

MYTHS **VS** **FACTS**

**Debunking common
sex myths with facts**

A COMIC BOOK!



ABOUT INVICTUS AFRICA

Invictus Africa is a civic organization that promotes human rights and gender equality through data-driven advocacy, technological solutions, and capacity development.

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The comic book is produced by Invictus Africa with support from the Open Society Initiative for West Africa (OSIWA) under the Prevention, Accountability, and Support (PAS) Project. It can be freely downloaded under the resource page of www.invictusafrica.org; and can be shared as published but must not be reproduced or printed for commercial purposes.

Hey, there:

It's common to come across information about topics like sex and other adult matters through TV, friends, or movies. However, it's important to be aware that not all of this information is accurate. Some of it can lead to misconceptions and distort your understanding of sex and intimacy.

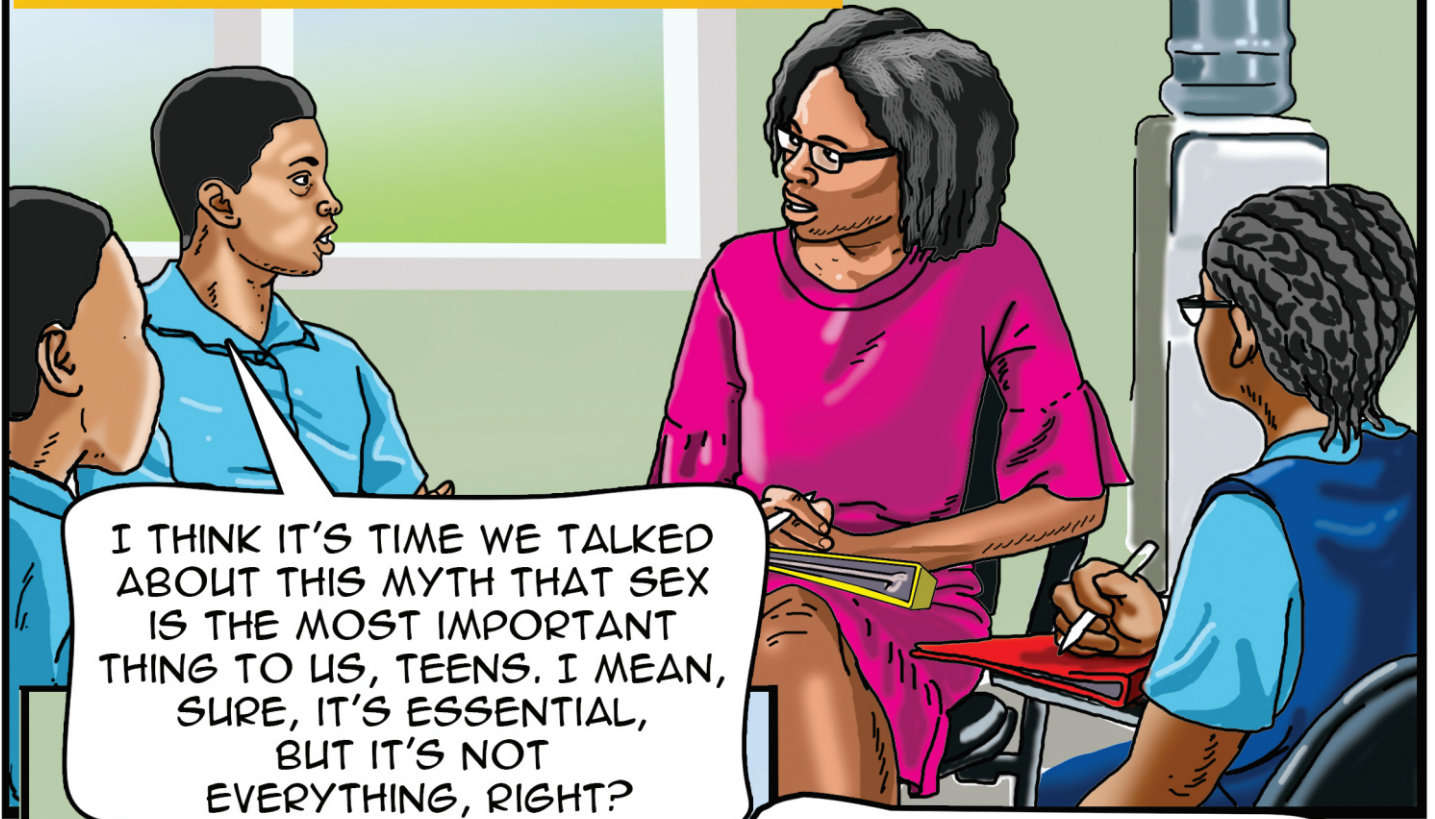
But don't worry, we're here to support you. We've created these engaging comic illustrations to discuss these complex topics and provide you with accurate, reliable information. Our goal is to ensure that you have access to the truth about sex and relationships, empowering you to make informed decisions and approach these aspects of your life with confidence.

Feel free to explore this comic book, and together, let's dispel the myths surrounding sex by embracing accurate facts.

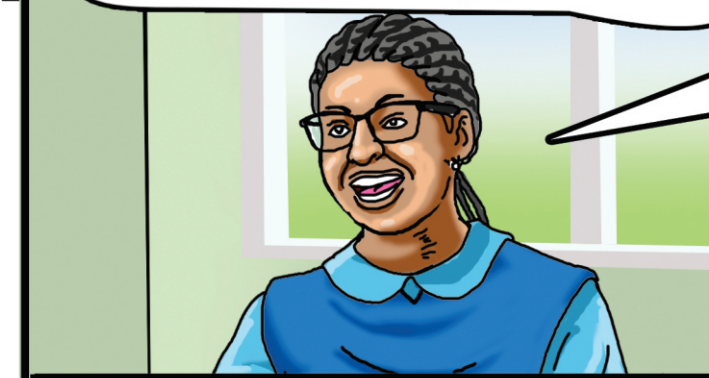


MYTH:

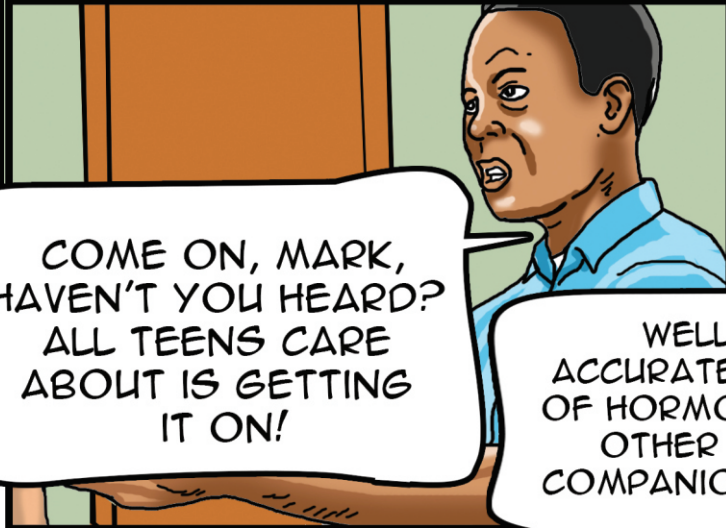
SEX IS THE MOST IMPORTANT THING TO A TEEN.



I THINK IT'S TIME WE TALKED ABOUT THIS MYTH THAT SEX IS THE MOST IMPORTANT THING TO US, TEENS. I MEAN, SURE, IT'S ESSENTIAL, BUT IT'S NOT EVERYTHING, RIGHT?



YEAH, I AGREE. IT'S LIKE PEOPLE THINK WE'RE ONLY INTERESTED IN ONE THING, AND THAT'S JUST NOT TRUE.



COME ON, MARK, HAVEN'T YOU HEARD? ALL TEENS CARE ABOUT IS GETTING IT ON!

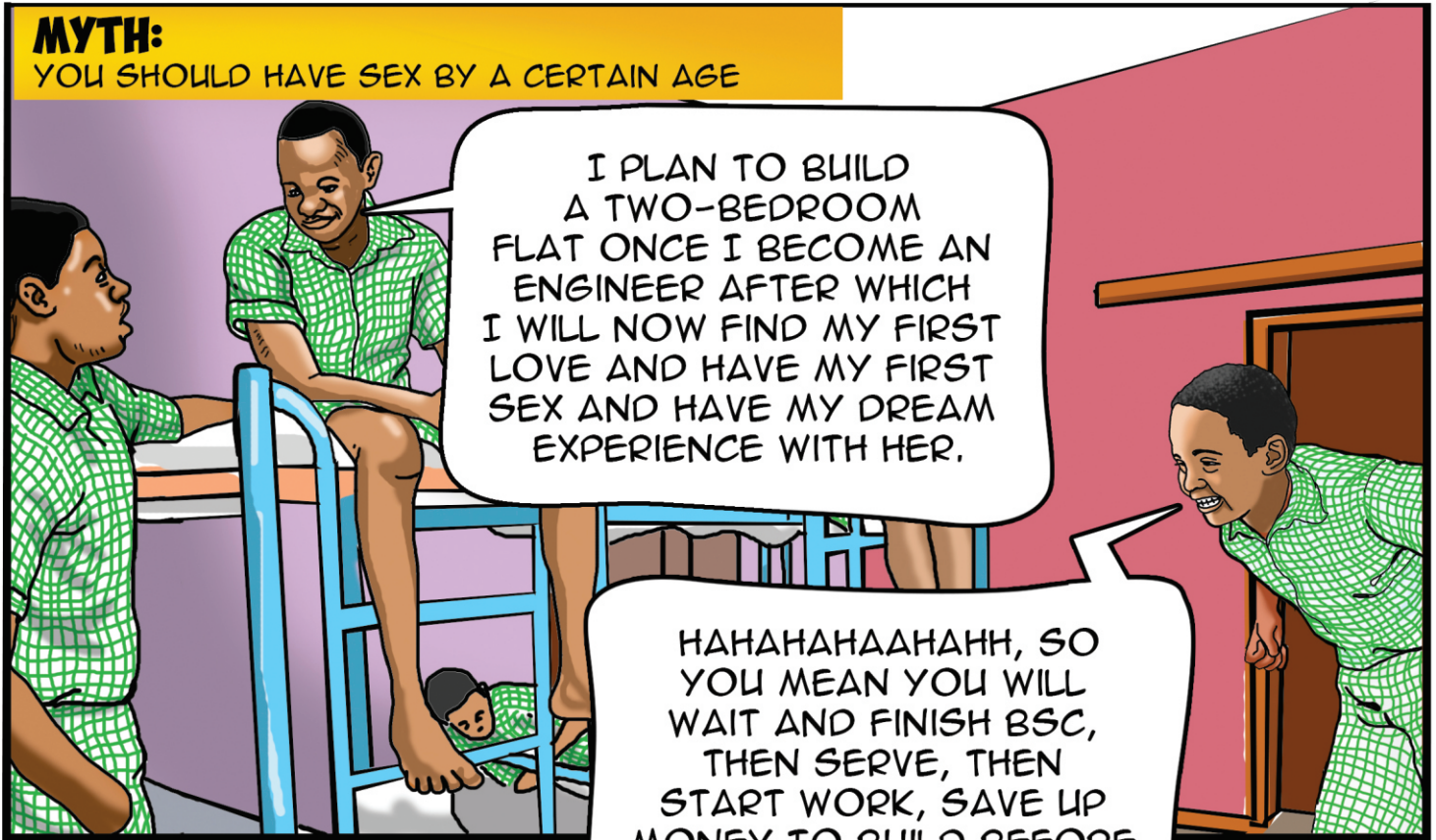
WELL, I DON'T THINK THAT'S ENTIRELY ACCURATE. TEENAGERS ARE NOT ALL A BUNCH OF HORMONE-DRIVEN MACHINES. YOU ALL HAVE OTHER PRIORITIES AND VALUES TOO, LIKE COMPANIONSHIP, TRUST, FRIENDSHIP, AND LOVE.

FACT:

AVOID GENERALIZATIONS! EACH PERSON IS UNIQUE, AS I'M SURE YOU'VE COME TO REALIZE. IT'S TRUE, ADOLESCENCE CAN BE A ROLLERCOASTER OF HORMONAL CHANGES. HOWEVER, THAT DOESN'T MEAN THAT YOUNG INDIVIDUALS PRIORITIZE PHYSICAL INTIMACY OVER OTHER MEANINGFUL CONNECTIONS LIKE COMPANIONSHIP, TRUST, FRIENDSHIP, OR LOVE. IF SOMEONE PUTS ON A SHOW OF BEING OVERLY INTERESTED IN PHYSICAL INTIMACY IN FRONT OF THEIR FRIENDS, IT MAY BE DUE TO PEER PRESSURE. TAKE THE TIME TO UNDERSTAND WHAT TRULY MATTERS TO THEM BEYOND THE SURFACE APPEARANCES.

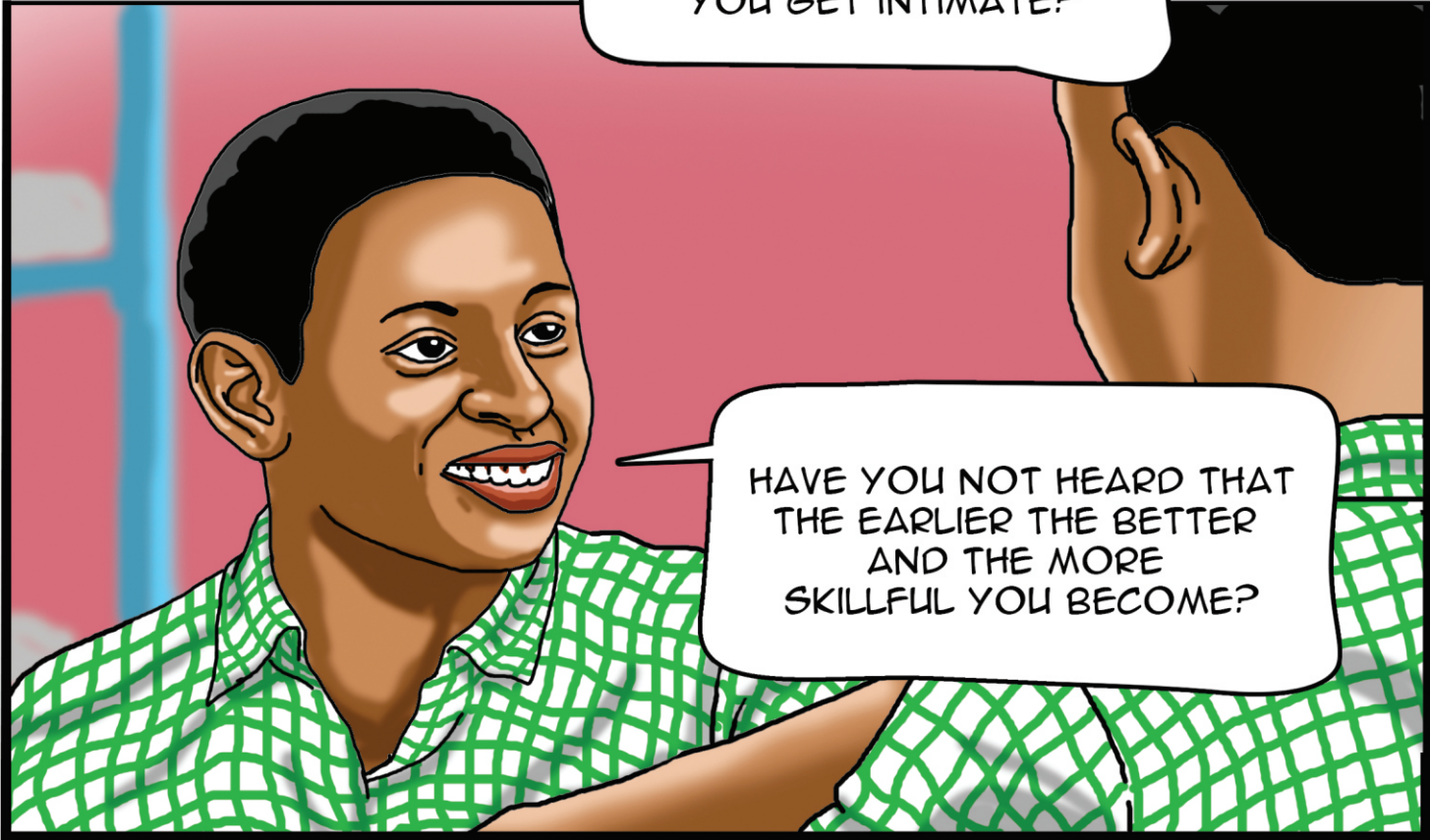
MYTH:

YOU SHOULD HAVE SEX BY A CERTAIN AGE



I PLAN TO BUILD A TWO-BEDROOM FLAT ONCE I BECOME AN ENGINEER AFTER WHICH I WILL NOW FIND MY FIRST LOVE AND HAVE MY FIRST SEX AND HAVE MY DREAM EXPERIENCE WITH HER.

HAHAHAHAHAHH, SO YOU MEAN YOU WILL WAIT AND FINISH BSC, THEN SERVE, THEN START WORK, SAVE UP MONEY TO BUILD BEFORE YOU GET INTIMATE?



HAVE YOU NOT HEARD THAT THE EARLIER THE BETTER AND THE MORE SKILLFUL YOU BECOME?

FACT:

THERE IS NO SPECIFIC AGE BY WHICH YOU SHOULD HAVE SEX. THE RIGHT TIME FOR ENGAGING IN SEXUAL ACTIVITY VARIES FROM PERSON TO PERSON AND SHOULD BE A CONSENSUAL AND WELL-INFORMED DECISION BASED ON YOUR READINESS, SAFETY, AND COMFORT LEVEL. IT'S IMPORTANT TO PRIORITIZE YOUR EMOTIONAL AND PHYSICAL WELL-BEING OVER SOCIETAL PRESSURES OR EXPECTATIONS REGARDING AGE AND SEX.

