

Below is a screen shot from [www.stayteen.org](http://www.stayteen.org), a website that GSUSA directed girls to read in order to learn about teen pregnancy and which refers girls to Planned Parenthood. The relevant text has been highlighted in yellow to make it easier to see. The page can be accessed online [here](#).

The screenshot shows a web browser window with the address bar displaying [stayteen.org/frequently-asked-questions](http://stayteen.org/frequently-asked-questions). The page content includes five frequently asked questions, with relevant text highlighted in yellow. On the right side, there are two social media posts from StayTeen.

**2. What is the best way to make sure I don't get pregnant (or get someone pregnant)?**

Well, the only 100% guaranteed way to avoid pregnancy is to not have sex. But if you're going to have sex then you need to make sure you use protection carefully, consistently, and correctly EVERY SINGLE TIME. There are lots of methods of contraception available—find out about each of these and other methods in our Birth Control section or talk to a health care professional to find the method that's right for you. Remember that only condoms (female and male) will protect you from STIs.

**3. I think I'm pregnant. What should I do?**

If you think you might be pregnant, the first thing to do is find out for sure. You can take a home pregnancy test from the drugstore, but the best option is to make an appointment with a health care professional. They can not only tell you whether or not you're pregnant, but they can counsel you on what to do if you are and how to avoid pregnancy in the future if you're not. And keep this in mind: the sooner you know, the better off you'll be. Don't wait to see a doctor because you're scared of what you'll find out. **If you need help finding a health care professional, you can call Planned Parenthood at 1-800-230-PLAN or visit [PlannedParenthood.org](http://PlannedParenthood.org) to find a clinic or doctor right away.**

**4. I'm pregnant. What do I do now?**

Find an adult you love and trust—your parents or someone else who loves you and has your best interests in mind. This isn't something you should face alone. You also need to see a doctor or other health care professional as soon as possible to determine how far along you are in your pregnancy. One thing you absolutely cannot do is ignore the fact that you are pregnant. So find someone to talk to and get their help, then contact a health care professional **(you can call Planned Parenthood at 1-800-230-PLAN or visit [PlannedParenthood.org](http://PlannedParenthood.org) to find a clinic or doctor) and make an appointment.**

**5. Can you really get pregnant or get someone pregnant the first time you have sex or if you only have sex with someone once?**

**StayTeen** The Friday Five: check out Emerson's 5 tips for taking the awkward moment": [t.co/ihhApKHk](https://t.co/ihhApKHk)  
9:00 am October 28th

**StayTeen** Thank U Thursday to all our favorites on Twitter: @Digitalfamilies, @TUFamPlan, @AryamxEthiopian, @PlanBe\_, @G... (cont) [t.co/wNtrJ8so](https://t.co/wNtrJ8so)  
2:32 pm October 27th