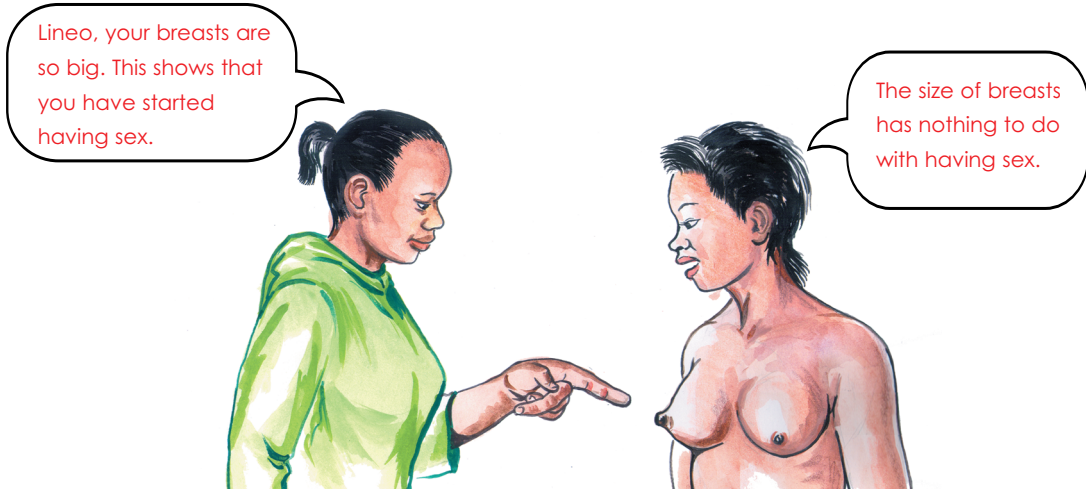


Misconceptions

about

- growing • contraceptives
- sex • HIV and AIDS



When a girl has big breasts, it shows that she has started having sex.

Fact: People are not the same. Some are lean while others are fat. The same applies to breasts. Some girls have big breasts, some very small while others have medium sized breasts. Such variations have nothing to do with an individual's sexual life.

Is it true that sperms make girls grow?



I don't know but I think.....

Sperms make the girls grow.

Fact: It is not true that sperms make girls grow. This is one of the boys' tactics for luring girls to have sex with them. Growth comes as a result of the type of food one eats and the hormones secreted at puberty. If sperms can fertilise a ripe egg (ovum), this can result in pregnancy and through sex, Sexually Transmitted Infections and HIV are passed on.

Some people associate silver stripes with having started sexual relationships.



A girls with silver stripes (stretch marks) has started having sex.

Fact: It is not true that a girls that has silver stripes has started having sex. Silver stripes come as a result of:

1. Hormones secreted when a young girl gets to puberty state. (Not all girls develop them)
2. When one gains weight.

Other girls claim that one need to smear *Urginia capitata* (moretele) for breasts to grow.



For the breasts to grow, girls should let whirligig beetle (thala-boliba) bite their breasts or smear the breasts with *Urginea capita* (moretele)

Fact: The effect of the insect and the plant on breasts is swelling which may be misinterpreted as “growing”. When the swelling subsides, the breasts return to the original size.



"It is understood that boys also believe that capitata will make the penis big."

Boys smear capitata on the penis so that it grows big.

Fact: It is not true. Even with boys, capitata causes swelling. Once that subsides, the penis returns to its original size. The long-term solution to the problem is for the boys to accept their situation and be content with what God has done for them.



A girl cannot be pregnant with the first sexual contact.

Fact: Each time you have unprotected sex, pregnancy can occur, regardless of the frequency. It happens if unprotected sex is done at the ovulation time. Be careful because one may never know her ovulation time.



Is it true that one cannot conceive when sex is done standing?

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You cannot fall pregnant when you have sex standing up.

Fact: You can get pregnant if she has sex standing up. Pregnancy results from sperms penetrating through the birth canal to reach a ripened egg.

Thabo claims that if I don't have sex with him, he will get ill and die. Oh! I love him so much, but I do not want to have sex with him.



Boys have a tendency of cheating girls by claiming that they will be sick if sex is denied.

