

# FREQUENTLY ASKED QUESTIONS



Following are some common questions asked by people who are on their path of self discovery. The answers research-based and generalized, to best support the individual in making the healthiest decisions for themselves, and this may look different for everyone.

People will have their own personal beliefs, values and experiences that will influence how and what they do with their personal sexual expression. These answers are here to clarify and empower individuals.

# FAQ - Grade 7

## **How do twins/triplets work?**

When someone gives birth to multiple babies at once, they are either Identical or fraternal. Identical twins happen when one sperm fertilizes one egg, and the fertilized egg divides into two. Now there are two fertilized eggs with the exact same DNA (i.e. identical). Fraternal twins happen because two eggs were released at the same time and two different sperm from the other person fertilizes each egg. Therefore, there are two fertilized eggs but with different DNA. This is the same with triplets, quadruplets, etc. Identical triplets are when one fertilized egg divides into three, and fraternal triplets are when three eggs are released and are fertilized by three different sperm.

## **What is a C-section?**

A C-section or Caesarean section is a type of delivery where an incision is made in the abdomen to remove the baby from the uterus. Sometimes people can not have a vaginal birth, so the doctors could intervene to help make sure the person and baby is healthy.

## **What are some reasons why period doesn't occur on time?**

For people going through puberty, typically periods are irregular (happens at different times of the month) because their body is getting used to the cycle. It is very natural for periods to be irregular for the first few years. Another reason is that someone is pregnant. A sign of pregnancy is not having their period when it is expected to occur. Pregnancy tests are the way to test to see if someone is pregnant. We provide confidential counselling by appointment: [HERE](#).



# FAQ - Grade 7

## **What is a condom?**

A condom is a barrier, like a shield, that goes on a penis to prevent semen getting into someone's body. Pregnancy happens when sperm meets the egg in the uterus, so by blocking the sperm from entering the body it prevents a pregnancy from occurring. It also prevents people from passing an infection from one person to another during sexual activity because it is a barrier between genitals. It is important to know how to use one properly so we can protect our bodies during sexual activity to make it as safe as possible.

## **Is masturbation a sin?**

Masturbation is a healthy activity people may or may not engage in. Different religions, cultures and personal preferences may be against this practice. Is it okay to masturbate? Masturbation is a natural and healthy behaviour to participate in if people choose to engage in that behaviour. It is a personal choice to masturbate or not to masturbate.

## **What is the age of consent?**

The age of consent in Canada is 16 years old, and there are also laws in place to protect youth younger than 16. Check out The Sexual Assault Centre of Edmonton (SACE) for more information: [HERE](#).

Any further questions please send to: [angel@aspecc.ca](mailto:angel@aspecc.ca)

OR

Ask on our website

[www.aspecc.ca](http://www.aspecc.ca)



# FAQ - Grade 8

## **Can women masturbate?**

Anyone of any gender can touch their own genitals in a way that feels good to them.

## **How many times can you masturbate?**

There is no limit to how many times people can masturbate, but healthy practices involve privacy and safety.

## **Can you run out of sperm?**

Starting at puberty, people with testicles make sperm every day! This is called spermarche or semenarche.

## **Can a man get pregnant?**

For an individual to get pregnant, they must have a uterus.

## **Can you have sex while pregnant?**

Absolutely, people may choose to have sex while pregnant. Having sex does not impact the growing foetus in any way and mature eggs stop being released, so there is no chance of becoming pregnant again.

## **What is the difference between STD and STIs?**

Sexual Transmitted Infections (STI) and Sexual Transmitted Disease (STD) STDs are the same thing. STI is the most up-to-date and medically accurate terminology. STIs are very common but they can be very easy to treat, cure, and manage. More information on STIs on the next page.



# FAQ - Grade 8

## **Can people be born with an STI?**

If the person giving birth has an STI it is possible for the STI to pass to the newborn during birth. Doctors are able to prevent this from happening by treating the STI beforehand or by delivering via Caesarean section (C-section).

## **Can you get an STI without having sex?**

Typically, no. As stated above some people can be born with an STI. Hepatitis C (an STI) can live on surfaces for a long period of time (up to 3 months) and therefore it is possible for transmission to occur when sharing needles, pipes/vaporizers, or piercing/tattooing equipment. Keep in mind, STIs can pass through skin to skin contact in the genital area, not just through penetrative sexual acts.

