True or Not True
Instructions

Goals:
To teach participants, in a fun and interactive way, about STI’s and pregnancy health and some of the most common questions that people have about these. It is done in a true or not true format.

Supplies needed:
28 True or Not True cards.
Optional: facilitator can choose to pick out specific questions depending on the topic presented so that they can be more about pregnancy or only on STIs.

Instructions:
Option 1
1. Hand out the questions to participants and have them hold the card with the picture side up so the answer is covered.
2. Ask the participants to take turns reading the card they are holding out loud to the group. Allow the group time to discuss and then determine if the statement is True or Not True.
3. The participant holding the card will then read the answer to the group.

Option 2
The facilitator will read out the question and have the group answer True or Not True. Allow time for discussion followed by the facilitator reading the answer to the group.
I’d know if I had an STI?
I’d know if I had an STI

NOT TRUE

The symptoms of STIs are not always obvious. In fact, the signs and/or symptoms of some STIs are very mild; may appear days, weeks or months after being infected; or you may not have any symptoms at all. You may have an STI without even knowing it. Even if you have used protection in the past, no method of protected sex is 100% safe. Prevent STIs. Use a condom and if you didn’t, get tested.
All STIs are curable
All STIs are curable

NOT TRUE

Not all STIs are curable. STIs that are caused by a bacterial infection generally can be cured. However, viral infections like HIV, herpes and genital warts (HPV) can only be managed but not cured.
You can’t get or pass on an STI from oral sex?
You can’t get or pass on an STI from oral sex

NOT TRUE

Many different STIs are known to spread via oral sex. For example, the herpes simplex virus, which commonly presents as a cold sore on the mouth, can be transferred to the genitals of your partner during unprotected oral sex. Using a condom or sex dam will reduce the risk.
I can get STIs from toilet seats
I can get STIs from toilet seats

TRUE, BUT RARE

It is extremely unlikely that anyone will contract an STI from a toilet seat. STIs are usually spread through direct (skin-to-skin) sexual contact or by coming in contact with infected body fluids during vaginal or anal sex.

Although rare, you may be able to get pubic lice (crabs) or trichomoniasis during contact with objects (e.g. bed sheets, toilet seats, clothing etc.).
Syphilis and gonorrhea are STIs of the past. Modern medicine cured them.
Syphilis and gonorrhea are STIs of the past. Modern medicine cured them.

NOT TRUE

If you’re having sex, you’re still at risk of contracting syphilis and gonorrhea. Over the past decade, reported rates of gonorrhea and syphilis have steadily increased. Prevent STIs by using a condom and other safer sex supplies and get tested regularly.
Yeast infections aren’t transmitted from females to males.
Yeast infections aren’t transmitted from females to males.

NOT TRUE

A vaginal yeast infection is the inflammation of the vagina caused by overgrowth of fungus called Candida albicans. Small amounts of yeast are always in the vagina. But when too much yeast grows, irritation occurs. It is possible for males to get yeast infections from females. It’s also possible for females to get them from males. If you and/or your partner(s) have yeast infections, it’s important to see your health care practitioner and get treated at the same time, otherwise you may continue to re-infect each other.
I can just get medication for an STI, and it’ll be gone for good.
I can just get medication for an STI, and it’ll be gone for good.

NOT TRUE

While most STIs can be treated and cured, others cannot. The best approach is to always use safer sex supplies such as condoms and always be honest with your partner(s). Infections caused by viruses can be treated, but not cured e.g HIV, herpes, HPV – genital warts.
I must be okay because I have a yearly Pap test and my health care practitioner didn’t tell me that I have an STI.
I must be okay because I have a yearly Pap test and my health care practitioner didn’t tell me that I have an STI.

**NOT TRUE**

The Pap test looks for abnormalities in the cells of your cervix that may be from human papilloma virus (HPV), the virus that causes cervical cancer. Your health care practitioner may not test for other STIs during the test.

Many females think that a Pap test automatically means they’re also testing for STIs. Don’t assume. Talk to your health care practitioner to find out what tests are being done. If you have had unprotected sex, ask your health care practitioner to be tested for STIs. If you’re not comfortable talking to your doctor, you can also go to a local sexual health clinic for STI testing.
I’ll never pass on my STI because I have sex only with a condom.
I’ll never pass on my STI because I have sex only with a condom

NOT TRUE

While condom use greatly reduces STI transmission, it doesn’t completely eliminate the risk of transmitting an STI. Condoms don’t always cover areas that might be infected and different types of sexual activity carry different risks and require different safer sex supplies. Proper and consistent condom and other safer sex supply use lowers the chances of spreading STIs. If you have an STI, see a health care practitioner for treatment before having sex.
Sex in a pool with someone who has an STI is okay because chlorine kills the STI.
Sex in a pool with someone who has an STI is okay because chlorine kills the STI.

**NOT TRUE**

Chlorine does not kill STIs. You are just as likely to contract STIs while having sex in a swimming pool as you are outside of the swimming pool.
You can have only one STI at a time.
You can have only one STI at a time.

NOT TRUE

It is possible to have more than one STI at once. Infection with other STIs increases the risk of co-infection with HIV. HIV-positive people with other STIs can transmit HIV more easily to sexual partners and if you have an STI, there is a higher risk of contracting HIV. Reduce the risk of STI transmission by choosing to wear a condom during sex or a dental dam during oral sex.
It’s impossible to get pregnant the first time you have unprotected sex.
It’s impossible to get pregnant the first time you have unprotected sex.

