

My Future-My Choice

Video Segment #1 - Lesson 2

MEGAN

When I was 14, I thought having sex with my boyfriend was being grown up. He wanted to have sex with me, and I thought I would lose him if I didn't go along with it. Besides, I thought I was too young to get pregnant, and we didn't have sex that often anyway.

So, I decided to have sex. I guess I didn't know him as well as I thought I did, because soon after we started having sex, I found out that he was also having sex with someone else. I couldn't believe that he didn't understand I did it for him. I would have never done it if I knew that I wasn't as special to him as he was to me. We got into a fight and we broke up.

Then I missed one period and I was late for my next. I panicked. I couldn't stand the thought of being pregnant by someone who I wasn't even seeing anymore - - someone who didn't even care about me.

Video Segment #2 - Lesson 2

COURTNEY

On average, girls begin having their periods when they are 12 years old. And boys begin producing sperm around the age of 13. Once these events start to occur, teens become physically capable of having babies.

Many girls think that they are too young to get pregnant. They believe that their age will prevent them from getting pregnant. Some teens also think that a girl can't get pregnant if it's her first time having sex. These are myths. They are not true.

The reproductive facts are that if a male and a female have sexual intercourse at the time the female's egg is being released and it connects with the male's sperm; a female can get pregnant even if it is her first time having sex.

MAX

Having sex can cause other problems besides pregnancy. Teens may get certain kinds of infections which are only spread through sexual involvement. Some of these infections have no cures and can permanently damage body organs.

There is also the risk of getting HIV, the virus that causes AIDS. Currently there is no cure for AIDS. Also, some adults are finding they can't have a baby because of the infections they got from having sex as teens.

Some young people think having sex will make them grown up. A lot of boys think having sex will make them a "man". A lot of girls think having sex will make them a "woman". But having sex has little to do with being an adult. Being an adult means being able to develop healthy relationships, respect limits, and be safe.

JAMIE

Even if teens use protection there is still a risk of pregnancy or a sexually transmitted disease. The only 100% sure way to prevent a pregnancy or a sexually transmitted disease is by saying "no" to sexual involvement.

MAX

In fact, having a baby or getting HIV/AIDS can reduce the chances of teens being able to do the things that make them really grown up, such as finishing school, making enough money to support themselves and being free to choose their own style of life.

COURTNEY

One of the ways that you can show that you are truly grown up is to take responsibility and be responsible for your own behavior.

Video Segment 3 - Lesson 3 - "Social Pressure"

JAMIE

Having sexual feelings and desires are a normal part of the teen years. Wanting to experience attention and affection from someone outside of your family is also a normal part of being a teen. As teens, signals from the inside of our bodies really our hormones make us increasingly aware of our own, and other's sexuality.

COURTNEY

These hormones can make our body react to sexual thoughts or sexual images when we don't expect to. A lot of the time, it's hard to make these thoughts and feelings go away. So, what can we do? Well first, we need to recognize that these thoughts and feelings exist - that they are very real and very powerful.

MAX

Next we need to learn some appropriate ways to handle them. That's what we're going to do now.

JEN

Look at this ad... everything is about sex. It doesn't matter what they're trying to sell you, it just has to be about sex. Doesn't anyone ever think about anything else?

SARA

It doesn't seem like it in magazines or on TV.

MARTINA

I look at these pictures and I feel like I need to look like that.

SARA

I wonder if I'm ever going to get to wear something like that.

JEN

You guys are just thinking about how you look. I'm just thinking about how fine these guys are.

MALE VOICE OVER

Hey, what's up?

JEN/SARA/MARTIN

Hi. How are you?

SARA

Why don't you join us?

MALE #1

Oh, I'm about to go hang out with the guys.

SARA

I think you'd have a better time if you hang out with us.

MALE

Maybe I'll get with you later.

SARA

You do that.

MARTINA

Chill out, you were coming on so strong.

SARA

I don't know what's going on with me these days, but every guy I look at, looks real good. I just want to do something to get noticed by them.

