

MYTH OR FACT?

A SEXUAL HEALTH QUIZ

- ✓ 1. To dispel common myths about sexual health.
- ✓ 2. To provide accurate information about **sexual health**.
- ✓ 3. To help learners become more comfortable talking and asking questions about sexual health.
- ✓ 4. To consolidate information about sexual health.

45 Mins

Sexual Health Quiz: 'Myth or Fact?' (provided)
Answer key: 'Myth or Fact?' (4 pages provided)

PROCEDURE

- 1 Tell learners that they are going to answer a short quiz about **sexual health**.
- 2 Tell them that the point of the quiz is for them to separate popular myths from the facts about sexual health.
- 3 Tell them that the quiz can be quite tricky, but that they should answer all the questions. They are not going to be graded on their responses.
- 4 Hand out the quiz and give learners 20 – 25 minutes to complete it individually.
- 5 After they have completed the questionnaire, go through the answers item by item, using the Teacher Answer Key (provided).
- 6 Make sure that you explain why the myths are incorrect, and answer any clarification questions.
- 7 Conclude by asking learners where they get their information about sexual health from. Expect learners to say things like: their peers, siblings, and sometimes parents.

Explain that because **sexual health** is quite a complex issue, and even health practitioners and scientists are learning new things all the time, it is not good to rely on just your friends, or even your family. Suggest that they seek accurate information from clinics, and specialist organisations, and websites. You can suggest some that are located in the area/neighbourhood near the school; you could provide leaflets and brochures for them to look at.

TEACHER TIPS

General

If you do not have enough time to go through questions one by one, please ensure that you give copies of the Answer Key: 'Myth or Fact' to learners. It is important that they identify the myths, and that they know why the myths are incorrect.

Making the Link with Gender & Violence

Individuals' exposure to **violence** impacts on their sexual health, as well as on their ability to seek information and make decisions about **sex** and reproduction.

Assessment Ideas

Once learners have done the quiz and you have gone through the correct answers with them, this quiz could be adapted for a class test.



MYTH OR FACT: SEXUAL HEALTH QUIZ








Answer whether the statements below are myth or fact.

SEXUAL HEALTH STATEMENT	MYTH	FACT
1. Once a man is aroused and has an erection, he must ejaculate to avoid harmful physical effects.		
2. You can get pregnant by having oral sex.		
3. You can't catch an STI from a toilet seat.		
4. You should use only one condom at a time.		
5. If a guy pulls out before he ejaculates in a woman, she can still get pregnant.		
6. If you're under 16 and talk to your doctor about contraception they have to tell your parents.		
7. The contraceptive pill makes you put on weight.		
8. You can re-use a condom if you wash it out.		
9. You can't get pregnant if you do it standing up.		
10. You can't get pregnant the first time you have sex.		
11. You can get pregnant when you're having your period.		
12. Most women do not masturbate.		
13. Baby Oil and Vaseline are not good to use as lubricants with condoms.		
14. Men have less sexual control than women, and experience sexual desire more strongly than women.		
17. It is illegal for children between 12 and 16 to experiment sexually with each other.		
18. A doctor can tell if I'm a virgin.		
19. The age of consent for sex in South Africa is 16 years old.		
20. It is ok to have sex with someone who is asleep.		
21. If someone is drunk/drugged they cannot consent to any sexual activity.		
22. I can get contraceptives by myself from 12 years of age.		
23. A girl can only get an abortion once she is 18 years old.		
24. The pill/patch/IUD protects me from all STIs.		
25. Lesbians can't get HIV.		
26. Gay men have a higher prevalence of HIV than straight men.		
27. Only gay men have anal sex.		
28. There are no risks associated with anal sex.		
29. Using lubricant can prevent injury during sex.		
30. Eating healthy can cure HIV.		

