

1. You can get pregnant the first time you have sex.

1. If it's your first time or 10th time or 100th time, the chances of getting pregnant are the same.

2. Scotland has one of the highest rates of teenage pregnancy in Europe.

2. TRUTH. We do.

3. You can't get pregnant if you have sex during your period.

3. MYTH. You can get pregnant if you have sex during your period. Your ability to get pregnant is dependent on when you ovulate, and not directly associated with your period.

4. If a boy/man pulls out before he comes/ejaculates you can't get pregnant.

4. MYTH. When the boy/man has an erect penis he can have pre-cum that has sperm in it. This means pulling out is not a good method to stop pregnancy.

3.11 Getting pregnant – Truths and Myths (Prop 2)

5. Using contraception makes it harder to get pregnant later on.

5. MYTH. Contraception does prevent pregnancy when you're using it, which is exactly how you want it to work! But once you stop taking it, your fertility returns.

6. Sperm can live for 3 to 5 days in the right conditions.

6. TRUTH. If the sperm is in a warm, moist environment it can live after the boy/man has ejaculated/come. If it then gets inside the girl/woman's vagina there is a risk of pregnancy.

7. Washing their vagina after sex will prevent a girl/woman from getting pregnant

7. MYTH. Washing might push the semen further into the girl/woman's vagina.

8. The best ways to not get pregnant is to not have sex, or if you are having sex, to use contraception.

8. TRUTH. Not having penetrative sex (penis in vagina) means you won't risk pregnancy. If you use contraception when you are ready to have sex this will stop pregnancy happening.

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9. You can't get pregnant if you have sex standing up.

9. MYTH. If you have penetrative sex (penis in vagina) with no contraception or condoms, you risk getting pregnant. Gravity has no effect on a sperm's ability to travel through the vagina, into the uterus where it can reach an egg.

10. A healthy mum is more likely to have a healthy baby.

10. TRUTH. When it is possible to plan for a pregnancy the parents can plan to eat well, stop drinking alcohol, not smoke and take vitamins and supplements that help.

11. Having sex in water or in the shower prevents you from getting pregnant.

11. MYTH. It doesn't matter where you have sex – same rules apply – you can still get pregnant.

12. A sandwich bag or plastic wrap will work as good as a condom

12. MYTH. Please don't! This will not work. Condoms are designed to work.

3.11 Getting pregnant – Truths and Myths (Prop 2)