

sextalk.

answers to your questions about sex and relationships

factoid

The two most commonly cited reasons UA students give for abstaining from sex are personal/family values followed by concerns about pregnancy. (Health & Wellness Survey 2005, n=2036)

Q. I am wondering if being sick and under stress could cause a delay in my period? I'm not on birth control and have been on time with my period for the last three months. There has been nothing different in my sex life this past month. I've had sex two times, each time with a condom, and he pulled out before cumming and never put it back in after he did.

A. Both illness and high-level stress can delay a woman's period since both may disrupt the body's normal hormonal balance. Other common factors that may cause menstrual delays, or may result in a woman missing her period for a month or two include:

- Undergoing a major life change such as moving, changing or starting a new job, breaking up or starting a new romance,
- A dramatic change in eating or exercise patterns, and
- Significant weight loss.

Although you are taking precautions to prevent pregnancy, if you have still not gotten your period in a couple of weeks, consider taking a pregnancy test just to rule out the possibility of pregnancy. If your pregnancy test comes back negative and you have still not gotten your period after three months, schedule an appointment with your health care provider to determine the cause.

Q. Can you get a girl pregnant by just touching the penis to the vagina? Not going in at all, just rubbing for like 10 seconds.

A. If a man rubs his penis against a woman's vagina, and there is any ejaculate or pre-ejaculate fluid present on his penis, and the fluid gets on or near her labia (inner vaginal lips), and she is nearing or in the midst of ovulation, there is a slight risk that the woman could become pregnant. Sperm deposited on a woman's labia can travel into the vagina and up into the uterus where it can fertilize an egg. To be absolutely certain that your girlfriend does not get pregnant, either abstain from this activity or use a condom.

Have a question? Send it to sextalk@email.arizona.edu

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