## **Can someone get an STI in their eyes?**

It is possible for STIs to transmit into someone's eyes. Go to a doctor immediately if anyone is experiencing any infection in their eyes.

## **Can you get infection from oral sex?**

It is possible to transmit infections through mouth to genital contact. STIs survive in warm wet areas (mucus membranes) like the mouth and throat, as well as, the vagina/vulva, urethra, penis, and anus.

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# FAQ - Grade 9

## **Average penis size?**

Research has found that 90% of people (18+) were within a range between 4.2"-7.7", so the average is about 5.5". Of the remaining 10% of the population, 5% are smaller than 4.2" and 5% are larger than 7.7". This is regardless of height, shoe size, ethnicity, country of origin, religion, and/or sexual orientation.

## **Does size matter?**

Penis size does not matter when we are talking about pleasure. People with penises have a wide variety of shapes and sizes, and everyone feels pleasure differently!

## **How to make penis grow?**

There are no pills, lotions, creams, or anything that which makes someone penis grow bigger. Penis size/length/girth is all based on what genetics people have.

## **Can you break your penis?**

A penis does not have any bones inside of it, so it cannot "break" in the sense of a bone breaking. When a penis is fully engorged with blood and it bends in a way it not supposed to or very quickly, then the muscles inside of a penis can be sprained.



# FAQ - Grade 9

## **Why does my vagina smell?**

There are healthy bacteria naturally in the vagina that may cause an odour. If, the vaginal discharge smells/looks different than usual talk to a healthcare professional because it could be a sign of an STI or yeast infection.

## **Can you have sex while on your period?**

Absolutely, it is a personal preference and some people will choose to have sex on their periods, and some do not. Some people experience a relief of menstrual cramping/discomfort from having sex. Condoms are still recommended because STIs can still be passed and there is still a chance of pregnancy may occur.

## **What happens if a condom breaks?**

If a condom breaks, partners should complete an STI test and access emergency contraception like Plan B or ellaOne to prevent a pregnancy. These emergency contraception options are best used as soon as possible after the activity.

## **What happens if you have sex with an animal (unprotected)?**

Sexual activity between a human and an animal is called bestiality and it is illegal. Animals cannot consent to sexual activity with a human and it is impossible for pregnancy to occur between an animal and a human.





# FAQ - Grade 9



## **What are some options for LGBTQ2S+ sex?**

There are many ways for people of all orientations to express their sexuality. Oral, anal, vaginal, manual/digital sex are just a few options.

## **How many genders are there?**

Gender identity is a personal view and understanding of ones self and ones own gender. There are many words/labels people may use, non-binary, gender fluid, Two Spirit, cisgender, transgender, agender, bigender, and there have always been many genders in our world.

## **What is a 'queef'?**

A 'queef' is a slang term for when air is trapped in the vaginal canal and then escapes creating a sound.

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# FAQ - CALM

## **Do condoms limit pleasure?**

Everyone feels pleasure differently and there are a lot of condoms available (ribbed, thin, plastic, flavoured etc.) that are made to provide different sensations while preventing STI transmission or pregnancy. Lube/lubrication increases pleasure and the effectiveness of condoms. There are condoms for all sized penises and internal condoms people can use. Polyurethane (plastic) condoms transmit heat better and people might find this to be very pleasurable.

## **How do you know if you are gay?**

Everyone has a sexual orientation and there are many words/labels out there to describe them. Gay is a general term that describes when someone is attracted to people of the same gender as them. People who are sexually and/or romantically attracted to people of the same gender might identify as gay.

## **Is pornography healthy?**

Pornography is one way people can explore their arousals and desires (likes and dislikes). Keep in mind, pornography is not what sexual activity looks like in real life. This is because consent isn't present, safer sex practices are rarely shown, it can be derogatory/stigmatizing/perpetuates stereotypes, and may not show real intimacy or healthy relationships.