MARTINA

Do you remember a few years ago when we couldn't stand the thought of boys ... now all we talk and think about is guys. What's going on?

SARA

It's called hormones.

JEN

I thought that was just a guy thing having sexual thoughts pop up in your mind so much you couldn't think about anything else.

MARTINA

Yeah! But it's girls too. Trust me. I'll be sitting in class and all I can think about is this great body on the guy sitting across from me. I have no clue what the teacher is talking about.

SARA

We're just as bad as the guys.

MAX

As you can see, having sexual thoughts and feelings are normal. However, other feelings mix with the sexual feelings, increasing the pressures we feel. For example, sometimes teenage boys will wonder how long it is going to take before they begin to feel like and look like a man. Some teen girls worry about when they are going to feel like and look like a woman. When this happens, some teens may think, "Maybe if I have sex, it will make me feel more grown up, more of a man - - more of a woman."

JAMIE

Adults in society can increase internal pressure in teens, too. We may see a lot of people who are older than us doing stuff we know we're not ready for. Adults are in a better position to take responsibility for the consequences of their actions than are teens. But just because an adult is doing something, doesn't mean it's a healthy choice for us.

As teens, we need to know how to handle our sexual feelings so as not to feel pressured to act on them. One way we can respond to the feelings within us is to say: it's okay to think about sex, its okay to talk about sex; it's even okay to show affection towards another person. It just may not be a healthy choice to have sex now.

Video Segment #4 - Lesson 3

VINCE

Hey, John, have you and Shannon done it yet?

JOHN

No. Why?

VINCE

Well, I've been thinking a lot about having sex with Christina

OSCAR

Well, does she want to?

VINCE

We haven't really talked about it. But I've been thinking that, well maybe we should do it.

JOHN

I know how you feel. I think about sex a lot. It kinda just like pops into my head.

VINCE

Yeah, I heard some of the older guys talking about it. Makes me wonder what it will feel like and be like.

JOHN

Yeah. Like when Shannon and I are at a party or something, and we see other couples kissing and stuff, makes me wonder should we be doing more.

OSCAR

Yeah, but my parents have always taught me that it's risky having sex so young. Then again in the movies, they have those hot, sexy, love scenes. You know it makes it's kinda hard to figure it all out, makes it's kinda hard to understand when's the right time.

VINCE

You know, even though Christina really excites me, there's this voice inside my head saying go for it, but there's also another voice talking back ... saying not now ... you have your whole future ahead of you. I wonder if that's why we haven't done it.

MAX

Feeling these internal pressures and conflicting feelings is normal. They usually come from the natural desire to fit in, wanting to feel grown up, or to show love and affection towards another person. But there are other ways to meet these needs without becoming sexually involved. When you feel pressured from the voice inside you to become sexually involved, you can control how to respond to that voice by either ignoring it, putting your attention to something else or by firmly "talking back" to the voice.

COURTNEY

When you're experiencing internal pressures, you can "talk back" by replacing the thought in your mind that's urging you on with new ones that give you reasons to resist the pressure. For example, let's see how Oscar talks back to himself when he is feeling pressure to act on his feelings.

OSCAR

If I told my friends I had sex, some of them would be pretty impressed with me ... but they wouldn't think I was so cool if I got a sexually transmitted disease or infection.

JAMIE

You are in control of your actions and have the right to say NO to pressures to become sexually involved, regardless of where the pressures come from.

Here's another example. This is a situation that can happen to anyone. This time we want you to come up with the ways to handle the pressure.

SOPHIE

You and Kyle have been dating for quite a while now haven't you?

JULIE

Yeah

ANNA

Have you guys done it?

JULIE

No...

ANNA

Why not?

JULIE

I don't know, I don't know if he wants to...do you think he wants to?

ANNA

Yeah

SOPHIE

Yeah

JULIE

I don't know...I don't know if I am ready. Do you think I should talk to him about it?

ANNA

No, talking about it is awkward. You should just do it.

SOPHIE

Just go for it!

JULIE

Really?

SOPHIE and ANNA

Yeah!

JULIE

I wonder if I should. I wonder if he wants too. It's not like I really want too. Maybe I should. I don't know what to do!