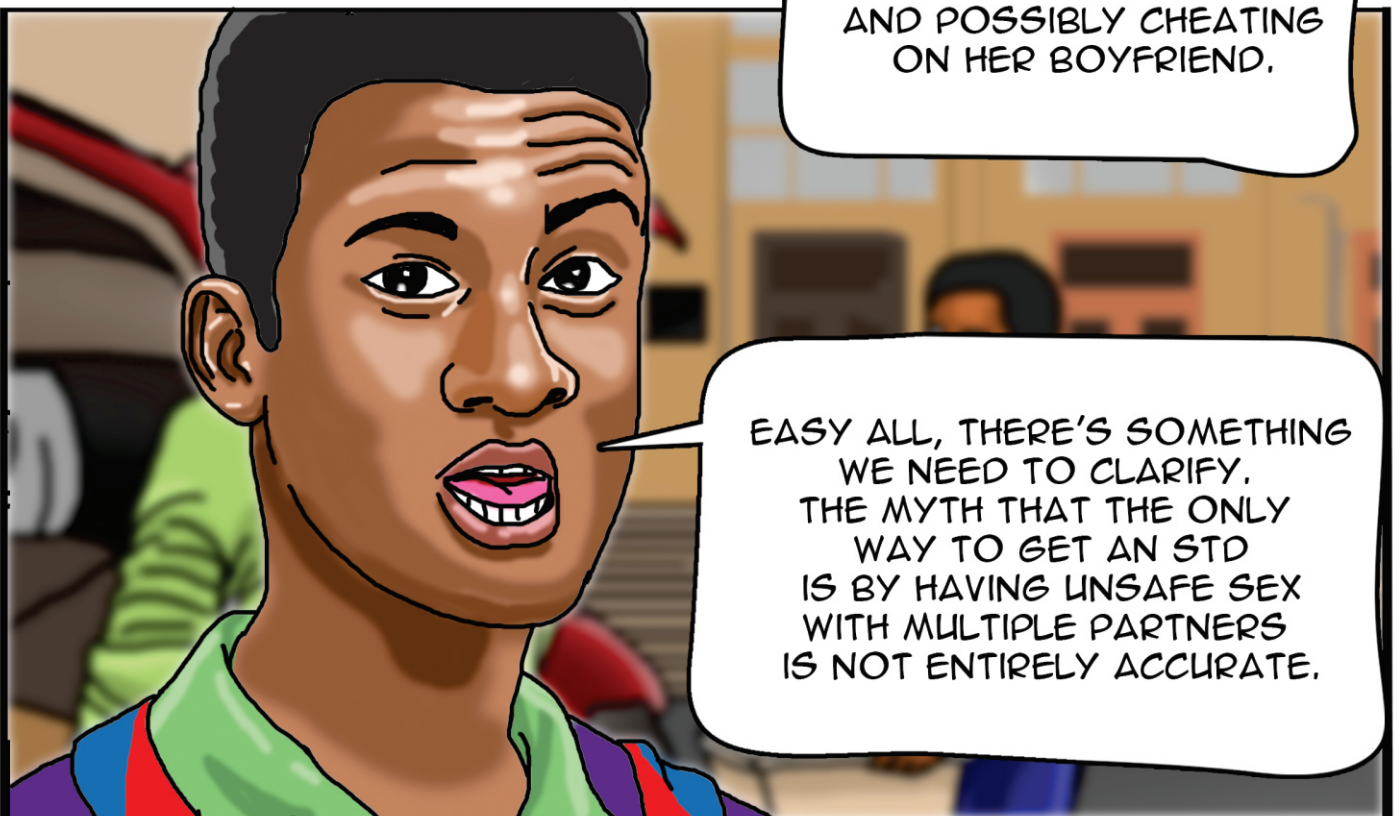
MYTH:

THE ONLY WAY YOU CAN CONTRACT AN STD IS BY HAVING UNSAFE SEX WITH MORE THAN ONE PERSON.



HEY GUYS, I HEARD KELLY SAYING SHE HAS STD, I THOUGHT SHE ALWAYS SAID SHE ONLY SLEPT WITH HER BOYFRIEND AND NO ONE ELSE.

EXACTLY, IF SHE ACTUALLY HAS STD THEN SHE HAS MORE THAN ONE PARTNER AND POSSIBLY CHEATING ON HER BOYFRIEND.



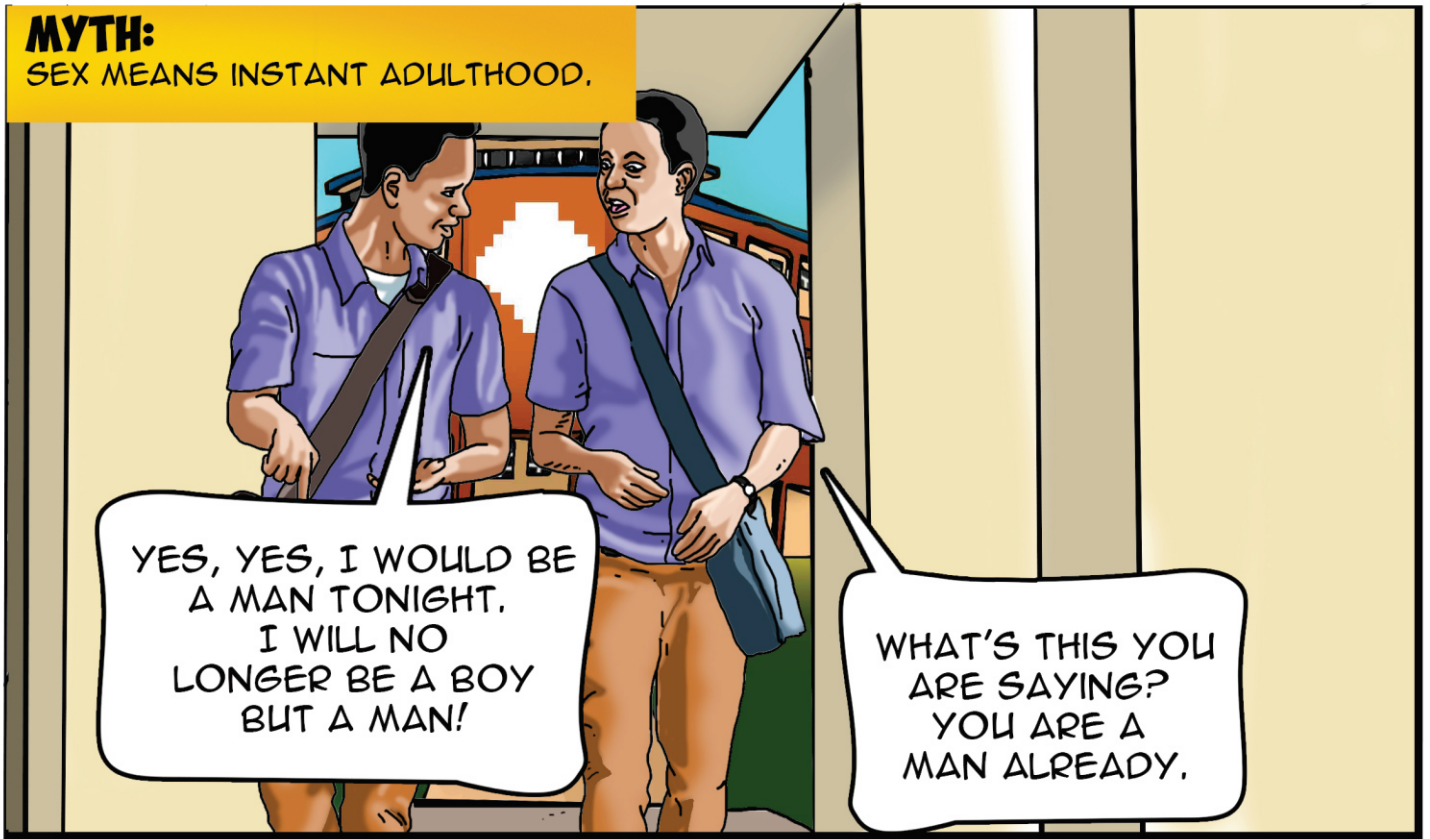
EASY ALL, THERE'S SOMETHING WE NEED TO CLARIFY. THE MYTH THAT THE ONLY WAY TO GET AN STD IS BY HAVING UNSAFE SEX WITH MULTIPLE PARTNERS IS NOT ENTIRELY ACCURATE.

FACT:

WHILE HAVING UNPROTECTED SEX WITH MULTIPLE PARTNERS INDEED INCREASES YOUR RISK, IT ONLY TAKES ONE ENCOUNTER WITH ONE PERSON TO CONTRACT SEXUALLY TRANSMITTED DISEASES (STDs) OR SEXUALLY TRANSMITTED INFECTIONS (STIs). IT'S LIKE GETTING PREGNANT; THE MAGIC NUMBER IS ONE. STD/STI CAN BE CONTRACTED WHEN ONE HAS UNPROTECTED (WITHOUT A CONDOM) VAGINAL, ORAL, OR ANAL SEX WITH SOMEONE WHO HAS AN STD/STI. STDs/STIs CAN ALSO BE CONTRACTED DURING GENITAL TOUCHING, AND IT IS ALSO POSSIBLE TO GET SOME STIs, SUCH AS SYPHILIS AND HERPES, WITHOUT HAVING SEX. IT CAN BE DIFFICULT TO TELL IF SOMEONE HAS AN STI. STIs CAN BE SPREAD EVEN IF THERE ARE NO SIGNS OR SYMPTOMS.

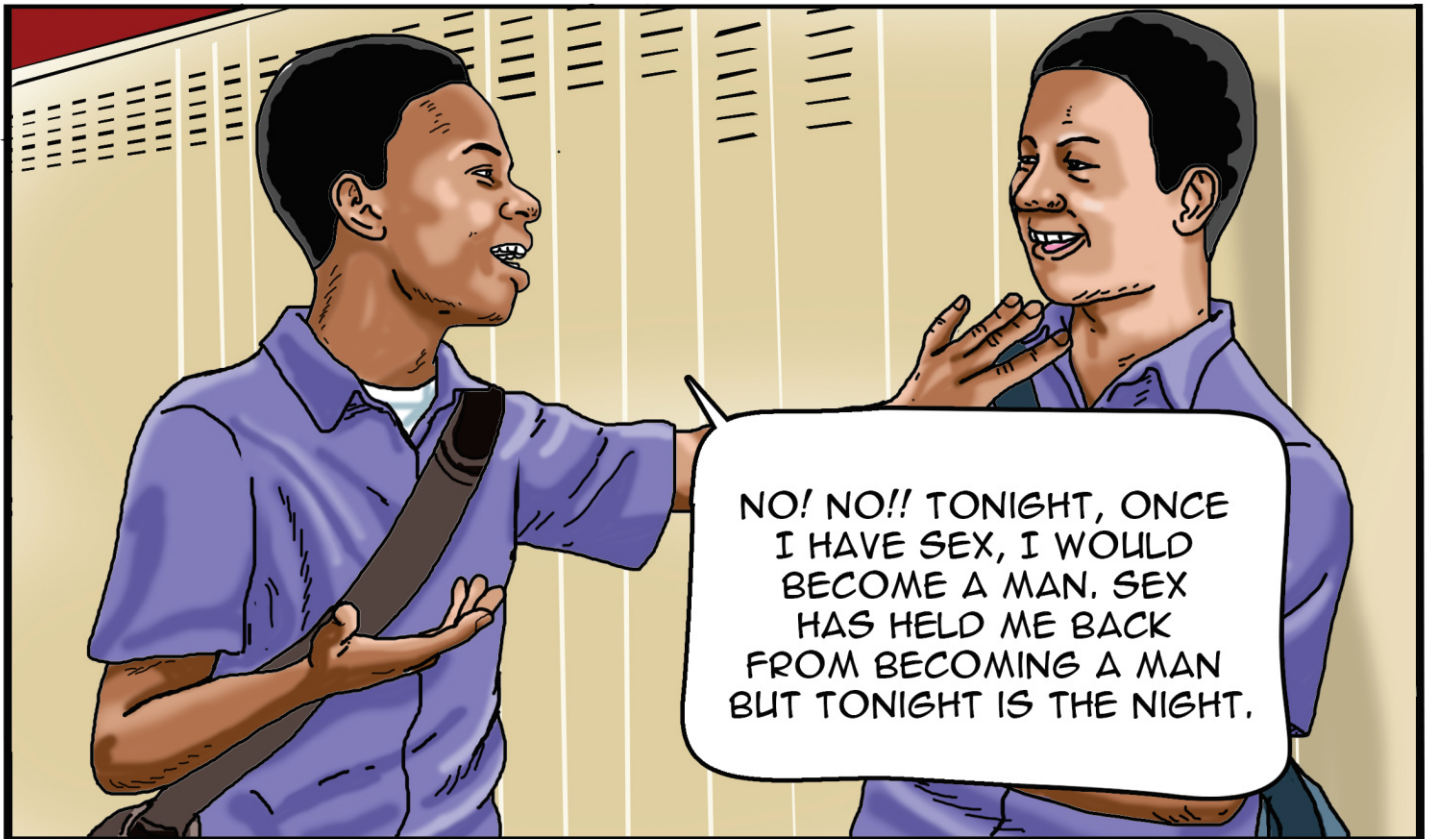
MYTH:

SEX MEANS INSTANT ADULthood.



YES, YES, I WOULD BE A MAN TONIGHT. I WILL NO LONGER BE A BOY BUT A MAN!

WHAT'S THIS YOU ARE SAYING? YOU ARE A MAN ALREADY.



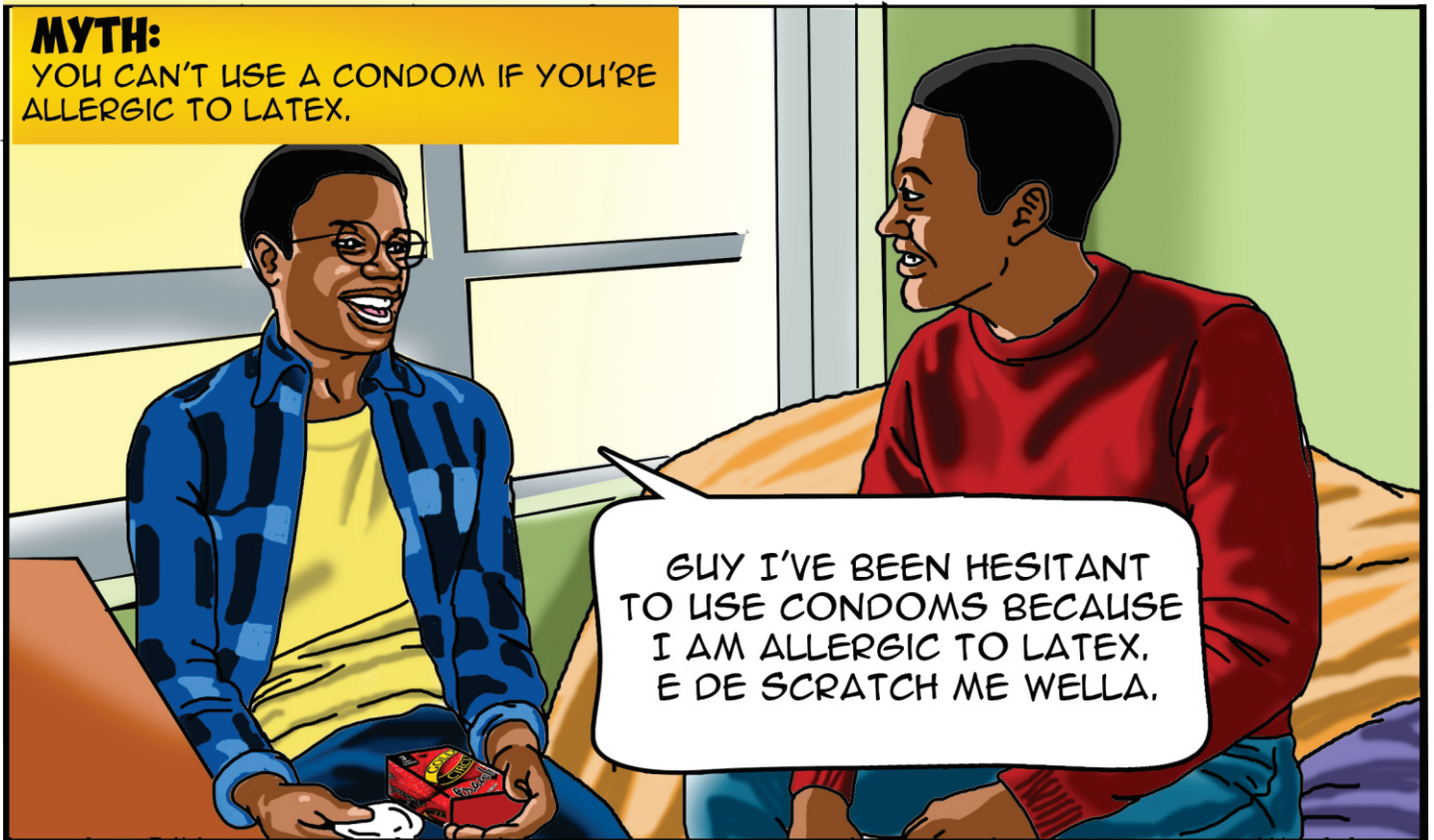
NO! NO!! TONIGHT, ONCE I HAVE SEX, I WOULD BECOME A MAN. SEX HAS HELD ME BACK FROM BECOMING A MAN BUT TONIGHT IS THE NIGHT.

FACT:

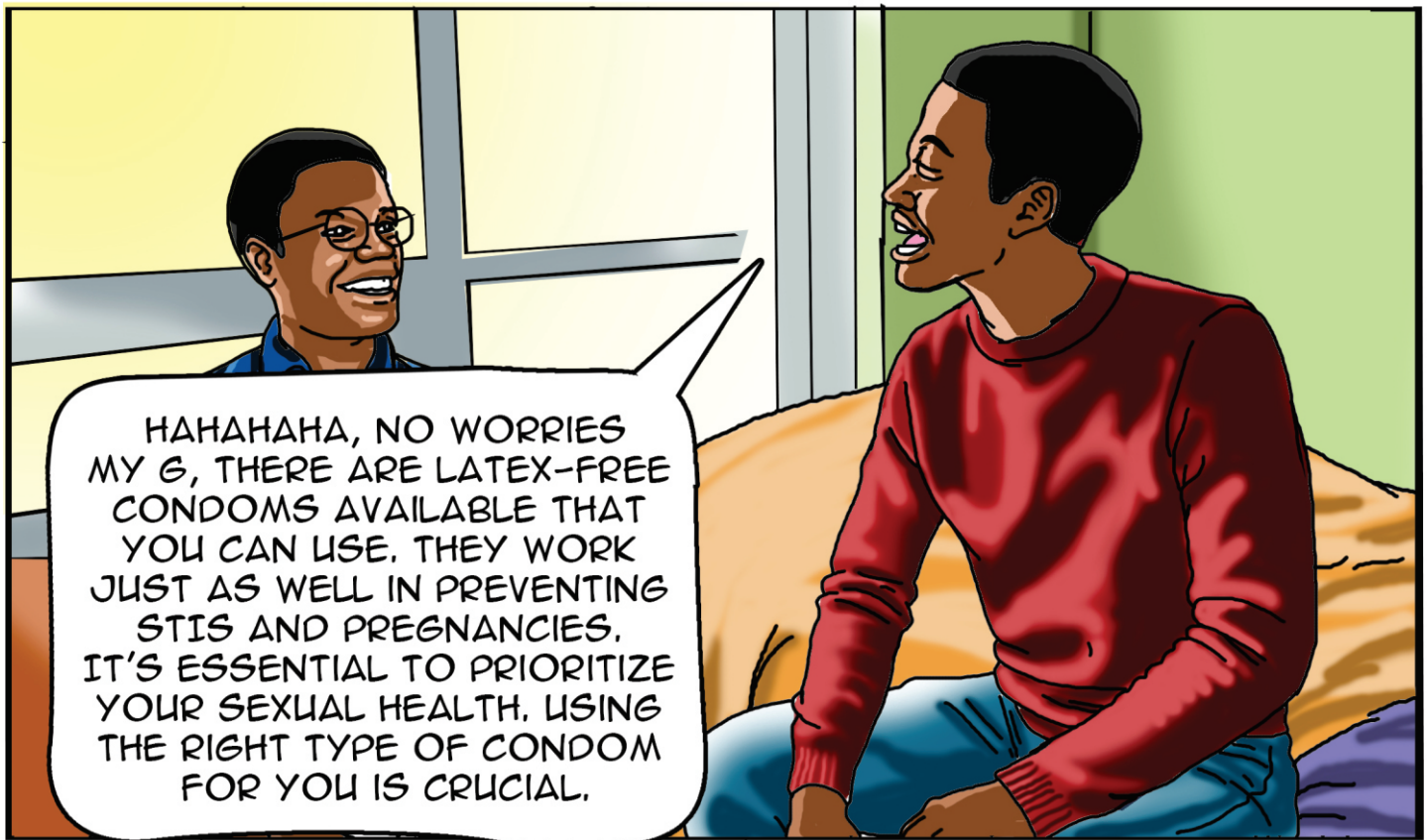
ADULTHOOD IS A COMPLEX CONCEPT THAT INVOLVES LEGAL, SOCIAL, AND PSYCHOLOGICAL DIMENSIONS. LEGALLY, ADULTHOOD IS TYPICALLY DEFINED BY A SPECIFIC AGE, OFTEN 18 YEARS OLD IN MANY COUNTRIES, WHEN INDIVIDUALS ARE CONSIDERED RESPONSIBLE FOR THEIR ACTIONS AND HAVE CERTAIN RIGHTS AND RESPONSIBILITIES, SUCH AS VOTING AND SIGNING CONTRACTS. HOWEVER, REACHING A SPECIFIC AGE DOES NOT AUTOMATICALLY MAKE SOMEONE EMOTIONALLY OR PSYCHOLOGICALLY MATURE. SEXUAL ACTIVITY ITSELF DOES NOT DETERMINE ONE'S LEVEL OF MATURITY OR READINESS FOR ADULTHOOD. IT IS ESSENTIAL TO CONSIDER OTHER FACTORS, SUCH AS EMOTIONAL INTELLIGENCE, DECISION-MAKING SKILLS, FINANCIAL INDEPENDENCE, AND THE ABILITY TO HANDLE RESPONSIBILITIES, WHEN DETERMINING WHETHER SOMEONE IS READY FOR ADULTHOOD.

