

### **1. What causes bad breath?**

Bad breath can originate from eating foods with strong odors, such as garlic and onions. Brushing your teeth or using mouthwash can temporarily reduce the odor, and the odor usually goes away as the food item is eliminated from your body. Other common causes of bad breath include poor dental hygiene, dry mouth, and smoking or chewing tobacco-based products. In some cases, bad breath can be a warning sign of dental problems or other illness in the body such as intestinal disorders or lung diseases. If you have severe or prolonged problems associated with bad breath, talk to your dentist or health care provider for an accurate diagnosis.

### **2. What is a tattoo? Does it hurt to get one?**

A tattoo is a permanent mark or design made on your skin by inserting ink into the skin's top layers. The modern tattoo device is primarily a needle connected to a small motor. Like a sewing machine, the needle penetrates the skin up to 3,000 punctures per minute. The process may take up to several hours for a large tattoo. The pain level varies depending on body area. On areas where there is a lot of bone (lower back) or nerves (wrists, neck, joints), it will hurt more. Areas with more body fat (arms, legs, stomach) may hurt less. Pain can vary from a mild to severe.

Tattoos are permanent, which means they remain on your skin for the rest of your life. Think very carefully before deciding to get one. Laser removal surgeries are available, but they can be very expensive (up to \$100 per square inch) and may take multiple sessions before the tattoo can be removed. Moreover, getting a tattoo exposes you to many infectious diseases such as hepatitis B, and HIV/AIDS because the equipment used by your tattoo parlor may be contaminated. Other potential complications include scarring, allergic reactions and skin infections. Make sure you understand the risks of tattooing and choose a reliable parlor if you do decide to have one done.

### **3. Am I overweight?**

The Body Mass Index (BMI) is a measurement that compares a person's weight and height and is a useful tool to estimate a healthy body weight based on how tall a person is.

- If you are below age 20, use the BMI calculator for child and teen:  
<http://apps.nccd.cdc.gov/dnpabmi/Calculator.aspx>
- If you are over age 20, use the Adult BMI Calculator:  
[http://www.cdc.gov/nccdphp/dnpa/healthyweight/assessing/bmi/adult\\_BMI/english\\_bmi\\_calculator/bmi\\_calculator.htm](http://www.cdc.gov/nccdphp/dnpa/healthyweight/assessing/bmi/adult_BMI/english_bmi_calculator/bmi_calculator.htm)

### **4. Do whitening toothpastes work?**

Whitening toothpastes are designed to remove surface stains from your teeth. They contain special abrasives that gently polish the teeth and chemicals that help break down stains. As a result, whitening toothpastes may lighten your teeth slightly, but they cannot change the natural color of your teeth, nor do they correct any discoloration on the teeth's inner layers. Whitening toothpastes are a good choice for people who regularly drink tea or coffee, as these beverages increase staining of the teeth. These toothpastes are also helpful when used after a teeth-bleaching procedure, to help maintain the tooth color. When buying any toothpaste, look

for the American Dental Association (ADA) Seal of Acceptance. If you would like to whiten your teeth, ask your dentists about your options.

### **5. Does wearing a heavy backpack hurt my back?**

**It may.** Wearing a heavy backpack can lead to posture problems which can cause harm to your body. For example, your backpack may make you lean too far forward and roll your shoulders, causing a rounded upper-back over time. And as you tilt your head up to see properly, this posture also strains the back and neck muscles and nerves. On the other hand, if you have to lean backward from the weight of your backpack, you are adding stress on your spine. Warning signs to a heavy backpack include pain in your back and neck areas and excessive redness on pressure points such as your shoulders.

**Don't** wear your backpack on only one shoulder because it makes you tilt to one side while walking, which is a very bad posture for your neck, shoulder, and back. It can also cause pain in these areas, especially if your backpack is heavy.

Choosing the right kind of backpack is extremely important for the health of your back. To begin with, your backpack should have wide, padded shoulder straps, which distribute the weight evenly over your shoulders. A bag that comes with a waist belt will also help distribute the weight across your hips. The shoulder straps should be adjusted so the bag rests in the middle of your back. A bag with a padded back can also be beneficial in removing some of the pressure. Choose a lightweight backpack, so the bag itself does not add much weight to the load. You may also consider a bag that comes with wheels, but this wouldn't be convenient if your school has a lot of stairs.

### **6. Is the five-second rule true?**

**No.** Many people believe that five seconds are too short for bacteria to gather on a piece of food. But the truth is, bacteria can be transferred from the floor to food in less than a split second. There are over a dozen types of bacteria on the household floor that can cause you to be sick with diarrhea, fever, and flu-like symptoms. Even recently cleaned floors can be covered with bacteria invisible to the naked eyes. Gastric acid enzymes in the stomach are not always strong enough to destroy the bacteria. Newly scrubbed countertops may be free of bacteria, but they are not free of the chemicals used to kill the bacteria, which could be harmful to our bodies. Therefore, the next time you drop your food, think twice before applying the five-second rule!

### **7. What consequences are there for refusing to floss every night?**

Flossing helps to remove trapped food particles and plaque between teeth and under the gum line which brushing alone cannot eliminate. This reduces the bacteria that can lead to bad breath, gum disease, tooth decay and tooth loss. You should floss at least once a day (at night before going to bed), but preferably after each meal. Ask your dentist or dental hygienist about the proper way to floss your teeth. Brushing **and** Flossing are both important for good oral hygiene.

### **8. What are the chances that a newly pierced ear will become infected? Or what are the chances for the ear to be allergic to the metal?**

Ear piercing should be done by a professional and not by a friend.

Make sure that the technician washes his/her hands and wear gloves before starting the process. Your ears should be cleaned with an anti-bacterial solution and the equipment being

used should be sterile (germ free). Following these procedures will minimize the chance of infection. Signs of infection include pus, red, sore or swollen earlobes. To prevent infection of newly pierced ears, put rubbing alcohol, hydrogen peroxide, or antibiotic ointment on a cotton ball and apply it onto your earlobes.

Earrings with gold posts are less likely to cause an allergic reaction. Other metals may cause swelling, redness or itchiness.

**9. Out of all my female friends, a couple of them are naturally skinny. Yet, they don't exercise, eat very healthily (eat McDonalds, Quickly's, 2 out of 3 meals a day). When I ask for their secret way of staying skinny, they mainly say they have fast metabolism. How can I make my metabolism faster?**

Metabolism is affected by age, lean body mass, gender (men tend to burn more calories than women), and heredity factors. However, the myth that skinnier people burn more calories and thus have a faster metabolism is false.

There is no safe and real way to lose weight instantly. "Miracle" diet pills tend to immediately decrease your appetite and increase metabolism, but harmful chemicals such as ephedra extracts can have dangerous side effects including irritation, nervousness, sleeplessness, and increases in blood pressure.

Although factors such as age and gender cannot be changed, other ways you can SAFELY increase your metabolism include

1. Eat Small, Frequent Meals (Eat More, Burn Better)
2. Snack on low-calorie, high protein foods
3. Drink 7-8 glasses of water a day
4. Exercise regularly (cardio= swimming, dancing, running, walking and weight-training)
5. Consult with a doctor before starting any weight-loss plan.

References: [www.Webmd.com](http://www.Webmd.com), [www.teenhealthfx.com](http://www.teenhealthfx.com)

**10. I have too much pressure from school. How to resolve it?**

**Try these healthy ways to relieve stress:**

**1) EXERCISE**

Since you are mostly confined to a chair or a desk while in school, your energy level can drastically decrease by the end of the day. Make sure to fit in at least 30 minutes of exercise per day. Positive hormones are released to the brain during exercise, making you feel good after that sweaty workout!

**2) SLEEP**

The average teenager needs around 9.5 hours of sleep each night but most do not get enough. Here's how to develop good sleep habits:

- Dim the lights in your bedroom
- Avoid sugar and caffeinated drinks 4 hours before bedtime
- Develop a regular sleep schedule
- Turn off the music, Internet, and TV 30 to 60 minutes before going to bed
- Get plenty of physical activity during the day.
- Try to limit napping, especially after 3PM.

**3) EAT RIGHT**

- Set certain ground rules about eating (such as no food after 9 PM, no second helpings, etc)

- Have a balanced meal. Too much sugar and caffeine can make you feel irritable and depressed. Eat more protein, vegetables, and fruits to stay energetic throughout the day.

#### **4) *MANAGE TIME EFFECTIVELY***

- Know which tasks are most important and which ones to do first.
- Stay focused on the task at hand. Don't think about physics homework when you have a history essay due the next day.

#### **5) *RELAX and ACCEPT THAT THERE ARE THINGS YOU CANNOT CONTROL!***

### **11. I want to gain more muscles. Do protein shakes work?**

Although some extra protein is needed to build muscle, most people get enough protein from foods, so protein supplements (shakes, powder or bar) do **not** offer additional benefits. Protein supplements do not increase muscle mass, strength, or endurance. In fact, some protein shakes and supplements may be **harmful** to your body (especially your kidneys) and they are very expensive too! Good sources of protein foods include low fat dairy products, lean meat, skinless poultry, nuts and seeds, dried beans and peas.

### **12. Any ideas on how to get in shape?**

In order to be physically fit or in shape, you need to include both aerobic activities and strength training in your regular exercise routine. To get your heart and lungs working harder, do some kind of aerobic exercise for a minimum of 20–30 minutes per session. Doctors recommend an hour a day of moderate to vigorous activity — running, jogging, cycling, dancing, swimming, walking are some examples.

Strength training is a great way to improve strength, endurance, and muscle tone. Always start slowly, use proper form, avoid heavy weights, and increase workouts gradually to prevent injury. Be sure to have a coach or instructor supervise you during your workout to ensure proper technique. Here are some basic rules to follow in strength training:

- Start with sit-ups, pushups, and pull-ups for a few weeks before using weights.
- Work out with weights about three times a week for about half an hour each time (give your muscles a day in between to recover).
- Warm up for 5–10 minutes **before** each session and cool down for 5–10 minutes **after** each session. Don't forget to stretch those muscles.

### **13. I am an eighteen-year-old high school girl. Summer is coming and I want to get my skin tanned to look healthy. Will I get skin cancer at this young age?**

Many people like to get tanned for the summer but getting sunburned or staying under the sun for too long increases the risk of skin cancer. Extensive sun exposure and frequent sunburn, especially before age 20, doubles your chances of developing skin cancer when older.

Melanoma (the most dangerous type of skin cancer) is the third most common cancer among people between the ages of 15 to 39.

To avoid getting skin cancer, limit your time spent under the sun and be sure to use plenty of sunscreen (SPF 15 or above) when participating in outdoor activities.

### **14. I can't quit smoking, but I know how bad cigarettes will give to my lungs to cause cancer. What can I do?**

Smoking is addictive, but it does not mean that you can't quit and overcome it if you have the willpower. Smoking damages your health, gives you wrinkles around your mouth, stains your

teeth, and can affect your sexual performance. Smoking also burns your money that you could be spending on clothes, beauty products, tuition or even a little gift for your significant other on Valentine's Day.

Most importantly, smoking increases your risk of getting lung cancer, heart disease and stroke. One in four smokers who started as teenagers die in their 50s as a result of their smoking habit. If you think smoking can reduce your stress, it does not. Talking to someone about your problems or working out can help to release your stress and lead a healthier life.

If you do not have a strong willpower to quit smoking, hangout with people who don't smoke and stay away from places that allow smoking.

reference: <http://www.nhs.uk/Livewell/teengirls/Pages/Teensmokers.aspx>

**15. Is my penis big enough im 14 and its 7 inches with an erect???**

The average erect penis size for teenage boys is between 2-5 inches. The size may vary depending on the person's developmental stage. In comparison, a full grown adult male's penis averages between 4-8 inches when erect.