BRIAN

Man I 'm on fire today today!

JAKE

Hey, by the way what's up with you and Julie?

BRIAN

Yeah, have you guys done anything?

KYLE

No... not yet.

JAKE

Dude, why not?

KYLE

I don't know.

JAKE

What's the big deal?

KYLE

I don't know, I guess I haven't really thought about it yet.

JAKE

Gotta get on that.

KYLE

You really think I should?

JAKE

Yeah!

BRIAN

Definitely!

KYLE

I don't know why my friends keep bugging me about this. I don't feel ready, not at all. What if my parents found out? This just really isn't what I want.

JULIE

Hey, Kyle.

KYLE

Hey, what's up?

JULIE

So my parents aren't going to be home tonight.

KYLE

What? Oh!!

JULIE

Do you want to come over?

KYLE

Really?

JULIE

Yeah

JULIE

Kyle wait I have to talk to you about something

KYLE

Yeah, what's up?

JULIE

I'm pregnant... I just...

MOLLY

I can't believe you're pregnant.

JULIE

I know

MOLLY

Didn't you guys use protection?

JULIE

We did, but I guess protection doesn't always work. I don't know what my family is going to think of me. Kyle won't even talk to me. I don't know what to do about school or sports.

MOLLY

You'll figure it out.

JULIE

I hope so.

BRIAN

I can't believe you got her pregnant.

KYLE

I know.

JAKE

Dude, what are you going to do about college?

KYLE

Yeah about that...I don't know because now I have a kid to take care of.

BRIAN

You gotta think about the future man.

KYLE

Well it's a little difficult now....

BRIAN

Do you regret it?

KYLE

Yeah I do, I'm not even talking to Julie anymore.

BRIAN

Why?

KYLE

I don't know...I guess things are just really awkward right now.

Video Segment #5 - Lesson 4 - "Understanding Peer Pressure"

JAMIE

A major pressure to become sexually involved can come from other teens. Some teens feel they won't be accepted by others or won't be a part of the group, unless they go along with the crowd and do what they think their friends expect of them. Many of these teens don't want to be sexually involved but they do it so they'll feel accepted. No one wants to feel left out or rejected.

MAX

Even teens who don't have sex feel pressure to say they do. These lies make other teens feel everybody is having sex when they are not.

COURTNEY

Pressures to become sexually involved often come from the person that you like. You might feel that you want to keep the relationship, and that it might end if you don't have sex. Many teens ask themselves, "How can I say no to the person that I like without hurting their feelings?"

Video Segment #6 - Lesson 4

SAM

Derrick, you missed the greatest game last night.

DERRICK

Yeah I know, but it was worth it. Michelle's parents were out and we went over to her house. We did it if you know what I mean.

SAM

How was it? Give us all the details.

JAMES

Do we have to talk about this?

SAM

What could be more interesting than talking about sex?

DERRICK

Yeah, James. How about you and Stephanie?

JAMES

Derrick, is sex all you think about?

DERRICK

Don't be so uptight. You can tell us...

JAMES

Having sex right now could mess up my future. I have a lot of things I want to do with my life.

DERRICK

Chill out. I was just asking.

Video Segment #7 - Lesson 4

ANDY

Hey, you look great today.

SIERRA

Thanks.

ANDY

So, how about coming over to my place later? No one's going to be home and we can be alone. Do whatever we want.

SIERRA

I know what you want. You just want to have sex.

ANDY

What's wrong with that? C'mon you know I care about you. Besides, we might not get another chance like this.

SIERRA

I already told you. I'm not going to have sex. I'm not ready to have sex at this point in my life and I'm not going to do it.

ANDY

Come on. Everyone else is doing it.

SIERRA

I don't care if everyone else is doing it. I'm not everyone. And, besides, I know a lot of my friends aren't doing it.

Video Segment #8 - Lesson 4

KEISHA

How are things with you and Jonathan?

LAUREN

Well, we're together all the time ... and when we're not, he's always texting me. I think he really loves me.

