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i	Has someone once told you that you can't get pregnant from precum?
v	We use the terms “person with a penis” and “person with a vagina” in our answers instead of male, female, guy, girl, etc. We use this language because not every person who has a penis identifies as male, and not every person with a vagina identifies as female (you will learn more about this in Chapter 6). ...We also want people to know that their bodies can look many different ways, so—spoiler alert—there are lots of drawings of vulvas, vaginas, penises... Oh my!
2	“CAN YOU DIE FROM MASTURBATING TOO MUCH?”
5	ICYC defines sex as oral, anal, or vaginal. Because the term “virgin” does not have a medical definition, it is up to each person to define what virginity means for themselves.  ...Are you still a virgin if you suck dick?
7	Masturbation is touching your own body because it feels good. Good news: you can't give yourself an STI or cause a pregnancy from masturbation! As a matter of fact, masturbation is a healthy activity many people choose to do.
8	A person can have sex or masturbate as much as they want, as long as it is consensual, doesn't get them in trouble, and doesn't get in the way of everyday life.
9	If the person has already had vaginal sex before, or is having anal sex, and there is pain, it could be because there is an infection or an STI, because the person is not excited or relaxed enough, because there's not enough lubricant, or because of a medical condition.
11	After a person with a vagina has sex, it is common and normal for fluid to exit the vaginal opening. The fluids are normal vaginal fluids that are produced as a result of arousal. If a person with a vagina has had sex with a person with a penis and didn't use a condom, the vaginal fluids will be mixed with the ejaculated semen.
12	Sex can last as long as the people having sex want it to! Some people stop having sex after orgasm and/ or ejaculation, and some people don't. It can take some people a short time to orgasm or ejaculate, and it can take others a long time. Some people will stop having sex even if they do not orgasm or ejaculate.
13	HOW DO YOU MAKE A GIRL HORNY? Sorry, but there's not just one way to make someone horny or turn them on.
14	WHAT'S AN ORGASM? An orgasm is a feeling of intense sexual pleasure, felt in the genitals or throughout the entire body. It is sometimes called “cumming” or climaxing.
15	WHY DO GIRLS FAKE ORGASMS? “Faking an orgasm” is when someone pretends to have an orgasm without actually having one. Anyone can do this, not just people with vaginas.
17	WHY DO GUYS MOAN? ...So, some people (of every gender) moan during sex or sexual activity.
18	WHAT IF THE Penis GETS STUCK IN THE Vagina? ...Let's talk about the vagina—it's like a pocket. ...The vaginal walls stretch when a penis is inserted. When it comes out, the vaginal walls will go back again.

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	...If someone is tense or nervous, the muscles of the vagina can contract; the penis may feel “stuck,” but it can actually still come out. It cannot get “stuck” in the vagina forever.
19	CAN YOU HAVE SEX WHILE THEY'RE ON THEIR PERIOD?
20	Will SWALLOWING CUM make me SICK ...Semen (cum) itself will not make someone sick—as in, it will not necessarily make someone’s stomach ache.
21	WILL MY TESTICLES EXPLODE IF I MASTURBATE TOO MUCH? ...If a person is masturbating a lot, the penis, testicles, vulva, clitoris, or vagina can become sore to the touch or swollen.
22	IS THE PINEAPPLE THING TRUE? DOES IT MAKE YOUR CUM TASTE BETTER?
24	WHY DO PEOPLE USE LUBE?
26	WHAT'S PORN? Porn, or pornography, is the name for videos or images that show nudity or sexual scenes.
27	DO YOU BURN CALORIES HAVING SEX OR MASTURBATING? ...Most people are surprised to learn that sex burns between one hundred and three hundred calories.
30	SO WHATS, LIKE, A NORMAL PENIS SIZE? ...In the United States, the average adult penis is between three to four inches when flaccid (soft) and five to six inches long when erect (hard).
31	The illustration on the top of the page depicts a zoomed in view of a vulva. The external parts are labeled.  The illustrations on the bottom of the page depicts various vulvas in a zoomed-in view. <i>See Figure 1.</i>
32	The illustrations on this page depict several pairs of breasts in a frontal view.
33	The illustration on the left-side of the top row depicts an uncircumcised penis and scrotum. The external parts are labeled. The illustration on the right-side of the top row depicts a circumcised penis and scrotum. The external parts are labeled. The bottom row of illustrations depicts several penises of various shapes and sizes. <i>See Figure 2.</i>
34	An erection is when the penis gets hard and stands away from the body.  The illustration on the bottom of the page depicts an erect penis. <i>See Figure 3.</i>
35	WHAT ARE BLUE BALLS AND CAN IT PERMANENTLY #%@ \$ YOU UP?  “Blue balls” is a term for when a person with a penis is sexually excited and has an erection, but isn’t able to ejaculate.
36	DO GIRLS GET Lady BONERS?  When someone uses the term “boner” they are talking about the penis getting erect (hard). You may have heard someone say the words “lady boner.”