MYTH:

YOU CAN'T USE A CONDOM IF YOU'RE ALLERGIC TO LATEX.



GUY I'VE BEEN HESITANT TO USE CONDOMS BECAUSE I AM ALLERGIC TO LATEX. E DE SCRATCH ME WELLA.




HAHAHAHA, NO WORRIES MY G, THERE ARE LATEX-FREE CONDOMS AVAILABLE THAT YOU CAN USE. THEY WORK JUST AS WELL IN PREVENTING STIS AND PREGNANCIES. IT'S ESSENTIAL TO PRIORITIZE YOUR SEXUAL HEALTH. USING THE RIGHT TYPE OF CONDOM FOR YOU IS CRUCIAL.

FACT:

CONDOMS COME IN ALL DIFFERENT SIZES AND LATEX-FREE CONDOMS ARE ALSO AVAILABLE IF YOU HAVE A LATEX ALLERGY. IF YOU STRUGGLE TO USE CONDOMS, TAKE TIME TO PRACTICE PUTTING THEM ON SO YOU FEEL MORE COMFORTABLE USING THEM. LATEX-FREE CONDOMS ARE MADE FROM MATERIALS LIKE POLYURETHANE OR POLYISOPRENE. THEY OFFER THE SAME LEVEL OF PROTECTION BUT ARE SUITABLE FOR PEOPLE WITH LATEX ALLERGIES. IT IS A VIABLE OPTION FOR INDIVIDUALS WITH LATEX ALLERGIES, AND THEY ENCOURAGED OTHERS TO PRIORITIZE THEIR SEXUAL HEALTH BY USING THE RIGHT TYPE OF PROTECTION FOR THEM.

MYTH:
SIZE MATTERS




HI, HOW ARE YOU
AND HOW MAY
I BE OF HELP?




GOOD AFTERNOON, SIR.
SIR, I NEED HELP, I AM
NOT MAN ENOUGH,
MY DICK IS TOO SMALL,
AND I NEED SOMETHING TO
MAKE IT BIGGER SO I CAN
BE MAN ENOUGH IN SCHOOL.



I AM UCHE SIR,
AND I AM
16 YEARS OLD.



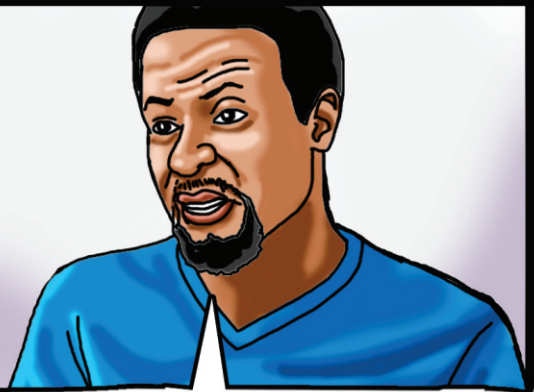
IT'S OKAY, YOUNG MAN.
WHAT'S YOUR NAME,
AND HOW OLD
ARE YOU?



HMMM, PRESSURE FROM
OTHER BOYS IN SCHOOL,
YEAH? TELLING YOU THAT
THE SIZE OF YOUR DICK
DETERMINES YOUR
MANHOOD?



YES SIR.



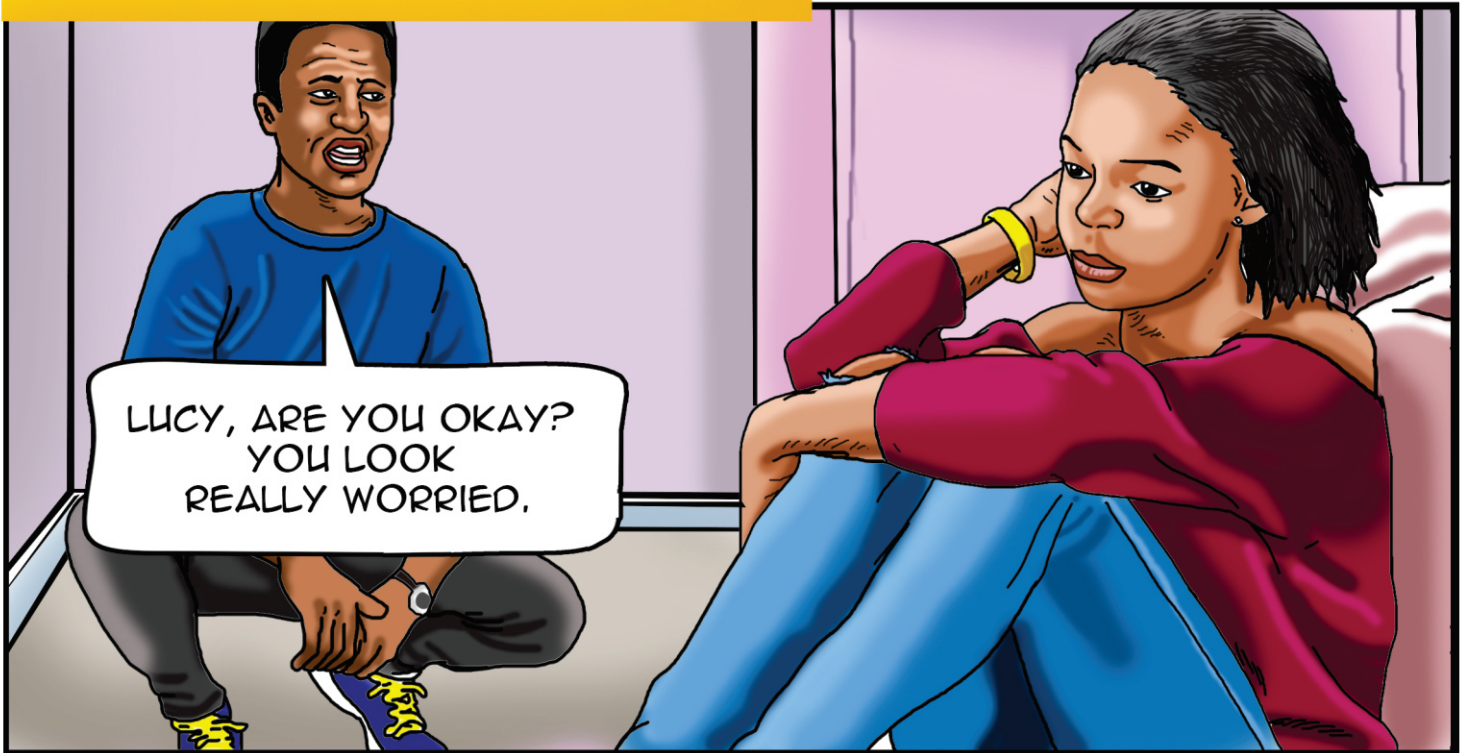
LET ME EXPLAIN THIS TO
YOU, SON. THAT IS A MYTH,
AND I WOULD GIVE YOU
THE FACT AND WHAT'S
IMPORTANT TO NOTE ABOUT
YOUR BODY SYSTEM
SO NO ONE SHOULD MAKE
YOU FEEL BAD.

FACT:

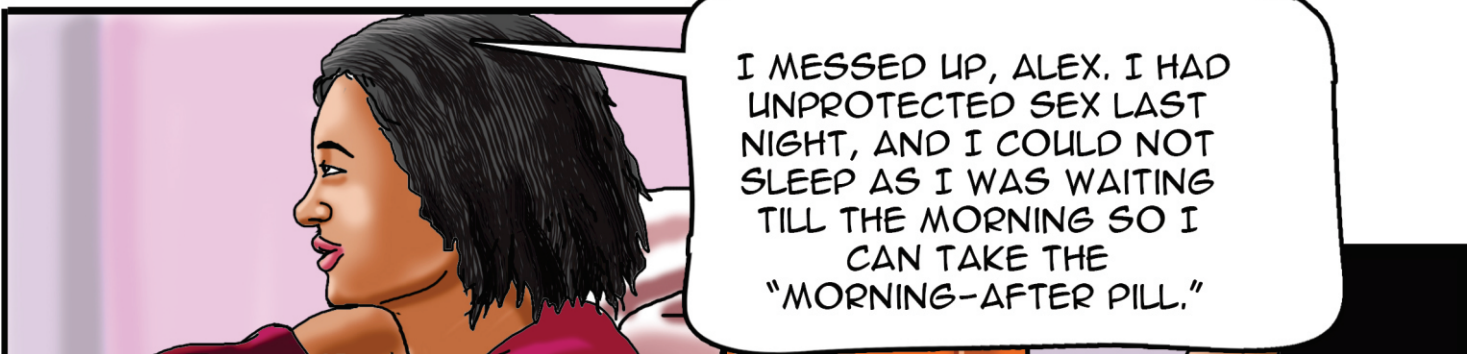
PENISES AND TESTICLES COME IN A DIVERSE RANGE OF SIZES AND SHAPES. WHEN FLACCID, PENISES MAY APPEAR DIFFERENT IN SIZE, BUT WHEN ERECT, THEIR SIZES BECOME MORE SIMILAR. SINCE MEN DON'T USUALLY SEE EACH OTHER'S ERECT PENISES, COMPARING SIZES REALISTICALLY IS VIRTUALLY IMPOSSIBLE. DESPITE THIS, THE MYTH PERSISTS, LEADING MANY MEN TO FEEL INADEQUATE IF THEY DON'T "MEASURE UP" TO CERTAIN STANDARDS. HOWEVER, THE SIZE OF A MAN'S PENIS HAS GOT NOTHING TO DO WITH THE PLEASURE HE EXPERIENCES OR THE PLEASURE HE CAN PROVIDE TO HIS PARTNER. IT'S IMPORTANT TO RECOGNIZE THAT EMOTIONAL CONNECTION AND COMMUNICATION ARE FAR MORE CRUCIAL FACTORS IN INTIMATE RELATIONSHIPS THAN PHYSICAL ATTRIBUTES.

MYTH:

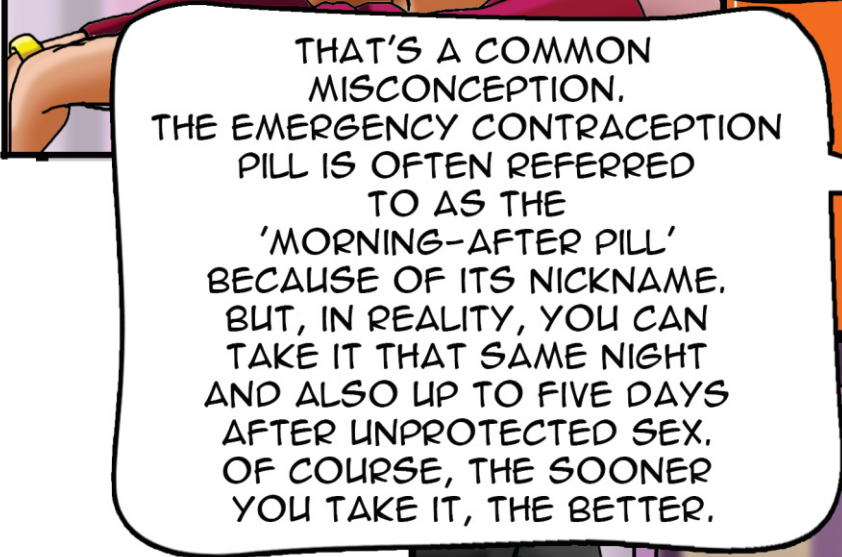
YOU MUST USE EMERGENCY CONTRACEPTION THE MORNING AFTER SEX.



LUCY, ARE YOU OKAY? YOU LOOK REALLY WORRIED.



I MESSED UP, ALEX. I HAD UNPROTECTED SEX LAST NIGHT, AND I COULD NOT SLEEP AS I WAS WAITING TILL THE MORNING SO I CAN TAKE THE "MORNING-AFTER PILL."



THAT'S A COMMON MISCONCEPTION. THE EMERGENCY CONTRACEPTION PILL IS OFTEN REFERRED TO AS THE 'MORNING-AFTER PILL' BECAUSE OF ITS NICKNAME. BUT, IN REALITY, YOU CAN TAKE IT THAT SAME NIGHT AND ALSO UP TO FIVE DAYS AFTER UNPROTECTED SEX. OF COURSE, THE SOONER YOU TAKE IT, THE BETTER.

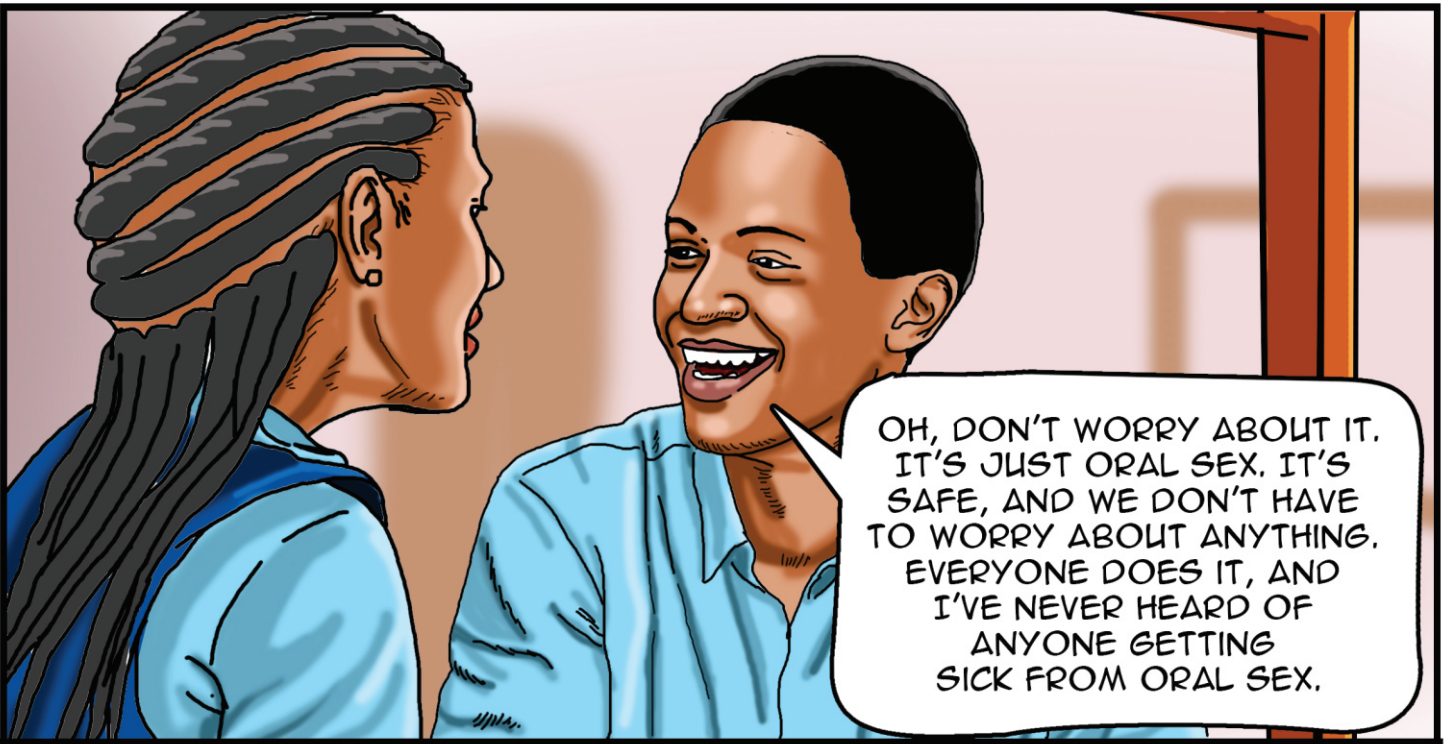
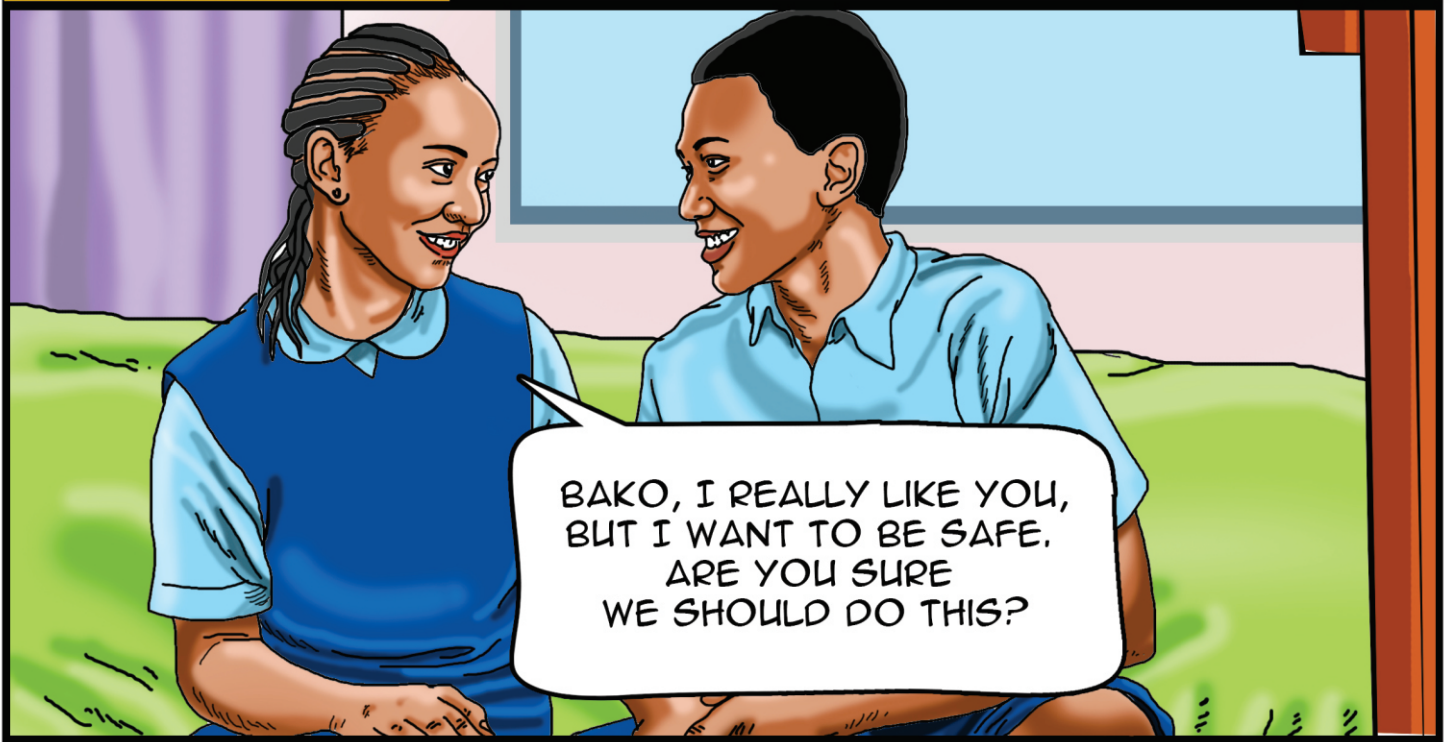


FACT:

THIS IS A COMMON MISCONCEPTION DUE TO THE NICKNAME FOR THE EMERGENCY HORMONAL CONTRACEPTION PILL BEING THE 'MORNING AFTER PILL'. THE EMERGENCY CONTRACEPTION PILL CAN BE GIVEN UP TO 5 DAYS AFTER UNPROTECTED SEX, ALTHOUGH THE SOONER IT'S TAKEN THE BETTER. IF YOU'RE WORRIED YOU HAVE MISSED THIS TIME FRAME, THERE ARE OTHER OPTIONS AVAILABLE, SO SPEAK TO YOUR DOCTOR.