ANSWER KEY: MYTH OR FACT

SEXUAL HEALTH STATEMENT	MYTH	FACT
<p>1. Once a man is aroused and has an erection, he must ejaculate to avoid harmful physical effects.</p>	✗	
<p>MYTH: IT IS NOT HARMFUL FOR A MAN – A MAN'S TESTICLES WILL NOT BURST IF HE DOES NOT HAVE AN ORGASM. MEN PRODUCE SPERM ALL THE TIME, AND IF THEY DON'T EJACULATE, THE SPERM IS SIMPLY RE-ABSORBED.</p>		
<p>2. You can get pregnant by having oral sex.</p>	✗	
<p>MYTH: YOU CANNOT GET PREGNANT FROM HAVING ORAL SEX, EVEN IF YOU SWALLOW SPERM. HOWEVER, YOU CAN CATCH STIs SUCH AS HERPES AND CHLAMYDIA. USE A CONDOM ON THE PENIS, AND A DENTAL DAM (VERY SOFT, THIN RUBBER) OVER THE VAGINA TO PROTECT AGAINST TRANSMISSION OF STIs THROUGH ORAL SEX.</p>		
<p>3. You can't catch an STI from a toilet seat.</p>		✗
<p>FACT: YOU CANNOT CATCH AN STI FROM SITTING ON A TOILET SEAT. SEXUALLY TRANSMITTED INFECTIONS ARE PASSED ON THROUGH UNPROTECTED VAGINAL, ANAL OR ORAL SEX, OR SHARING SEX TOYS. THE ONLY WAY TO PROTECT AGAINST STIs IS TO USE A CONDOM EVERY TIME YOU HAVE SEX.</p>		
<p>4. You should use only one condom at a time.</p>		✗
<p>FACT: USING TWO CONDOMS AT THE SAME TIME IS NOT SAFE. IT INCREASES FRICTION AND CAN CAUSE ONE OR BOTH OF THE CONDOMS TO TEAR OR BREAK. CONDOMS ARE EFFECTIVE ONLY IF USED CORRECTLY - CHECK THE INSTRUCTIONS ON THE PACKET. CONDOMS ARE THE ONLY CONTRACEPTIVE METHOD THAT PROTECT AGAINST SEXUALLY TRANSMITTED INFECTIONS AS WELL AS PREGNANCY.</p>		
<p>5. If a guy pulls out before he ejaculates in a woman, she can still get pregnant.</p>		✗
<p>FACT: PULLING OUT BEFORE EJACULATION (COMING) WILL NOT STOP A WOMAN GETTING PREGNANT. A WOMAN CAN GET PREGNANT IF A MAN DOESN'T EJACULATE (COME) IN HER VAGINA, AS SPERM LEAK OUT OF THE PENIS BEFORE EJACULATION. MEN CANNOT STOP SPERM LEAKING FROM THEIR PENIS, NO MATTER HOW CAREFUL THEY ARE. THE ONLY WAY TO AVOID PREGNANCY IS TO USE CONTRACEPTION.</p>		
<p>6. If you're under 16 and talk to your doctor about contraception they have to tell your parents.</p>	✗	
<p>MYTH: YOUR DOCTOR (NURSE / PHARMACIST) WILL NOT TELL YOUR PARENTS OR CARE-GIVERS, AS LONG AS HE OR SHE BELIEVES THAT YOU FULLY UNDERSTAND THE INFORMATION THEY GIVE YOU, AND THAT YOUR DECISIONS ARE INFORMED. THERE ARE STRICT GUIDELINES FOR DOCTORS AND NURSES WORKING WITH YOUNG PEOPLE.</p>		
<p>7. The contraceptive pill makes you put on weight.</p>	✗	
<p>MYTH: THERE IS NO EVIDENCE THAT TAKING THE PILL CAUSES WEIGHT GAIN. SOME WOMEN MAY PUT ON WEIGHT WHETHER THEY TAKE THE PILL OR NOT.</p>		








