

# ‘I Can’t Get Pregnant’—True or False?

## I can’t get pregnant if it’s the first time.

**FALSE!** Without birth control, it’s possible to get pregnant any time you have sex, including the very first time.

## I can’t get pregnant if he doesn’t “come” inside me.

**FALSE!** “Pulling out” is not an effective birth control method. It’s hard for a man to withdraw at just the right time. Also, a small amount of semen — enough to get you pregnant! — is released during sex even *before* a man ejaculates.

## I can’t get pregnant if I’m breast-feeding.

**FALSE!** It is true that breast-feeding lowers the risk of pregnancy for some women. *But breast-feeding is not a reliable birth control method* (whether your period has started again or not). To prevent pregnancy, use a birth control method that’s safe for breast-feeding moms.

## I can’t get pregnant if I douche after sex.

**FALSE!** Douching (flushing the vagina) does not prevent pregnancy. And douching can be harmful — it makes it easier to get vaginal infections and sexually transmitted diseases (STDs).

## I can’t get pregnant if I’m having my period.

**FALSE!** The monthly release of an egg from the ovaries isn’t always regular. Sometimes you can ovulate even during your period. And if you don’t use birth control, you could get pregnant.

## I can’t get pregnant if I only have anal sex.

**That’s true.** But you *can* get HIV and other sexually transmitted diseases! To protect yourself and others against HIV and other STDs, always use a new latex male condom (or a female condom) every time you have sex — vaginal, anal, or oral — no matter what kind of birth control you use.

If you’re sexually active, the only way to prevent pregnancy is to choose an effective birth control method, and to use it correctly and consistently.

*No matter what form of birth control you choose, always use latex or polyurethane condoms to prevent HIV and other sexually transmitted diseases.*