

CONTRACEPTION AND PREGNANCY

Which sexual acts can or cannot lead to pregnancy?

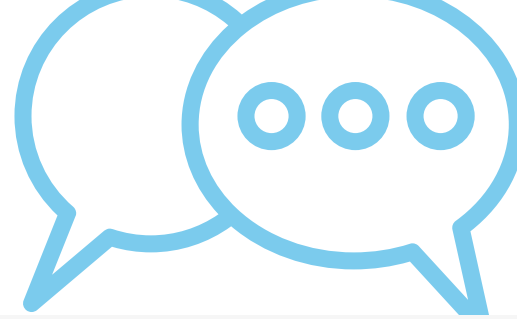
KEY WORDS 

pregnancy | sexual acts | contraception | fertile window



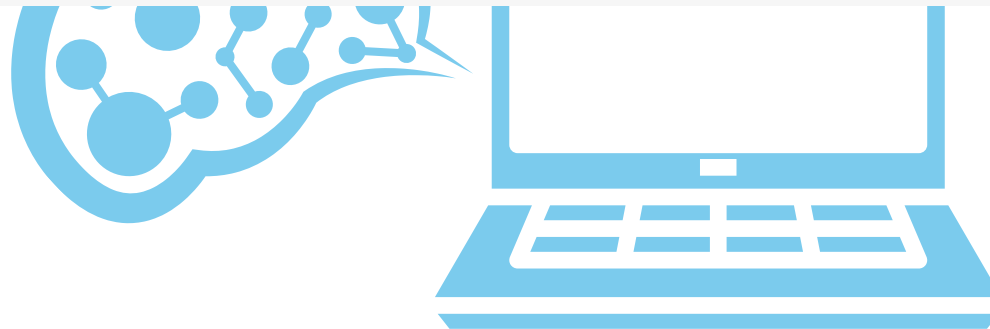
Let's dive a little deeper into the world of sexual activity and pregnancy risks. Understanding which sexual acts can or cannot lead to pregnancy is crucial for you to feel confident and informed in your choices.

When it comes to pregnancy, **the number one factor that leads to it is vaginal sex**, usually during ejaculation from unprotected sex or when using **the pull-out method**. The pull-out method is when one partner removes their penis from the other partner's vagina before ejaculation.



- Pregnancy can occur because sperm is released during ejaculation and then stays in the female body for a few days, looking to fertilise an egg. Once sperm and egg meet, pregnancy is very likely.
- However, **sperm can still make contact and stay in the body even when ejaculation did not occur during sex**. This is because precum is generated by the penis during arousal. Precum is a small amount of liquid which can carry traces of sperm, even if the penis was thoroughly washed before sex and/or urine passed through it. So, “pulling out” during vaginal sex still carries the risk of pregnancy.

But here's the good news: **not all sexual activities come with a pregnancy risk**. Acts like oral sex, anal sex, kissing, and masturbation (individual and mutual) do not carry a risk of pregnancy – just remember to wash your hands before acts of penetration. Even though these activities won't lead to pregnancy, they can still carry a **risk of STIs**, so wearing condoms is your best shield against them.



The possibility of getting pregnant also depends on timing. Ever heard of the menstrual cycle? It's like Mother Nature's calendar for your reproductive system. The time when young women are most likely to get pregnant is during their fertile window, which for many is 6 days. This is why couples that plan for babies schedule sexual acts during this **fertile window**. However, if you think having sex outside of this window means you're no longer at risk of pregnancy – think again. The chances of pregnancy are lower, but still possible, especially if you're having unprotected sex.

But here's the thing: even with all this knowledge, **sometimes accidents happen**. Unplanned pregnancies can still occur due to factors such as irregular menstrual cycles or inaccurately predicting your fertile window. That's why it's crucial to use reliable contraception methods every time, and talk to a healthcare professional for guidance.

Understanding the ins and outs of pregnancy risks in different sexual activities puts you in the driver's seat of your own body and your future. Stay informed, stay safe!



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