**16. I had sex about 2 months ago, we used a condom but a few weeks later i started getting all the signs of pregnancy. I didn't get the chance to take a test, but 2 periods were missed. About 2 weeks ago, my stomach started hurting really bad, i was crying so bad and it was in my lower stomach. I had sex that night, and for the next few days i was bleeding thru 2 tampons every 2 hours. Is it possible I had a miscarriage? or could i have never been pregnant in the first place, and its actually something else? I'd appreciate any help, I dont know what to do. Thanks.**

In your situation, it is best to seek medical attention right away to find out the reasons for your missed periods and heavy bleeding. Although missing one or more menstrual periods is the classic sign of pregnancy, some teenage girls may have irregular periods due to other factors. If you choose to continue sexual activities, you need to discuss safe and effective birth control methods with your health care provider. Make an appointment with your doctor as soon as possible, or ask your school nurse and/or counselor to see if there are nearby low-cost clinics or Planned Parenthood health centers.

**17. I'm a strong high-school girl with a lot of muscles on my legs and arms just like other boys'. I'm afraid to wear my miniskirts out shopping. Is there any method to get rid of my big muscles?**

There are many biological factors that influence muscle size and growth, including age and nutritional status. Natural muscle growth tends to increase during puberty and stops during late teens. Some individuals are genetically more likely to build muscle mass than others, so it is important to accept yourself as who you are. Short intense workouts tend to help people gain muscle mass, so if you want to avoid gaining muscle mass, try engaging yourself in low intensity, longer duration of exercises, such as long distance running or even yoga. Choose a style that you feel comfortable in and not necessarily what is trendy. Emphasize the part of you that others find attractive, such as your smile, warm personality, or sense of humor.

**18. I'm a Junior in high school, I want to get a part-time job about heath. Can Teens In Charge please help me?**

There are some important considerations to take into account before you start looking for a part-time job. First, school should be your top priority. There will be plenty of opportunities for

you to work when you get older. Also, finding a part-time job may be particularly challenging without any experience. Try talking to your high school counselor about volunteer and health internship opportunities in your community. These opportunities will help you develop the skills you need in the working world and will give you a chance to build your resume. You can try volunteering and interning in the summer when you have more time to focus on your extracurricular activities. Here are some helpful websites for you that includes health volunteer and internship positions:

<http://www.ceinternships.com/high-school/students/overview/>

<http://people.rit.edu/gtfsbi/Symp/highschool.htm>

<http://www.fastweb.com/college-jobs-internships/articles/205-internships-for-high-school-students>

<http://www.training.nih.gov/student/>

**19. I am a thirteen-year-old female and I want to lose weight especially around my waist and stomach, any ways how to lose weight and stay healthy?**

Eating too many calories and not burning them off often result in weight gain. The extra calories are converted to fat and are typically stored around the waist and hips. Studies have shown that it is not possible to lose fat from a specific part of the body with diet and exercise. The body will begin to withdraw fat from its fat stores when you burn more calories than you take in.

To lose weight safely, you need to eat fewer calories and increase daily physical activity (at least 45 minutes a day). Foods and beverages high in sugar and fat contain a lot of calories. Some examples are soda, candies, cookies, cheese, mayonnaise, fatty meats, fried foods, and fast foods. If you replace them with fresh fruits, vegetables, low-fat milk/yogurt, cereals and grains, lean meat, beans, you can reduce your overall intake of calories and lose weight. A safe weight loss goal is about 2 lbs a week. It is not advisable for teens to go on a “crash” diet to lose a lot of weight as it can affect their development and damage their health.

By combining an appropriate diet with regular exercises to strengthen and tone the abdominal muscles, you can develop a flat stomach. Suitable exercises include the abdominal hold, crunches, and curl-ups or sit-ups. To learn how to do these exercises properly, visit [www.toneteen.com](http://www.toneteen.com).

**20. How do i lose weight in a short period of time?**

Losing weight in a short period of time is never safe nor effective. Managing your weight is a life-long commitment and realistic weight loss requires changes in what you eat and how much exercise you do. People who lose weight very quickly tend to gain it all back. Sometimes they end up gaining more weight! Here are some tips to help you lose weight sensibly:

- Everything in moderation. Fruits and vegetables are an important part of a healthy diet, but it doesn't mean you can't eat junk food. Just limit your intake of high-fat and sugary foods to “occasionally”.
- Exercise, exercise, exercise! Diet alone is not successful for weight management. In the long run, physical activity is the best way to lose weight safely and effectively. Not to mention the many other benefits of exercise (lowering stress, building more muscle than fat, etc)
- Limit your portion sizes, especially when you go out to eat. Share an entree with a friend.

- Be careful what you drink. Sugary drinks go down very quickly, and you may not realize the amount of calories you're consuming. A 12oz can of soda contains about 10 tsp of sugar! Try drinking water with your meals instead of soda or juice.
- Limit your snacking and try to snack on healthier foods, such as fruits, raw vegetables or whole grain pretzels.
- Avoid diet pills and diet shakes. They don't work in the long run and can be dangerous to your health.

## **21. Are organic foods healthier for you?**

Organic foods are grown under strict rules and standards. In general, organic foods cannot be grown with pesticides, herbicides, radiation, and bioengineering. Moreover, meat, poultry, eggs, and dairy foods should not use any antibiotics and growth hormones. In order for food products to be labeled organic, it has to meet all the rules of the U.S. Department of Agriculture (USDA). Although the USDA does not claim organic foods taste better and are more nutritious, organic foods have gained popularity in the recent years and people who purchase these foods believe they are safer and more nutritious than non-organic foods.

Organic foods can be found in abundance at the local supermarket. The most important aspect to remember when you are buying organic foods or non-organic foods is to have a lot of variety in your diet, eat in moderation, and also get plenty of exercise!

For more information: [http://kidshealth.org/teen/food\\_fitness/nutrition/organics.html](http://kidshealth.org/teen/food_fitness/nutrition/organics.html)

## **22. I'm 13 and I need a good health plan for my age.**

Most young people are covered under their parents' health insurance policy. Starting September 2010, health plans are required to allow young people to remain on their parents' insurance policy up to their 26<sup>th</sup> birthday.

If you are looking to purchase a private health insurance policy, an insurance agent in your local community can provide you with different options depending on your needs. You can find one at [www.yellowpages.com](http://www.yellowpages.com)

If your parents do not have health insurance and you live in California, you may qualify for one of the following plans if you meet certain income requirements:

**Healthy Families Program-** a low cost insurance for children and teens. It provides health, dental and vision coverage to children who do not have insurance and do not qualify for free Medi-Cal (a health insurance program for low income families, seniors and persons with certain medical conditions).

<http://www.healthyfamilies.ca.gov/Home/default.aspx>

**San Francisco Health Plan's Healthy Kids Program-** a program that offers complete medical, dental, and vision insurance to children up to age 18 at a very affordable cost.

[http://www.sfhfp.org/visitors/programs/healthy\\_kids/](http://www.sfhfp.org/visitors/programs/healthy_kids/)

County hospitals and public health departments also offer low or reduced cost health care to residents in their community. You can locate them at [www.yellowpages.com](http://www.yellowpages.com)

## **23. I am 15 years old, having sex and I can't feel a thing**

Most females and some males may not experience sensations during sex partly because of lack of experience, nervousness, or fear of pregnancy/sexually-transmitted diseases.

If you are having problems, discuss these feelings openly with your partner. Communication about these issues, getting to know your bodies and getting to know the other person more can help to foster a healthier and more intimate relationship.

You may also wish to consult your doctor to rule out any medical condition related to the problem. Remember to always practice safe sex by using a condom.

**24. Hi, im 16 and the second time i had sex blood came out, and i thought i started wile having it. But the next day I was fine and i relised i didnt start. But i did notice a pinkish goo coming out in my underwear. its never happend befor. Whats that all about?**

Anytime there is bleeding after intercourse, it needs to be checked out by your doctor. Possible reasons include bacterial infection, inflammation of the cervix (neck of the uterus), vaginal tears from lack of lubrication or uterine polyps/ fibroids (growths).

It is very important that you see a health care provider and be properly treated before the problem becomes more serious.

**25. I have had 4 miscarriages in the past two years and have been told by my old doctor that I am infertile. How can I know for sure? And will I ever be able to carry my own children?**

Having a miscarriage does not necessarily mean that you have a fertility problem. Most of the time a miscarriage cannot be prevented and happens because the pregnancy is not normal. Possible causes for recurrent miscarriages include genetic defect, abnormally shaped uterus, uterine fibroids, hormonal problems, infections, immune system disorders, diabetes, increased age, habits such as smoking, caffeine and alcohol consumption. It is important that your doctor performs appropriate diagnostic tests to find out the cause for repeated miscarriages. You may wish to consult a fertility specialist who may be able to provide treatments that can improve your chances of a succesful pregnancy. Your primary care doctor should be able to provide you with a referral.

**26. I have a couple questions. 1 before me and my girlfreind started having sex i was masturbating and i received a small cut half way down could that be problematic in the future. 2 I heard that abuse is a big problem in relationships and I would like to know if I pinch my girlfreinds legs if thats concidered abuse she bruises like a banana and I fear it will become a problem in the future please respond**

If the small cut has not healed by now, you will need to see your doctor to make sure that the wound is not infected as it could become a problem. Pinching your girlfriend's legs to the point where it causes bruising, and most likely discomfort and pain, is never okay. If you are already concerned that this could be a problem for you in the long run, it is time to talk to someone about it. Perhaps an adult that you can trust, like a parent, pastor, teacher, coach or a counselor at school can help you sort out what is considered acceptable or unacceptable behavior in a dating relationship. Click on Health Topics on the teens in charge website for helpful articles under the Dating and Relationships section.

**27. Will a urinary tract infection affect my period? Or the antibiotics associated with treating the infection affect it at all?**

Urinary tract infection (UTI) or antibiotics does not affect the menstrual period. It is important to take the full course of antibiotics (typically 7-10 days), even after symptoms disappear, to ensure that the infection does not return. UTI is more common among women because their urethra is shorter; this allows bacteria to travel easily up into the bladder. Also, a woman's urethral opening is near the anus and vagina, which are significant sources of bacteria.

**To prevent UTI:**

- Practice good personal hygiene; keep the genital and rectal area clean. Take showers instead of baths.
- After a bowel movement or urination, always wipe from front to back to avoid bringing bacteria from the rectum or vagina forward into the urethra.
- Urinate as frequently as you need to. Do not try to “hold it”.
- Drink plenty of fluids (Cranberry juice has been found to be helpful)
- Empty your bladder before and after sexual intercourse (especially for women).
- Wear cotton underwear, which allows better air circulation and discourages bacterial growth.
- Avoid tight fitting pants or pantyhose.

**28. Hi. I have a bruise on my back (lower spine) and its been there for a few years. I cant recall exactly how I got it, or if it was even caused from an injury. But because its been there for so long, I'm extremely concerned. I'm trying to get to my M.D but I work and the only time I can get there is late afternoon or weekends, so it may be a few days til I can get there. Do you know what it could be?**

Bruising from trauma or injury usually goes away in a few weeks. If the bruise on your back has been there for years, it may be a birthmark (known as Mongolian spot) which is sometimes mistaken for a bruise. However, your doctor should properly check any unexplained bruising as it can be a sign of a more serious medical problem such as a blood disorder.

**29. How do I stop my hairline from receding at an early age?**

A receding hairline at an early age can very likely be due to genetics. Usually there is not much that you can do because it is a hereditary condition. There are prescription medications that one can take and over the counter hair growth products that one can use to slow down the rate of hair loss and promote new growth. Consult your primary care physician or dermatologist about the cause for your hair loss and for treatment options.