ANSWER KEY: MYTH OR FACT

SEXUAL HEALTH STATEMENT	MYTH	FACT
<p>8. You can re-use a condom if you wash it out.</p>		
<p>MYTH: YOU SHOULD NEVER USE A CONDOM AGAIN. IT WON'T WORK PROPERLY AND IS LIKELY TO FAIL. YOU NEED TO USE A NEW CONDOM EVERY TIME YOU HAVE SEX TO PROTECT AGAINST STIs AND PREGNANCY. MAKE SURE TO USE GOOD QUALITY CONDOMS (INCLUDING GOVERNMENT ISSUE CONDOMS).</p>		
<p>9. You can't get pregnant if you do it standing up.</p>		
<p>MYTH: YOU CAN GET PREGNANT IF YOU HAVE SEX STANDING UP. YOU CAN GET PREGNANT WHATEVER POSITION YOU ARE IN WHEN HAVING SEX - THERE'S NO SUCH THING AS A 'SAFE' POSITION IF YOU'RE NOT USING A CONDOM OR ANOTHER FORM OF CONTRACEPTION. AND THERE ARE NO 'SAFE' PLACES EITHER, INCLUDING THE BATH OR SHOWER. THE BEST WAY TO PROTECT YOURSELF AND OUR PARTNER AGAINST UNWANTED PREGNANCY AND STIS IS TO USE A CONDOM EVERY TIME YOU HAVE SEX.</p>		
<p>10. You can't get pregnant the first time you have sex.</p>		
<p>MYTH: A GIRL CAN GET PREGNANT THE FIRST TIME SHE HAS SEX. AND A BOY CAN GET A GIRL PREGNANT THE FIRST TIME HE HAS SEX. IT ONLY TAKES ONE SPERM TO MEET AN EGG, AND THIS CAN HAPPEN FROM A SINGLE INSTANCE OF UNPROTECTED SEX. TO AVOID PREGNANCY, ALWAYS USE CONTRACEPTION CORRECTLY, AND USE A CONDOM TO PROTECT AGAINST STIs.</p>		
<p>11. You can get pregnant when you're having your period.</p>		
<p>FACT: YOU CAN GET PREGNANT IF YOU HAVE SEX DURING YOUR PERIOD AND YOU DON'T USE CONTRACEPTION OR A CONDOM. HAVING UNPROTECTED SEX AT ANY TIME OF THE MONTH CAN LEAD TO PREGNANCY, SO ALWAYS USE CONTRACEPTION TO PROTECT AGAINST PREGNANCY, AND CONDOMS TO PROTECT AGAINST STIs.</p>		
<p>12. Most women do not masturbate.</p>		
<p>MYTH: SOME WOMEN MASTURBATE AND SOME DON'T. WHATEVER YOU DECIDE IS FINE. THERE'S NOTHING WRONG WITH MASTURBATING, AND IT WON'T HARM YOUR HEALTH. SOME PEOPLE (WOMEN AND MEN) FIND THAT IT HELPS THEM TO KNOW WHAT IS PLEASURABLE WHEN IT COMES TO SEX.</p>		
<p>13. Baby Oil and Vaseline are not good to use as lubricants with condoms.</p>		
<p>FACT: OIL-BASED LUBRICANTS (LIKE BABY OIL, VASELINE AND HAND CREAMS) CAN DAMAGE AND TEAR CONDOMS, AND ALLOW STIs TO PASS THROUGH. ONLY WATER-BASED LUBRICANTS, LIKE K-Y JELLY AND MOST CONTRACEPTIVE JELLIES, SHOULD BE USED WITH CONDOMS. ALTERNATIVELY, SALIVA, OR PLAIN WATER IS SAFE TO USE AS LUBRICATION TOO.</p>		
<p>14. Men have less sexual control than women, and experience sexual desire more strongly than women.</p>		
<p>MYTH: BOTH MEN AND WOMEN ARE BIOLOGICALLY DESIGNED TO EXPERIENCE DESIRE. INDIVIDUALS MAY DIFFER IN THE LEVEL OF SEXUAL DESIRE THEY FEEL, BUT THERE IS NO EVIDENCE TO SHOW THAT THERE IS ANY DIFFERENCE BETWEEN MEN AND WOMEN. SIMILARLY, BOTH MEN AND WOMEN ARE CAPABLE OF SEXUAL CONTROL AND ARE FULLY RESPONSIBLE FOR THEIR CHOICES AND ACTIONS.</p>		