MYTH:

ORAL SEX IS SAFE SEX.

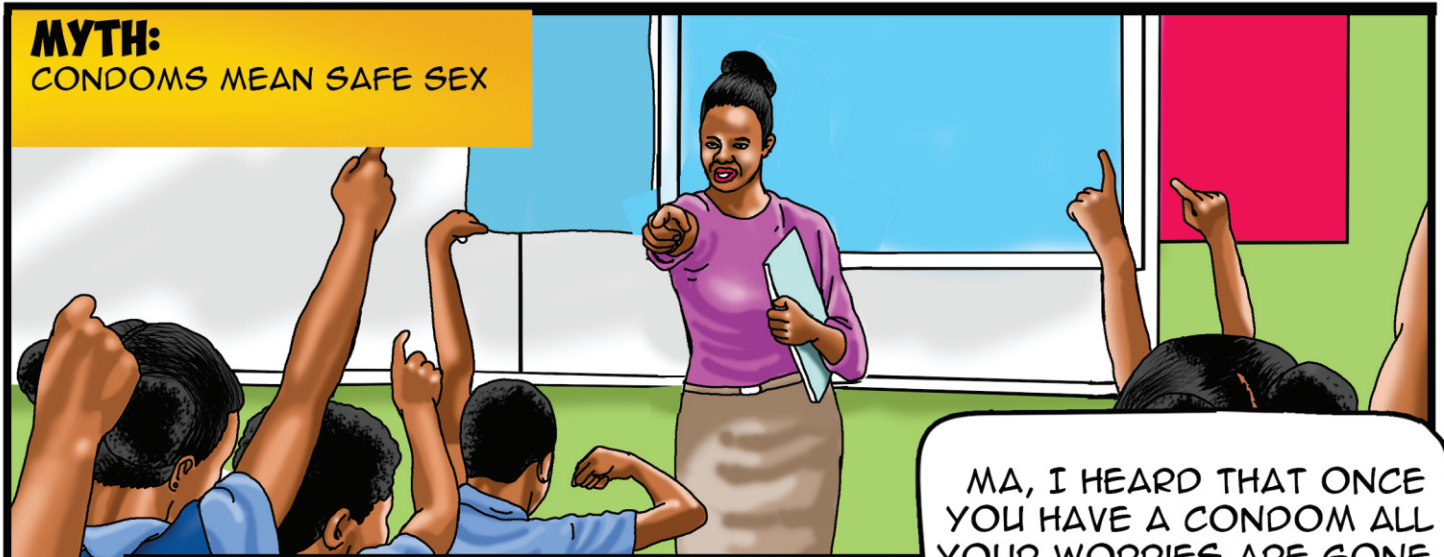


FACT:

WHILE ORAL SEX IS GENERALLY CONSIDERED SAFER THAN OTHER FORMS OF SEXUAL ACTIVITY, IT STILL CARRIES SOME RISKS DUE TO THE EXCHANGE OF BODILY FLUIDS. ONE CAN TRANSMIT HEPATITIS A AND B. IT ALSO CAN TRANSMIT INTESTINAL PARASITES LIKE GIARDIA AND BACTERIA LIKE E.COLI AND SHIGELLA. YOU CAN ALSO CONTRACT STIS LIKE GONORRHEA, GENITAL HERPES, SYPHILIS, OR HUMAN PAPILLOMAVIRUS (HPV).

MYTH:

CONDOMS MEAN SAFE SEX



MA, I HEARD THAT ONCE YOU HAVE A CONDOM ALL YOUR WORRIES ARE GONE, AND I AM TRYING TO IMAGINE HOW A SMALL RUBBER WOULD BE SO POWERFUL.



HMMM. THANK YOU FOR THAT GREAT QUESTION. I WOULD LIKE TO CLARIFY SOME OF THIS, SO WE DO NOT GET IT ALL WRONG. HAVING A CONDOM IN YOUR BAG DOES NOT GUARANTEE SAFETY DURING SEX, YOU NEED TO KNOW HOW TO STORE, OPEN, USE, AND DISPOSE PROPERLY.



FACT:

THE USE OF CONDOMS DURING SEX WILL INDEED PREVENT YOU FROM GETTING A SEXUALLY TRANSMITTED INFECTION AND KEEP YOU FROM GETTING PREGNANT BUT ONLY WHEN YOU USE THEM PROPERLY. PREGNANCY OR A SEXUALLY TRANSMITTED INFECTION MAY ALSO OCCUR IF THE CONDOM BREAKS DURING SEXUAL INTERCOURSE. THUS, IT'S IMPORTANT TO CHOOSE THE PROPER CONDOM AND WEAR IT CORRECTLY.

MYTH:

HIV CAN BE TRANSMITTED THROUGH ANY BODILY FLUIDS.

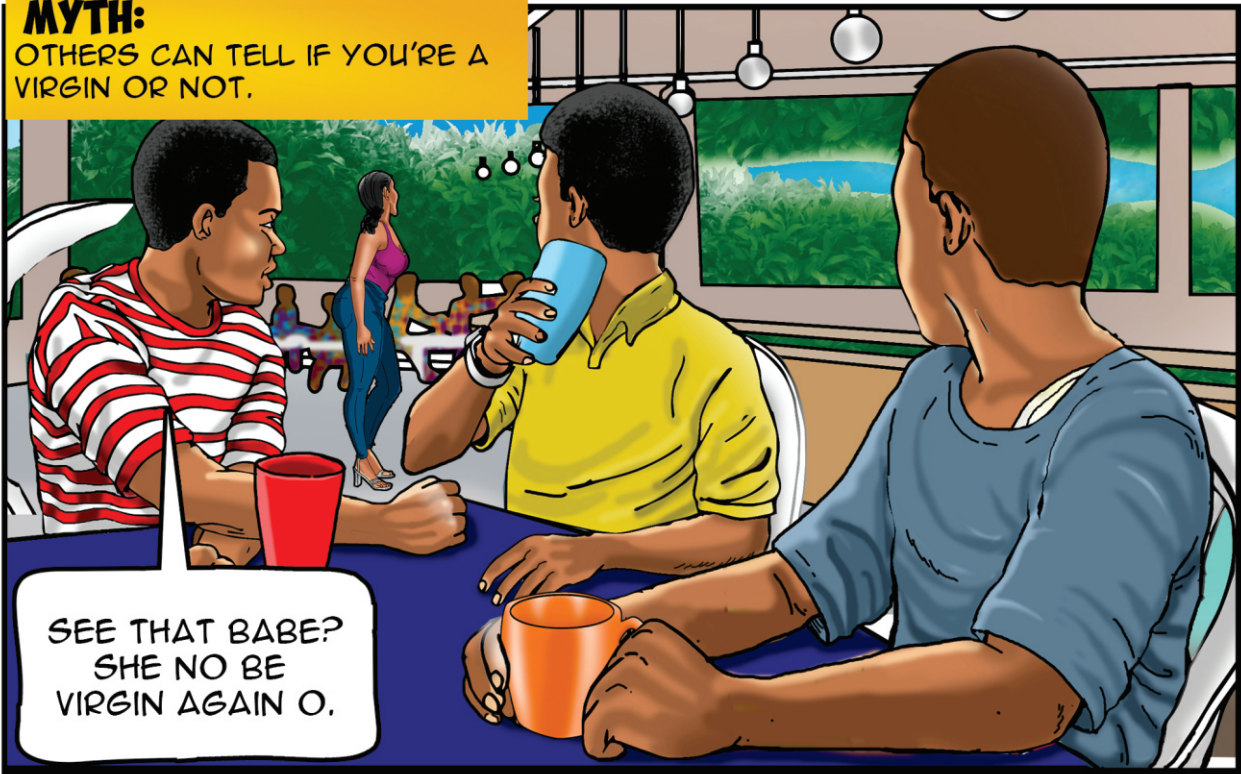


FACT:

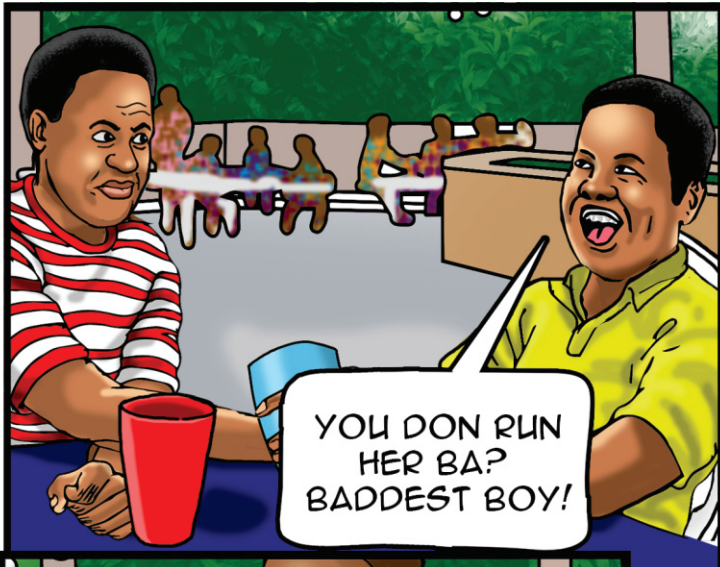
HIV IS TRANSMITTED THROUGH SPECIFIC BODILY FLUIDS LIKE SEMEN, BLOOD, BREAST MILK, AND VAGINAL SECRETIONS. THESE FLUIDS CONTAIN THE HUMAN PAPILOMAVIRUS (HIV) AND CAN LEAD TO HIV TRANSMISSION. HIV IS NOT TRANSMITTED THROUGH URINE, SALIVA, SWEAT, TEARS, OR OTHER BODILY FLUIDS.

MYTH:

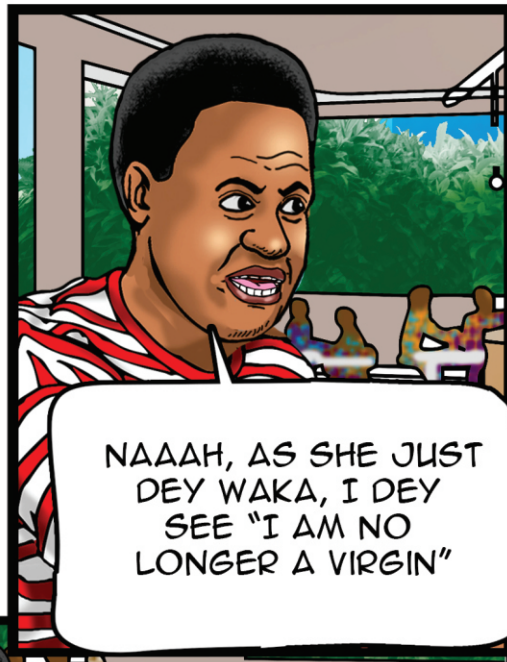
OTHERS CAN TELL IF YOU'RE A VIRGIN OR NOT.



SEE THAT BABE?
SHE NO BE
VIRGIN AGAIN O.



YOU DON RUN
HER BA?
BADDEST BOY!



NAAAH, AS SHE JUST
DEY WAKA, I DEY
SEE "I AM NO
LONGER A VIRGIN"



GUY, GUY, GUY... THAT'S NOT
POSSIBLE NAH! YOU CAN'T TELL BY
JUST LOOKING AT SOMEONE IF
THEY ARE SEXUALLY INVOLVED OR
NOT. LOOK AT YOU NOW, DOES
ANYTHING SAY ON YOUR BODY
WHO AND WHO OR HOW
MANY YOU HAVE SLEPT
WITH OR NOT?



NO NAU

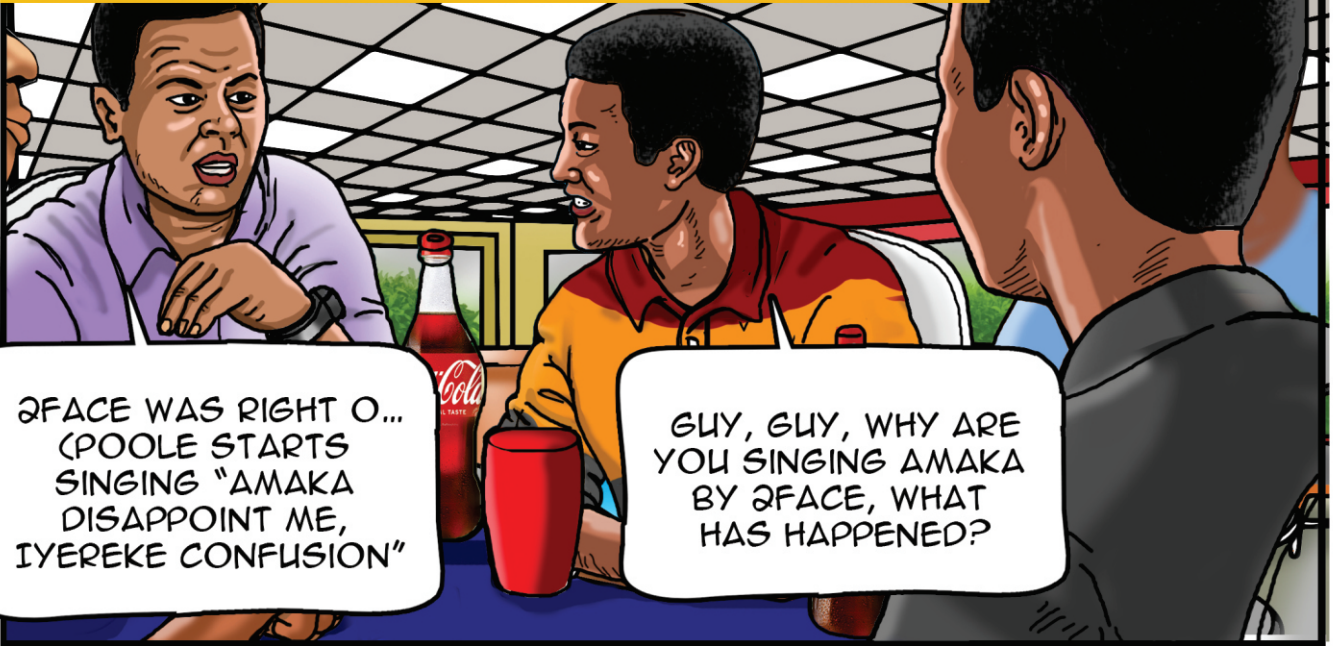
NOPE!

FACT:

THERE IS NO WAY FOR ANYONE TO KNOW YOUR SEXUAL HISTORY JUST BY LOOKING AT YOU. THERE ARE NO PHYSICAL MARKERS OR SIGNS THAT CAN REVEAL SOMEONE'S SEXUAL EXPERIENCE. YOUR VIRGINITY IS YOUR PERSONAL CHOICE, AND IT'S NOBODY ELSE'S BUSINESS. YOUR SEXUAL HISTORY IS PRIVATE, AND YOU SHOULD NEVER FEEL ASHAMED OF IT. IT'S ESSENTIAL TO FOCUS ON YOUR OWN WELL-BEING AND HAPPINESS RATHER THAN WORRYING ABOUT WHAT OTHERS MIGHT SAY.

MYTH:

GUYS GET TERRIBLE PAIN "DOWN THERE" IF YOU GET THEM WORKED UP BUT DON'T HAVE SEX WITH THEM.



2FACE WAS RIGHT O... (POOLE STARTS SINGING "AMAKA DISAPPOINT ME, IYEREKE CONFUSION")

GUY, GUY, WHY ARE YOU SINGING AMAKA BY 2FACE, WHAT HAS HAPPENED?



HAHAHAHAH THE BLUE BALLS LINES, MY GUY IS IN PAIN YEAH HAHAHA HAHA

OMO, REMEMBER THAT MY BABE, AMAKA? SHE CAME AROUND THIS WEEKEND AND WE GOT ALONG. SHE AGREED TO BE INTIMATE, AND WE STARTED THE ROMANCE. I WAS HARDDDD, AND SHE SUDDENLY SAID WE NEED TO WAIT O, THAT WE CAN'T DO IT NOW. I TRIED EXPLAINING TO HER THAT IF I DON'T HAVE SEX NOW, I WOULD HAVE BLUE BALLS.