**30.ok am a guy and i am 14 and i have this little ball in ma nipple is freaking me out... people say is puberty but am not quit sure.... other said that it will go away when am 15 but that a long time from now .... i need help**

Hormonal changes during puberty can cause swelling of the male breast, a condition known as Gynecomastia. This condition is usually harmless and will disappear in a few years. Hormonal balance can also be affected by drug and alcohol use, so it may be wise to avoid them. If you are concerned about the problem, have your doctor check it out so he/she can reduce the anxiety that you may be experiencing. For more information about breast changes in males, log onto <http://familydoctor.org/online/famdocen/home/men/general/080.html>

**31. im 14 nd im thick as in alot of hips nd butt but some people say im over weight because of that is it true???**

The body mass index (BMI) is used to measure body weight in relation to height, and helps to determine whether a person is underweight, at healthy weight, or overweight. To calculate your BMI, log onto <http://teensincharge.org/en/interactive-zone/health-calculator/bmi-for-teens>.

Genetics play a large part in the shape of one's body. Estrogen, a female hormone, causes fat to be stored in the hips, buttocks and thighs in females. Compared to males, women generally have wider hips to facilitate childbirth. The human body comes in different shapes and there is no ideal body shape. Just remember, you can be attractive no matter what "shape" you are!

**32. Is it bad when i ejaculate in my girlfriends vagina during sex?**

Ejaculating into the female vagina without proper protection greatly increases the chance of unwanted pregnancy. Always practice safe sex by using a condom during sexual intercourse. To read more about safe sex and birth control, log onto <http://teensincharge.org/en/health-topics/sexual-health>

**33. Is it healthy to eat poop??**

It is **neither** healthy **nor** safe to eat "poop". Fecal matter, or "poop", is the waste product that is eliminated from a person's digestive tract. It is filled with bacteria and viruses, such as E. Coli and hepatitis A virus. When ingested, some types of E.Coli bacteria can make you very sick, cause severe bloody diarrhea and kidney failure. Hepatitis A infection can cause nausea, vomiting, diarrhea and jaundice.

**34. Is it bad to masturbate ?**

Masturbation is considered to be a natural and healthy activity for males and females to explore their bodies, experience sexual feelings, and release sexual tension. It does not usually cause any health problems or harm to the body.

Masturbation becomes a problem if you cannot stop thinking about it or if you have a constant need to do it. Talk to your doctor if you feel that it is interfering with your daily life and activities.

**35. Is it weird that after I have sex with a guy I take a shit on their chest?**

This sexual practice is highly unsanitary as feces contain many viruses and bacteria which can make a person very sick.

**36. How do I get rid of the crabs in my asshole?**

"Crabs" or pubic lice can be spread through sexual contact, contaminated clothing and bedding. Crab lice can be treated with over the counter medication Permethrin 1% cream rinse. Be sure to follow the instructions on the product carefully for proper use. It is important that your sexual partner be treated as well to prevent reinfection. Also, wash all sheets, towels, and clothing to avoid reinfestation.

**37. My penis is 2 inches long and I am 18. Is something wrong?**

There is a wide range of penis sizes and shapes, much like your other body parts, and they are all considered normal. Your penis size is largely determined by your genes, just like your hair color or your height.

**38. I made my girlfriend suck my poopy dick after I gave her anal. Am I weird?**

This sexual practice greatly increases the risk of bacterial and viral infection which can make your girlfriend very sick.

**39. What is it, if there is dead skin on and around your vagina?**

A doctor will need to examine the area to determine whether the problem is from an infection, sexually transmitted disease or other reason in order to properly treat the condition

**40. sooo. I have 2 questions. i'm on nuvaring and my boyfriend and i recently had sex without a backup method. whats the likelihood of me getting pregnant when using nuvaring correctly, it happened about 2 weeks into my 3 weeks on nuvaring. also, my boyfriend is not quite 16 yet, and i just turned 18, now if i get prenanat before he turns 16 can i get in trouble with the law? or is that only if his parents press charges. we've been together for a year, we got together right after i turned 17.**

NuvaRing or vaginal ring is a type of birth control. NuvaRing releases hormones, the same hormones as in birth control pills, to prevent ovulation. When used properly, NuvaRing is very effective in preventing pregnancy. However, vaginal ring does not protect against sexually transmitted diseases so a condom should be used to minimize the risk of infection. Keep in mind that no birth control method is guaranteed to work 100% of the time, except for abstinence (not having sex).

In regards to your second question, you will need to consult an attorney.

**41. im 14 years old and i had sex alot is that a bad thing? and ive already had to diseases**

There are many ways for people in a relationship to express love besides having sex. Some ways to show affection include kissing, hugging, touching or cuddling.

Sexual activities can lead to not only unwanted pregnancy but also a list of STDs (Sexually Transmitted Diseases), and young people are the ones at the highest risk. It is extremely important for you to learn to protect yourself by practicing safe sex if you continue to be sexually active.

**42. can u get pregnant without having sex or a sperm donor or anything like that?**

Artificial insemination is a process to help a woman conceive a baby without having sexual intercourse. Sperm from a sperm donor is placed into the uterus of the female to cause pregnancy.

**43. I am 14 and this morning i went to the bathroom and noticed that an area below the head of the penis was swollen. I am circumscized and it does not hurt at all but i did have difficulty urinating. What might have caused this?**

The swelling may be an allergic reaction or infection. Since you are already experiencing difficulty in urination, it's important to have a doctor examine the area and be treated.

**44. What is the average height for a 13 year old female?**

Based on the growth chart developed by the Center for Disease Control, the average height for a 13 year old female is around 5' 1". Keep in mind that a person's height is determined by both genetics and nutrition.

**45. Is it wrong if you watch porn under-age?**

A person can become addicted to pornography especially when exposed to it at an early age. This addiction is hard to overcome and can affect future relationships.

**46. If you get fingered and your partner's hands aren't clean, can you get an infection?**

The chance of getting an infection increases if there is a cut or abrasion in the skin where bacteria can enter. Symptoms of an infection include irritation, redness, swelling and/or discharge. If you should develop any of these symptoms, see a doctor right away.

**47. Last night I made love with a girl who looks like she has condyloma acuminata. I had a condom but at the last moment it seems to be out of my penis. I am worried about whether I am infected by condyloma acuminata. And how can I strengthen my immunity to protect me? I feel so guilty. From now on, it will be the first time and also the last time to make love with a hooker.**

Condyloma acuminata, also known as genital or venereal warts, is a common sexually transmitted disease caused by the human papilloma virus (HPV). 60% of people who have sexual contact with an infected person usually develop the condition within 3 months. Symptoms may include itching or discomfort, appearance of cauliflower-like bumps or lesions in the genital area. If you suspect that you have been infected, consult your doctor for a proper diagnosis.

Genital warts can be treated with prescription medications which are applied onto the genital area or they can be removed surgically. Once a person has been infected, recurrence is common as there is no treatment that can completely eliminate genital warts. In time, your body's own immune system will destroy the virus.

**48. Are you still considered a virgin even if you let's say pleasured yourself?**

A virgin usually refers to a person who has never had sexual intercourse. However, some people may have a different definition depending on their cultural or religious background.

**49. What causes cancer in the first place?**

Cancer is a group of many diseases, which are due to uncontrolled growth of abnormal cells. Although the actual cause for many types of cancer is not known, research indicates that certain risk factors can increase a person's chance of developing cancer. They include:

- Family history
- Tobacco and alcohol use
- Physical inactivity
- Poor diet
- Being overweight
- Radiation and chemical exposure
- Sun exposure
- Some viruses and bacteria
- Certain hormones

For more information on cancer, visit the national cancer institute website at [www.cancer.gov](http://www.cancer.gov)

**50. I dont know if this obtains to this website but i like this boy and i think he might like me back. how can i tell if he likes me without asking him?**

You can usually tell if someone likes you by his body language and how he acts around you.

Here are some telltale signs:

- He will lean towards you when talking with you to be physically closer to you.
- His eyes will blink faster and his pupils will dilate when he is around you.
- He will smile at you a lot.
- He may be nervous or tongue-tied when he is around you.
- He will go out of his way to be around you or spend time with you.
- He checks to make sure he looks his best when you are around.

**51. Is it ok to take One A Day Teen Advantage complete multivitamin? What are the advantages and disadvantages?**

It is OK to take a multivitamin daily but not everyone needs to take one. It is always better to get your vitamins from real foods rather than from a pill as foods contain other important nutrients that your body needs to stay healthy. Most multivitamin supplements contain essential vitamins and minerals that a person needs every day, but they do not provide other important nutrients such as protein, carbohydrates, fats, and fiber that we also need to sustain our energy and health.

Some people have the misconception that taking vitamins can substitute for a poor diet, boost your energy level, or prevent you from developing some diseases. The fact is, eating the right foods, exercising regularly and getting enough rest are the keys to maintaining good health.

For more information on out what foods to include daily for good health, log onto

[www.mypyramid.gov](http://www.mypyramid.gov) and click on My Pyramid Plan.

**52. alright , am 14 an was taking a shower. dan i notice this little small white ump on my penis ... had dis for a long time but i feel no symtom to anything**

It is quite common and harmless for males to have small whitish bumps on the shaft of the penis and/or at the base of the penis head. Some are caused by hair follicles being close to the surface of the skin. However, some sexually transmitted diseases can also cause changes to the appearance of your penis. It is best to have it checked out by a doctor if you are concerned.

**53. ok i been experiencing intercourse i am 14 n now i barly feel any orgasm (boy)**

The inability to have orgasm can be attributed to an inability to relax, which is often associated with performance pressure. Engaging in non-sexual activities may provide more satisfaction in an intimate relationship and reduce the anxiety that you may be experiencing.

**54. ok well 14 year old im not sexually active but i really want a baby..but then i feel like im just feeling this because my family always puts me to the side because my moms first concern has always been my older brother since we found out he had renal disease...my parents always work and ive been hurt many times in dating situatins i feel like i need someone for me to love and someone thats going to love me no matter what i do instead of trying to get my families attention...i would want to tell my mom about how im feeling but she doesnt listen and instead of giving me advise she gets mad and tells me to do whatever in the fuck i want that its gonna hurt me in the longrun not her and my dad isnt a social person....what should i doo plz help**

Having a baby at such a young age can be physically, emotionally and financially draining, especially if you do not have a strong support system. Finding someone that you trust who is willing to listen to your problems and talk to you about your feelings can be helpful in dealing with relationship issues. Remember that trust, honesty, communication, and respect are all important aspects when it comes to relationships.

Here are some helpful tips:

- Find someone you can trust such as a teacher, coach, school counselor, or spiritual leader (youth pastor at a local church) who is willing to listen and help you work out relationship problems.
- Get involved with youth groups in your local community and learn how to interact with your peers in a healthy way
- Volunteer at an animal shelter to help care for animals needing tender loving care
- Adopt a pet from SPCA. Pets can be very loving and attached to their owners if they are shown love and affection.

**55. 2 months ago, me and my boyfriend had intercourse for the first time. He had protection on and didn't "release" while he was in me, but this month I haven't gotten my period yet, what should I do?**

If the condom was put on properly and did not break during intercourse, the chances of pregnancy are low. A missed period does not always indicate pregnancy because many teens experience irregular menstrual cycles. To be absolutely sure, you may consider getting a pregnancy test if your period is more than a week late. If you continue to be sexually active, consider other forms of birth control that are more effective.

**56. 5 years ago I had sex with my boyfriend, I still didn't have my period. Am I pregnant?**

If you were pregnant, you would have had a baby 9 months after conception. Since you have stopped having your period for so long, it would be wise to see a doctor to find out the reason and be properly treated.

**57. I am 12 years old, and I have sex all the time!! And I sell my body on the streets, my parents think I need to go see a doctor about this. Are they right?**

Having unprotected sex with multiple sex partners puts you at high risk for sexually transmitted diseases, including hepatitis and AIDS which can be fatal.