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	<p>...First, when a person with a vagina gets sexually excited, blood will rush in and cause swelling to the clitoris, the labia, and the vagina. It is normal to feel a throbbing sensation when this happens. The clitoris may even feel hard. This term has also been used as slang when a person who identifies as a female is attracted to or turned on by another person.</p>
39	<p>IF I GET WET DOWN THERE WHEN I SEE SOMEONE...DOES THAT MEAN I LIKE THEM?</p> <p>...When a person with a vagina feels sexually excited, the vagina may make more vaginal fluid and get “wetter.”</p> <p>...Similarly, if a person with a penis feels sexually excited, their penis may become erect (hard) and some precum (fluid produced by the body to clean out the penis prior to ejaculation) might come out, making that person’s clothing a little wet. Although we might want to, we can’t control who we’re attracted to, but we do get to control what we do with those feelings.</p>
42	CAN I RUN OUT OF CUM?
43	WHAT DOES IT MEAN WHEN A GIRL SQUIRTS? DO ALL GIRLS DO THIS?
44	<p>Squirting is when someone with a vagina releases fluid from their urethra during sexual arousal or when they’re really turned on.</p> <p>...It may happen when they orgasm, or not.</p>
45	Often people call the sound made by air escaping the vagina a “queef.”
46	HOW DEEP CAN A PENIS GO IN A VAGINA?
48	Injury to the penis, though not common, is more likely to happen during vaginal sex, anal sex, or aggressive masturbation.
49	<p>There is no way a tampon, finger, penis, sex toy, or anything else can “accidentally” go in the urethral opening.</p> <p>The illustration on the bottom of the page depicts a zoomed-in view of a vulva. The external parts are labeled.</p>
50	What does POPPING your cherry mean?
53	The illustration on this page depicts a milk carton with a zoomed-in view of a vulva. The text above the image reads: MISSING CLITORIS
58	The illustration on this page depicts a zoomed-in view of a penis and scrotum. There is an oval labeled: SOAP and two water drops near the penis. An arrow points upward along the shaft of the penis.
61	Whether or not it “matters” often refers to whether or not a partner prefers a certain penis size. Some people may prefer a bigger penis and some may prefer a smaller penis and some may not care at all. For many people, getting turned on is about much more than the size of their partner’s penis.
65	<p>CAN YOU HAVE A PENIS AND A VAGINA?</p> <p>A person cannot have a fully functional penis and a fully functional vagina, but it is possible for a person to be intersex. Being intersex means that someone’s sex characteristics (how they look and what makes their body work in certain ways) can include a variety of different chromosomes, genitals, reproductive organs, or hormones.</p>