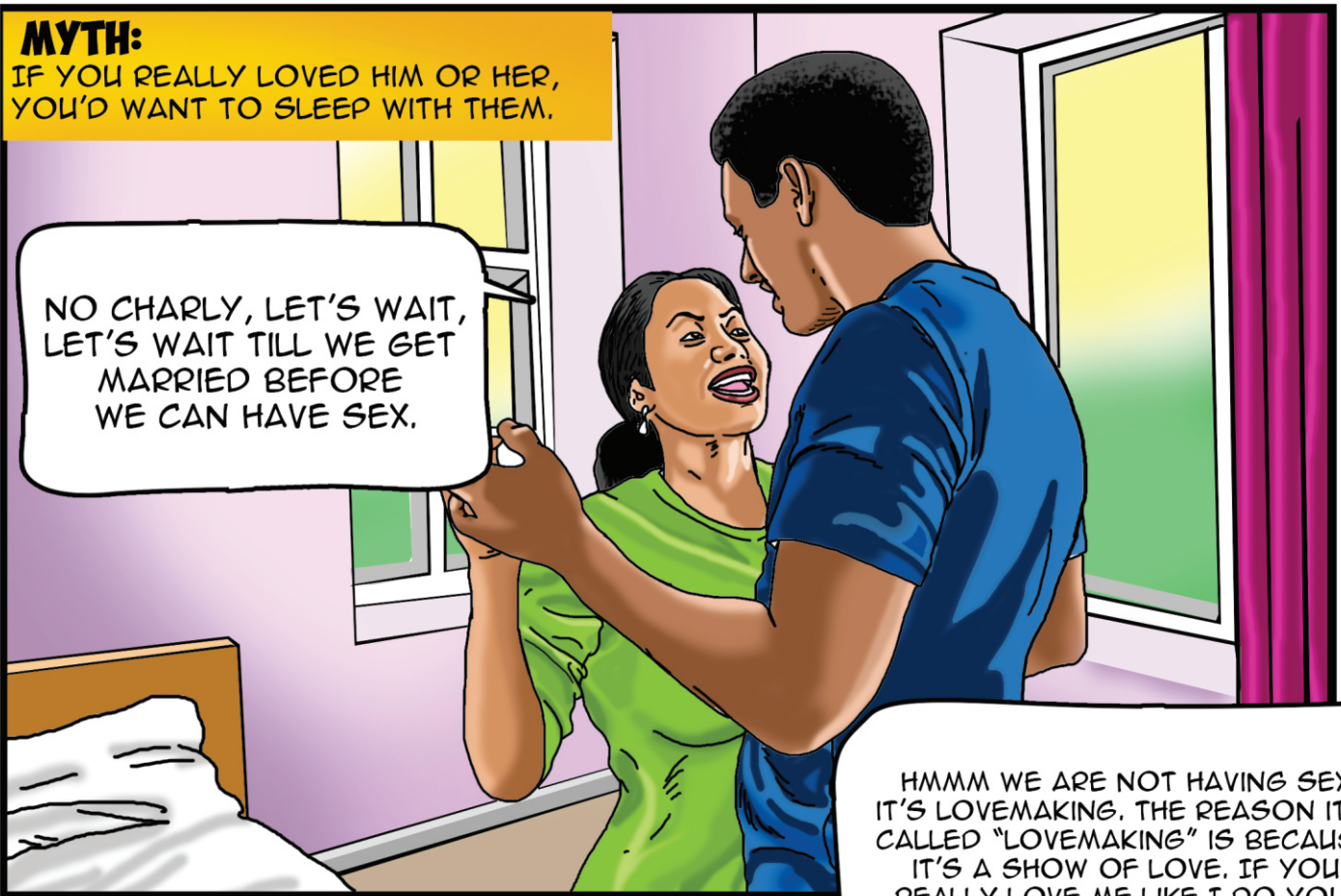
YOU KNOW THE LYRICS NOW; BLUE BALLS SAY MY BALLS IS IN PAIN IF I DON'T ENGAGE AND CUM.

FACT:

THIS IS A TIME-HONORED MYTH ABOUT SEX. BLUE BALLS, KNOWN MEDICALLY AS EPIDIDYMAL HYPERTENSION (EH), CAN AFFECT PEOPLE WITH MALE GENITALS. IT'S NOT SERIOUS BUT CAN CAUSE PAIN AND ACHING IN THE TESTICLES AFTER HAVING AN ERECTION WITHOUT AN ORGASM. IT WON'T KILL THEM, AND IT'S DEFINITELY NOT WORTH DOING SOMETHING YOU DON'T WANT TO DO JUST TO CURE A GUY'S "BLUE BALLS."

MYTH:

IF YOU REALLY LOVED HIM OR HER, YOU'D WANT TO SLEEP WITH THEM.



NO CHARLY, LET'S WAIT, LET'S WAIT TILL WE GET MARRIED BEFORE WE CAN HAVE SEX.

HMMM WE ARE NOT HAVING SEX, IT'S LOVEMAKING. THE REASON IT'S CALLED "LOVEMAKING" IS BECAUSE IT'S A SHOW OF LOVE. IF YOU REALLY LOVE ME LIKE I DO YOU, YOU WOULD ALSO WANT TO MAKE LOVE WITH ME, BABY.

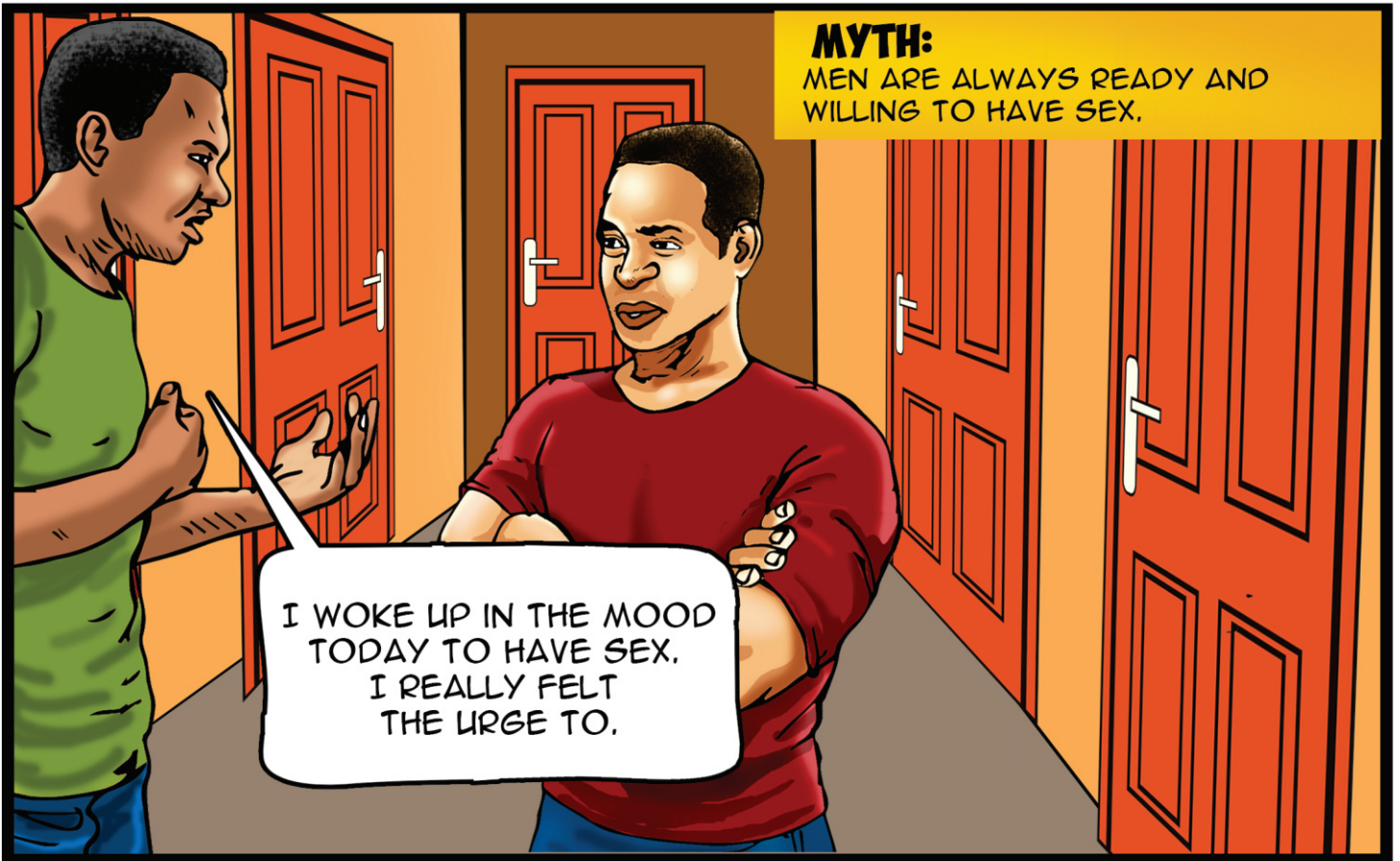


FACT:

BEING IN LOVE WITH SOMEONE AND BEING READY FOR A SEXUAL RELATIONSHIP ARE DISTINCT ASPECTS. WHEN YOU DEEPLY LOVE SOMEONE, CONSIDER FOCUSING ON ALTERNATIVE WAYS TO EXPRESS YOUR AFFECTION UNTIL BOTH OF YOU FEEL READY. IF YOUR PARTNER IS PRESSURING YOU TO TAKE THAT STEP AND EVEN RESORTING TO THREATS OF BREAKING UP IF YOU DON'T COMPLY, IT RAISES CONCERNS ABOUT THE NATURE OF THEIR LOVE FOR YOU. INTIMACY SHOULD BE BUILT ON COMMUNICATION, TRUST, AND RESPECT. ULTIMATELY, IF YOUR PARTNER GENUINELY LOVES YOU, THEY WILL UNDERSTAND AND BE WILLING TO WAIT UNTIL BOTH OF YOU ARE READY.

MYTH:

MEN ARE ALWAYS READY AND WILLING TO HAVE SEX.



I WOKE UP IN THE MOOD TODAY TO HAVE SEX. I REALLY FELT THE URGE TO.



WHAT DO YOU MEAN BY YOU FELT THE NEED? ARE YOU GUYS NOT ALWAYS READY TO JUMP INTO HAVING SEX?

FACT:

THIS IS A STEREOTYPE THAT DOES NOT ACCURATELY REFLECT THE EXPERIENCES AND FEELINGS OF ALL MEN. JUST LIKE WOMEN, MEN'S DESIRES AND READINESS FOR SEX CAN VARY GREATLY BASED ON INDIVIDUAL FACTORS, CIRCUMSTANCES, AND PERSONAL PREFERENCES. SEXUAL DESIRE IS A COMPLEX AND MULTIFACETED ASPECT OF HUMAN SEXUALITY THAT CAN BE INFLUENCED BY VARIOUS FACTORS, INCLUDING PHYSICAL HEALTH, EMOTIONAL WELL-BEING, STRESS LEVELS, RELATIONSHIP DYNAMICS, AND PERSONAL BELIEFS. WHILE SOME MEN MAY HAVE HIGHER LEVELS OF SEXUAL DESIRE AND MAY SEEM MORE EAGER TO ENGAGE IN SEXUAL ACTIVITY, OTHERS MAY HAVE LOWER OR FLUCTUATING LEVELS OF DESIRE. IT IS ESSENTIAL TO RECOGNIZE THAT ALL INDIVIDUALS, REGARDLESS OF THEIR GENDER, HAVE UNIQUE SEXUAL PREFERENCES AND NEEDS.

MYTH:

VERY FEW MEN ARE VIRGINS.



LEKE, HAVE YOU BEEN SEXUALLY INVOLVED BEFORE?

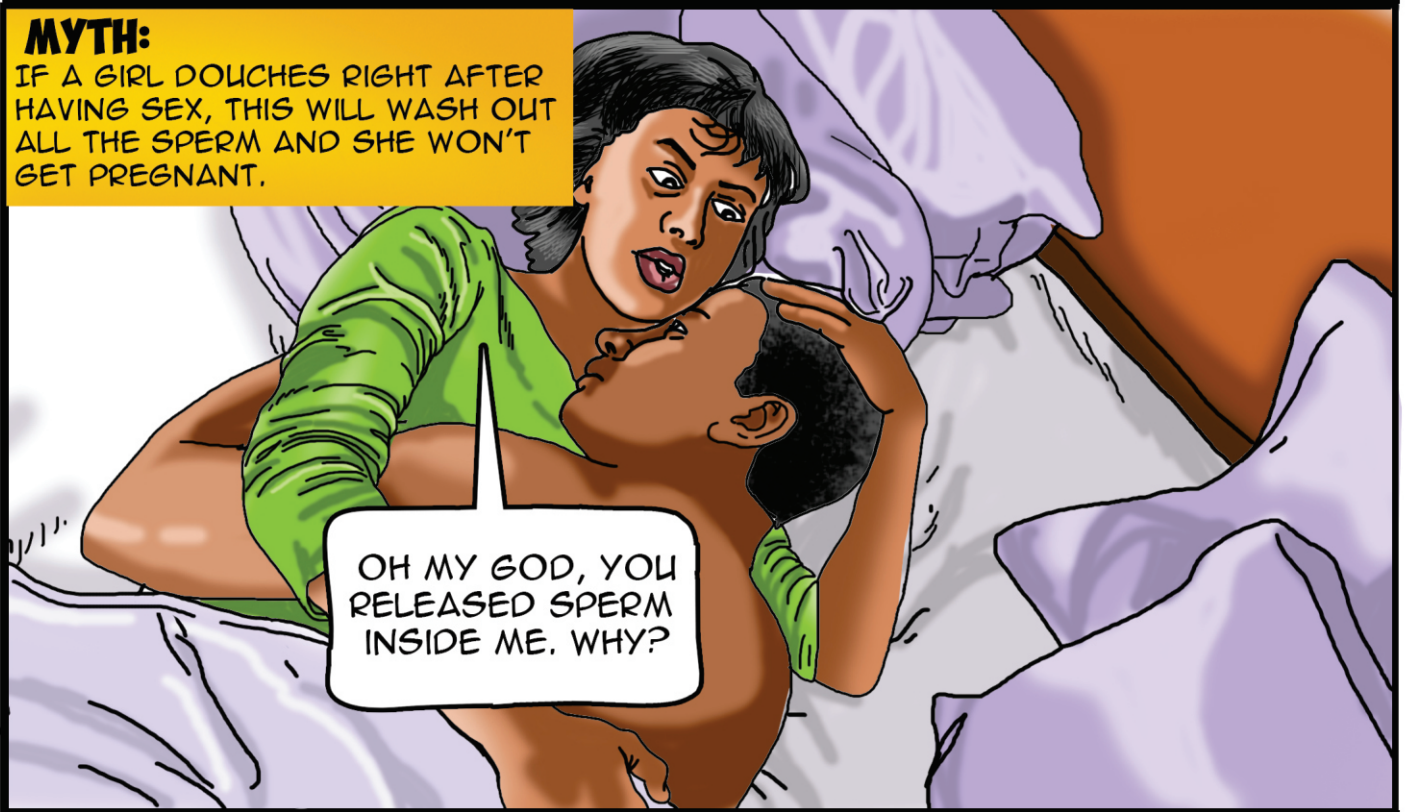
WHY MAN NO GO DON HAVE SEX BEFORE? WHY WOULD YOU BE ON EARTH AND NOT MARS AND YET YOU HAVE NOT HAD SEX?

FACT:

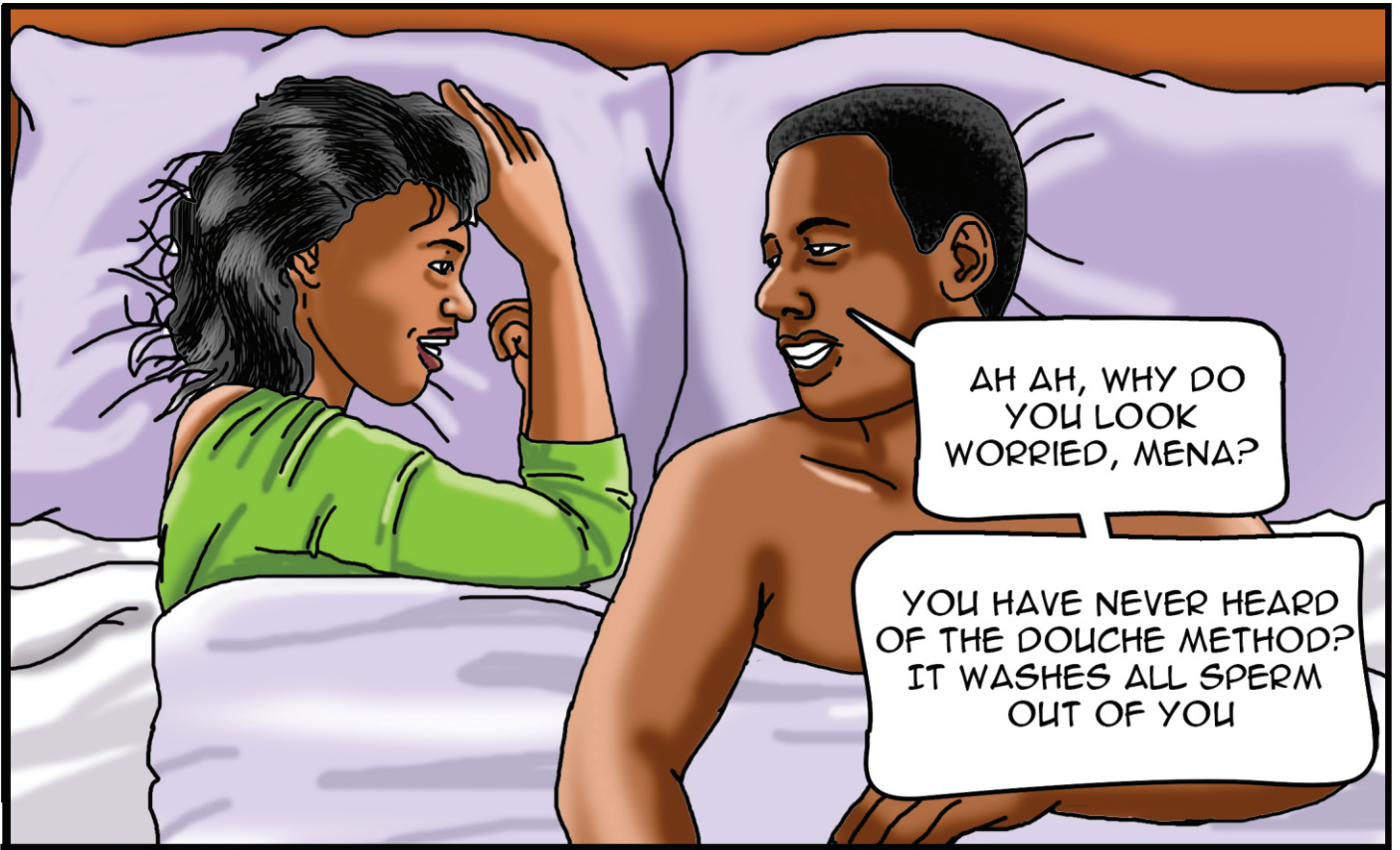
OCCASIONALLY, SOME GUYS MAY NOT BE COMPLETELY HONEST ABOUT THEIR SEXUAL EXPERIENCES OR FREQUENCY. WHILE IT IS A FACT THAT OVER HALF OF MEN HAVE ENGAGED IN SEXUAL INTERCOURSE BEFORE THE AGE OF 18, THIS TREND SEEMS TO BE CHANGING, WITH MORE MEN OPTING TO DELAY SEXUAL ACTIVITY. SURPRISINGLY, UP TO 1 IN 4 MEN HAVE NOT HAD SEXUAL INTERCOURSE BY THE TIME THEY REACH 19 YEARS OLD.

MYTH:

IF A GIRL DOUCHES RIGHT AFTER HAVING SEX, THIS WILL WASH OUT ALL THE SPERM AND SHE WON'T GET PREGNANT.



OH MY GOD, YOU RELEASED SPERM INSIDE ME. WHY?



AH AH, WHY DO YOU LOOK WORRIED, MENA?