If a girl refuses to have sex with a boy who is already sexually aroused, the boy will fall ill and die.


Fact: A boy will not fall ill and will certainly not die because a girl refused to have sex with him, however sexually aroused he may be. This is one of the tactics of seeking sympathy from the girl so that she succumbs to his advances.



It is claimed that boys become wild in September

Boys produce sperms in September only.

Fact: All males have sperm at all times once they have reached puberty. It is not only in September that they have them and in abundance.

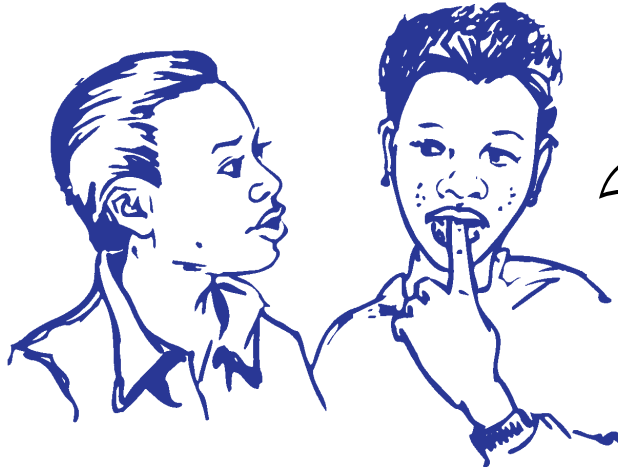


Tebatso told me that if I do not have sex with him, I will be sick or mad. Is it true

No, that is not true. Boys take chances.

A girl who has never had sex will become sick or mad.

Fact: A girl who has not had sex will not become sick or mad. To the contrary; she will find herself in a better state of health. She shall be protected against unplanned pregnancy or sexually transmitted infections.



My boyfriend says
that my pimples
will disappear if
I have sex with him.
Is it true?

Sex heals pimples that appear on the faces of boys and girls at puberty.

Fact: Sex has nothing to do with pimples. What is known of sex is that it results in pregnancy and STIs. Pimples appear on the faces of some youth at puberty. This is due to hormones that are secreted at this stage. To get relief, the face should be washed twice a day with a mild soap and warm water. For further help, see a dermatologist.



When a girl skips after having sex, all the sperms drain out and this way, she cannot fall pregnant.



Fact: The movement of sperms through the birth canal is motivated by the anatomy of the canal. Skipping cannot let sperms drain out. Over and above this, sperms swim like tadpoles and the movement is very fast.



Drinking vinegar after sex prevents pregnancy.

Fact: Anything taken by the mouth goes through the digestive system, which is different from the reproductive system. Therefore, vinegar will never come in contact with or kill the sperms.

Is it true that taking
purgatives after
sex prevents
pregnancy?



**Taking purgatives after sex and having
diarrhoea after sex prevents pregnancy.**

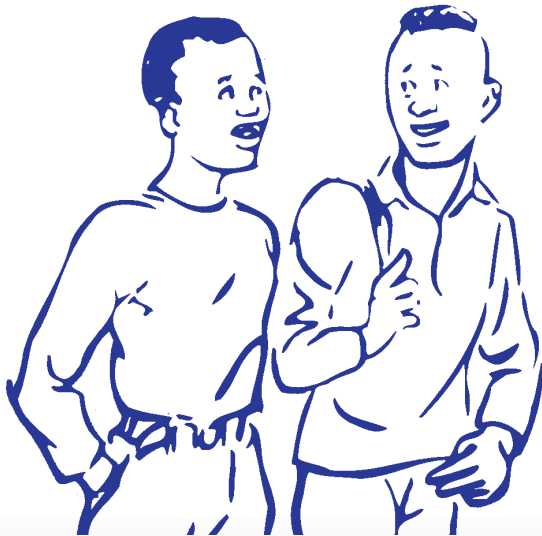
Fact: Purgatives will not prevent sperms from fertilising the egg or kill them. Even diarrhoea will not stop the girl from getting pregnant.



Can delaying sex cause a woman to deliver by Caesarean Section?