You are strongly advised to seek psychological counseling because this high-risk behavior can put you and your health in danger and impact your life in a negative way.

**58. ok well I'm 14 and I want to lose weight but my friends say that if I do my breast will shrink I'm a 38D...I researched and it's true but I also found out that if I lose weight and if my breast really do shrink I can take birth control and that will help getting my breast back...would that really be effective...and can I go on the pill without my parents knowing because I don't want them to think I'm having sex when I'm really not sexually active..please help me...:0**

When you start to lose weight, it usually comes off evenly throughout your body and not just from your breast area. A safe weight loss goal is 1-2 lbs per week.

Choose a balanced diet with low fat high fiber foods, watch your portion sizes, and exercise at least 45 minutes a day. You can also talk to your doctor or a registered dietitian about a proper eating plan to lose weight. Never take hormone pills to increase your breast size. Your breast will continue to develop until late teens so don't worry too much about it at this time.

**59. I'm gay, and my parents don't respect me, what should i do?**

It may not be easy for your parents to accept your sexual preference because of their own cultural, religious or personal beliefs. It is important for you to have a support system so that you can obtain guidance and understanding in case you have to deal with negative responses from family and friends. You can contact the GLBT National Youth Talkline at 800-246-7743 or visit their website at [www.glnh.org](http://www.glnh.org) to help you connect with others who may be facing similar issues.

**60. Is it okay if my clit hangs down? Because, I have seen girls without it hanging down.**

As you go through puberty, your body (especially your sexual organs) constantly changes. The length and size of the clitoris vary from person to person so you need not be concerned.

**61. Is it true if you don't have sex for a while, you get tighter?**

Not having sexual intercourse will not make your vagina “tighter”. However, you can strengthen the muscles between the vagina and anus by practicing exercises known as “Kegels”. You can do these exercises anywhere and at anytime.

1. Tighten your muscles as though you are trying to stop your urine flow. Hold for a count of 3.
2. Relax, count to 3, and repeat.
3. Do 10-20 repetitions up to 5 times a day.

**62. Since masturbation is healthy for the human body, then why don't doctors prescribe special times to do it?**

Although masturbation is considered a normal and acceptable activity in order to achieve sexual relief and pleasure by some, it does not contribute to your overall health. Therefore, there is no reason to prescribe it.

**63. How much lotion is too much lotion... For the penis?**

Choose a water-based lubricant and start with a few drops. If you apply too much, it may become sticky.

**64. i usually bleed when my boyfriend fingers me. why is that?**

Bleeding is most likely due to abrasion caused by friction. Use lubricant jelly to reduce friction and make sure that your boyfriend's fingers and nails are clean to protect against bacterial infection.

**65. I have aids, I got it from my boyfriend, and im only eight years old, i dont know what to do**

AIDS, or acquired immunodeficiency syndrome, develops in persons who are infected with the human immunodeficiency (HIV) virus. Testing positive for HIV does not always mean that the person has AIDS. AIDS is a condition that describes an advanced state of HIV infection. Specific criteria has to be met in order to confirm the diagnosis. What you need to do is to obtain a proper diagnosis right away so that a doctor can help determine the best course of treatment for you and your sexual partner to delay the onset of serious complications. A blood test can find out whether antibodies to the HIV virus are present in the blood. Antiviral medications are usually prescribed to limit the growth of the virus, thereby prolonging the life of the infected person.

**66. Well I'm almost 16 and I'm a virgin. I mean I have sex with girls, but I can't have sex with a guy ?? Every time I try something makes me back out. But I also have a problem with myself, I used to be like 200lb but now I weigh like 139lbs. And my vagina has like a brown tint to it and a lot of little bumps, nothing disease wise I think just self-conscious because the doctors didn't say anything about it, but I also didn't ask. But it's gross looking to me, and it never gets clean, I mean I shower twice a day and it still doesn't get clean. What should I do ?? What is it**

The color or pigment of the female genital organs can range from pink to brown. The little bumps may be normal or a sign of sexually transmitted disease (STD). Only your doctor can determine what they are so you need to let him/her know your concerns.

A normal vaginal discharge should be clear or milky (depending on the time of the month) without an unpleasant odor. Any secretions with a strong odor, are thick, green, yellow may be symptoms of a bacterial or viral infection, or STD, which require treatment with medications. Excessive cleaning of the vagina is not necessary as it can disturb the balance of bacteria present and lead to infections.

**67. What does it mean to be circumcised? What is different about the penis?**

The skin that covers the tip of the penis, also known as foreskin, is surgically removed during circumcision. This procedure is usually done 1-2 days after birth. A numbing medication is given to the baby to lessen the pain and the procedure takes less than 10 minutes. Some studies show that circumcision helps to prevent urinary tract infections in babies, penile cancer in adult males, and may reduce the risk of sexually transmitted diseases. Keeping the penis clean and practicing safe sex can also prevent these problems.

For more information, visit:

<http://kidshealth.org/parent/system/surgical/circumcision.html>

**68. what can I do to reduce pain while I'm having sex?**

Pain during sex can be due to emotional or physical reasons such as anxiety which can cause the vagina to tighten; vaginal infection or sexually transmitted disease; or insufficient vaginal lubrication.

When you are relaxed and there are adequate vaginal secretions, sexual intercourse is generally more pleasurable. You can try using lubricating jelly.

If you continue to experience pain or discomfort, you should see a doctor for a more thorough medical evaluation.

**69. sometimes when I have sex and my partner and I get done my vagina burns so bad it's not all the time that this happens, what may cause this and I don't have an STD cause I got a pap smear a year ago and I still have the same partner?**

The burning sensation may be caused by friction of the penis moving in and out, lack of sufficient lubrication, an infection or STD. Pap smear only detects changes in the cells of the cervix and does not test for other diseases. It is important for you to consult your doctor if the problem persists so that you can be properly treated. You should also talk with your partner to be sure that he is also in a monogamous relationship.

**70. I'm 15 is being a virgin bad? all my friends aren't**

It is perfectly OK to be a virgin at 15. There is no need to rush into something you are not ready for or don't believe in just because others are doing it. Peer pressure can be hard to deal with so try to find new friends who share your viewpoints to lessen the pressure that you may be feeling. After all, there are many other interesting things a teenager can do for fun.

**71. do pelvic exams hurt?**

Pelvic exam may be a little uncomfortable but it should not hurt. Stay relaxed by practicing deep breathing and visualizing things that calm you down. Ask your doctor to explain what is going to be done and let him/her know that this is your first pelvic exam.

For more information, visit: <http://www.youngwomenshealth.org/pelvicinfo.html>

**72. i reely want to know, can you have a baby without sex/**

Artificial insemination is a process to help a woman conceive a baby without having sexual intercourse. Sperm from a sperm donor is placed into the uterus of the female to cause pregnancy.

**73. I have 2 questions does masterbating make your vag lips bigger and what cause your vag lips to get bigger or stretched out?**

The vaginal lips or labia swell and become larger when sexually aroused. The labia can be long or short, and the different sizes are usually determined by genetics. If you are concerned about stretched labia, consult a doctor or gynecologist.

**74. If u have sex for the first time, is it true that all virgins bleed really badly? I also have another question....how does it feel to have sex for the first time, I've heard that it feels good, but I also heard it hurts slot.**

Having sex for the first time will not always lead to bleeding, which is due to the tearing of the hymen (the membrane that covers the opening of the vagina). The hymen may be torn during vigorous exercise, masturbation or from wearing a tampon. Some girls have thinner hymen which may cause it to tear more easily. Before engaging in sexual activity, there are emotional and physical concerns to consider. Here are some helpful links with information that can help you make the right decision:

<http://teenadvice.about.com/library/weekly/aa051500a.htm>

<http://www.teenhealthfx.com/answers/Sexuality/814.html>

**75. im 15 and have sex alot nad is it normal to have an erection for a little bit after innercourse?**

There is usually a period of time (15-30 minutes) before a male can have another erection soon after ejaculating. However, some young men may need only a few minutes to have a second erection. It varies from person to person and from time to time.

**76. Do you only answer sex related questions, because I have asked a ton of scientific questions and you haven't answered anyone?**

Our teen health website focuses on health related questions that teens are concerned about, including sexual health. For answers to scientific questions, here are some reliable websites:

<http://www.nature.com/scitable>

<http://www.math.com/>

<http://www.science.gov>

**77. At 101.3 kPa the boiling point for water is 100 degrees celsius. So my question for you is, what is the boiling point at 317.1 kPa?**

As pressure increases, the boiling point goes up. To find out the answer, try these links:

<http://www-jmg.ch.cam.ac.uk/tools/magnus/boil.html>

[http://www.engineeringtoolbox.com/boiling-point-water-d\\_926.html](http://www.engineeringtoolbox.com/boiling-point-water-d_926.html)

**78. how far inside is a hymen.&& how long does a penis or anything that goes inside the vagina have to be to tear the hymen??**

The hymen is located at the entrance of the vaginal opening. For an illustration, log onto

<http://www.youngwomenshealth.org/hymen.html>

**79. if yuh have sex thru the butt and the guy busts inside yuh is that bad?**

Unprotected anal sex is a very high risk activity that greatly increases your chance of contracting HIV/AIDS, hepatitis A, and other sexually transmitted diseases. The friction can also cause bleeding and tearing of skin in the anal cavity. To protect yourself, always ask your partner to wear a condom and use proper lubrication.

**80. As girls have hymen inside their vegina. Does boys also have something like that, which cause a lot pain at the time of first intercourse?**

No, there isn't a part in the male anatomy that is equivalent to the hymen in the female body. Discomfort during intercourse may be due to insufficient vaginal secretion or lubrication.

**81. okay so im 17nyear old and my boyfriend is 18 i love him and love me we about to finish high school everything is perfect but one thing is not my parents they dont trust me they are way to strick they wont even let us hold hand in front of them, i wanna move out but im not sre plzz help me**

It is natural for parents to be protective of their children, especially when you are at the age where the choices you make can affect the rest of your life. Moving out is not the answer, especially without a proper education and the means to support yourself. Try to initiate a conversation with your parents and learn about each other's concerns and feelings. To earn their trust, you will need to show your parents, by your actions, that you are dependable, responsible and trustworthy.