YOU HAVE NEVER HEARD OF THE DOUCHE METHOD? IT WASHES ALL SPERM OUT OF YOU

FACT:

DOUCHING, WHICH IS THE PRACTICE OF USING A LIQUID SOLUTION TO CLEAN THE VAGINA, IS NOT AN EFFECTIVE METHOD OF BIRTH CONTROL AND DOES NOT PREVENT PREGNANCY. IN FACT, DOUCHING CAN ACTUALLY INCREASE THE RISK OF PREGNANCY AND OTHER HEALTH ISSUES. WHEN A GIRL HAS UNPROTECTED SEX, THERE IS A CHANCE THAT SPERM CAN TRAVEL UP THE REPRODUCTIVE TRACT AND FERTILIZE AN EGG, LEADING TO PREGNANCY. DOUCHING IMMEDIATELY AFTER INTERCOURSE DOES NOT FLUSH OUT ALL THE SPERM AND MAY EVEN PUSH THE SPERM FURTHER INTO THE CERVIX, INCREASING THE LIKELIHOOD OF PREGNANCY.

MYTH:

A GIRL KNOWS WHEN, DURING THE MONTH, SHE CAN'T GET PREGNANT.



WOW, IT'S MY PREGNANCY-FREE WEEK.

WHAT DO YOU MEAN BY PREGNANCY-FREE WEEK? IS THERE A TIME ONE CANNOT BE CAREFUL?



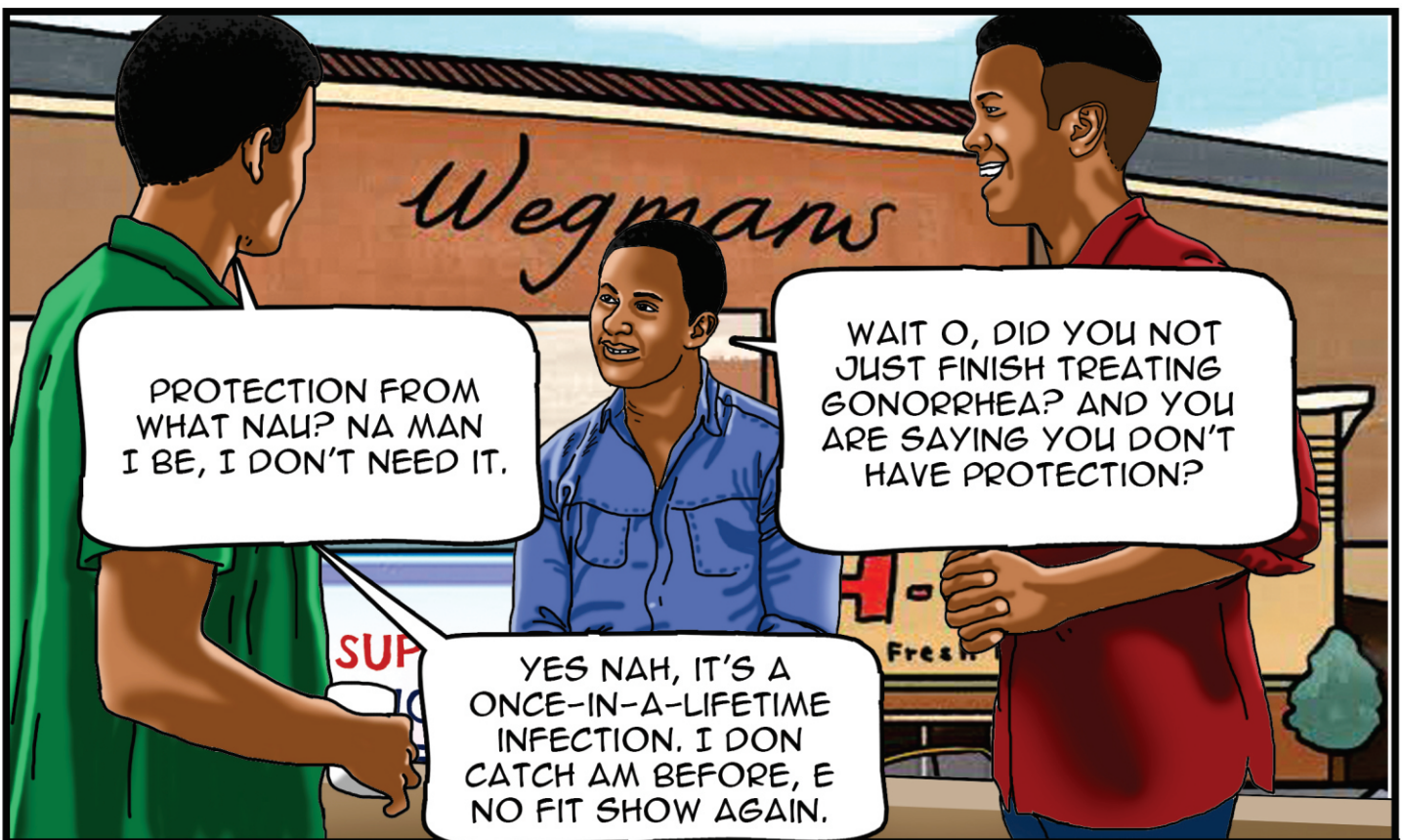
YES NAH! I HAVE DONE THE MATHS AND RULED OUT DATES ON MY CALENDAR. MY OVULATION ENDED THIS TIME LAST MONTH, SO IT MEANS THIS SAME MONTH I AM FREE.

FACT:

IT IS NOT ENTIRELY ACCURATE TO SAY THAT A GIRL ALWAYS KNOWS WHEN SHE CAN'T GET PREGNANT DURING THE MONTH. WHILE THERE ARE CERTAIN TIMES IN A WOMAN'S MENSTRUAL CYCLE WHEN SHE IS LESS LIKELY TO CONCEIVE, IT IS STILL POSSIBLE TO GET PREGNANT AT OTHER TIMES. THE MENSTRUAL CYCLE IS DIVIDED INTO DIFFERENT PHASES, WITH OVULATION BEING THE PERIOD WHEN AN EGG IS RELEASED FROM THE OVARY AND IS AVAILABLE FOR FERTILIZATION. OVULATION USUALLY OCCURS AROUND THE MIDDLE OF THE MENSTRUAL CYCLE, BUT THE EXACT TIMING CAN VARY FROM WOMAN TO WOMAN AND FROM CYCLE TO CYCLE. SOME WOMEN MAY HAVE REGULAR MENSTRUAL CYCLES AND CAN ESTIMATE WHEN THEY ARE LIKELY TO OVULATE BASED ON THEIR CYCLE LENGTH. HOWEVER, OTHER FACTORS SUCH AS STRESS, ILLNESS, AND HORMONAL CHANGES CAN AFFECT THE TIMING OF OVULATION, MAKING IT DIFFICULT TO PREDICT WITH CERTAINTY. ADDITIONALLY, SPERM CAN SURVIVE IN THE FEMALE REPRODUCTIVE TRACT FOR SEVERAL DAYS, SO IT IS POSSIBLE TO GET PREGNANT FROM INTERCOURSE THAT OCCURS A FEW DAYS BEFORE OVULATION.

MYTH:

ONCE YOU'VE HAD GONORRHOEA (OR ANY OTHER BACTERIAL INFECTION FOR THAT MATTER) AND HAVE BEEN CURED, YOU CAN'T GET IT AGAIN.



FACT:

WHILE IT IS TRUE THAT GETTING TREATED FOR GONORRHEA (OR ANY OTHER BACTERIAL INFECTION) CAN CLEAR THE INFECTION FROM YOUR BODY, IT DOES NOT PROVIDE IMMUNITY AGAINST FUTURE INFECTIONS. YOU CAN BE REINFECTED IF YOU HAVE SEXUAL CONTACT WITH SOMEONE WHO HAS THE INFECTION. TO PROTECT YOURSELF FROM GONORRHEA AND OTHER STIS, IT'S ESSENTIAL TO PRACTICE SAFE SEX BY USING CONDOMS OR DENTAL DAMS DURING SEXUAL ACTIVITY, GETTING TESTED REGULARLY, AND COMMUNICATING OPENLY WITH SEXUAL PARTNERS ABOUT STI TESTING AND PREVENTION. IF YOU SUSPECT YOU MAY HAVE BEEN EXPOSED TO GONORRHEA OR ANY OTHER STI, IT'S ESSENTIAL TO GET TESTED AND SEEK MEDICAL TREATMENT IF NECESSARY.

MYTH:

SEX SHOULD ALWAYS BE SPONTANEOUS



HEY, LUCAS, CAN I ASK YOU SOMETHING PERSONAL?

OF COURSE, EMMA. WHAT'S ON YOUR MIND?



WELL, IT'S ABOUT... YOU KNOW, SEX.

SURE, WE CAN TALK ABOUT IT. WHAT'S BOTHERING YOU?



WELL, I'VE ALWAYS THOUGHT THAT SEX SHOULD BE THIS SPONTANEOUS, MAGICAL MOMENT, LIKE IN THE MOVIES. BUT LATELY, I'VE BEEN WONDERING IF THAT'S A MYTH.

REALLY?

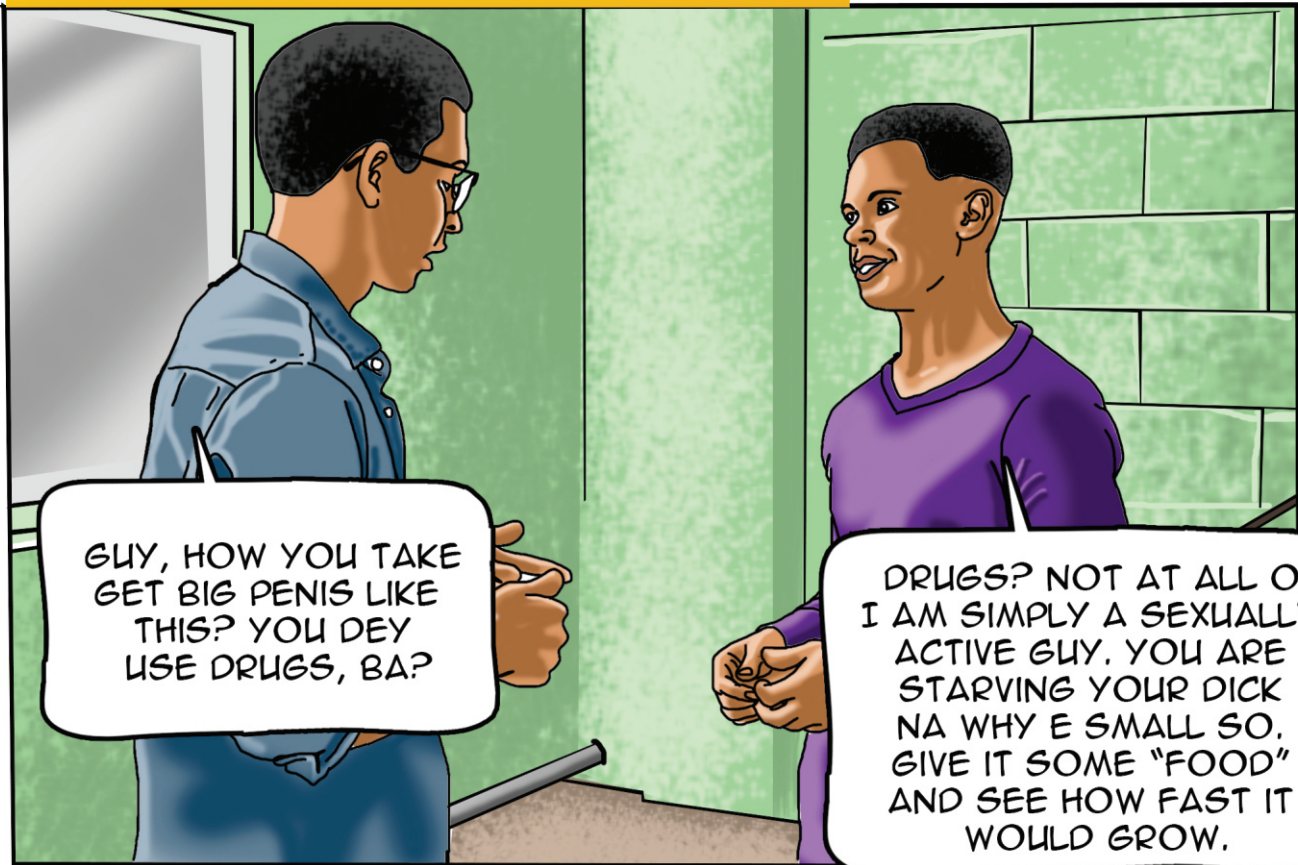
EMMA, IT'S TOTALLY NORMAL TO HAVE THAT IDEA, ESPECIALLY WITH ALL THE MOVIES AND TV SHOWS OUT THERE. BUT THE TRUTH IS, IT'S NOT ALWAYS LIKE THAT.

FACT:

WHILE SPONTANEOUS SEX CAN BE EXCITING, PLANNED AND CONSENSUAL SEX IS JUST AS VALID AND ENJOYABLE. COMMUNICATION AND CONSENT ARE KEY.

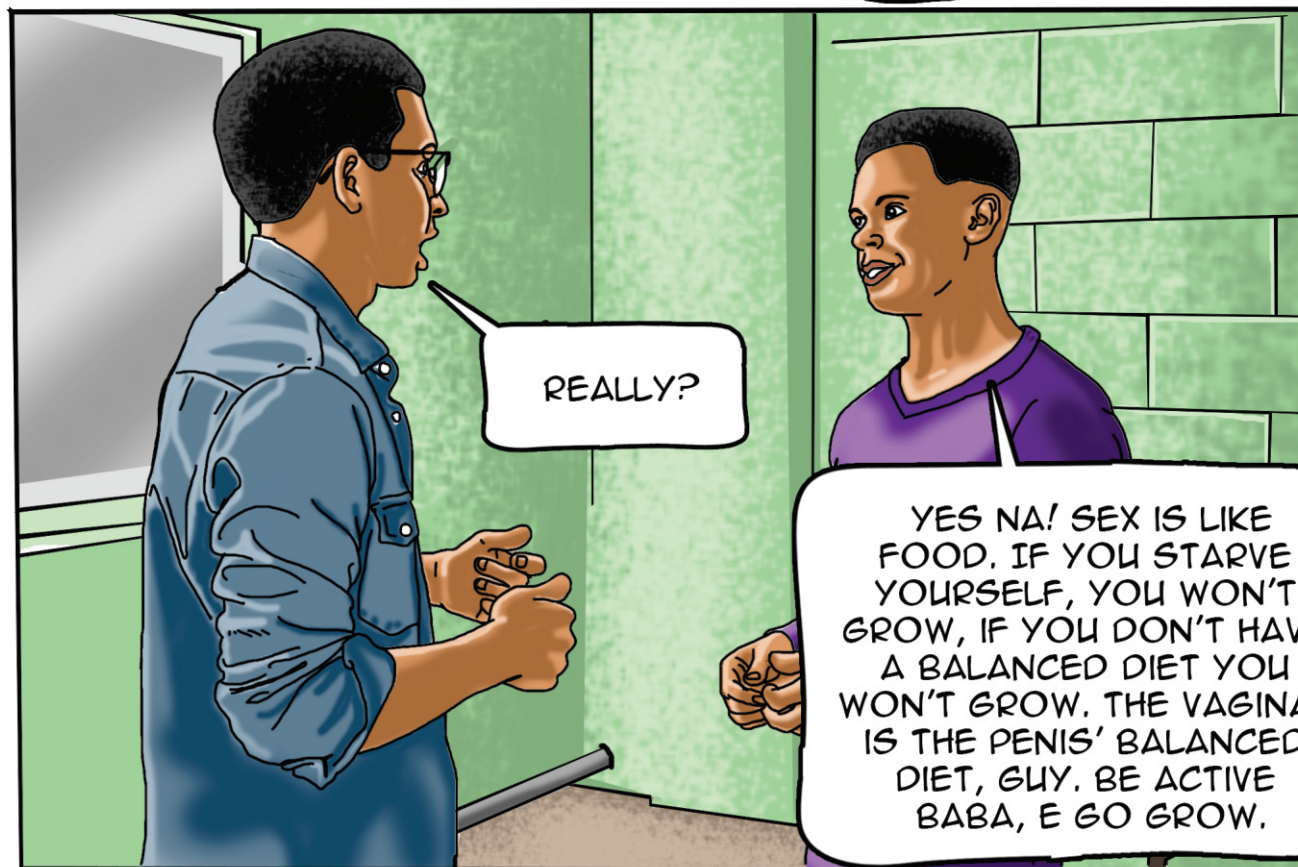
MYTH:

THE MORE SEX YOU HAVE, THE BIGGER THE PENIS.



GUY, HOW YOU TAKE GET BIG PENIS LIKE THIS? YOU DEY USE DRUGS, BA?

DRUGS? NOT AT ALL O. I AM SIMPLY A SEXUALLY ACTIVE GUY. YOU ARE STARVING YOUR DICK NA WHY E SMALL SO. GIVE IT SOME "FOOD" AND SEE HOW FAST IT WOULD GROW.



REALLY?

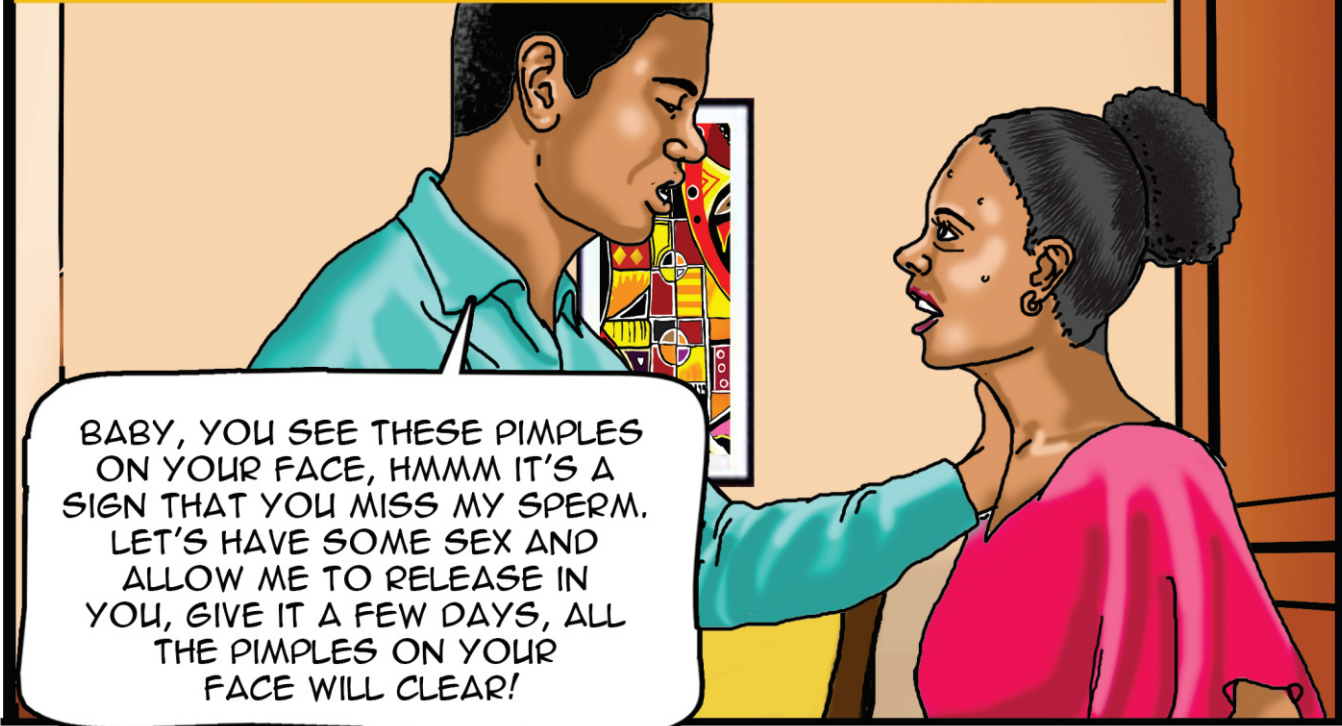
YES NA! SEX IS LIKE FOOD. IF YOU STARVE YOURSELF, YOU WON'T GROW, IF YOU DON'T HAVE A BALANCED DIET YOU WON'T GROW. THE VAGINAL IS THE PENIS' BALANCED DIET, GUY. BE ACTIVE BABA, E GO GROW.