MACKENZIE

Well, since things are going so well ... have you done it yet?

LAUREN

No, of course not.

KEISHA

What, are you still a virgin?

LAUREN

I'm just not ready to have sex.

MACKENZIE

Look, if you use birth control, there's nothing to worry about. You'll be fine.

LAUREN

No method of birth control is 100% safe. Not having sex is the only sure way of not getting pregnant.

Video Segment #9 - Lesson 4

MARIA

Hey Carlos, do you want to come over to my house this afternoon?

CARLOS

Oh, I wish I could but I already told Mike and José I was going to play basketball with them.

MARIA

Well, can't you tell them you'll meet them later? I mean my mom has to take my sister to the doctor and they're not going to be home 'til dinner.

CARLOS

Sorry ... but I already made these plans.

MARIA

Look Carlos, you can play basketball any time. This gives us a chance to be all alone and do whatever we want. Just tell your friends you're busy.

CARLOS

Yea ... but I already told them I was coming.

MARIA

Look, I don't understand. We're supposed to be a couple. I thought you wanted me as much as I want you. What's wrong with you anyway?

CARLOS

Look, I'm just not interested in getting involved in that way right now. But, that doesn't mean I don't care about you. I do. Okay look, you can hang out while I play basketball and then afterwards we can go get something to eat together.

MARIA

O.K.

MAX

Throughout your life, you will experience various types of relationships. Some of these relationships will be close, long lasting relationships and some will not.

At school you know a lot of people. Most of them, however, are just classmates you do not consider friends yet. These types of relationships are referred to as acquaintances. They are the type of people you see in the hall and recognize in class, give a friendly smile to and say hello to when you meet them. You may even have a casual conversation. Usually, within these types of relationships, people don't show affection in a physical way.

JAMIE

There are people we know better and share different types of relationships with. These people are your friends. They are people you can trust. You can talk directly and honestly with them and enjoy doing things with them. You care about their feelings and try not to hurt them. You can put an arm around them or give them a friendly hug.

You probably feel closer to some of your friends than others. This type of friendship develops over time. You may share secrets, hopes, and fears with these friends. This is the type of friend you go to when you're concerned about a problem you're having. You feel secure with this type of friend. You can cry in front of this friend when you can't cry in front of others. These friendships are important, meaningful relationships.

If a meaningful relationship occurs in a dating relationship, there may be a desire to express your feelings in physical ways as well as through words and actions that show that you care. You may want to hold the person close and kiss them.

You can also have a meaningful relationship with someone you are dating and not show your feelings to them in that way. You can set limits on how feelings are expressed physically.

Committed relationships most often occur with a very special friend with whom you've developed a relationship over time. Most often people do not form committed relationships until they are older. These relationships may last throughout your whole life.

Within committed relationships, people can make various kinds of commitments to one another. They may share their feelings in very intimate ways. However, in committed relationships, there can be limits on the ways in which feelings are physically shown. For example, a person can be in a committed relationship with someone and never do more than put a caring arm around them. In other words, it's how deeply you feel about each other in a relationship that makes it committed, not how those feelings are physically shown.

Video Segment #11 - Lesson 5 - Learning Assertive Techniques

JAMIE

Sometimes it's difficult for teens to figure out exactly how they feel. Newly developing sexual feelings can be very confusing and hard to handle. It's also tough dealing with the social pressure to be like our peers. It's hard to sort out our own values and beliefs, especially about sex, from all those different messages we get from our parents, other adults and the media. We may be curious about what having sex is like, while at the same time, wondering what our parents would think if we did it or what would happen to us if we had sex.

MAX

It's important to remember that it's okay to think about sex, its okay to talk about sex, its okay to develop feelings about sex, its okay to show affection towards another person. It's just may not be a healthy choice to have sex now.

There are plenty of effective ways to say "no". One way is to develop your own set of values and attitudes about sex that let you do what's right for you even if your friends or classmates have different values. Here are some ways you can express your decision to postpone sexual involvement to others.

BOY #1:

I wonder what it would feel like and be like, and I'd like to find out, but I'm going to wait.