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68	<p>Where is the G SPOT?</p> <p>Ah, the G-spot!            ...The G-spot is an area one to three inches inside the vagina, towards the belly button, that has lots of nerve endings. For some people, having this spot touched feels good (and can cause an orgasm), and for others, there might not be much sensation at all.</p>
70	<p>“DO GUYS REALLY CUM IN THEIR SLEEP?”</p>
71	<p>The illustration on the top of the page depicts a sun next to clouds. One of the clouds resembles an erect penis.</p>
72	<p>Do Guys Really Cum In Their Sleep?</p> <p>...During puberty, it is common for the penis to get erect (hard) and ejaculate while a person sleeps. This is called a wet dream.</p>
76	<p>WHY HAVEN'T I GOTTEN BOOBS YET? MY SISTER'S ARE HUGE!</p>
77	<p>The term “boy” refers to gender. If someone has a uterus and identifies as a boy, they can get their period.</p>
82	<p>The illustration on this page resembles Michelangelo's "David" statue. There are ripples radiating out from below the penis and scrotum.</p> <p>WHEN YOU HAVE A TINGLY FEELING IN YOUR PENIS, WHAT SHOULD YOU DO?</p> <p>...A person could choose to touch the penis, but this should only be done in private. Or a person might choose to be sexual with another person, as long as both people give permission (consent).</p>
83	<p>WHY DO I SOMETIMES WAKE UP WITH AN ERECTION? (MORNING WOOD)</p>
87	<p>CAN YOU PUT A TAMPON IN YOUR BUTT?</p>
92	<p>“IS TWELVE TOO YOUNG TO KNOW I’M BI?”</p> <p>The illustration on the bottom of the page depicts a unicorn standing up. The text above the unicorn reads: The Gender Unicorn.</p> <p>There is a chart with 5 sections to the right of the unicorn. The top section labeled: Gender Identity, contains three arrows pointing toward the right. The arrows are labeled as follows (in descending order): Female/Woman/Girl; Male/Man/Boy; Other Gender(s)</p> <p>The second set of arrows are pointing toward the right. The section is labeled: Gender Expression. The arrows are labeled as follows (in descending order): Feminine, Masculine, Other</p> <p>The third section labeled: Sex Assigned at Birth, contains three dots. The dots are labeled: Female, Male, and Other/Intersex.</p> <p>The fourth section is labeled: Physically Attracted to, and contains three arrows pointing toward the right. The arrows are labeled as follows (in descending order): Women, Men, Other Gender(s)</p> <p>The bottom section is labeled: Emotionally Attracted to, and contains three arrows pointing toward the right. The arrows are labeled as follows (in descending order): Women, Men, Other Gender(s)</p> <p>The Trans Student Educational Resources center created this graph to help people understand gender. And who doesn't love a unicorn (especially an inclusive, educational</p>