FACT:

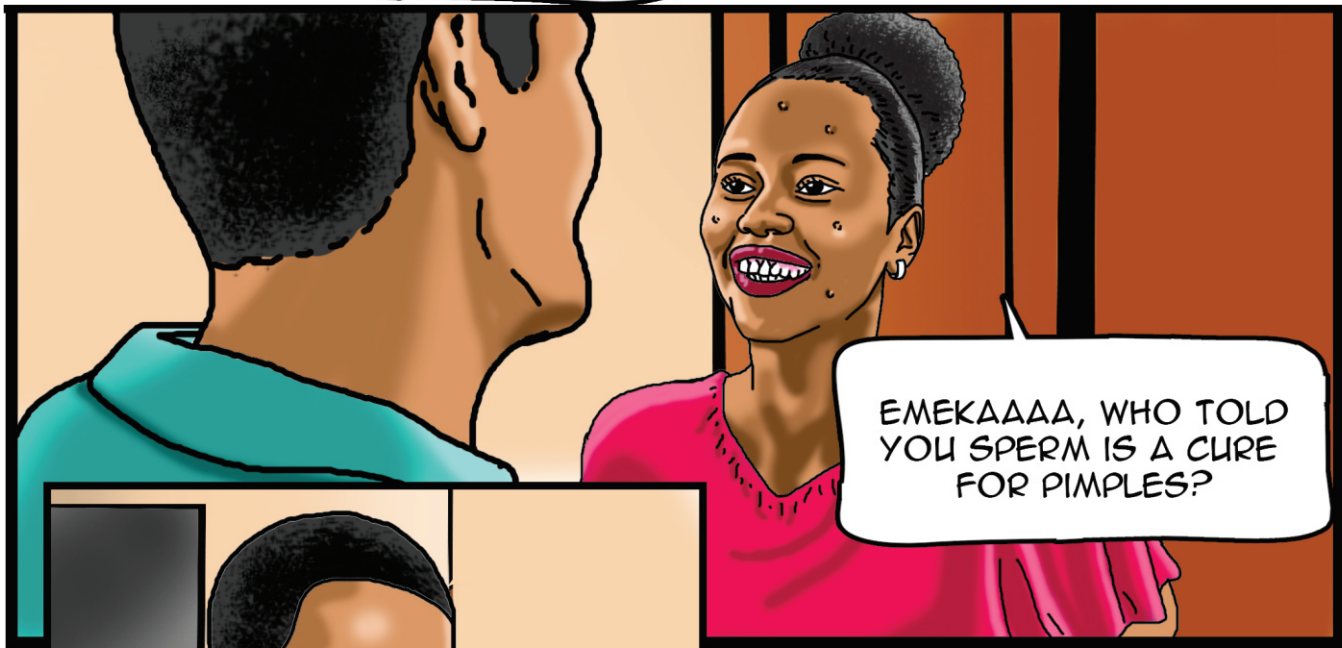
THERE IS NO SCIENTIFIC EVIDENCE TO SUGGEST THAT FREQUENT SEXUAL ACTIVITY INCREASES PENIS SIZE. THE SIZE OF THE PENIS IS PRIMARILY DETERMINED BY GENETIC AND HORMONAL FACTORS DURING DEVELOPMENT AND PUBERTY. ENGAGING IN SEXUAL ACTIVITY DOES NOT HAVE A DIRECT IMPACT ON THE PHYSICAL SIZE OF THE PENIS. THE BELIEF THAT HAVING A LOT OF SEX CAN PERMANENTLY INCREASE PENIS SIZE LACKS SCIENTIFIC SUPPORT. IT IS CRUCIAL TO RELY ON ACCURATE INFORMATION AND AVOID MISCONCEPTIONS OR UNSUPPORTED CLAIMS REGARDING SEXUAL HEALTH AND ANATOMY.

MYTH:

IT IS IMPORTANT FOR A LADY TO HAVE UNPROTECTED SEX AS SPERM IS A NATURAL NUTRIENT THAT BEAUTIFIES A LADY AND KEEPS AWAY PIMPLES FROM HER FACE.



BABY, YOU SEE THESE PIMPLES ON YOUR FACE, HMMM IT'S A SIGN THAT YOU MISS MY SPERM. LET'S HAVE SOME SEX AND ALLOW ME TO RELEASE IN YOU, GIVE IT A FEW DAYS, ALL THE PIMPLES ON YOUR FACE WILL CLEAR!



EMEKA AAA, WHO TOLD YOU SPERM IS A CURE FOR PIMPLES?



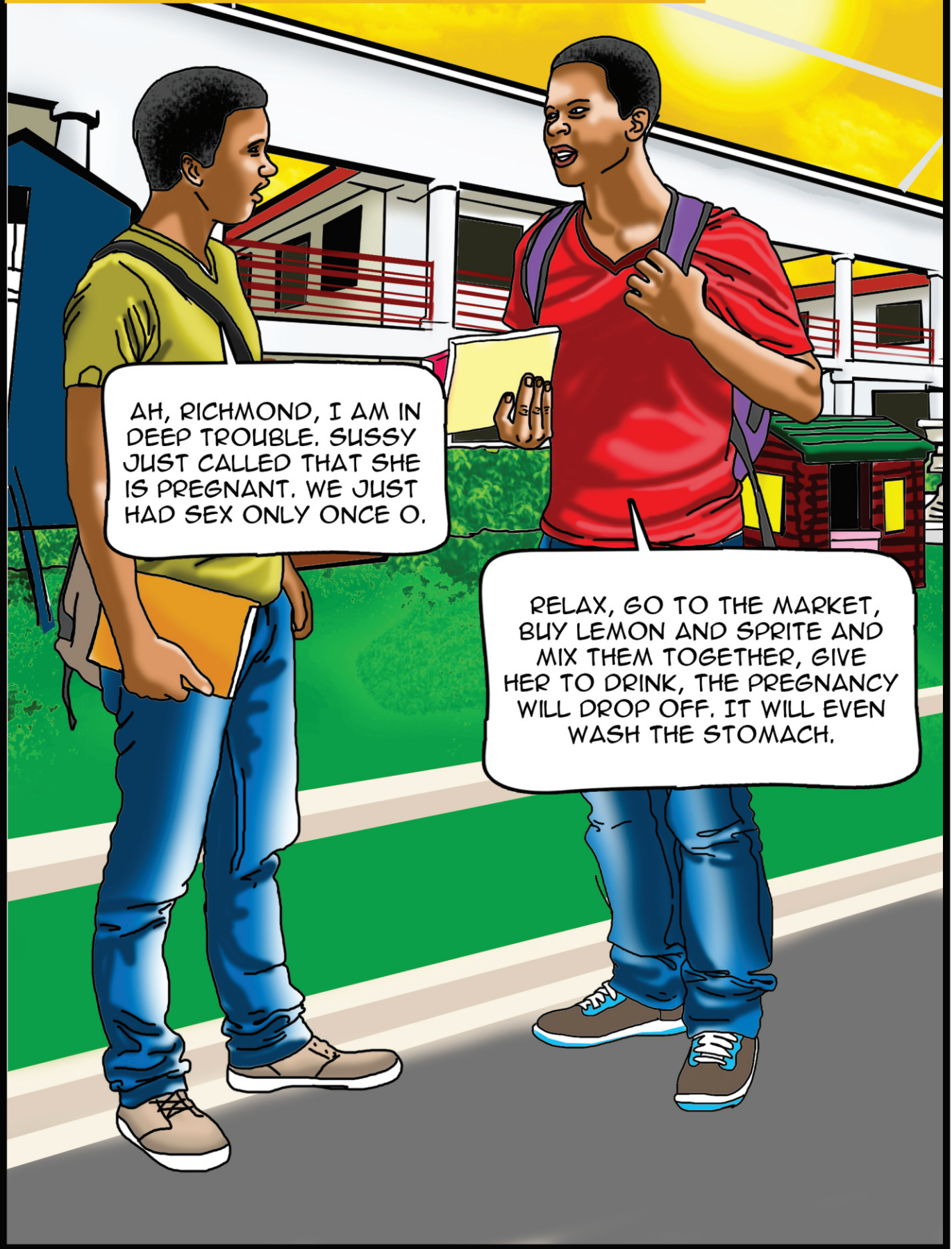
AH, YOU DON'T KNOW WHAT GOD HAS BLESSED WE MEN WITH? OUR SPERM HAS A LOT OF NUTRIENTS.

FACT:

THERE IS NO DERMATOLOGICAL TESTING THAT SPERM IS GOOD OR NOT GOOD FOR YOUR SKIN, NEITHER IN TERMS OF TREATING BLEMISHES NOR CREATING A YOUTHFUL APPEARANCE. THERE IS NOTHING IN SEMEN THAT HAS DEMONSTRABLE SKIN BENEFITS. THERE IS NO EVIDENCE IN EXISTENCE TO CONFIRM THAT SPERM CAN COMBAT BLEMISHES. ANYONE WHO SAYS OTHERWISE IS EITHER MISINFORMED OR MISLEADING YOU.

MYTH:

LEMON MIXED WITH POTASH OR SPRITE WILL REMOVE UNWANTED PREGNANCY.



AH, RICHMOND, I AM IN DEEP TROUBLE. SUSSY JUST CALLED THAT SHE IS PREGNANT. WE JUST HAD SEX ONLY ONCE O.

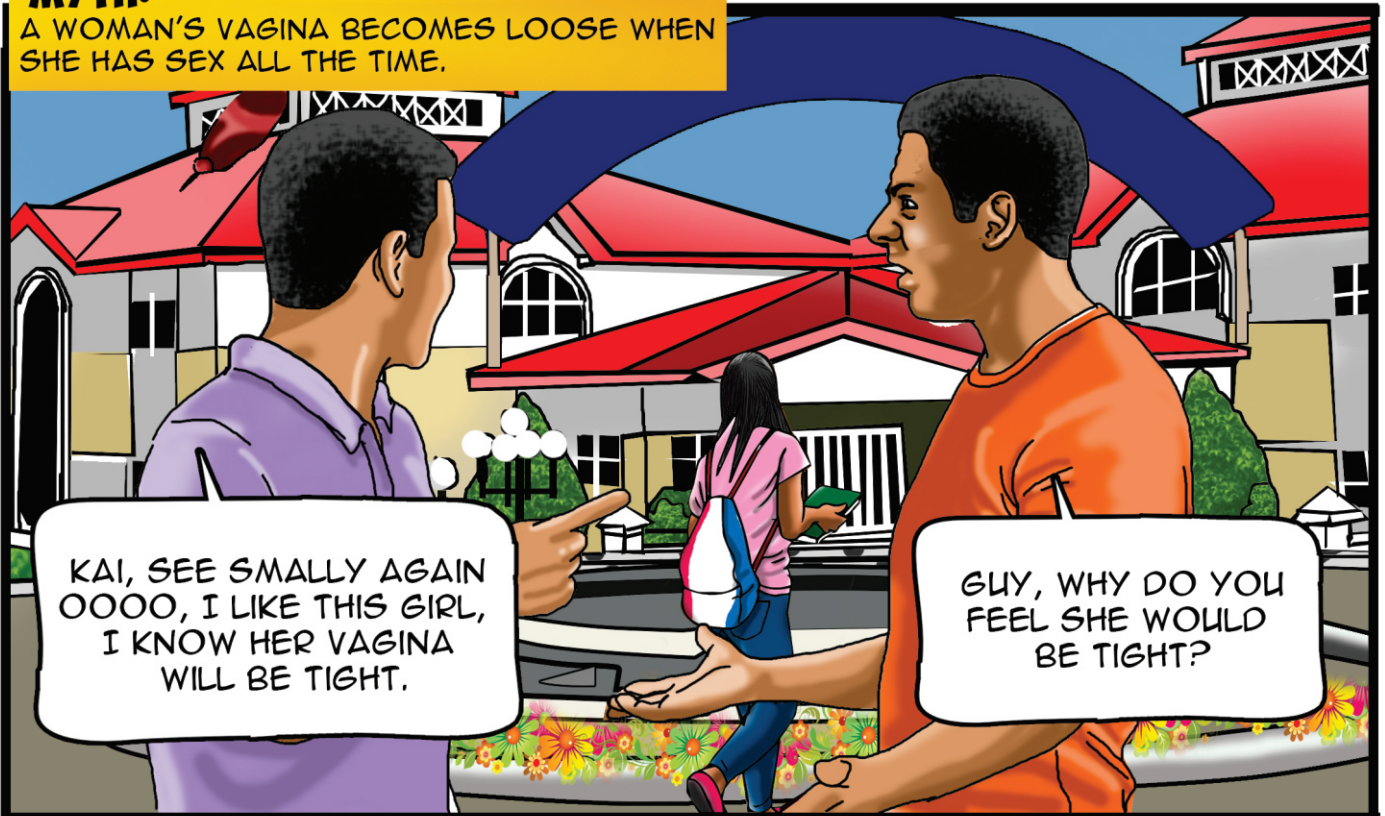
RELAX, GO TO THE MARKET, BUY LEMON AND SPRITE AND MIX THEM TOGETHER, GIVE HER TO DRINK, THE PREGNANCY WILL DROP OFF. IT WILL EVEN WASH THE STOMACH.

FACT:

IT IS A DANGEROUS COMBINATION NOT ONLY FOR THE FETUS BUT ALSO FOR YOU AS WELL. ASIDE FROM FERTILIZER AND CONSTRUCTION, POTASH AND LIME ARE USED TO TREAT DEAD BODIES EMBALMED IN MASS OR SHALLOW GRAVES.

MYTH:

A WOMAN'S VAGINA BECOMES LOOSE WHEN SHE HAS SEX ALL THE TIME.



KAI, SEE SMALLY AGAIN
OOOO, I LIKE THIS GIRL,
I KNOW HER VAGINA
WILL BE TIGHT.

GUY, WHY DO YOU
FEEL SHE WOULD
BE TIGHT?



SHE IS SMALL, AND SHE
DOES NOT HANG AROUND
A LOT OF GUYS. ALL THESE
GIRLS THAT SLEEP AROUND
HAVE THEIR VAGINA WIDE
LIKE AN EXTRA-USED
RUBBER BAND.

COMMON, THAT'S
ALWAYS NOT
THE CASE O

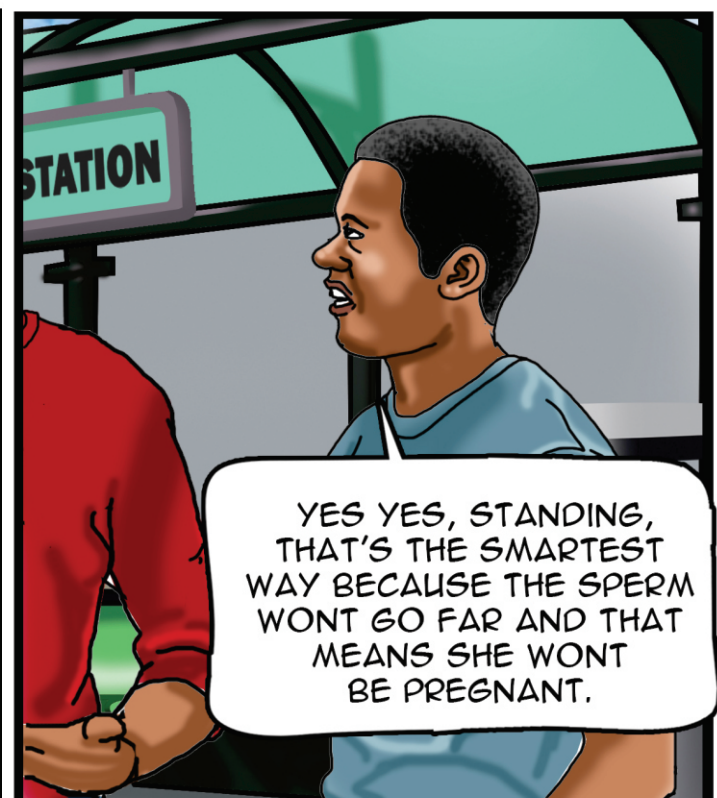
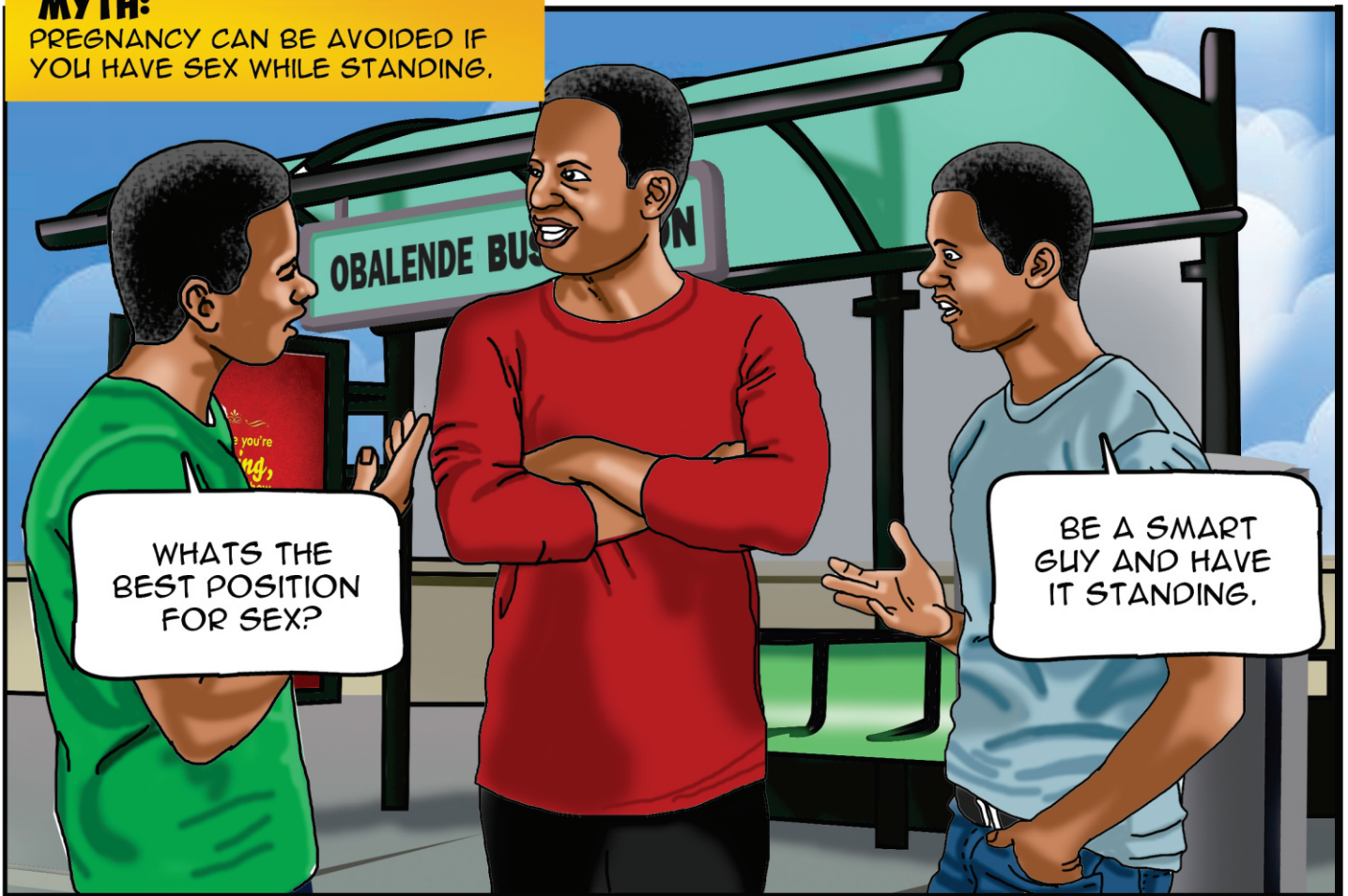
FACT:

THE NOTION THAT A WOMAN'S VAGINA BECOMES PERMANENTLY LOOSE DUE TO FREQUENT SEXUAL ACTIVITY IS A MYTH. THE VAGINA IS A REMARKABLY ELASTIC AND MUSCULAR ORGAN THAT IS DESIGNED TO ACCOMMODATE VARIOUS ACTIVITIES, INCLUDING SEXUAL INTERCOURSE AND CHILDBIRTH. DURING SEXUAL AROUSAL, THE VAGINA NATURALLY RELAXES AND EXPANDS TO ACCOMMODATE PENETRATION, AND AFTER AROUSAL, IT RETURNS TO ITS PREVIOUS STATE.