Here are some ways:

- Be honest and always tell the truth
- Do your chores/homework and keep up your grades
- Admit your mistakes
- Show respect
- Make good choices and decisions
- Follow rules at school, home, and public places

**82. what are good coping skills for constant stress within the household?**

Here are some healthy ways to cope with stress at home:

- Communicate with family members and let them know how you feel
- Talk to someone you can trust such as a counselor, teacher, pastor or close friend

- Be willing to compromise
- Work to resolve conflicts
- Change your expectations and attitude
- Focus on the positive
- Participate in stress relieving activities, such as aerobic exercises, deep breathing exercises, meditation, yoga, or journaling
- Get enough sleep and eat a balanced diet
- Make time for fun and relaxation

For more information on how to cope with stress:

[http://kidshealth.org/teen/centers/stress\\_center.html](http://kidshealth.org/teen/centers/stress_center.html)

### **83. how do i handle my alcoholic mother? how do i get her to understand that it's hurting my house?**

Alcoholism is a disease that can destroy a family. You probably won't be able stop your mom from drinking but you can offer your encouragement and support so that she can make the decision to quit and get help from a treatment center. It is important that you find support from others who are dealing with the same problem and choose healthy ways to cope. Here are some helpful links:

[http://kidshealth.org/teen/your\\_mind/families/coping\\_alcoholic.html](http://kidshealth.org/teen/your_mind/families/coping_alcoholic.html)

<http://www.al-anon.alateen.org> 1-800-344-2666

### **84. how do i get my peers to understand that my autistic brother really isnt that much more different then the rest of us. it really hurts when people use the word "retarded" around me because my brothers class mates call him that... it really hurts. how do i get them to atleast understand?**

Kids with autism may find it hard to express themselves, communicate, connect, and interact with others in the way most kids do. Because of this, people may say hurtful things and behave inappropriately because they do not understand what autism is all about. Raising awareness can help to change the way people think. Perhaps you can start an awareness campaign on autism with help from a teacher or parent to bring awareness into the schools and your community. Here are some helpful resources:

“The Friendship Puzzle” by Julie Coe [www.friendshippuzzle.com](http://www.friendshippuzzle.com)

“Sometimes My Brother: Helping kids understand autism through a sibling’s eyes” by Angie Healy

“Dancing with Max” by Emily Colson [www.emilycolson.com](http://www.emilycolson.com)

### **85. How can I deal with loneliness? I feel alone all the time, even when I'm with my friends. I'm not sure how to cope with it.**

A person who is lonely often experiences a deep feeling of emptiness, sadness, and emotional isolation from people around them. All of us feel lonely some of the time but if we let this feeling persist, it can lead to unhealthy consequences such as depression. Here are some constructive ways to help you deal with loneliness:

- Express your feelings- write a diary, write a letter, talk to others, draw a picture, compose a song
- Reach out to others and rebuild an emotional contact
- Open up yourself and be a friend to others first

- Get involved – join a club, develop a new hobby, learn something new, volunteer to help others
- Be less passive and more active

If your feeling of loneliness becomes overwhelming, ask your family doctor to refer you to a therapist to help you deal with this problem.

**86. what if you sexually active and you use a condom can you still getting something**

Condoms are not 100% fool proof. The viruses that cause STDs may infect any part of the genital areas and condoms may not cover all the areas necessary to prevent infection during sexual contact.

When used consistently and correctly, latex condoms can be effective in preventing most STDs and pregnancy. Natural condoms, or those made of sheepskin, have larger pores that allow viruses to pass through so they do not offer the same protection. Be sure to follow the instructions for proper condom use to avoid breakage or slippage.

**87. I keep getting random chest pains that give me sharp stings that feel like I am being stabbed. I can't move, because when I do it hurts even more. I end up going still and holding my breath, because it hurts when I breath. I just want to know what might be causing these pains. I know I should talk to my parents, but i have been trying to tell them the importance and they don't seem to understand. I have tried to talk to several hospitals, but no one will talk to me because i am not 18.**

You need to ask your parents to take you to a doctor right away for a thorough checkup to determine the cause of your chest pain. Let your parents know that your symptoms are real and you are very concerned about your health. If they continue to disregard the issue, seek help from an adult that you can trust, such as a relative, teacher, coach, pastor, or parent of a close friend.

**88. okay i got a question about relationship i absoutly love my boyfriend and he love me too but he just keeps bring up the subject about touchy feelin and i dont want to do none of those thing with him but he just keeps saying that its not fair cuz he love me and there nothing wrong with that idk what to do should i stay with him or leave him plzz help me**

Open communication is the key to a healthy relationship. You and your boyfriend should feel comfortable expressing your true feelings. It is important for the two of you to have a mutual understanding about what you **will** and **will not** do. Healthy couples respect each other's right to say "no". An open communication allows you to feel good about being yourself and enables you to develop a close and long-lasting relationship. If you feel pressured or uncomfortable whenever your boyfriend brings up the subject, perhaps you should re-evaluate your current relationship.

For more information on dating and relationships:

<http://www.teensincharge.org/en/health-topics/dating-and-relationships/healthy-dating-relationship>

**89. I am a female, 5'9 and 156-160 lbs. What do you recommend for me to stay healthy. Am I a healthy weight, do I need to lose weight?**

One scientific tool to estimate a healthy body weight is a Body Mass Index (BMI), which is a measurement that compares a person's weight and height. For teens, age and gender need to be taken into consideration.

To calculate your BMI and determine whether you are overweight:

[http://cchrchealth.org/en/calculators/body\\_mass\\_children.html](http://cchrchealth.org/en/calculators/body_mass_children.html)

To learn more about nutrition and fitness:

<http://www.teensincharge.org/en/health-topics/nutrition-and-fitness/eating-right>

<http://www.teensincharge.org/en/health-topics/nutrition-and-fitness/weight-control>

**90. the top of my stomach sticks out further than the bottom. It is also hard when you touch it but that is when i stand up. when i sit down its somewhat 'soft' again. I am worried i might have a hernia or something worse. In that area it is also lighter(skin tone) than the rest of my stomach. I am a female,14 years old, I weigh 206 pounds and my height is 5 feet 5 inches.**

**Please help. i talked to my sister but she says its seems normal but i disagree.**

You need to be examined by a doctor to determine whether your protruding abdomen is due to something else other than belly fat. Your body mass index (BMI) based on your height, weight and age, is 34.3, which places you in the overweight category. Talk to your doctor to see if you need to lose weight. Here are some helpful links:

<http://www.teensincharge.org/en/health-topics/nutrition-and-fitness/eating-right>

<http://www.teensincharge.org/en/health-topics/nutrition-and-fitness/weight-control>

**91. i got off my period last week but for some reason little clots of old blood seem to be coming out still, should i be worried?**

On the average, menstruation occurs every 28 days and lasts about 4-7 days. There is variation in timing and duration especially if your period started only a few years ago. Blood clots that occur during menstrual period are normal and should not be a cause of concern. However, if you experience vaginal bleeding in between periods with presence of clots on more than one occasion, you should seek medical attention to identify the cause. Hormonal changes, inflammation, infection or uterine fibroids (small growths that attach to the uterine lining) can cause abnormal vaginal bleeding or blood clots and should be checked out by your doctor.

**92. Okay so I've had my period for two years and I've been using pads but I'm going to do swim and that's gonna make me have to use a tampon and I've never used one before.. does it hurt? And are you able to use the bathroom with it in?**

When worn properly, tampon should not cause any discomfort. Since the tampon is inserted into the vagina, it does not interfere with urination. Be sure to change your tampon every 4-6 hours or more often to reduce the risk of toxic shock syndrome (TSS), a rare but potentially fatal disease caused by bacterial infection.

For more information on how to use a tampon:

<http://www.youngwomenshealth.org/tampon.html>

<http://www.wonderhowto.com/how-to-insert-tampon-easily-282554/>

<http://www.youtube.com/watch?v=42ilwExMPfc>

**93. When ever i masturbate, i get really bad cramps in my lower stomach that are usually worse than menstrual cramps. This happens on and off but it is happening more frequently lately. Is this normal? I am a 15 year old female**

Mild cramping after an orgasm is common because many muscles tense up during orgasm, and when the tension is released, they can cramp up from the exertion. However, if the pain is intense, it could be a sign of infection, pelvic disease, endometriosis or other gynecological problems. You need to be examined by a doctor to determine the cause of the abdominal cramping and be treated.

**94. sorry i wrote some stuff wrong before: i am a 15 year old girl but i am sure that i want to be a boy. i still want to keep my vagina but remove my boobs and dress like a BOY and look like one. i am afraid to tell my mother who is christian and is against it! please help me :C**

The teenage years are times when a young person begins to question, discover and choose his/her gender identity which includes both gender role and sexual orientation. It is not uncommon for teens to experiment with their appearance or adopt styles that do not fit into the traditional “masculine” or “feminine” roles as determined by society. Gender identity issues can be confusing and stressful for a teenager. Support and patience from family and friends are needed in order to develop healthy gender identities.

It may not be easy for your parents to accept your sexual preference because of their own cultural, religious or personal beliefs. It is important for you to have a support system so that you can obtain guidance and understanding in case you have to deal with negative responses from family and friends. You can contact the GLBT National Youth Talkline at 800-246-7743 or visit their website at [www.glnh.org](http://www.glnh.org) to help you connect with others who may be facing similar issues. Seeking counseling from a mental health professional can also help you and your family deal with this issue.

**95. How do girls masterbate?**

Masturbation is the act of self- stimulation of the genital organs for sexual pleasure. This can be performed by touching or using objects to provide stimulation.

**96. this is actually a really embarrassing question, but i have been expecting my period for the past 3 days, and i have not gotten it. but the normal i guess it would be called discharge has been coming out but it has little brown specs in it. and i don't know if i should or should not be concerned. i am 17. i would appreciate the feedback**

Spotting or brownish discharge during the time when your period usually comes may be an early sign of pregnancy. If you had sexual intercourse without protection, you should have a pregnancy test done. If you are experiencing pain, itching, discomfort or if the discharge has a bad odor, it could be a sign of an infection and you will need to see a doctor.

**97. My question was answered but i left out some information that would have affected the answer i got. so im not going to leave anything out as to get an accurate answer. here was my previous question: this is actually a really embarrassing question, but i have been expecting my period for the past 3 days, and i have not gotten it. but the normal i guess it would be called discharge has been coming out but it has little brown specs in it. and i don't know if i should or should not be concerned. What i forgot to include was that my boyfriend had a visectomy so there is no way i can be pregnant. and there is no itching or burning, and it doesnt smell weird or different. i would appreciate the feedback. thank you so much**

Depending on when your sexual partner had the procedure done, sperms can remain beyond the blocked tubes for up to 3 months after a vasectomy. If other forms of birth control are not used during that time, there is still a chance for pregnancy to occur. Although vasectomy is an

effective method in preventing pregnancy, it does not protect against sexually transmitted diseases. In rare cases, pregnancy can still occur. To obtain a proper diagnosis for your condition, you will need to consult your healthcare provider. To locate a health center in your area: [www.plannedparenthood.org](http://www.plannedparenthood.org)

**98. hey im 13 and got my first period. ive lost alot of blood im really worried. is it healthy cause my mom is not sure.**

A normal menstrual period usually lasts about 5 days and comes every 25-31 days. The amount of blood loss is between 2 to 8 tablespoons, even though it may seem more than that. It is not unusual for teens to have long and heavy periods since their hormonal system is still maturing. You will need to consult a doctor if:

- Your period lasts more than 7 days
- You need to change pads every 1-2 hours
- You experience severe menstrual cramps

For more information on menstruation and menstrual problems:

[http://kidshealth.org/teen/sexual\\_health/girls/menstruation.html#](http://kidshealth.org/teen/sexual_health/girls/menstruation.html#)

[http://kidshealth.org/parent/growth/growing/menstrual\\_problems.html#](http://kidshealth.org/parent/growth/growing/menstrual_problems.html#)

**99. I'm 17 and a half yrs old, 5'8.5" and 127 lb. I haven't had my period in 9 months so the doctors put me on norethindrone (again). I was supposed to have a period 3-7 days after my last dosage. The seventh day was four days ago and I still have not gotten my period. Both times before when I took it, it worked and I got a period. I barely spotted for two days and that was it. I play sports, exercise, and watch what I eat but I'm not over doing it (I think). I'm a virgin so definitely not prego, what could be wrong with me?**

Norethindrone is a hormone used to treat a variety of female health conditions including abnormal menstrual cycle. You will need to check with your doctor to see if the current dosage is still appropriate for you since the medication had worked previously but not this time.

According to the American Council on Exercise, a physically fit woman should have 21-24% body fat. An adequate amount of fat is required for the body's hormone and immune systems to function properly. A woman's menstrual cycle can be affected if the percent body fat is too low.