GIRL #2

I've thought about having sex, but I'm not going to do it.

GIRL #1

The idea of sex sounds exciting, but I'm not ready for it yet.

COURTNEY

There are also skills you can develop that will help you communicate your intent to not become sexually involved. An important skill is knowing how to look when you say "no." If you know how to look, you can become more effective when saying "no" in a situation where someone is asking you to do something you don't want to do. For example, avoid gestures or mannerisms, such as wringing your hands or continuously shuffling your positions. This sends the nonverbal message that you are insecure in your decision.

Instead, facial expressions, body movements and hand gestures should reflect the verbal message - firm and self assured. Make eye contact with the person directly. Do not stare at the floor or the ceiling.

Video Segment #12 - Lesson 5

MAX

We're going to show you a Three-Step Assertive Skill for saying no, plus how to look and act when using these steps.

The first step is to say no and repeat it.

SIDNEY

Hey, my parents aren't home, how about coming over?

RYAN

No.

SIDNEY

C'mon, we won't get another chance like this for a long time.

RYAN

No, I'm not coming over.

COURTNEY

If you keep saying "no" firmly enough, and clearly enough, the other person will usually get the message. Whatever you do, don't get tricked into giving a list of reasons, and don't give in to threats.

MAX

The second step is to reverse the pressure by telling the person how the pressure makes you feel and then by asking "Why do you keep pressuring me after I said no?"

SIDNEY

No one will ever know.

RYAN

All this pressure makes me feel like you don't respect my right to say no.

SIDNEY

Please come over.

RYAN

Why do you keep pressuring me after I already said no?

COURTNEY

The third step is simply refusing to discuss the matter any further.

SIDNEY

I just want to show you how much I care about you.

RYAN

I'm not going to talk about this anymore.

SIDNEY

If you really cared about me, you'd come over.

RYAN

Look, my parents are home We're making pizza tonight. Why don't you just come over and hang out

SIDNEY

Okay. I would get in trouble if my parents found out you were over.

COURTNEY

If necessary you may remove yourself from the situation. Just simply walk away. If the person pressuring you truly cares about you that shouldn't be necessary.

Now let's see how to use all three steps together.

SIDNEY

Hey, my parents aren't home, how about coming over?

RYAN

No.

SIDNEY

C'mon, we won't get another chance like this for a long time.

RYAN

No, I'm not coming over.

SIDNEY

No one will ever know.

RYAN

All this pressure makes me feel like you don't respect my right to say no.

SIDNEY

Please come over.

RYAN

Why do you keep pressuring me after I've said no.

SIDNEY

I just want to show you how much I care about you.

RYAN

I'm not going to talk about this anymore.

SIDNEY

If you really cared about me, you'd come over.

RYAN

Look, my parents are home. We're making pizza tonight. Why don't you just come over and hang out.

SIDNEY

Okay. I would get in trouble if my parents found out you were over.

Video Segment #13 - Lesson 6 - Talking About Sex: Part One “Am I Normal”

MORGAN

Hey Rachel, what’s up?

RACHEL

Hey guys, I have some great news. My parents are letting me have a birthday party. It’s gonna be at the pool.

MORGAN

Cool. When?

RACHEL

This weekend. There’s gonna be food and dancing, and you know my brother? He’s gonna DJ.

TYLER

Oh awesome I heard, he has a great sound system.

RACHEL

Yup and there’s a big deck by the pool, and it’s gonna be covered in colored lights. It’s gonna be so nice, and we’re gonna have a barbecue.

MORGAN

At the pool?

MIKE

Barbecue? I’m there.

RACHEL

Awesome, what about you guys?

GROUP

Yeah, sure

STEPHANIE

Are you guys going to Rachel's party?

MORGAN

Yeah, I guess so.

STEPHANIE

You don't sound too excited about it.

MORGAN

I don't know. I guess it will be fun. What about you Mike, are you going?

MIKE

Not only am I going, Rachel asked me to be her date.

GROUP

Date? She asked you?

STEPHANIE

Is she your girlfriend?

MIKE

Very funny.