FACTORS SUCH AS GENETICS, AGE, HORMONAL CHANGES, AND CHILDBIRTH CAN INFLUENCE THE ELASTICITY OF THE VAGINAL WALLS. HOWEVER, FREQUENT SEXUAL ACTIVITY ITSELF DOES NOT LEAD TO A PERMANENTLY LOOSE VAGINA. ADDITIONALLY, IF A PERSON EXPERIENCE CONCERNS ABOUT VAGINAL TIGHTNESS OR DISCOMFORT DURING SEXUAL ACTIVITY, COMMUNICATION WITH A HEALTHCARE PROVIDER CAN PROVIDE VALUABLE INSIGHTS AND POTENTIAL SOLUTIONS.

MYTH:

PREGNANCY CAN BE AVOIDED IF YOU HAVE SEX WHILE STANDING.



FACT:

PREGNANCY CAN OCCUR REGARDLESS OF THE SEXUAL POSITION, INCLUDING STANDING. PREGNANCY OCCURS WHEN SPERM FERTILIZES AN EGG, AND THIS CAN HAPPEN REGARDLESS OF THE POSITION IN WHICH INTERCOURSE TAKES PLACE. CONCEPTION IS DETERMINED BY FACTORS SUCH AS OVULATION, SPERM VIABILITY, AND CONTRACEPTION USE. THE POSITION DURING INTERCOURSE DOES NOT SIGNIFICANTLY IMPACT THESE FACTORS. IT'S IMPORTANT TO NOTE THAT WHILE CERTAIN SEXUAL POSITIONS MAY INFLUENCE THE DEPTH OF PENETRATION, THEY DO NOT PROVIDE A FOOLPROOF METHOD OF PREVENTING PREGNANCY. TO PREVENT PREGNANCY EFFECTIVELY, INDIVIDUALS SHOULD USE RELIABLE METHODS OF CONTRACEPTION, SUCH AS CONDOMS, BIRTH CONTROL PILLS, INTRAUTERINE DEVICES (IUDS), OR OTHER PRESCRIBED METHODS. IT'S ALSO RECOMMENDED TO CONSULT A HEALTHCARE PROFESSIONAL TO CHOOSE THE MOST SUITABLE CONTRACEPTIVE METHOD BASED ON INDIVIDUAL HEALTH AND PREFERENCES.

MYTH:

IF A GUY DRINKS ALCOHOL BEFORE SEX THE LADY WILL NOT GET PREGNANT.



FACT:

THIS HAS NO SCIENTIFIC BASIS. THERE IS NO CREDIBLE EVIDENCE TO SUPPORT THE IDEA THAT CONSUMING ALCOHOL IN THIS MANNER CAN SERVE AS A CONTRACEPTIVE METHOD BECAUSE PREGNANCY PREVENTION INVOLVES UNDERSTANDING REPRODUCTIVE BIOLOGY AND UTILIZING RELIABLE METHODS OF CONTRACEPTION. ALCOHOL CONSUMPTION DOES NOT HAVE THE ABILITY TO PREVENT PREGNANCY. THE ONLY EFFECTIVE WAYS TO PREVENT PREGNANCY ARE THROUGH THE PROPER AND CONSISTENT USE OF CONTRACEPTIVES, SUCH AS CONDOMS, BIRTH CONTROL PILLS, IUDS, AND OTHER MEDICALLY APPROVED METHODS.

MYTH:
SEX AFFECTS ATHLETIC PERFORMANCE.



FACT:

THE MYTH THAT ENGAGING IN SEXUAL ACTIVITY NEGATIVELY AFFECTS ATHLETIC PERFORMANCE IS LARGELY UNSUPPORTED BY SCIENTIFIC EVIDENCE. NUMEROUS STUDIES HAVE SHOWN THAT MODERATE SEXUAL ACTIVITY DOES NOT HAVE A SIGNIFICANT IMPACT ON AN ATHLETE'S PHYSICAL PERFORMANCE, STRENGTH, ENDURANCE, OR OVERALL ATHLETIC CAPABILITIES.

MYTH:

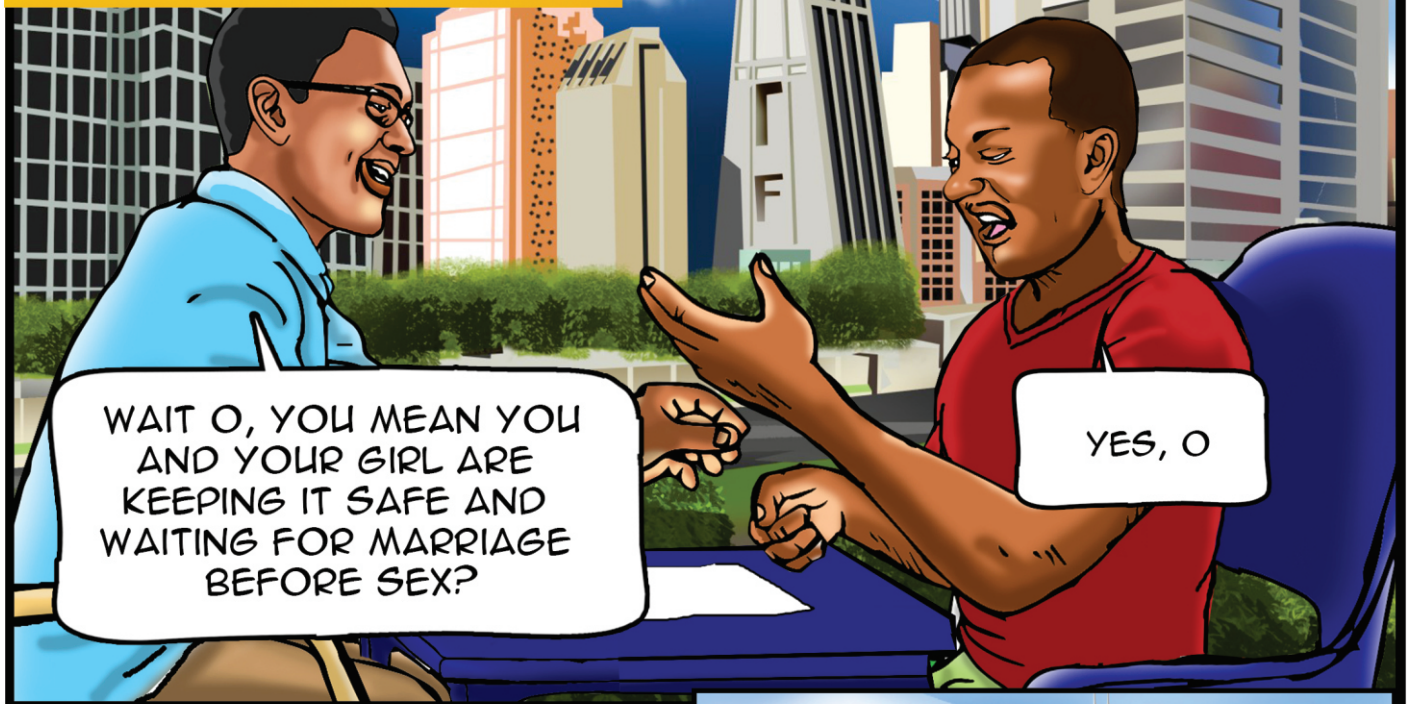
HAVING SEX GIVES SELF-CONFIDENCE.



FACT:

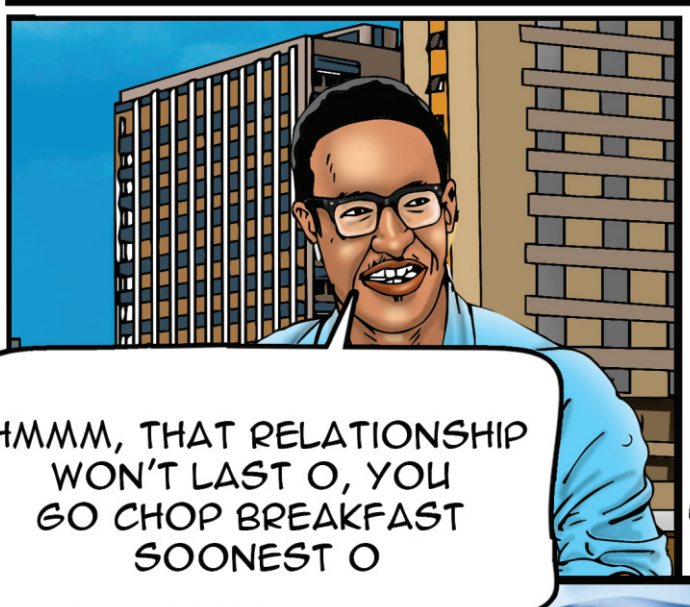
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MYTH:
SEX KEEPS A RELATIONSHIP SAFE.



WAIT O, YOU MEAN YOU AND YOUR GIRL ARE KEEPING IT SAFE AND WAITING FOR MARRIAGE BEFORE SEX?

YES, O



HMMM, THAT RELATIONSHIP WON'T LAST O, YOU GO CHOP BREAKFAST SOONEST O



WHY? WHAT DO YOU MEAN?



SEX IS THE FIRE OF ANY LONG-LASTING RELATIONSHIP. WITHOUT SEX, IT WILL CRUMBLE OOO

FACT:


WHILE A HEALTHY SEXUAL RELATIONSHIP CAN BE AN IMPORTANT ASPECT OF MANY ROMANTIC PARTNERSHIPS, IT IS NOT THE SOLE FACTOR THAT ENSURES THE SAFETY AND LONGEVITY OF A RELATIONSHIP. A SUCCESSFUL AND ENDURING RELATIONSHIP IS BUILT ON A COMBINATION OF EMOTIONAL CONNECTION, EFFECTIVE COMMUNICATION, TRUST, SHARED VALUES, MUTUAL RESPECT, AND A RANGE OF SHARED EXPERIENCES. SEX CAN CONTRIBUTE TO INTIMACY AND BONDING, BUT IT'S ONLY ONE PIECE OF THE PUZZLE. IT'S VITAL FOR COUPLES TO NURTURE ALL ASPECTS OF THEIR RELATIONSHIP TO MAINTAIN ITS STRENGTH AND SECURITY OVER TIME.

MYTH:
ONLY VIRGINS MATTER



I KNOW THE WAY PAUL TREATS ME IS BECAUSE I AM NOT A VIRGIN.

WHY WOULD YOU SAY THAT NA?




DON'T YOU KNOW ONCE YOU ARE NO LONGER A VIRGIN, YOU DO NOT MATTER ANYMORE?

FACT:

THE IDEA THAT ONLY VIRGINS MATTER IS A HARMFUL AND OUTDATED BELIEF THAT HAS NO BASIS IN REALITY. A PERSON'S WORTH OR VALUE IS NOT DETERMINED BY THEIR SEXUAL HISTORY OR LACK THEREOF. EVERY INDIVIDUAL IS VALUABLE AND DESERVING OF RESPECT, REGARDLESS OF THEIR SEXUAL EXPERIENCES. ATTACHING A PERSON'S WORTH TO THEIR VIRGINITY PERPETUATES HARMFUL STEREOTYPES, REINFORCES GENDER INEQUALITY, AND CAN LEAD TO SHAMING AND DISCRIMINATION. IT'S IMPORTANT TO RECOGNIZE THAT A PERSON'S CHARACTER, QUALITIES, AND CONTRIBUTIONS TO SOCIETY ARE WHAT TRULY MATTER, NOT THEIR SEXUAL HISTORY.

MYTH:

VERY FEW MEN ARE VIRGINS.

A comic panel showing two women walking on a university campus. The woman on the left is wearing a blue denim jacket over a pink shirt and blue jeans, carrying a purple folder. The woman on the right is wearing a purple tank top and blue pants, also carrying a folder. They are standing in front of a building with the sign 'UNIVERSITY OF ENUGU'.

EMEKA HAS ASKED US TO WAIT TILL WE GET MARRIED BEFORE WE HAVE SEX

FOR REAL? HAHHAHAHA WHY WOULD YOU ALLOW A GUY DECEIVE YOU

WHY WOULD YOU SAY THAT NA

BECAUSE NO GUY IS A VIRGIN O, EVERY GUY IS GETTING IS SOMEWHERE BY SOMEONE O

FACT:

THE IDEA THAT VERY FEW MEN ARE VIRGINS IS A MISCONCEPTION. VIRGINITY IS A PERSONAL AND SUBJECTIVE CONCEPT THAT REFERS TO AN INDIVIDUAL'S CHOICE OR LACK OF SEXUAL EXPERIENCE. JUST LIKE WOMEN, MEN ALSO HAVE A DIVERSE RANGE OF BELIEFS, VALUES, AND EXPERIENCES WHEN IT COMES TO THEIR SEXUAL LIVES. THE NOTION THAT FEW MEN ARE VIRGINS IS A STEREOTYPE THAT OVERSIMPLIFIES THE COMPLEXITY OF HUMAN SEXUALITY. PEOPLE MAKE A VARIETY OF CHOICES ABOUT THEIR SEXUAL ACTIVITY BASED ON CULTURAL, RELIGIOUS, PERSONAL, AND EMOTIONAL FACTORS. IT'S IMPORTANT TO AVOID GENERALIZATIONS AND ASSUMPTIONS ABOUT PEOPLE'S SEXUAL EXPERIENCES AND TO RESPECT INDIVIDUAL CHOICES AND BOUNDARIES.

MYTH:

YOU'RE A PRUDE IF YOU WANT TO WAIT UNTIL YOU'RE OLDER.



I'VE HEARD PEOPLE SAY THAT IF YOU WANT TO WAIT UNTIL YOU'RE OLDER TO HAVE SEX, YOU'RE JUST BEING A PRUDE. IS THAT TRUE?

I DON'T THINK THAT'S FAIR AT ALL. WAITING SEEMS LIKE A RESPONSIBLE DECISION TO ME.

I AGREE. IT'S ESSENTIAL TO MAKE DECISIONS ABOUT SEX BASED ON WHAT FEELS RIGHT FOR US, NOT WHAT OTHERS MIGHT THINK.

FACT:

YOUR DECISION TO WAIT UNTIL YOU'RE OLDER IS A SMART AND RESPONSIBLE CHOICE. STUDIES HAVE SHOWN THAT MOST INDIVIDUALS WHO HAVE THEIR FIRST SEXUAL EXPERIENCE AFTER THE AGE OF 18 TEND TO REPORT IT BEING POSITIVE AND MEANINGFUL. WAITING UNTIL YOU'RE OLDER CAN GIVE YOU THE ADVANTAGE OF BEING MORE MATURE AND HAVING MORE STABLE RELATIONSHIPS. THIS CAN LEAD TO A MORE COMMITTED AND OPEN CONNECTION WITH YOUR PARTNER, REDUCING THE CHANCES OF REGRETS OR NEGATIVE EXPERIENCES.

MYTH:

YOU CAN ONLY GET PREGNANT IF YOU HAVE SEX REPEATEDLY.



FACT:

WHEN A GIRL BECOMES PREGNANT, IT HAS NOTHING TO DO WITH HOW OFTEN SHE ENGAGES IN SEXUAL ACTIVITY. A GIRL HAS THE POTENTIAL TO BECOME PREGNANT BOTH THE FIRST TIME AND MULTIPLE TIMES. THERE IS A HIGH CHANCE OF BECOMING PREGNANT IF IT IS UNPROTECTED SEX.

MYTH:

A PENIS WILL FALL OFF IF AFTER HAVING AN ERECTION THE PERSON DOES NOT HAVE SEX.



FACT:

A BOY'S PENIS CANNOT COME OFF WHEN HE HAS AN ERECTION WITHOUT SEX. ERECTION IS A NATURAL BIOLOGICAL PROCESS ESPECIALLY FOR YOUNG BOYS GOING THROUGH PUBERTY. POSITIVE MENTAL ENGAGEMENT IS A HELPFUL STRATEGY FOR GETTING THROUGH THIS STAGE.

MYTH:

YOU ONLY GET PREGNANT WHEN YOU HAVE AN ORGASM DURING SEX.



FACT:

HAVING AN ORGAN IS NOT WHY PREGNANCY OCCURS WHEN A MAN'S SPERM FERTILIZES A WOMAN'S EGG. MOST TIMES, A MALE'S ORGASM (EJACULATION) IS WHAT RELEASES HIS SPERM, BUT THERE ARE TIMES THAT MEN RELEASE SEMEN DURING SEX BEFORE EJACULATION. IT IS THE SPERM THAT FERTILIZES THE EGGS RELEASED DURING OVULATION. THIS CONCEPTION PROCESS IS NOT DETERMINED BY ORGASM.



HELP IS AVAILABLE!

In Nigeria, there are specialized shelters, sexual assault referral centres, and experts who are trained and experienced in providing care and support to survivors of sexual violence, including children and teenagers. Some of these responders and service providers are enlisted in the Orange Pages.

Orange Pages is a directory of about four hundred organizations and professionals across Nigeria that respond and provide a diverse range of support services to victims and survivors of gender-based violence, including sexual violence. Orange Pages is a product of Invictus Africa, produced with support from the Open Society Initiative for West Africa (OSIWA).

Orange Pages can be accessed and freely downloaded via www.invictusafrica.org/OrangePages.



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