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	<p>unicorn!)? 17</p> <p>Gender is the way someone feels inside and how they identify themselves. Some examples of how people identify are: woman, man, gender fluid, and queer. But there are many other ways in which people can identify. Gender expression can refer to how someone expresses themselves.</p> <p>...A person's gender identity and gender expression can be different from each other or the same.</p>
93	Some people might identify themselves as gay, lesbian, straight, or bisexual.
94	<p><b>HOW DO YOU BECOME THE OTHER GENDER?</b></p> <p>...The way a person feels inside is their gender. For some people, their sex recorded at birth feels comfortable or right for them. And for some people, it doesn't feel right or comfortable. If someone feels their sex recorded at birth is not right for them, they might take steps towards affirming their gender, this can be called transitioning. People whose gender identity is different from their sex recorded at birth may identify as transgender, while others may not. Transitioning can be social (how a person dresses) and/or medical (medicine or surgery) and can be very different for each and every person. The truth is that there's no right way to transition! No matter how a person identifies or how they express their gender, it is important to respect their identity.</p> <p>...Isn't it cool that you can identify however you want and make changes that feel right for you.</p>
96	<p><b>WAIT, YOU'RE TELLING ME THERE ARE MORE THAN TWO GENDERS?</b></p> <p>...Sometimes people may be more familiar with the binary two genders, male and female, while others agree there are unlimited gender possibilities. A person's gender identity can be any of the following and more: woman, man, intersex, gender queer, gender fluid, or gender nonconforming. In the end, though, it doesn't really matter how many genders there actually are—just that you respect how others identify themselves, and they respect how you identify yourself!</p>
97	<b>HOW DO YOU BECOME GAY/ BI/ LESBIAN?</b>
98	<p><b>IS 12 TOO YOUNG TO KNOW I'M BI?</b></p> <p>...People can know their orientation, or who they like, at any age. "Bisexual" refers to a person who is attracted to two genders.</p>
102	<p>A person's pronouns can often help communicate their gender to others. Some people might use the pronouns "he/ him," others might use "she/ her," and others might use "they/ them." They know themselves best, so only they can say which pronouns are right for them. Being mis-gendered (meaning being addressed as a gender outside of the one you identify with) can often be hurtful. To be respectful of a person's gender and validate their identity, it's important to use the pronouns that they ask you to use. Using the correct pronouns can help everyone feel safe and respected—and is not that hard!</p>
103	<p><b>How do I know if someone is trans?</b></p> <p>Just like with sexual orientation, the only way to know if someone is transgender is for them to tell you. You can't tell someone's gender by the way they look, act, or talk.</p>
104	Often, people who don't feel sexual feelings or desires identify as asexual, or Ace.
105	<b>DO I HAVE TO TELL MY FAMILY I'M A LESBIAN?</b>
108	<p><b>WHAT'S THE DIFFERENCE BETWEEN HETERONORMATIVITY AND HETEROSEXISM?</b></p> <p>...Heteronormativity assumes that what is normal is being heterosexual (attracted to the</p>

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	opposite gender). This can be seen in TV shows, on forms people have to fill out, or even in the words people choose to use. (Remember, it is perfectly normal and healthy if you are not heterosexual.) Heterosexism is believing that heterosexuals are better than others, or that other orientations are wrong or less valuable. These are both biases that can make LGBTQ + individuals feel ignored, ashamed, and less important.
112	It is possible for herpes from the mouth to spread to the penis, vagina, or anus during oral sex.
113	LET'S SAY I MASTURBATE. IF I DO, CAN I GIVE MYSELF AN STI? ...Masturbating is when someone touches their own sexual parts using their hands, a sex toy, or another object because it feels good. Masturbation is healthy and normal, and it is up to each person to decide whether it feels good to masturbate or not.
114	HIV is most commonly spread through specific bodily fluids: blood, semen (cum), pre-ejaculate (precum), rectal fluids, vaginal fluids, and breast milk.
125	A dental dam is a thin piece of material, typically latex, that can be used during oral sex on the vagina or anus to prevent the spread of STIs. People can get a dental dam at local health centers or even purchase them online. If someone does not have a dental dam, they can cut open a latex condom to create a barrier.
126	There are internal condoms made for vaginas. The condom is called FC2. The condom is inserted into the vagina and it can help prevent both pregnancy and STIs.
132	SHOULD I WEAR GOGGLES TO AVOID GETTING CUM IN MY EYE?  Well, you could wear goggles, if you want to. But, it would be more effective to wear a condom on the penis or sex toy to avoid sharing fluids.
133	ARE THERE ANY LIKE TONGUE CONDOMS FOR SEX? ...There is not a condom designed to be worn on the tongue, but there are dental dams (for oral sex on the vagina or anus) and external condoms (for oral sex on a penis) that someone can wear to protect themselves and their partner( s). ...Flavored condoms are specifically designed for oral sex on the penis and can be found at a drug store or health care center.
148	CAN YOU GET PREGNANT FROM MOUTH SEX? ...Pregnancy cannot happen from "mouth sex," more commonly known as oral sex.
150	DOES IT REALLY HAPPEN THAT YOU COULD GET PREGNANT WHEN, OR EVEN THOUGH, A GUY PULLS OUT RIGHT AWAY? ...Once the penis is erect (or hard), it releases pre-ejaculate (or precum) to lubricate the urethra inside the penis.
155	Finally, they can end their pregnancy by choosing abortion. For some people this is an easy decision, and for others this can be a difficult decision. ...Some things to think about when making this decision are: Future Goals Finances State Laws
156	Abortions can be done safely by getting a prescription for medication to end the pregnancy at home, or by having a doctor end the pregnancy at a clinic. If you choose abortion, talking with your doctor can help you decide which method is best for you.