To calculate your percentage body fat:

<http://www.csgnetwork.com/bodyfatcalc.html>

To learn more about healthy eating:

<http://www.teensincharge.org/en/health-topics/nutrition-and-fitness/eating-right>

**100. I've been extremely tired lately, no matter how many hours of sleep at night I get, or how many hours of rest I get at night. I've also been getting dizzy as I stand up or walk around. I went to the doctor today and he took some blood to check to make sure everything was okay, but he said he thinks i'm probably clear of viruses and infections. is there anything else that involves extreme fatigue and dizziness that i should be worried about? and if the results come back okay, is there some sort of specialists i could go to for this?**

Causes for extreme fatigue may include anemia, thyroid disorder, dehydration, chronic fatigue syndrome, stress, depression, diabetes, too much exercise, and poor diet. Your doctor will review the results of your blood test to help diagnose your problem. If the initial results do not reveal anything abnormal, your doctor may order more tests or refer you to see a specialist

(when necessary). In the meantime, get enough rest (8 hours of sleep a day), drink plenty of fluids and eat a well-balanced diet.

To learn more about healthy eating:

<http://www.teensincharge.org/en/health-topics/nutrition-and-fitness/eating-right>

**101. So i'm 17 and i get erections a lot. just randomly. i seriously dont even think about sex most days. just happens all the time. and i have a girlfriend now and i'll have one like the entire time we are cuddling or something. i really hate it because we dont plan on having sex anytime soon and i cant even hug her somtimes cuz of...well yeah. anything i can do to make it stop? or make it less frequent?**

Although many erections are caused by sexual arousal, it can also happen for no apparent reason. Spontaneous or unexpected erections are very common during puberty, and there is not much you can do to control them. Try to concentrate on something else, such as a complicated math problem, until it goes away. As you go through puberty and your hormones settle down, the frequency should decrease.

To deal with an unexpected erection and make it less noticeable:

- Wear loose jeans or khaki pants
- Wear a loose shirt or sweat shirt to cover the groin area
- Sit down

**102. Ok, I'm 17 and when I shave my genital area bumps pop up for a few days and hurt. I also have some skin bumps down there that get irritated. What could this be?**

The red bumps indicate an inflammation of the hair follicles. To minimize red bumps:

- Soak the area with warm water or take a hot shower to soften the skin and hair.
- Use a new and clean razor.
- Apply shaving cream and shave in the direction of the hair growth.
- Rinse with warm water and dry the area.
- Apply aloe vera or baby oil to the area to soothe the skin.

**103. I'm 16, I've been getting my period since i was 13, but i only get it about 4 times a year. My last period was around 4-5 months ago and I've never had a normal period, is this really bad, or does it just take a long time to start getting normal?**

Irregular periods are not unusual when you are a teen. Your menstrual cycle usually regulates itself about 3 years after your first period. Many factors can cause irregular periods, such as:

- Illness
- Poor diet
- Excessive exercise
- Rapid weight change
- Stress
- Certain medications
- Hormone imbalance

If your period continues to be irregular and the length of time between periods is more than 3 months, see your doctor to discuss treatment options.

**104. Ok, i touched my girlfriends leg with my penis and it had precum on it. I then touched her vagina, it didnt have precum on it and i did not penetrate it. She had just got off of her period the day before what are the odds she could get pregnant?**

In order for pregnancy to occur, the egg (from the female) has to meet up with the sperm (from the male). Ovulation, the time when the ovaries release an egg, usually occurs at the mid-point of a woman's menstrual cycle which is about 14-20 days after the last period began. Since your girlfriend's period just ended and there was no vaginal penetration, the chance for pregnancy is low. Remember to always practice safe sex by using a condom.

**105. I am a 14 year old girl. One of my friends is a lesbian. i love her as a friend but I think she likes me differently. I have daydreams and fantasies about guys. But I think she is pretty and i'm sometimes nervous around her. I have major a major guy crush . HE is really cute and sweet and funny, and love flirting with guys. Am i gay? bi? straight? I DONT WANT TO BE GAY! I avoid her sometimes because shes pretty. PLEASE HELP ME!!!!**

The adolescent years are a time for teens to understand who they are and who they're becoming. This includes a person's sexual feelings and sexual orientation, that is, which gender (male or female) the person is attracted to. These thoughts and feelings can be confusing at times. Being attracted to or having romantic thoughts about the same sex and the opposite sex is actually quite common and does not necessarily mean that a person is homosexual or bisexual. Sorting through these feelings takes time. As you go through adolescence into adulthood, sexual identity will start to develop and change. In the meantime, it is important that you express your feelings and concerns to someone who can provide emotional support for you, such as a parent, family member or trusted adult.

**106. I've had a boner for the last 6 hours since i woke up, so idk how long i had it before i woke up, whats wrong with me? i havent taken any viagra, what could it be**

If you experience a prolonged erection that lasts more than 4 hours, you need to see your doctor right away. Prompt treatment is needed to prevent tissue damage in the penis. This condition is caused by changes in normal blood flow to the penis, resulting in unwanted persistent erection. Factors that can contribute to this problem include certain blood disorders, certain prescription medications, illegal drug use, too much alcohol, or injury to the groin area.

**107. i need help!!!! I think a blood vessel has burst in my penis. There's a large redish bump under the skin. I have no idea what to do!!! What is it?? and what do i have to do??**

The broken blood vessel can be due to trauma to the skin, a genetic weakness in the vessel, or a blood clotting problem. Leave the area alone for a week to give it time to heal on its own. If you notice any swelling or if the symptoms persist, you should see your doctor right away.

**108. how can you get rid of the acne do you think proactive works for everyone?**

**Acne, also known as pimples, blemishes, or zits, is a skin condition that typically appears on the face, neck, chest, back, and shoulders (areas with large number of oil glands). A variety of over-the-counter skin care products are available to treat acne. Most of them contain salicylic acid or benzoyl peroxide as their active ingredient.**

Proactiv skin care products use a combination of different medicines to treat and prevent acne. However, the products may not work for everyone. Click on this link for a review of the product <http://www.myacnetreatmentreview.com/proactiv-solution/>

Even after the blemishes go away, you will need to continue to take care of your skin to prevent

breakouts. Here are some helpful tips:

- Avoid direct skin exposure to oily substances, including oil-based cosmetics.
- Avoid friction or pressure caused by items such as cell phones, helmets, and backpacks on acne-prone areas.
- Wear as little makeup as possible because they can clog up skin pores.
- Completely remove any makeup before going to bed.
- Keep your skin clean, but do not wash acne-prone areas for more than twice a day because too much washing can irritate the skin and make the acne problem worse.
- Use a gentle cleanser and skin care products that are suitable for your skin type.
- Use an over-the-counter acne treatment to help dry excess oil.

For more information: <http://www.teensincharge.org/en/health-topics/general-health/acne>  
[http://kidshealth.org/teen/your\\_body/skin\\_stuff/acne.html#](http://kidshealth.org/teen/your_body/skin_stuff/acne.html#)  
<http://www.acne.org/ regimen.html>

**109. I am a female with dark skin but not really dark. I used a skin lightener called AMBI Fade Cream(for oily skin). i didnt know it had a dangerous chemical in it called Hydroquinone. i used it and then my face had lighter skintone color(not white) spots on my cheeks. is it possible for me to darken up those light spots? And when people say uneven skintone what does that mean? I began to use AMBI targeted minimizer which says it will reduce discoloration and help even out your skin complexion. does that mean it will darken up light spots as well as lighten up dark spots because i have both from acne?**

Uneven skin tone means that your skin has areas that are darker or lighter in color. This uneven pigmentation is usually normal. Skin cells that are more exposed to sunlight produce more melanin so the skin will look darker. Hydroquinone is a skin lightening ingredient that has many side effects including skin irritation, peeling of skin and increased cancer risk. AMBI targeted minimizer is a cream that may help to lighten dark spots and discolorations. Its effectiveness varies from person to person.

Before using any products on your face, always try it on a small area on another part of your body in case there is skin reaction. For answers to skin problems, it's best to consult a dermatologist (skin doctor).

**110. I am a teenage female having hot flashes and i'm feeling nausea and dizziness. Could I be pregnant?**

Hot flashes, dizziness and nausea can be symptoms of many conditions including hormonal changes, dehydration or the flu. If you have missed a period and suspect that you may be pregnant, consider getting a home pregnancy test or see your doctor for an evaluation.

For more information

<http://www.bing.com/health/article/mayo-MAPR00102/Symptoms-of-pregnancy-What-happens-right-away?q=pregnancy+symptoms>

**111. Im a teen and already had a baby. I think I have an addiction to SEX but I dont have SEX or anything anymore since I had my baby. What can I do to stop such strong desires to have sexual intercourse?**

It is normal for adolescents to have sexual feelings and desires as they reach puberty. However, the need for love, affirmation, intimacy, pleasure and even social status often cause teens to fall into sexual temptation. People addicted to sex frequently find themselves needing to engage in sexual behavior/thoughts even though they are aware of the negative consequences.

Whether or not you have an addiction to sex can only be diagnosed by a qualified mental health specialist. With proper counseling, addictive behaviors can be treated. Therapy can help you discover the reasons for your addiction, control your addictive behavior, and develop healthy sexual relationships. Talk to a trusted family member/adult and ask them to help you get help. You can also ask your primary care doctor for a referral to see a psychotherapist.

**112. y do girls bleed wen they hav sex 4 da 1s t time? nd is it supposed to hurt? cuz my older sibiling said it ddnt nd it rly hurt mee. idk if it was cuz were we had sex or wat but it freakn hurt alot.**

For some females, having sex for the first time can cause bleeding, which is due to the tearing of the hymen (the membrane that covers the opening of the vagina). Insufficient vaginal lubrication and anxiety, which causes the vaginal muscles to tighten, can also cause pain. Having sexual intercourse with a close family member (such as your older sibling) is considered **sexual abuse**. You need to tell your parent or a trusted adult (like a teacher or counselor) so that the abuse does not go on.

**113. im confused my big sister told me that having sex for the 1st time didn't hurt her but when my and my boyfriend had sex 3 weeks ago it hurt me really badly is it caused by stress? because i was stressed out about what i had did earlier that day.**

Pain during sex can be due to emotional or physical reasons such as anxiety which can cause the vagina to tighten; vaginal infection or sexually transmitted disease; or insufficient vaginal lubrication. When you are relaxed and there is adequate vaginal secretion, sexual intercourse is generally more pleasurable. Before engaging in sexual activity, there are emotional and physical concerns to consider. Here is more helpful advice:

<http://teenadvice.about.com/library/weekly/aa051500a.htm>

<http://www.teenhealthfx.com/answers/Sexuality/814.html>

**114. i ran away to b wit my boyfriend could the stress of that hurt me while having sex?**

Stress can cause the muscles in your body to tense up which may cause pain.

Whatever problems you may be facing, running away will not make them go away.

Without the support of family and friends, the situation can be stressful.

If you would like to talk with someone to help you figure out what to do, call the National Runaway switchboard (24 hours a day):

1-800-RUNAWAY (7862929) <http://www.1800runaway.org/Should-I-Run-Away/>

**115. So i'm going to be 15 in November(next month) and my boyfriend just turned 18. My mom is okay with it. He wants to do things i'm not quite ready for and i've told him that but he said,"Sex makes relationships better". We both love eachother very much I just dont know what to tell him. Also, my friends bug me about him not being the hottest guy in the world, and I know he's not but I still love him. How can I look past his looks and let him know for real why i'm not ready for sex?**

The decision whether to have sex or not is a personal one and you should not be pressured into it. Love and sex are two different things. You can love someone without engaging in sex. Sex does not make a relationship better, is not a proof of love or a test of your commitment in a relationship. Be straight forward with your boyfriend and let him know how you feel and why you are not ready for sex. A person who truly cares for you will respect your wishes. If not, then it would be best for you not to continue the relationship.

**116. i got kicked in the vagina and it caused bleeding in my uterus and now i have crabs. what do i do?**

You need to see a doctor right away and be treated.

**117. my boyfriend squeezed my tits too hard and now my nipples are a purpleish yellow and they have really big bumps on them. i think they broke?**

Sounds like you may be in an abusive relationship. You should tell a trusted adult such as a parent, relative or teacher so that the abuse does not go on.

