

sextalk.

answers to your questions about sex and relationships

factoid Students don't need to have health insurance to be seen at Campus Health. There is a \$15 fee to see a medical provider.

Q. I've been having unprotected sex for the past week. My boyfriend and I were having foreplay and he put his penis into me without a condom before we started to have sex. He calls it a "warm up". I don't know that much about sex so I thought it was ok. After he does the warm up he puts on a condom and we have sex. Could I get or be pregnant? My period is always irregular but I'm a couple of days late. What do I do?

A. If you're more than a week late for your period, take a pregnancy test. You can pick up a kit with two test strips at the Campus Health Pharmacy for under \$6, or buy one from a drugstore.

Using a condom during sex is a very smart move on your part, however, it is possible to get pregnant (and/or get an STD) during the warm up activity you describe. Even though chances are fairly low, there's always a chance. Here's why: when a man becomes aroused, fluid appears at the tip of the penis. It's called pre-ejaculatory fluid (or pre-cum), which may contain sperm from masturbation or earlier sexual intercourse. Also, sometimes men can't control exactly when they are going to ejaculate. Your boyfriend might get excited and cum inside you before he gets the condom on, putting you at risk for pregnancy, HIV, and other STDs.

We're assuming that "unprotected sex" means that you're not using any method of birth control before the condom. Unless you're willing to risk getting pregnant, consider using another method of birth control, such as pills, the Nuva-ring, an IUD, a diaphragm, etc. You can set up an appointment for any of these contraceptive methods at Campus Health by calling 621-9202.

If you are going to get naked, have fun, and have sex, using condoms can reduce your risks of pregnancy and STDs significantly. Condoms are inexpensive, easy to use, and can help your boyfriend maintain an erection longer. Of course it goes without saying that only complete abstinence (no sexual or skin-to-skin contact at all) is 100% effective in preventing both pregnancy and STDs.

For more Sextalk answers: go to www.health.arizona.edu

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

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