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167	IF SOMEONE CUMS IN A POOL WILL EVERYONE GET PREGNANT?
168	Even if a person only releases a little bit of semen (or pulls the penis out just as they are ejaculating), it is possible that pregnancy could happen.
169	<p>CAN YOU GET PREGNANT WHEN YOU DO IT DOGGYSTYLE?</p> <p>You absolutely can get pregnant from doggystyle. This is a slang term for a sexual position.</p>
174	<p>CAN YOU GET PREGNANT FROM PRECUM?</p> <p>...It is possible to get pregnant from precum. Precum is the fluid that leaves the penis before a person ejaculates (cums). A person cannot control or feel when precum leaves the body.</p>
184	<p>The illustration on the left-side of the page depicts an erect penis with a condom on the shaft. An arrow is pointing toward the base of the penis. The words along the arrow read: ROLL TO THE BASE OF THE PENIS.</p> <p>The illustration on the right-side of the page depicts a hand holding a condom on an erect penis. The text above the image reads: HOLD THE BASE OF THE CONDOM BEFORE PULLING OUT</p> <p>...Holding the base of the condom makes sure it doesn't slip off when pulling out. Often after ejaculation a person can start to lose their erection.</p>
197	Whether the condom broke, a partner didn't pull out, or a person didn't take their birth control correctly, Emergency Contraception (EC) can be used by a person with a vagina up to three to five days after having unprotected vaginal sex to prevent pregnancy.
198	Emergency Contraception (or EC) is an over-the-counter birth control method that can be purchased at pharmacies. It may be on the shelf, kept behind the counter, or kept in a locked case, but no prescription is required. EC is meant to be used by someone with a vagina after unprotected sex.
199	Emergency Contraception, like Plan B, is safe and can be used whenever someone needs it!
200	Abortion is the safe ending of a pregnancy, while EC works to prevent a pregnancy from happening.
202	HOW DO I KNOW IF I SHOULD BE USING A MAGNUM [CONDOM]?
205	CAN YOU USE A BALLOON, TRASH BAG, PLASTIC BAG, SANDWICH BAG, ETC. AS A CONDOM?
207	So some people may choose to use condoms with flavoring on them when they have oral sex (in this case, mouth-to-penis sex). Never use flavored condoms during vaginal or anal sex because it can cause irritation.
216	<p>DOES THE PULL OUT method ACTUALLY WORK?</p> <p>The pull-out method is also called the withdrawal method. It is when a person pulls the penis out before ejaculating.</p> <p>...In order to use it the right way, a person needs to know their body really well, and this can take practice.</p>

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218	The important thing to make sure of if having sex in water is that the condom stays on. It's possible the force of the water in the shower or the ocean could cause the condom to slip off.
244	Any time a person forces another person to do anything sexual that they do not want to do, it is sexual assault, which can include rape. Sexual assault can happen to any gender, by any gender. It is never okay if anyone makes a person do something sexual that they do not want to do. Even if a person seems "turned on," that does not mean they want to have sex. An erect penis or a wet vagina doesn't mean a person wants to do the activity—this is just a natural bodily reaction, and reactions are not consent.
247	WHY IS IT SO HARD TO STOP WHEN WE START MAKING OUT?  Making out can feel really good, and can be sexually arousing.
250	Some people send nude pictures out of the blue, and some people might try and send them as a way of flirting. ...Sometimes it's called sexting when people send naked photos