If a girl delays sex, by the time she has a baby, she will deliver by Caesarean section

Fact: It is not true that delaying sex will cause one to deliver by Caesarean Section. There are many reasons which can cause a delivery by Caesar. This is one of the boys' tactics when they want to sexually exploit girls.



A girl who has a pin in her mouth during sex will transmit STIs.

Thabo, it is said that when you have sex with a girl who has a pin in her mouth, you will get STIs.

Fact: there is no relationship between a pin and STIs. These infections are transmitted to a partner if one of the two is infected, male or female. As the name indicates, these infections are transmitted by having unprotected sex with an infected partner when no condom was used.

Thabo has given me four tablets to swallow, claiming they will relieve pain related to STIs.



When a boy or girl takes penicillin tablets regularly, this will prevent STIs.

Fact: Penicillin or tablets of this kind will not prevent transmission of STIs. Wrong use of penicillin tablets makes your body to be resistant so that when you require penicillin for treatment of some infection, it will not work. The right thing for the youth is to abstain from sex or engage in protected sex. If there is an infection, consult your doctor or visit a health centre.

Is it true that AIDS can be cured by having sex with a young girl?



When a man or a boy is infected with STIs including HIV, all these can be cured by having sex with a virgin or a very young girl.

Fact: STIs and HIV are not cured by having sex with a young girl. The truth is that the little girl will also be infected while the man or boy will remain infected.



If you have STIs, enema (sepeiti) gives you instant cure.

Fact: Maybe enema does relieve certain conditions but not STIs. Once the signs of STIs are observed, visit a health facility to get the right treatment.



eat potatoes, bananas and other foods that are said to cause discharge. If I stop eating them, will I be cured?

When you eat potatoes, milk and bananas, you will have a discharge.

Fact: Milk, potatoes and bananas will not cause a discharge among men and women. If you realise that you have an abnormal, offensive, greenish or yellowish discharge, consult a doctor or a health centre immediately.



The condom remaining in the girl's vagina moves to the brain.

Fact: Even though the condom can remain in the vagina, which is very rare, it can easily be removed with a finger. Nobody can die from that. It is not true that it can move to the brain or to the heart. This is one of the boys' tactics when they do not want to use a condom.



I'm afraid of using a condom.
I understand it distends the
vaginal canal. Is it true?

Condoms distends the vaginal canal

Fact: The condom does not distend the vaginal canal. Condoms are made of very thin rubber which cannot affect the size of the vagina when used.



Even though it is said that condoms protect me against pregnancy and STIs, I hate it because it can remain inside me.

Condoms remaining in the vagina

Fact: The vaginal canal is not deep. If by accident the condom slips off and remains inside, which is very rare, it can easily be removed with a finger.

Nthabeleng, please lend me some pills, my boyfriend is arriving tomorrow.



One packet of pills can be shared by two girls so that they are protected against unplanned pregnancy.

Fact: A packet of pills should be used by one person to the last pill. She must swallow one pill everyday, around the same time so that she is protected from pregnancy. Remember: Take one pill everyday even when menstruating.

AIDS was brought to us by other nations, especially the whites, with the aim of exterminating the blacks.



HIV was brought deliberately to Lesotho and other countries with the aim of decreasing the population in Africa.

Fact: It is not known from which country HIV started. It is not even known who the first victim was. All these are fallacies. The most important fact about HIV/AIDS is that it is here among us. We need to curb ourselves and prevent its spread.

I really think man wonders to himself: "Lately, when one loses weight, people say he or she has AIDS. Is it?"



A person who has HIV/AIDS can be easily recognised by loss of weight and sores all over the body.

Fact: Anybody who is HIV positive can look very healthy for many years. During this period, this person can infect the people s/he will have unprotected sex with. Weight loss and sores can occur as a result of other causes. Watch out! Other than blood tests, there is no way HIV can be diagnosed. There is no guarantee that a fat person is HIV negative.

Though I am said to have AIDS, I know that I have been bewitched.



HIV/AIDS can be transmitted through sex and blood. At times, even witchcraft does spread HIV/AIDS.

Fact: AIDS is not caused by witchcraft. AIDS is a state when the immune system of a body is weakened by HIV and it is susceptible to any disease. Therefore, witchcraft cannot be involved in the cause and cure of AIDS.

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