# FAQ - CALM

## **Specific Scenarios around consent, What if...?**

All sexual situations need to follow these 6 pillars of consent, consent is:

**Freely given**-under no pressure or coercion from any other person.

**Reversible**-that means sexual activity can stop at any time for any or no reason at all. If someone said yes before hand but no, I don't know, or maybe right before/during sexual activity, then the no needs to be respected.

**Anything less than a really enthusiastic YES is a NO!**

**Informed**-the person knows what they are consenting to. It is our human right to have an understanding of sexual activities, the risk and pleasures involved, know their rights and responsibilities, know what slang terms and technical terms mean.

**Enthusiastic**-verbal enthusiastic yes, before and during sexual activities. It is a lot more fun/pleasurable and consensual when everyone wants to and is enthusiastically consenting to all the sexual activities taking place.

**Specific**-going from one activity to another (i.e. oral to anal) need enthusiastic consent the entire time.

**Sober**-everyone needs to be free of intoxication to give consent.

## **What if two people are intoxicated?**

Intoxicants (drugs and/or alcohol) affect the decision making part of the brain, so if people are intoxicated they will not make the same decisions they would soberly. When unsure if it is okay to proceed with sexual activity wait until everyone is sober to make the best informed, sober, consensual decision. This is a law put in place to protect vulnerable people.

Sexual Assault Centre of Edmonton are the best people to reach out to if anyone have any further questions SACE has a 9am-9pm hotline (780-423-4121) and phone/text/chat service Alberta One Line (1-866-403-8000).



# FAQ - CALM

## **When should I lose my virginity?**

Choosing when to begin to engage in sexual activities is a personal choice that only individuals can make for themselves. There should be no rush or pressure to make this decision. People can listen to their mind and body, and if they enthusiastically feel they are ready and want to, if there is ongoing consent and safer sex tools, than this may mean they are ready.

## **Does it hurt the first time you have sex?**

Sex feels differently for all people. The first time having sex for people with a vagina could be painful because a thin membrane inside the vagina, called a hymen, can tear. However some people with a vagina will experience no pain whatsoever. Sometimes people who have a penis can find it painful as well. Lubrication can aid in pleasure and reduce friction which can help eliminate pain. Going slowly and communicating about how people are feeling will help as well.

## **Average penis size?**

Research has found that 90% of people (18+) were within a range between 4.2"-7.7", so the average is about 5.5". Of the remaining 10% of the population, 5% are smaller than 4.2" and 5% are larger than 7.7". This is regardless of height, shoe size, ethnicity, country of origin, religion, and/or sexual orientation.

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# FAQ - CALM

## **What are the side effects of hormonal birth control?**

Side effects may occur; weight gain, headache, breast tenderness, breakthrough bleeding, mood disturbances, acne, or nausea. More severe side effects are; migraines, blood clots, heart problems, or blood pressure issues. Keep in mind smoking and vaping may increase some of these risks. If somebody experiences these side effects, it is best to talk to a doctor or the Birth Control Centre to discuss other options. Birth Control Centre: 405 North Tower 10030 107 Street Edmonton, phone: 780-735-0010.

## **Can you get birth control without parents knowing/permission?**

There are free and confidential birth control options at the Birth Control Centre (info above). People have a right to private health care and parents/guardians do not need to be informed.

## **How do Plan B and ellaOne work exactly?**

Plan B and ellaOne are forms of emergency contraception that use the same hormones as birth control to prevent pregnancy from happening. If ovulation has not occurred, this prevents it from happening (i.e. no egg is released, therefore sperm and egg do not meet). If a person takes an emergency contraception after ovulation, it causes mucous to thicken that traps the sperm from reaching the egg. If a pregnancy has already occurred Plan B and ellaOne will not end that pregnancy. Plan B works for people less than 165 pounds and ellaOne works for people of any body weight.

## **How expensive are abortions?**

Abortion (termination of a pregnancy) fees are covered by Alberta or Saskatchewan healthcare. Contact Woman's Health Options for more information; (780) 484 1124, [info@whol.ca](mailto:info@whol.ca), [counsellor@whol.ca](mailto:counsellor@whol.ca). Woman's Health Options clinic hours Monday through Friday 8:30 am to 4:30 pm. Please note that appointments can only be made by phone or online.



# Further Questions



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