**118. so i am a 15 year old boy. and i think my penis may be becoming a little to big. it's 13 inches. its really heavy. how do i shrink it?**

The average penis length for a 15 year old is about 5" (non-erect). Penis size is determined by your genes, so there's nothing you can do to affect its growth. If you are concerned about your penis size, talk to your doctor.

**119. Is anal safer than vaginal? Is a blowjob safe?**

Anal and oral sex will not lead to unwanted pregnancies but they are not safer when it comes to contracting HIV/AIDS, hepatitis A, and other sexually transmitted diseases. The friction from anal sex can also cause bleeding and tearing of skin in the anal cavity. To protect yourself, always ask your partner to wear a condom and use proper lubrication. The major risk of oral sex is coming in direct contact with vaginal or seminal fluids that can transmit HIV or sexually transmitted infections, especially if the person performing the act has cuts in the mouth that he/she is not aware of.

**120. My mom says that it's a sin to have sex. Other than religion what is so bad about it. It feels amazing.**

Sex is meant to be a special experience between two mature individuals (usually a married couple) who love and respect each other and is not meant to be for self-gratification only. Religious reasons aside, unprotected sexual intercourse can increase the risk of pregnancy and STDs (Sexually Transmitted Diseases), some of which can be fatal.

**121. I have started fingering my self. Is there any reason I shouldn't?**

Masturbation is considered to be a natural and healthy activity for males and females to explore their bodies, experience sexual feelings, and release sexual tension. It does not usually cause any health problems or harm to the body. Masturbation becomes a problem if you cannot stop thinking about it or if you have a constant need to do it. Talk to your doctor if you feel that it is interfering with your daily life and activities.

**122. Do I have a problem if I don't make noises during sex? My boyfriend moans a lot, and I don't make any sound. Should I be concerned?**

You do not need to be concerned. Some people make noises during sex as an expression of pleasure but there is no rule that says you have to.

**123. im 12 years old and i think i have a lot of pubic hair for my age. Sometimes it itches a lot around my pubic area. is this something i should be worried about?**

Itching may be an allergic reaction to something that your skin has come in contact with such as soap or nylon underwear. Pubic lice infection (also known as crabs) can also cause similar symptoms. The source of infection for pubic lice is intimate, skin-to-skin contact with an infected person. Pubic lice can also be transmitted by contact with contaminated belongings such as towels, bed sheets, or clothing. To obtain a proper diagnosis of your problem and be treated, you will need to see your doctor.

**124. i think im a sex addict . what do i do about it ?**

Ask your doctor to refer you to a mental health specialist to evaluate the problem. If you truly have an addiction to sex, the specialist can offer treatment options for you.

**125. I think i have crabs. my pubics itch all the time. Now my butt pubics itch. is it possible it could spread to my butt? What should i do?**

You should see a doctor for treatment.

**126. i'm 13 and have a 10" penis and my girlfriend bleeds when we have sex what should i do**

Bleeding during or just after sexual intercourse is not normal and should be checked by a doctor. Possible causes include sexually transmitted diseases, vaginal infection or inflammation of the uterus or cervix.

It would be best to abstain from sexual activity until the problem is treated.

**127. what can i do if school stresses me too much?**

To relieve stress:

- 1) EXERCISE- get at least 30 mins of exercise daily.
- 2) SLEEP- get at least 8 hrs of sleep each day.
- 3) EAT RIGHT- avoid foods or beverages high in sugar and caffeine; eat plenty of fruits, vegetables, low fat dairy products, seafood and poultry.
- 4) MANAGE YOUR TIME WISELY - limit TV and computer/internet time to less than 2 hrs a day; set priorities.
- 5) LEARN TO RELAX and ACCEPT THINGS YOU CANNOT CONTROL!

**128. okay so i am 14 years old and i have a 2 and a half inch penis is this bad? should i be worried?**

The average erect penis size for teenage boys is between 2-5 inches. The size may vary depending on the person's developmental stage. There is no need to worry.

**129. I need advice. My boyfriend wants nude photos. Should I send him some? Is he going to share them with others?**

You should NOT send him the photos as you do not know what he might do with them.

**130. I believe I have an axanixity disorder. I don't know how tell my mom. School really stresses me out and so do little tasks such as getting out of the car. It's leading to horrible headaches. My mom thinks that I am a drama queen.**

Feeling anxious or worried all the time can be exhausting both physically and emotionally. It is important to tell a parent, school counselor, church pastor or trusted adult about how you feel. Schedule a time to talk to your mom when there are few distractions so that you have her

undivided attention. Try writing a letter or sending your mom an email to express your concerns if you don't feel comfortable talking to her directly. You may need to see your doctor to make sure that your symptoms are not due to other health issues. Your doctor can also refer you to someone who treats anxiety disorder when necessary.

**131. There is this guy that I like. He likes me. This would be our third time as a couple. He's funny but has some really annoying traits. Should I date him?**

Unless he has some major character flaws like cheating, abusive behavior, drug/alcohol addiction, learn to overlook the minor stuff and appreciate his positive traits. After all, no one is perfect. Do take time to get to know one another better.

**132. Okay So iLikee This Guy But Everyone Seems To Tell Me Other Then What He Syas Himself. People Say He Is A Man Whore Andd Like Sleeps With A Girl Then Moves On. I Told Him But He Says Its All Lies But I Hear This EveryWhere. And He Does Trys To Touch me But When I Sya DOnt He Dosent. Should I Just Move On Or Continue Being With Him?**

If your friends or people who care about you are saying the same things about this person, perhaps you should heed their warning and end the relationship before you get hurt.

**133. I like men. But don't know what to say to my girlfriend, because she threatened to squeeze my balls so hard they would pop, and then make me piss them out. HELP!**

Just be honest and truthful to your girlfriend about your sexual orientation, that it is something you have no control over. It is better for her to know now than later. She may be upset at first but will eventually learn to accept you for who you are.

**134 My brother dumped hot sauce on my crotch, then proceeded to jam marshmallows in my mouth and scream "TAKE IT BITCH" !!! How do i solve this abusive problem...**

You need to tell your parents about the abuse so that both you and your brother can get help.

**135. is giving head bad ? is cum healthy for you? what if your a girl and like vagina?**

The major risk of oral sex is coming in direct contact with vaginal or seminal fluids that can transmit HIV or sexually transmitted infections, especially if the person performing the act has cuts in the mouth that he/she is not aware of. Semen is made up of protein, sugars, minerals and some other nutrients, and does not offer any major health benefits.

**136. is it possible to have more then one penis in your vagina?**

The vagina or birth canal is a muscular organ which can be stretched to fit objects of different sizes, including a baby.

**137. so here's the thing im a girl and i have a girl friend; however, we took a break and she slept with a guy and now she's pregnant and i don't know to do. because i don't want her to kill it and she wants to because of me so im freaking out what do i do. i want to convince her to keep the baby and i'll help her. so help! Please**

Ask your friend to get counseling by contacting Crisis Pregnancy Support Centers in your area before making a final decision. For help, contact: [www.optionline.org](http://www.optionline.org) 800-395-4357

**138. my lesbian lover wants to touch me in innappropriate place, how do i telllll caitlin no ?**

Inappropriate touching is a form of sexual abuse and no one should be subject to it. If your lover dismisses your request to stop, maybe you should consider ending the relationship.

**139. how does it feel when you orgasm? i cant ever tell and im embarrassed to ask..**

Continued sexual stimulation usually leads to an orgasm or sexual climax, during which a person experiences a strong feeling of physical pleasure and excitement.

**140. so i am a 11 year old girl and i had a 17 year old boyfriend and he asked me to have sex and i agreed and now i have HIV/AIDS. What Should i do**

Both you and your boyfriend should see a doctor right away and start treatment as soon as possible.

**141. No period for about 45 days, im 15. and had a regular period for 4 months straight, i have slight headaches, dizziness, peeing more frequently and a negative pregnancy test. lots of bloating, and i keep feeling little pains in my loower belly area.. and some back pain. is it possible i could still be pregnant even with a negative test ? ive never missed a period before.. and i dont think im having a growth spert**

The symptoms you are experiencing appear to be early signs of pregnancy. Depending on whether the pregnancy test was done properly or not, you may still be pregnant with a negative result. The best thing to do is to confirm it with a blood test at the doctor's office. If you have had unprotected sex, the chance of pregnancy goes up.

**142. My boyfriend and I recently had a discussion about sex and how everyone harasses me about being a virgin. Now everyone is teasing him as well. How do I get it all to stop? We want to wait but everyone is just so judgemental these days. Please give some advice ASAP**

Choosing whether or not to have sex is a highly personal decision that should not be taken lightly. It is not easy when everyone else is "doing it". Stand firm in your decision and do not give in to peer pressure. Teasing can't be prevented as you cannot control what others say, but you can control how you react to what they say.

Some helpful tips to cope with teasing:

- Ignore the teaser- do not respond; walk away
- Express your feelings and opinions- use "I feel....." to let the teasers know how you feel, what causes you to feel this way, and that you want them to stop. Look them in the eye, speak clearly in a polite but firm tone of voice.
- Turn the comment into something positive or respond with a joke like "Didn't you know that virgins have more fun?"
- Simply say "So?" and agree with the facts- this shows that you are not bothered by what is being said. It's simple but highly effective.
- Get involved with other teens who share your personal choices and values so you have a support system (maybe a local youth group at a church)

**143. Thiss girl likes me , and im a girl. her name is caitlin garth.. how do i tell her im not gay?**

Talk to your friend in private. Let her know that you are not rejecting her as a person but you are not attracted to her and that the feeling is not mutual. Be honest and straightforward. Ask her to respect what you are saying to her. If both of you choose to remain as friends, emphasize that your relationship will not develop into something else.

**144. I am a girl who is falling for my best guy friend, how do i tell him i like him without creeping him out?**

First of all, you need to observe to see if the feeling is mutual. You can drop some subtle hints of affection like giving him a hug when saying goodbye or sitting closer to him on the couch. If he begins to take the hint and shows some interest, then you can probably make the next move and suggest that the two of you go out and do something fun together but not mention anything about "dating". Watch for his reaction but if you sense some hesitation, change the subject and try to keep your relationship as friends only.

**145. So im a girl, i have a girlfriend. im 14 almost 15 and my girlfriend is 16. i love her i really do. But she is always with her ex( the one she had sex with everyday) and im scared that she is cheating on me. she claims she's not but. there are also people telling me she is. what do i do?**

If your instinct tells you that something is wrong, you are probably right. Both parties have to be willing to be honest and open to talk about the situation in order to make the relationship work. Most people who are unfaithful often show some behavior changes like being secretive or making excuses not to spend time with you. They usually will not admit to cheating. If you no longer trust your girlfriend, it is best to make a clean break and end the relationship.

**146. Hi all, I am a 15 year old boy. I kind of really like this girl in school. Heres the thing she is 14. She is a diffrent race and I think people might make fun of me and her being together even though her parents are cacusion and black. I am caucasion and she is black. She is nice and all but I am kinda scared should I just man up and ask her out or should I not. I also don't know what to say can yall help. Oh ya and I think she likes me but I am not sure she acts like it. It also kinda scares me that I am a country boy and she is a cityish girl we are actually on an online school. And can talk all day.**

Although times have changed and interracial dating is more common and acceptable nowadays, there are still some who will object to it. That is the challenge and reality you will need to face. If you feel that you have a lot in common with this person, maybe it's worth taking the time to get to know her. Rather than asking her out on a one-on-one date, try some group activities first so there is less pressure. Only time will tell if things will work out between the two of you.