ANSWER KEY: MYTH OR FACT

SEXUAL HEALTH STATEMENT	MYTH	FACT
<p>17. It is illegal for children between 12 and 16 to experiment sexually with each other.</p>	✗	
<p>MYTH: THE LAW HAS CHANGED RECENTLY TO DECRIMINALISE CONSENSUAL SEXUAL EXPERIMENTATION BETWEEN 12-16 YEAR OLDS – SO AS LONG AS BOTH INDIVIDUALS HAVE TOGETHER DECIDED TO EXPERIMENT SEXUALLY. HOWEVER, IT IS STILL ILLEGAL FOR A GIRL OR BOY AGED 12-16 TO ENGAGE IN SEXUAL ACTIVITIES WITH A GIRL OR BOY 16 YEARS OR OLDER. FOR EXAMPLE, IT IS ILLEGAL FOR A MAN OF 30 TO HAVE SEX WITH A GIRL OF 15.</p>		
<p>18. A doctor can tell if I'm a virgin.</p>	✗	
<p>MYTH: SOME PEOPLE THINK THAT A DOCTOR, BY LOOKING AT A WOMAN'S VAGINA, CAN TELL IF SHE'S A VIRGIN. THIS IS NOT TRUE – A DOCTOR WILL USUALLY NOT BE ABLE TO TELL FROM A MEDICAL EXAMINATION. IN SOME CASES, SUCH AS IF A WOMAN HAS SYMPTOMS OF AN STI, HAS SEMEN IN HER VAGINA FROM RECENT SEX, OR HAS TORN TISSUE FROM ROUGH SEX, THE DOCTOR CAN DEDUCE THAT SHE IS NOT A VIRGIN. BUT USUALLY, THE DOCTOR ONLY KNOWS IF YOU TELL HIM/HER. REMEMBER THAT THE INFORMATION YOU TELL YOUR DOCTOR IS CONFIDENTIAL – BE HONEST WITH YOUR DOCTOR AND THEY WILL HELP YOU MAKE THE RIGHT DECISIONS TO PROTECT YOUR SEXUAL HEALTH.</p>		
<p>19. The age of consent for sex in South Africa is 16 years old.</p>		✗
<p>FACT: THE AGE OF CONSENT FOR SEX IS 16 YEARS OLD; IT IS ILLEGAL FOR AN ADULT (16 AND OVER) TO HAVE SEX WITH A CHILD (UNDER 16). HOWEVER, IT IS NOT ILLEGAL FOR CHILDREN BETWEEN 12 AND 16 TO EXPERIMENT SEXUALLY WITH ONE ANOTHER, SO LONG AS BOTH INDIVIDUALS ARE IN THIS AGE BRACKET AND HAVE CONSENTED TO DO SO.</p>		
<p>20. It is ok to have sex with someone who is asleep.</p>	✗	
<p>MYTH: IF A PERSON IS ASLEEP, LEGALLY THEY ARE UNABLE TO GIVE CONSENT TO SEX. HAVING NON-CONSENSUAL SEX WITH A PERSON IS RAPE – A CRIMINAL OFFENCE.</p>		
<p>21. If someone is drunk/drugged they cannot consent to any sexual activity.</p>		✗
<p>FACT: IF A PERSON IS UNCONSCIOUS OR THEIR JUDGMENT IS IMPAIRED BY ALCOHOL OR DRUGS, THEY ARE UNABLE TO GIVE CONSENT TO SEX. HAVING NON-CONSENSUAL SEX WITH A PERSON WHO IS INTOXICATED IS RAPE. SOME PEOPLE USE DRINK/DRUGS AS AN EXCUSE TO HAVE SEX WITH SOMEONE BUT THERE IS NO EXCUSE – THIS IS A CRIMINAL OFFENCE.</p>		
<p>22. I can get contraceptives by myself from 12 years old.</p>		✗
<p>FACT: ANYONE AGED 12 AND OLDER CAN ASK FOR CONTRACEPTIVES FROM THEIR HEALTHCARE PROVIDER. YOU CAN DO THIS WITH OR WITHOUT THE INVOLVEMENT OF YOUR PARENTS, AND THIS INFORMATION WILL REMAIN CONFIDENTIAL.</p>		
<p>23. A girl can only get an abortion at once she is 18 years old.</p>	✗	
<p>MYTH: A GIRL OR WOMAN OF ANY AGE CAN GET AN ABORTION IN SOUTH AFRICA, IF SHE IS LESS THAN 13 WEEKS PREGNANT. IF SHE IS BETWEEN 13-20 WEEKS PREGNANT, CERTAIN FACTORS ARE TAKEN INTO ACCOUNT, SUCH AS WHETHER THE WOMAN WAS RAPED, OR WHETHER SHE CAN SUPPORT THE BABY. FROM 20 WEEKS, YOU CAN ONLY GET AN ABORTION IF THE LIFE OF THE MOTHER OR THE FOETUS (PRE-BORN BABY) IS IN DANGER.</p>		

