



Facts to Share with Your Teens About...

Sexual Activity

- ❖ Abstinence means saying NO to sexual intercourse. It is the most effective, least expensive way to protect yourself from sexually transmitted infections and pregnancy. Even if you have had sex before, you can choose to become abstinent. Nationally, more than half of high school students are virgins. Only 35 percent of high school students report being currently sexually active.¹
- ❖ Nine percent of high school students report having been physically forced to have sexual intercourse.²
- ❖ Over half of males (55 percent) and females (54 percent) ages 15-19 report ever having oral sex with someone of the opposite sex. About 24 percent of males and 22 percent of females ages 15-19 report that they have had oral sex but not vaginal intercourse.³
- ❖ Although the risk is lower, many of the same sexually transmitted infections (STIs) that are transmitted through vaginal sex, including HIV, can also be transmitted through oral sex.⁴
- ❖ Nationally, in 2007, 33 percent of 9th grade students and 65 percent of 12th grade students reported being sexually active.⁵
- ❖ In 2007, 21 percent of 9th grade males and 16 percent of 9th grade females in Minnesota public schools reported having had sexual intercourse at least once. Also in Minnesota, 49 percent of 12th grade males and 49 percent of 12th grade females reported having had sexual intercourse at least once.⁶
- ❖ “I don’t want to get an STI” and “One or both of my parents would object” are the major reasons why male students in Minnesota said they are not sexually active. Among female students, “I don’t want to get pregnant” and “One or both of my parents would object” were the most common reasons for abstaining from sex.⁷

Contraceptive Use

- ❖ About 25 percent of teen females and 18 percent of teen males did not use any method of contraception at first intercourse. Teens that do use contraception at their sexual debut are more likely to use contraception in subsequent sexual encounters.⁸
- ❖ A sexually active teen who does not use contraceptives has a 90 percent chance of becoming pregnant within a year.⁹
- ❖ Teenagers aged 15 to 19 who do not use a contraceptive at first sex are twice as likely to become teen parents as are teenagers who do.¹⁰
- ❖ Among currently sexually active teens nationwide, 61.5 percent reported that a condom was used the last time they had sexual intercourse. Sixteen percent of students reported that either they or their partner had used birth control pills to prevent pregnancy before their last intercourse.¹¹
- ❖ In Minnesota, 32 percent of 9th grade males and 37 percent of 9th grade females who are sexually active report never using any birth control method. For sexually active students in 12th grade, 16 percent of males and 13 percent of females report never using any birth control method.

Pregnancy and Birth

- ❖ In the United States, three in ten young women become pregnant by the age 20.¹²
- ❖ The US teen birth rate increased 5 percent from 2005 to 2007, interrupting a 34 percent decline from 1991 to 2005.¹³



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- ❖ In 2004, there were about 729,000 pregnancies among teens ages 15-19 in the US. Fifty-seven percent of these pregnancies resulted in live births, 27 percent resulted in induced abortions, and 16 percent resulted in fetal losses.¹⁴
- ❖ In Minnesota, 7,229 teens under age 20 became pregnant in 2007¹⁵
- ❖ In 2007, 5,249 teens in Minnesota gave birth,¹ representing 7 percent of all Minnesota births.¹⁶ This amounts to about 14 teen births per day.¹⁷

Consequences of Teen Childbearing

- ❖ In Minnesota, 17 percent of teen mothers have a second birth before the age of 20.¹⁹
- ❖ Teenage mothers, aged 19 and younger, are more likely to drop out of high school and to be single parents than women who delay childbearing until the age of 20 or 21.²⁰
- ❖ Less than half of teens who give birth before the age of 17 ever graduate from high school and fewer than 2 percent earn a college degree by age 30.²¹
- ❖ The children of teenage mothers are more likely to have lower cognitive attainment, exhibit behavior problems, have chronic medical conditions, rely on publicly provided health care, be incarcerated later in life, drop out of high school, give birth as a teenager, and be unemployed as a young adult.²²

