) is very effective because you can only get pregnant while you're ovulating	With proper training, charting, knowledge of the body and fertility, some people can use the rhythm method well. But it takes a lot of work and understanding of the body. Without proper training, the rhythm method is as bad at preventing pregnancy as guessing.
You can't get pregnant if your partner pulls out before ejaculating.	Two out of 10 couples using this method still get pregnant each year. It is also not a good method for any male who is new to sex, who does not know his body well, and whose body is changing from day to day. Because of this, withdrawal may not be a good method for most teens and anybody new to sex.
You can trust your partner to pull out his penis before ejaculating.	The heat of the moment can remove all plans for safety—and then it's too late. Also, this method won't protect either person from STIs.
Condoms are only 50% effective.	Condoms are 98% effective – when used consistently and correctly .) Much of the effectiveness information about condoms relates to the fact that couples either don't plan ahead, so don't use them every time, or they don't put them on correctly, so they either break or leave a gap for semen to enter the vaginal area. First-year effectiveness rating among typical condom users is 86%. This includes pregnancies resulting from errors in condom use.
You can only get pregnant 1 day during your menstrual cycle.	There is only one day that you ovulate. You are more likely to become pregnant between days 8 and 15.