

The page is decorated with various colored pencils (brown, green, red, blue, yellow) and a female symbol (pink and red) on the left side. On the right side, there are more pencils (blue, yellow) and a pencil holder containing several pencils (red, yellow, blue, green, brown).

# Contraception

1. Sex is a normal behaviour displayed on the basis of love and marriage.
2. Adolescents should not have sex casually because:
  - a) “sex” is not equivalent to “love”; love is mutual respect and care for one another instead of satisfaction of lust recklessly;
  - b) it is possible to contract diseases:
    - sexually transmitted diseases (STDs) 【such as herpes, genital warts, AIDS, gonorrhoea, syphilis】 ;
    - hepatitis B or C;
  - c) the earlier a girl starts having sex or the more sex partners she has, the higher is her chance of having cervical cancer; and
  - d) promiscuity and unexpected pregnancy would bring along enormous psychological stress and trauma as well as unbearable consequences.
3. Learn contraceptive methods for future family planning.
  - a) Common and effective contraceptive methods used in Hong Kong include:
    - ◆ oral contraceptives (prescribed by doctors after assessment); and
    - ◆ male condoms (must be put on properly).
  - b) No contraceptive method is totally reliable.
  - c) Using condoms can reduce the chance of contracting AIDS and STDs but they are not entirely safe.

## Steps in Using Condoms

- i) Check the expiry date from the wrapper and ensure that it is intact.
- ii) Open the wrapper carefully and do not use sharp objects such as scissors for such purpose.
- iii) Check whether the condom is intact and distinguish between the outer and inner sides (the rim rolls up the outer side).
- iv) Put the condom on an erect penis before it contacts the vagina.
  - Gently pinch the apex of the condom to squeeze air out of the reservoir tip to facilitate the storage of semen ejaculated.
  - Roll the condom carefully down the entire shaft of the erect penis while still pitching the apex and do not let fingernail or ring damage the condom.
- v) Apply water-based lubricant if required, since oil-based substances such as Vaseline or baby oil would deteriorate latex and render the condom ineffective.
- vi) Withdraw the penis while holding the rim of the condom immediately after ejaculation to prevent the condom from slipping off and beware of spillage of semen.
- vii) Check whether there is any leakage in the condom before disposing of it properly.

**Adolescents should never ignore the adverse consequences of having sex.**