



**If your partner is violent,
you should just accept it
and deal with it.**

FACT

MYTH





Drinking alcohol every day as a teen is safe and helps with stress.

FACT

MYTH





**Real friends don't pressure
you into doing things you
don't want to do.**

FACT

MYTH





**Sex without
consent is rape.**

FACT

MYTH





**Meeting violence with
violence is a safe way to
respond to abuse.**

FACT

MYTH





**Reporting rape can help stop
the perpetrator and provide
support to the survivor.**

FACT

MYTH





**Ignoring unsafe behavior like
someone bragging about
assault protects people.**

FACT

MYTH





**Alcohol can harm your
brain development when
you are young.**

FACT

MYTH





**Feeling pressured by
friends to “join in a bit” is
safe if you don’t go too far.**

FACT

MYTH





**There is no shame in
reporting rape or sexual
violence.**

FACT

MYTH





**Once you are married, you
don't need to ask your
partner for consent before
sex.**

FACT

MYTH





**You can get STIs
from oral sex.**

FACT

MYTH





**Masturbation is dangerous
and can make you infertile.**

FACT

MYTH





**Withdrawing before
ejaculation completely
prevents pregnancy.**

FACT

MYTH





**Using a condom during
oral sex can reduce the
risk of STIs.**

FACT

MYTH





**Consent matters even if
you have been with your
partner for a long time.**

FACT

MYTH





**STIs caught early
can be treated.**

FACT

MYTH





**You cannot get
contraception at a
different clinic or time.**

FACT

MYTH





**Semen can be released
before ejaculation, so
withdrawal is not a reliable
method.**

FACT

MYTH





**You can tell if you have
HIV just by feeling sick
or losing weight.**

FACT

MYTH





**Condoms are the only
way to prevent HIV
transmission.**

FACT

MYTH





**HIV can be transmitted
through hugging or
kissing.**

FACT

MYTH





**HIV tests are quick
and painless.**

FACT

MYTH





**Taking ART can help
someone living with HIV
live a long, healthy life.**

FACT

MYTH





**Abstinence is the only
reliable way to prevent
HIV.**

FACT

MYTH





**Mother-to-child transmission
can be prevented with proper
treatment.**

FACT

MYTH





**You can only know
your HIV status
through a test.**

FACT

MYTH





**Avoiding people with
HIV is necessary to stay
safe.**

FACT

MYTH





**Puberty is a natural process
that happens to everyone and
prepares bodies for
adulthood.**

FACT

MYTH





**Puberty starts at the
same age for all
adolescents.**

FACT

MYTH





**You can stop puberty if
you don't want your
body to change.**

FACT

MYTH





**Hormonal changes
during puberty can
cause pimples and acne.**

FACT

MYTH





**Everyone's body changes
in the exact same way
during puberty.**

FACT

MYTH





**Boys and girls can
experience mood
swings during puberty.**

FACT

MYTH





**Growth spurts only
happen to boys.**

FACT

MYTH





Puberty only affects physical changes, not emotional or social development.

FACT

MYTH





**Hair growth in new
areas is a normal part
of puberty.**

FACT

MYTH





**Puberty happens
overnight, not gradually.**

FACT

MYTH





**HPV vaccine protects against
a virus that can sometimes
cause warts and cancer.**

FACT

MYTH





**You need to get the HPV
vaccine between 9–14 years
old to reduce future cancer
risk.**

FACT

MYTH





**Most people with
HPV feel very sick
immediately.**

FACT

MYTH





**People with HIV
cannot get the HPV
vaccine.**

FACT

MYTH





**It's best to get the HPV
vaccine before starting
sexual activity.**

FACT

MYTH





**The HPV vaccine protects
against all sexually
transmitted infections.**

FACT

MYTH





**HPV infection can be
asymptomatic.**

FACT

MYTH





**The HPV vaccine
is only for girls.**

FACT

MYTH





Getting the HPV vaccine as a child reduces your risk of cervical and other cancers as an adult.

FACT

MYTH





**You still need condoms after
getting the HPV vaccine to
prevent STIs and HIV.**

FACT

MYTH

