

Dear Auntie Stella

I am a girl aged 16 and I was going out with my boyfriend for four months. He always wanted to have sex and I said no. But then one time it happened. I didn't even enjoy it. That was two months ago and I haven't seen my period since then. We only had sex once, without a condom, but my friends say I can't get pregnant from this. Is that true?

I also heard some girls talking about a 'morning after' pill that can stop pregnancy if you have sex by mistake or are forced. Is it too late for me to take it? I don't want to do anything dangerous.

Please help me. I don't know what to do.

Nyaradzo



TALKING POINTS

- Do you know how to prevent pregnancy? Do this quiz to test your knowledge.

QUIZ: Pregnancy

Which of these statements are true, and which are false?

(Check the answers at the bottom of the page.)

- 1 A girl can't get pregnant the first time she has sex.
- 2 You don't get pregnant if you have sex standing up.
- 3 You can't get pregnant if the man pulls out before he comes (ejaculates).
- 4 You can't get pregnant if you wash or wee (pass urine) straight after sex.
- 5 The girl can't get pregnant if she hasn't started her periods.
- 6 You can't get pregnant if the boy is under 15.

- What do you know about the 'morning after' pill, what it does and how you can get it?
- Make a list of the things boys say to convince girls to have sex. Write strong replies to each one. Practise conversations. Who can say no most strongly? What helps you to do this?

ANSWERS: ALL the statements are false. If you thought any were TRUE, you may need to protect yourself or your girlfriend better against pregnancy.