

Facts About Reproduction

You are receiving this page because your student is participating in the **Choices Today**, **Options Tomorrow** or **Promoting Health Among Teens** curricula. The goal of these curricula is to provide students with the skills, knowledge, and confidence to make healthy life choices.



The reproductive system:

- allows us to have children
- does not work until puberty
- is the only system different between males and females

Myth or Fact:



MYTH: A female can't become pregnant before her first period.



FACT: A female can become pregnant before her first period because ovulation occurs before the first period.



MYTH: There are several 100% effective ways to prevent pregnancy.



FACT: Abstinence is the only 100% effective way to prevent pregnancy.



Something to talk about:

- Share your personal values about sex.
- Ask your teen to share their personal values about sex.
- Invite your teen to ask questions about puberty or preventing pregnancy.

Tips for better conversations:

- Don't lecture. Focus on having a back-and-forth discussion.
- Admit if the conversation is awkward. Emphasize that the conversation is important.
- Be honest if you don't know the answer to a question.



Use the QR reader on your phone to watch a video about puberty and pregnancy.



Continue your conversation about the reproductive system using the **Identifying the Reproductive System Handout**.