Profanity	Count
Dick	1

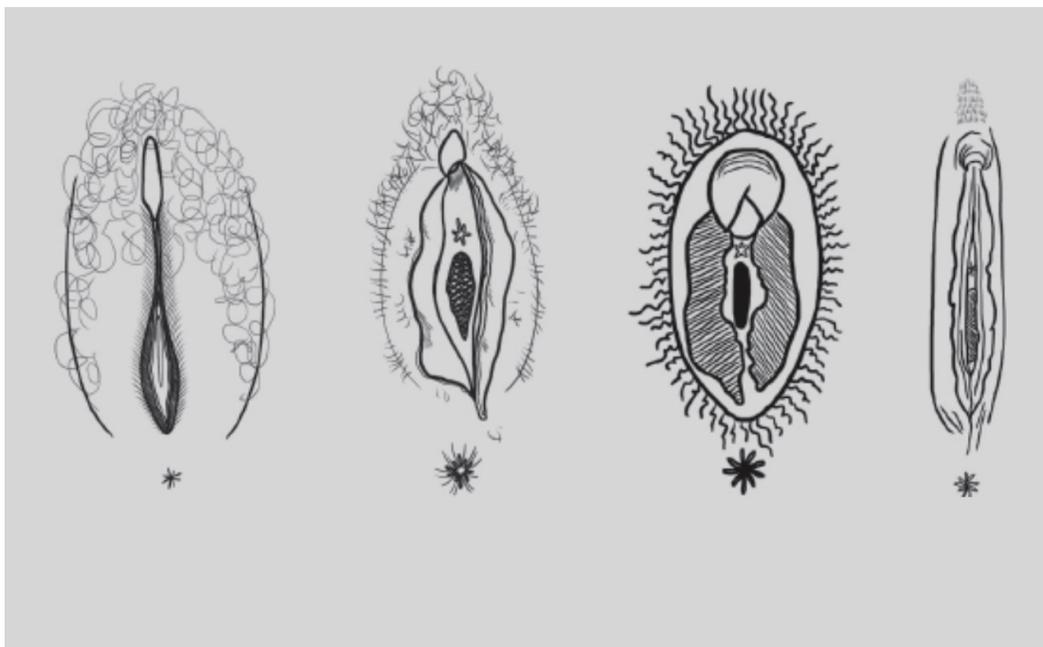


Figure 1

