



Are You Ready to be a *Mom* or *Dad*?



Are you ready to be a *mom*?

If your answer is **NO**:

- Have you asked your doctor about different birth control methods available to you?
- Have you talked to your partner about which birth control method is best for you?
- Are you using birth control?

Are you ready to be a *dad*?

If your answer is **NO**:

- Have you talked to your partner about which birth control method is best to use?
- Are you using a condom every time you have sex?

If you are not doing one of these things above, then get ready to:

1. Change your lifestyle.
2. Raise a child alone if your partner leaves you.
3. Support your baby even if your baby doesn't live with you.
4. Work 2 or 3 jobs to support your baby.
5. Lose sleep to care for your baby.
6. Drop out of school or delay your plans, life goals and dreams.
7. Spend less time hanging out with your friends.
8. Give up your freedom to stay home all the time.

If you are not ready for any of these things, it's OKAY not to have sex.

But if you do have sex, get informed about birth control and use it!

Think about it. The choice is yours.

Things to Remember:

1. A girl can get pregnant during her period.
2. A girl can get pregnant even if it's her first time having sex.
3. A girl can get pregnant if she has sex standing up or in any other position.
4. You are more likely to use birth control if you plan ahead.
5. If you do not use birth control, you have a 90% chance of getting pregnant.
6. Withdrawal or taking the penis out of the vagina just before ejaculation (coming) **DOES NOT** work.
7. It only takes one drop of semen to get pregnant.
8. No birth control method will give you complete protection against STDs and HIV/AIDs.
9. Relationships change when you start having sex.
10. Most sexually active teens wish they had waited longer.
11. Sexual activity does not prove your masculinity.
12. You get respect for doing what's right for you.
13. The only 100% effective way not to become a mom or dad is not to have sex.