TYLER

I can't believe Rachel asked you. How'd you get a girl to ask you out?

MORGAN

He paid her?

MIKE

You guys are so funny.

STEPHANIE

I need a date; maybe I'll just meet someone there.

MORGAN

You mean, a date-date? What for?

TYLER

Dates are fun!

MORGAN

As friends maybe.

MIKE

Maybe you'll end up with somebody by the end of the night.

MORGAN

Whatever, I gotta go.

STEPHANIE

What's up with her?

MIKE

I dunno, did I say something wrong?

MORGAN

What do I need to know? Dear Holly, I've been invited to a friend's pool party. She has a date. My other friends are talking about getting a date, or meeting someone there. I'm not thrilled about wearing a bathing suit at the party. To tell the truth, I'm really not that excited about the whole thing. Is there something wrong with me?

HOLLY

Is there something wrong with me? This is a question teens ask most often. Girls and guys alike wonder if there is something wrong with them. Hi, I'm Holly and this is Zach.

ZACH

Hi, I've got a letter here from a guy who's going to party and he doesn't have a date yet. He's worried that he won't get the nerve to ask anyone out. That maybe he's not keeping pace with his friends.

HOLLY

You think these two know each other?

ZACH

I don't know about that. But, here's what I do know. When it comes to growing up and puberty there isn't any one thing that's considered normal. In fact, it's different for everyone. Let's take a look at this clip.

ZACH

Puberty is the word we use in early adolescence when sex hormones start to increase dramatically, and both males and females begin to develop sexually. Hormones are chemicals produced in the body. Estrogen and Progesterone cause girls to develop breasts and hips and begin menstruation. Testosterone causes boys to develop deeper voices broader shoulders and to grow more hair on their bodies including facial hair. Both boys and girls begin to grow hair on the genital area and under the arm pits.

HOLLY

Menstruation is another word for getting your period. Approximately once each month a tiny cell called an egg is released from one of the ovaries. That's called ovulation. It travels down the fallopian tubes where it can be fertilized by a sperm if a girl has had sexual intercourse.

ZACH

Sperm are cells contained in the semen that males produce daily starting in puberty. A small amount of semen, the sticky fluid containing millions of sperm cells is released through the penis.

The fertilized egg enters the uterus and implants itself on the uterine wall and develops into an embryo, then a fetus, and eventually becomes a baby.

If fertilization doesn't occur the egg dies and is eliminated from the uterus along with blood and other tissue during the girl's period.

HOLLY

But what does all this have to do with parties and dates?

ZACH

Well, those hormones that are responsible for all these physical changes can also cause changes in our emotions as well. We might begin to have another kind of interest in people, a sexual interest.

HOLLY

Because these changes occur at different times for different people some teens are interested in dating and some aren't. As teens begin to develop physically they are also growing emotionally. Deeper relationships begin to form and eventually romance can enter the picture.

ZACH

Feelings about many things can become more intense, more complicated. Moods can erupt suddenly and pass quickly. Everyone experiences different hormonal changes at different times.

HOLLY

So the answer to our reader's question "Is there something wrong with me?" is no. There's nothing wrong with her.

ZACH

It can be hard though if you're the first person or one of the last of your friends to go through puberty.

HOLLY

You might feel alone and ahead of schedule, or you might feel left behind. But these differences are very normal, and eventually everyone gets there.

MORGAN

It says here that girls can start puberty as early as age 8. Can you believe that?

STEPHANIE

My cousin said that she got her period when she turned 11. She said that she could have a baby, not that she would, but that she could.

MORGAN

No way, I think that you have to be older.

STEPHANIE

Well that's what she told me. She told me all about how babies are made.

MORGAN

Well I know how babies are made, but I've never heard of an 11 year old having a baby, I don't think it's possible.

STEPHANIE

Well she's not having sex, so she couldn't have a baby. But if you have your period you can get pregnant if you have sex.

MORGAN

I don't know, we can look it up on this web site.

STEPHANIE

Yeah! See it says right here, when you begin menstruation you can get pregnant. You can ask them questions.