STIs and HIV/AIDS

- ❖ Sexually Transmitted Infections (STIs) refer to more than 25 infectious organisms that are transmitted through sexual activity.²³ Human Immunodeficiency Virus (HIV) is the virus that causes Acquired Immunodeficiency Syndrome (AIDS). HIV can be spread from person to person during anal, vaginal or less commonly, oral sex.²⁴
- ❖ Teens ages 15 to 19 years old and young adults ages 20-24 are at a higher risk of acquiring STIs than older adults. Although individuals in these age groups represent only 25 percent of the ever sexually active population, they account for nearly half of all new STIs.²⁵
- ❖ In 2008, Minnesota teens ages 15-19 made up 30 percent of Chlamydia cases, 26 percent of Gonorrhea cases, and 35 of Syphilis cases.²⁶
- ❖ In Minnesota, teens ages 13 to 19 made up 1 percent, or 50, of all HIV/AIDS cases in the state in 2008.²⁷
- ❖ In 2007, teens ages 13 to 19 made up 4 percent, or 1,706, of all new HIV/AIDS cases in the United States.²⁸
- ❖ Minorities are particularly at risk for HIV/AIDS. Among 13-19 year olds, black teens represented 68 percent and Latino teens represented 19 percent of AIDS cases reported in 2007 in the United States.²⁹
- ❖ Although there is a high risk for acquiring STIs among youth, only 31 percent of sexually active teens ages 15 to 17 report they have been tested for STIs.³⁰
- ❖ Treatments for STIs vary. For example, chlamydia, trichomoniasis, gonorrhea and syphilis are treated with antibiotics; external genital warts can be frozen off with liquid nitrogen but will not rid the virus; and there is no cure for herpes. Medications also exist to reduce outbreaks.³¹
- ❖ Many people who have an STI, like chlamydia or HIV, don't feel sick. In fact, they may have no symptoms at all. The best way to reduce your risk of getting an STI is to use latex condoms and to get tested if you have any doubts.³² In addition, spermicides containing Nonoxynol-9 are no longer recommended for preventing STIs.



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Remember: ABSTINENCE (not having sexual intercourse including oral, anal and vaginal) gives you 100% protection against pregnancy and sexually transmitted infections (STIs), including HIV/AIDS. (But be sure no semen, vaginal secretions, or blood are exchanged.) Learn about your options to make the right choices about your future!

For confidential information about birth control, sexually transmitted infections, and affordable clinic referrals, call the Minnesota Family Planning and STI Hotline at (800) 78-FACTS

NOTE: Under Minnesota law, a minor does NOT need parental consent to get tested or treated for a pregnancy and STIs [Minn. Stat § 144.343 (1), or to get birth control [Op. Atty. Gen. 494-6-39, 8/25/72].

This fact sheet, updated in December 2009, was prepared by the Teenwise Minnesota. For more information contact Teenwise Minnesota at 651.644.1447 or toll free in Minnesota 800.657.3697. You can also send us an email at moapp@moapp.org or visit us on the Web at www.teenwisemn.org.

¹ US Centers for Disease Control and Prevention. (CDC; 2008). Youth Risk Behavior Surveillance – United States, 2007, MMWR Vol. 57 No. SS04, p. 1-131.

² CDC. (2008). Youth Risk Behavior Surveillance – United States, 2007, MMWR Vol. 57 No. SS04, p. 1-131.

³ Halpern-Felsher, B.L., Cornell, J.L., Kropp, R.Y., & Tschann, J.M. (2005). Oral Versus Vaginal Sex Among Adolescents: Perceptions, Attitudes, and Behavior. *Pediatrics*, 115(4):845-851.

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⁶ Minnesota Department of Education. (2007). Minnesota Student Survey. Retrieved from Minnesota Department of Education website: <http://education.state.mn.us/mdeprod/groups/SafeHealthy/documents/Report/033569.pdf>.

⁷ Minnesota Department of Education. (2007). Minnesota Student Survey. Retrieved from Minnesota Department of Education website: <http://education.state.mn.us/mdeprod/groups/SafeHealthy/documents/Report/033569.pdf>.

⁸ Guttmacher Institute. (2008). Facts on American Teens' Sexual and Reproductive Health. Retrieved from the Guttmacher Institute website: http://www.guttmacher.org/pubs/fb_ATSRH.html.

⁹ Guttmacher Institute. (2006). Facts on Contraceptive Use. Retrieved from the Guttmacher Institute website: http://www.guttmacher.org/pubs/fb_contr_use.html.

¹⁰ Guttmacher Institute. (2008). Facts on Contraceptive Use. Retrieved from the Guttmacher Institute website: http://www.guttmacher.org/pubs/fb_contr_use.html.

¹¹ CDC. (2008). Youth Risk Behavior Surveillance – United States, 2007, MMWR Vol. 57 No. SS04, p. 1-131.

¹² The National Campaign. (2009). The 5% Solution: Reversing the Rise in Teen Birth Rate – Teen Pregnancy and Childbearing in the United States: Ten Headlines. Retrieved from:

http://www.thenationalcampaign.org/media/events/5percent_solution/Ten_Headlines.pdf

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- ³⁰ Kaiser Family Foundation. *National Survey of Adolescents and Young Adults*. 2003.
- ³¹ Minnesota Family Planning and STI Hotline 1.800.78.FACTS <http://www.stdhotline.state.mn.us/>
- ³² Minnesota Family Planning and STI Hotline 1.800.78.FACTS <http://www.stdhotline.state.mn.us/>