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SEXUAL HEALTH STATEMENT	MYTH	FACT
<p>24. The pill/patch/IUD protects me from all STIs.</p>		
<p>MYTH: UNFORTUNATELY BIRTH CONTROL PILLS, PATCHES AND IUD DO NOT PROTECT FROM STIs – THEY ARE INTENDED TO PROTECT FROM UNWANTED PREGNANCY ONLY. YOU NEED TO TAKE OTHER MEASURES TO PROTECT YOURSELF FROM STIs, SUCH AS USING A MALE OR FEMALE CONDOM. YOU CAN DISCUSS THESE OPTIONS WITH YOUR DOCTOR OR NURSE.</p>		
<p>25. Lesbians can't get HIV.</p>		
<p>MYTH: LESBIANS CAN GET HIV (OR ANY OTHER STI) JUST LIKE ANYONE ELSE. TRANSMISSION OF HIV CAN HAPPEN DURING SEXUAL ACTIVITY THROUGH EXCHANGE OF FEMALE-FEMALE BODILY FLUIDS, OR BY INFECTED NEEDLES OR BLOOD TRANSFUSIONS. HOWEVER, THERE IS EVIDENCE THAT THE RISK OF CONTRACTING HIV DURING SEXUAL ACTIVITY IS LOWER THAN FOR MALE-FEMALE OR MALE-MALE SEXUAL ACTIVITY.</p>		
<p>26. Gay men have a higher prevalence of HIV than straight men.</p>		
<p>FACT: WORLDWIDE, IT IS STRAIGHT MEN AND WOMEN WHO ARE BY FAR THE MAJORITY OF PEOPLE INFECTED BY HIV. THERE ARE VARIOUS REASONS THAT INCREASE RISK FOR GAY MEN; INCLUDING THE HIGHER RISK OF TRANSMISSION THROUGH ANAL SEX, ALSO LEGAL AND SOCIAL DISCRIMINATION MAY PREVENT THEM BEING TESTED OR RECEIVING TREATMENT.</p>		
<p>27. Only gay men have anal sex.</p>		
<p>MYTH: ANYONE CAN HAVE ANAL SEX, AND HETEROSEXUAL COUPLES MAY CHOOSE TO DO SO AND TAKE PLEASURE IN THIS. WHETHER OR NOT TO HAVE ANAL SEX IS UP TO YOU AND YOUR PARTNER TO DECIDE.</p>		
<p>28. There are no risks associated with anal sex.</p>		
<p>MYTH: UNPROTECTED ANAL SEX PUTS YOU AT A GREATER RISK OF STIS SUCH AS HIV. THIS IS BECAUSE THE LINING OF THE ANUS IS DELICATE AND DOESN'T PRODUCE NATURAL LUBRICANT – SO IT IS DAMAGED MORE EASILY. BEING ON THE RECEIVING END OF ANAL INTERCOURSE IS EQUALLY RISKY WHETHER YOU'RE A MAN OR A WOMAN. THE RISK HAS BEEN ESTIMATED AT ABOUT 18 TIMES MORE RISKY THAN MALE-TO-FEMALE VAGINAL INTERCOURSE.</p>		
<p>29. Using lubricant can prevent injury during sex.</p>		
<p>FACT: LUBRICANTS CAN HELP TO PREVENT SMALL TEARS WHICH CAN HAPPEN DURING VAGINAL OR ANAL SEX. HOWEVER, IF YOU USE A LUBRICANT, BE SURE THAT IT IS A WATER-BASED LUBRICANT SUCH AS KY JELLY. OIL-BASED LUBRICANTS SUCH AS VASELINE, OILS, OR CREAMS CAN DAMAGE CONDOMS AND THEREFORE MAKE SEX MORE RISKY.</p>		
<p>30. Eating healthy can cure HIV.</p>		
<p>MYTH: THERE IS NO 'CURE' FOR HIV, BUT HIV CAN BE TREATED EFFECTIVELY THROUGH MEDICATION IN THE FORM OF ANTIRETROVIRAL DRUGS (ARVS). EATING HEALTHILY IS IMPORTANT FOR EVERYONE, AND PARTICULARLY THOSE WITH HIV, AS IT HELPS STRENGTHEN THE IMMUNE SYSTEM. HOWEVER, EATING HEALTHILY WILL IN NO WAY TREAT OR CURE HIV.</p>		