MORGAN

Yeah, I know. It's pretty cool!

STEPHANIE

Yeah, I have a question to ask them.

MORGAN

What are you going to ask?

STEPHANIE

You know?

MORGAN

Oh that.

STEPHANIE

Dear Holly and Zack, my chest is uneven, one side is bigger than the other. Is this normal?

HOLLY

Yes, that's totally normal. No part of your body is perfectly symmetrical, and sometimes breasts are different in size.

HOLLY

There are lots of common myths about what you might hear is normal and what is not. For example, when I was a kid, I thought that if a girl drank lots of milk her breasts would grow larger, or if she slept on her stomach they would stop growing. Neither of those is true. Just like you can't control your height, you can't control the size of individual parts of your body.

ZACH

Boys sometimes worry when they hit puberty because their chests swell for a short time. They think it isn't normal, but it is. Some boys think it's abnormal to get an erection during the day. An erection is when the penis fills with blood and becomes firm. Although an erection is usually due to sexual excitement, it is common for boys and young men to experience them without an apparent reason.

HOLLY

When some boys have a wet dream for the first time, they worry that something is wrong with them, or they are embarrassed about it. A wet dream is when a boy ejaculates, or releases semen while he is sleeping. Erections and wet dreams are not something you can control, and they are totally normal.

ZACH

Most teenagers have the same doubts and fears. Most go through a time where they think maybe they aren't normal. But remember, normal is different for everyone.

HALEY

Some people's bodies develop at a younger age, and some take longer to look mature. Some people feel happy about looking more grown up, and some people feel shy about it. Just like there isn't one normal hair color, eye color, skin color or height. There isn't a single normal way that young people develop into adults.

MIKE

Look Tyler they have a quiz

TYLER

Cool, let's take it

MIKE

Okay. It's like a true or false quiz, I'll ask you.
True or false, a girl cannot get pregnant right after her period?

TYLER

True

MIKE

False. It says here that a teenage girl can get pregnant at almost any time. Teenage girls bodies are not mature enough to predict when the ovulation will happen and that's the time you can get pregnant.

TYLER

Cool, let me ask you one.

MIKE

K

TYLER

Okay. A guy has wet dreams because he thinks about sex too much.

MIKE

I guess that's probably true.

TYLER

Nope, a guy can produce at least 200 million sperm a day. Wet dreams are just one way that the body releases the semen that it has made.

MIKE

Okay, my turn. True or false. Teens don't usually get sexually transmitted diseases or infections like Syphilis, Gonorrhea and Chlamydia.

TYLER

Right.

MIKE

Wrong. 1 in 4 sexually active teens contract a sexually transmitted disease each year. Any time a teen has sex they risk contracting a sexually transmitted disease from an infected person. They can become infected even if it is their first time.

HOLLY

Sexually transmitted diseases or infections are usually transmitted through sexual contact. But some like Herpes can be transmitted by touching the infected area.

ZACH

A lot of teens don't realize that sexually transmitted diseases or infections can result in them never being able to have a child, they can cause brain damage, and some like AIDS can be fatal.

HOLLY

Symptoms of some common Sexually Transmitted Diseases or infections include itching, discharge, redness, and blisters. But in some of the STDs teens frequently get, the most common symptom is no symptoms at all. If someone thinks they might have put themselves at risk for getting an STD, they should go see a doctor right away.

ZACH

Condoms and spermicides can help to reduce the risk of STDs and pregnancy. A condom is a sheath that covers the penis during sexual activity. However, the only 100% sure way to prevent STDs or pregnancy is to not have sex.

HOLLY

There is a lot to know about puberty and sex. Some young people feel dumb asking a question because they think everyone else knows the answer. But you can be sure that no matter what your question is, there are plenty of other people that are wondering the exact same thing.

ZACH

So it's important to ask questions. How else will you learn?

HOLLY

If you have concerns about sex, or your own growth and development, talk to your parents, teacher, healthcare provider, or guidance counselor. There are plenty of good books on the subject too. Don't be afraid to find out about one of the most important aspects of your life.