**NOT TRUE**

It is a common myth that you can't get pregnant the first time you have unprotected penis-vagina sex. This is simply not true. There is always a possibility that you will get pregnant if you have unprotected sex, even the very first time. If you are having unprotected sex and don't want to get pregnant, you will need to choose a method of contraception that will suit you.
You can’t get pregnant while menstruating.
You can’t get pregnant while menstruating.

NOT TRUE

Having penis-vagina sex during your period, as a way to avoid a pregnancy and take a break from using contraception does not provide a "get out of baby-making free" pass. While this method of avoiding conception may help reduce pregnancy odds, it is by no means foolproof.

In fact, a study conducted by the National Institute of Health Sciences (part of the National Institutes of Health) has shown that there are very few "safe" days in which sex without pregnancy can occur. The research reported that if you count the day the period begins as day one, the individual could be fertile again by day four. It also showed that even among individuals with regular cycles, 1 to 6 percent could be fertile on the day their next menstrual cycle is due to begin [source: Grigg].

Combine this with the fact that sperm from ejaculation can live inside the body for up to five days, it soon becomes clear that there are no free passes in the baby-making game [source: Harms].
Pregnancy cannot occur if a individual’s body does not ovulate (release an egg)
Pregnancy cannot occur if a female’s body does not ovulate (release an egg)

TRUE

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.
Birth control pills shouldn’t be used too many years in a row?

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Birth control pills shouldn’t be used too many years in a row?

NOT TRUE

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 for you.
Birth control pills provide protection against STIs (Sexually Transmitted Infections).
Birth control pills provide protections against STIs (Sexually Transmitted Infections)

NOT TRUE

Birth control pills or any hormonal birth control method does not provide protection from STIs. The only method that can provide protection from STIs is using safer sex supplies such as condoms or practicing abstinence.
One consequence of having an STI might be the inability to have children (infertility)
One consequence of having an STI might be the inability to have children (infertility)

TRUE

Some STIs, if left untreated, can damage the reproductive organs resulting in infertility.
If I am pregnant and get an STI it might affect my baby
If I am pregnant and get an STI it might affect my baby

**TRUE**

Some infections can pass to your baby through the placenta or be transmitted during labor and delivery or when your water breaks. Newborn infections can be very serious (even life threatening), and some may lead to long-term irreversible health and developmental problems. Some STIs raise your risk of miscarriage, preterm delivery, uterine infection, and may even can cause a stillbirth.

Because it's so important to detect and treat STIs during pregnancy, your health care provider will check for many of these infections during your first prenatal visit. (Be sure to let her know about any STIs you've had in the past, too, or if you or your partner has more than one sexual partner or has ever shared needles for drug use or tattooing. If you're at high risk, you'll be screened again in your third trimester or sooner, if you or your partner develop any STI symptoms.
If someone wants to be extra safe, it is best to use two condoms at once.
If someone wants to be extra safe, it is best to use two condoms at once.

**NOT TRUE**

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

NOT TRUE

Many STIs, such as Chlamydia, may not show any signs or symptoms. If someone is sexually active, regular STI testing is important.
A urine test is common for STI testing in males
A urine test is common for STI testing in males

TRUE

Urine test (pee-in-a-cup) is the most common STI testing in males. Penile swabs and blood tests can also test for STIs when necessary.
Dual protection (using two types of birth control methods at the same time) is more effective for pregnancy prevention?
Dual protection is more effective for contraception?

TRUE

Using condoms & birth control together every time sexual activity takes place, is the best way to prevent pregnancy. It also reduces the risk of a STI.
People only need to get tested for an STI if they think they have one.
People only need to get tested for an STI if they think they have one.

**NOT TRUE**

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(s) having symptoms and incorrect or inconsistent condom/sex dam use.
Menstruation is the shedding of the lining of the uterus.
Menstruation is the shedding of the lining of the uterus.

TRUE

During menstruation the lining of the uterus breaks down and leaves the body through the vagina. This happens approximately once a month and is called a period.
There are three choices available to someone who is facing an unintended pregnancy.
There are three choices available to someone who is facing an unintended pregnancy.

**TRUE**

For someone facing an unintended pregnancy the choices available are: parenting, adoption or abortion.
When a female goes for a Pap test, she is being tested for an STI.
When a female goes for a Pap test, she is being tested for an STI.

**NOT TRUE**

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 STIs or pregnancy. Pap tests are done at a health care practitioner’s office or in a sexual health clinic.
Testicular cancer is most common in males aged 15-35.
Testicular cancer is most common in males aged 15-35.

TRUE

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.
You can get pregnant from pre-cum?
You can get pregnant from pre-cum?

TRUE, BUT RARE

Pre-cum fluid does not contain any sperm, meaning the fluid itself cannot get you pregnant. However, if sperm is “left behind” in the urethra from a previous ejaculation (sperm can live for 5 days), it can come in contact with the fluid. The leftover sperm comes forth to the tip of the penis during arousal, possibly causing some sperm to be carried in this fluid, and into the partner’s body. The chance of getting pregnant from pre-cum is much less than the chance of getting pregnant from semen, but it still might be possible.
Does the pill make you gain weight?
Does the pill make you gain weight?

NOT TRUE

In 2011, researchers at the Cochran Database System Review analyzed 49 studies that compared a variety of birth control methods with placebos and found no evidence that birth control causes weight gain. If you're concerned about gaining weight, talk to your doctor about your concerns and the best option for you.