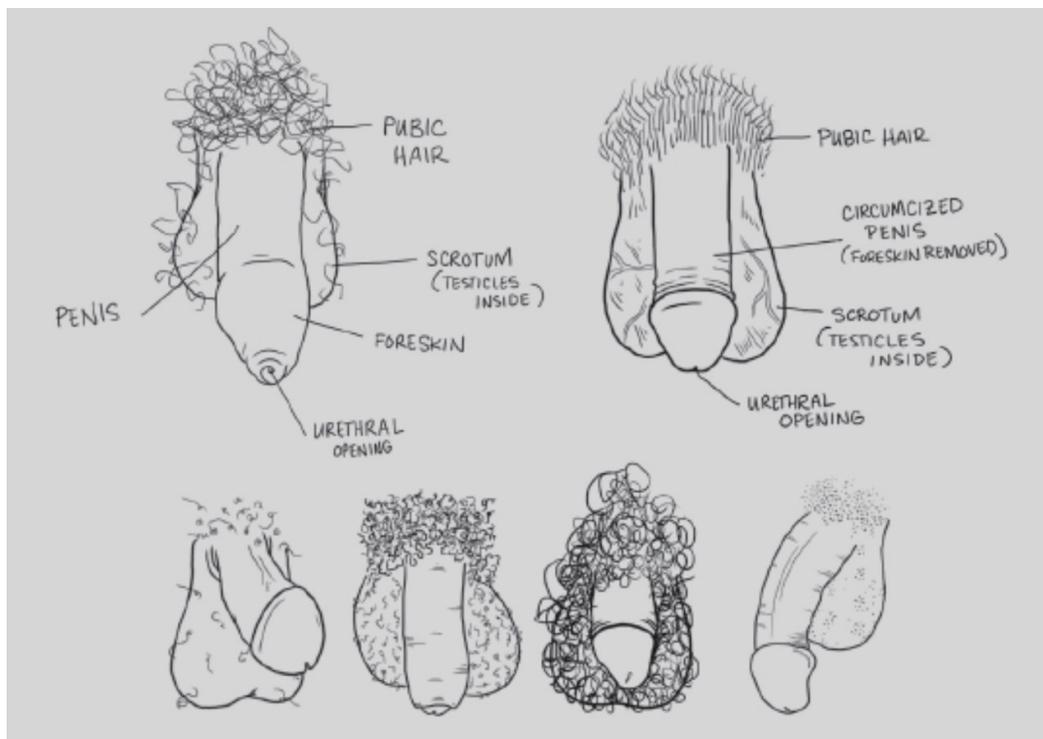


Figure 2

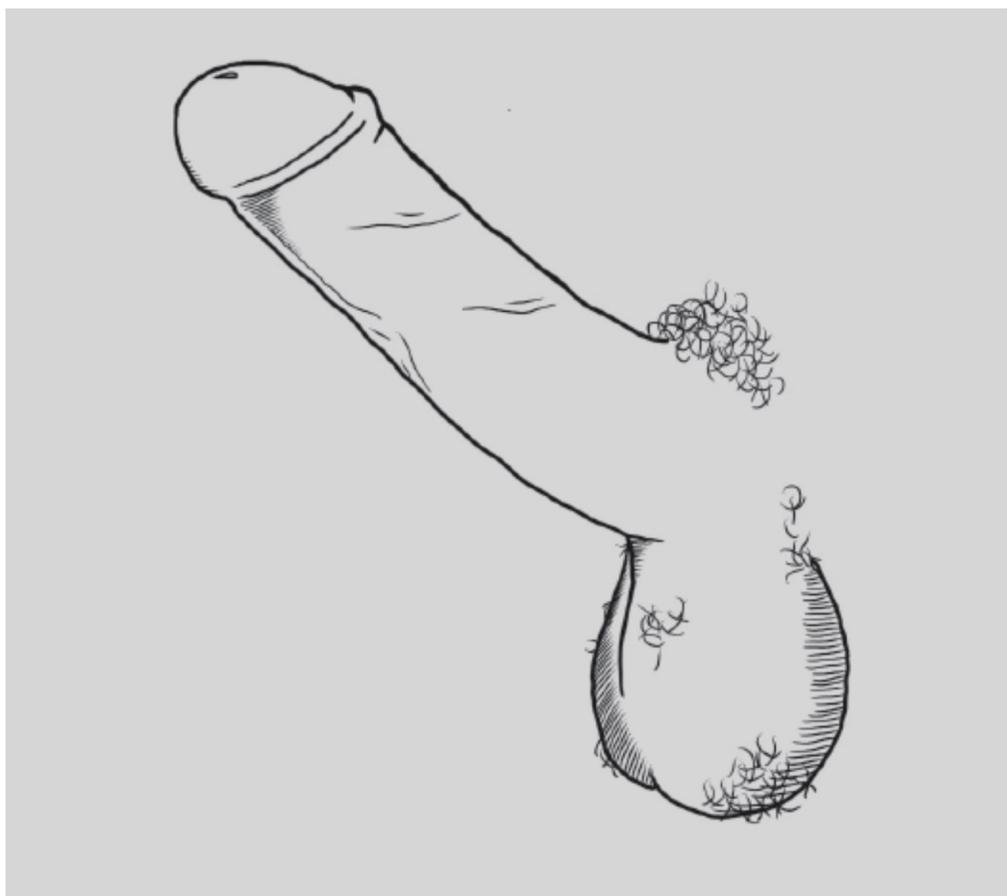


Figure 3