**147. my best friend is a lesbian she sleeps over but my mom is really homophobic and insists that she's in love with me,even though she has a girlfriend and is into dykes,how do i convince her to be a little more open minded about my best friend?**

It is not uncommon for people to be fearful of or prejudicial against something they do not fully understand. Having an open and honest conversation/discussion with your mom about her concerns can help clear any misunderstandings that she may have about your sexual orientation and your friendship with a lesbian. Explain to her that even though your best friend is attracted to females, she is not attracted to you in a sexual way and vice versa. Perhaps helping your mom to get to know your best friend more as a person can also slowly

**148. i am a 16 year old girl, and today something weird happened to me healthwise. during 5th period, my depth perception got all out of whack, and my arm felt like it was disconnected from me. it continued for about an hour, and the left half of my lips and nose started to get a numb tingly feeling and i lost feeling in my left hand. i don't know if this was maybe because i laid on my left arm for a little bit or because i was dehydrated (it went away**

**after i drank some water, but it left a really bad headache), but my dad was worried that it would be a stroke. i also looked on some forums online and some people with brain tumors have had these symptoms. please help me! i'm really worried even though it's only happened once**

Even though the incident only happened once, it is very important for you to see your doctor to obtain a proper diagnosis. Ask your parent to arrange an appointment with your family doctor so that he/she can perform a thorough examination and order any necessary tests to help diagnose your condition. The sooner you find out the problem, the sooner it can be treated.

**149. 我隻手同胸有d紅點,而且好似越黎越多, 係唔係會有**

Having red spots on your hands and chest is most likely due to an allergic reaction and not breast cancer. However, it is important to have a doctor diagnose your skin problem before it becomes serious.

According to the American Cancer Society, symptoms of breast cancer can include:

- swelling of all or part of the breast
- skin irritation or dimpling
- breast pain
- nipple pain or the nipple turning inward
- redness, scaliness, or thickening of the nipple or breast skin
- a nipple discharge other than breast milk
- a lump in the underarm area

For more information about breast health, visit [www.breastcancer.org](http://www.breastcancer.org)

**150. When I'm alone with my dogs i like to stick my fingers and dick into their buttholes and lick their genitalia all over. is this bestiality?**

Bestiality is defined as sexual relations between a human being and an animal. This act is considered to be a form of animal abuse and is punishable by law in many States.

In addition to being a crime, bestiality is a high risk sexual activity as many diseases and infections can be transmitted from animals to humans

**151. So there is this guy I like. He keeps sayin that he loves me and continues to ask me out. But he ignores me and he flirts with this other girl. Should I say yes?**

Action speaks louder than words. If what he says is not consistent with his behavior, maybe you should think twice about dating this person.

**152. What does cum look like?**

Semen is a fluid that is usually white, slightly grey or yellow in color. When semen first comes out of the penis, it is thick and sticky but becomes runny and clear as time passes.

**153. I'm 14 and I want to know how old I should be to have sex?**

The legal age for someone to have sex is usually between 16 and 18 in most States. Just because a person can legally have sex doesn't mean that they should. Sex is the ultimate expression of love between two people who truly care for each other and are in a committed monogamous (one partner) relationship. Make sure that you are not having sex just because you want to fit in, you are pressured or everyone else is doing it. Before engaging in sexual activities, be sure you know all the risks involved (risk of sexually transmitted diseases and pregnancy) and how to prevent them.

**154. How old should I be to have oral sex?**

The legal age for someone to have sex is usually between 16 and 18 in most States. Just because a person can legally have sex doesn't mean that they should. Sex is the ultimate expression of love between two people who truly care for each other and are in a committed monogamous (one partner) relationship. Make sure that you are not having sex just because you want to fit in, you are pressured or everyone else is doing it. Before engaging in sexual activities, be sure you know all the risks of sexually transmitted diseases and how to prevent them.

**155. What is the normal erect size of an 15 year olds penis?**

The average erect penis size for teenage boys is between 2-5 inches. The size may vary depending on the person's developmental stage.

**156. hey i am 15 year old and i an 5'5 tall..but my legs seen to be bigger in size than my upper body is... what the problem.. and how old do you have to be to start working out?**

Your physique or body shape is largely determined by genetics so there is not much you can do about it. Regular physical activity should be a part of everyday life for persons of all ages. A total fitness program should include aerobic exercise (such as swimming, biking, running, walking), resistance exercise or strength training (such as push-ups, sit-ups, use of free weights or resistance bands) and stretching or warm-up exercise. Heavy weight lifting, bodybuilding or power lifting are **not** recommended for children or teens as these can increase injuries to growing bones, muscles and joints.

If you are already participating in some type of sports or activities such as running, swimming, baseball, basketball or soccer, you can include some strength training in your routine to build upper body strength. Before starting any strength training program, be sure to obtain consent from your parents and doctor. Find a trainer or coach who has experience in working with teens so you can learn the proper techniques, safety precautions, and how to properly use the equipment.

For more information: [http://kidshealth.org/teen/food\\_fitness/exercise/strength\\_training.html](http://kidshealth.org/teen/food_fitness/exercise/strength_training.html)

**157. I'm 14 and don't have many friends. My best friend is in a different continent. how can i make more friends?**

Relax, put on a smile, look around for someone that seems interesting, then go up to them and say hi. Tell them your name and ask them how they are doing. Pick a subject like music, sports or movies so you can start a conversation. Be a good listener, pay attention to what the other person is saying and ask a question or two about what they are saying. If things go well, ask the person for his/her phone number or email so you can contact them again. To meet new people, you can also join a club/ team/ study group or volunteer at your local school/community/church.

**158. Where can I find health or fitness articles online. I'm doing a thing for school**

Below are some credible websites with information on health and fitness:

[www.youngwomenshealth.org](http://www.youngwomenshealth.org)

[www.healthfinder.gov](http://www.healthfinder.gov)

[www.kidshealth.org](http://www.kidshealth.org)

[www.teenhealthfx.com](http://www.teenhealthfx.com)

**159. OK so my doctor was examing my penis and then she started jerking it off after a while i came and i was all over the floor she then licked it up and spit it on her titties. She still has it in a glass container. Should I be worried**

What you have described is a form of sexual abuse. You should tell your parents right away so that they can report the incident to the proper authorities. Sexual assault or abuse is a serious matter and the person committing the act needs to be held accountable. Both the molester and victim should seek psychological counseling and treatment in order to prevent long term psychological issues.

**160. I'm attracted to my brother... is that bad?**

Sexual attraction between siblings, also known as genetic sexual attraction, is not considered abnormal nor bad. However, if it progresses into a sexual relationship, it is called "incest". Incest is considered illegal in most countries including the U.S. and a taboo in most cultures. Discuss these feelings with your parents so they can help you sort out your feelings in a healthy way.

**161. I was with my boyfriend last year and he forced me to do some things im not proud of. I had a baby a few months ago and put it up for adoption. Then i realized that i wanted it back. So i told the new parents and they were a lil sad but understanding. I came home to her last monday and found my boyfriend raping her but he said he was just changing her diaper. Then he forced me again to have a threesome with him and my own daughter. I didnt want too but he is so convincing that it would be fun. i tried to tell my friend but she just judged me. i know im wrong but its so hard to stop. We have been raping her together ever since. i am so helpless what should i do i dont even kno where my life is going anymore ???!!!**

You need to STOP the cycle of abuse to protect your daughter and yourself. Contact the following organizations for help. They are staffed with professional counsellors who can provide you with the assistance that you need 24/7. All calls are anonymous and confidential.

National Child Abuse Hotline 1-800-4-A-CHILD (1-800-422-4453)

National Sexual Assault Hotline 1-800-656-HOPE (1-800-656-4673)

Stop It Now Hotline 1-888-PREVENT (1-888-773-8368)

Some helpful links:

<http://www.childhelp.org/pages/get-help>

<http://www.stopcsa.org/hotlines.html>

**162. my boyfriend likes to finger me, but when he isnt around and i think about him i get horny is it bad to finger myself?**

Masturbation is considered to be a natural and healthy activity for males and females to explore their bodies, experience sexual feelings, and release sexual tension. It does not usually cause any health problems or harm to the body. However, masturbation can become a problem if you cannot stop thinking about it or if you have a constant need to do it.

**163. my boyfriend isnt circumcised but we wanna have sex, my cousin told me that uncircumcised penis's bleed during sex, is this true?**

It is not true. Remember to pull back the foreskin when putting on a condom so as to reduce discomfort and increase effectiveness.

**164. My daughter who is 14 suffers from: dizziness, weakness, tiredness, headaches, low appetite, and no fever. We don't know what it is, maybe stress?**

Your daughter's symptoms can be due to a number of medical reasons. It is best to have a doctor diagnose the problem so she can be properly treated.

**165. I have pimple like bumps all over my penis and I don't know why. They have been they're ever since I was 13 I am 17 now**

Pimples on the penis are the result of overactive oil glands in this area. They are usually harmless. To be safe, see a doctor to make sure that you do not have a sexually transmitted disease.

**166. I'm an ugly girl. I stink all the time and I have never had a boyfriend. How do I get one?**

To attract members of the opposite sex, improve on your personal hygiene, wear a smile and keep a sense of humor. Remember that a person's inner beauty is just as important as their outward appearance.

**167. how do lesbians have sex?**

Lesbians usually perform oral sex on each other and mutual masturbation for sexual pleasure.

**168. Im 18 & My Vagina Has a Weird Odor what Should I Do ?**

It is normal for a female's vagina to have a mild odor. However, a "fishy" smell accompanied with vaginal itching/ discharge may be caused by a bacterial infection or some sexually transmitted diseases. It's best to see a gynecologist for a proper diagnosis and treatment.

**169. so my bf and i have only had oral sex but at times he uses a vibrator on me and when he's rough i bleed. It's happened three times. Is that bad.?**

Bleeding means that there is a tear in the skin which can allow bacteria to enter and cause an infection. Stop using the vibrator if you experience bleeding.

**170. I Have Had Sex With More Than 20 Boys And Almost Half Of Them Where Unprotected , What Should I Do I Feel Like an Slut ! !**

You should STOP having unprotected sex and get tested for sexually transmitted diseases. Do not put your health at risk any longer.

**171. im a lesbian and my gf wanted have sex with me I dont know what to do**

If you do not feel ready to have sex, be honest and firm and say "NO, I do not want to have sex." Sex is NOT the only or best way to show someone how you feel about them. If the other person does not respect your decision, re-evaluate your situation to see if you want to continue the relationship.

**172. im 13. how big should my penis be?**

The average erect penis size for teenage boys is between 2-5 inches. The size may vary depending on the person's developmental stage

**173. Is it bad to pick your nose and eat it?**

Picking your nose can cause nosebleed so it's not a good idea. Nose mucus or snot contains a lot of germs and is not meant to be eaten. The most hygienic way to get rid of them is to blow your nose into a tissue.

**174. Is it bad to hold in a fart?**

Holding excess gas in your intestine is not harmful but can be uncomfortable and painful. If you feel the urge to pass gas, head for the nearest bathroom to avoid embarrassment.

**175. I noticed about a month or two ago that my hands and feet are orange. I used to eat about 12 baby carrots maybe 5 times a week but I stopped over a month ago. About a year ago I had raised liver enzymes and a little bit of jaundice (but that was a yellow color) due to my very low weight and poor eating. Could my liver be the problem or is it too much vitamin a? Why am I orange?**

Your condition can be caused by many reasons including an underactive thyroid gland. See your doctor for further blood tests and exam to determine the cause of the problem.

**176. I am always hungry at meals, but I eat way too many calories. How can I cut down on eating or loose weight. (I also do dancing and gymnastics)**

It is normal to be hungry at mealtime but not starving. Having small meals regularly, about every 3-4 hours, can keep your blood sugar stable so you are less likely to overeat. Eating your meals slowly, at least 20 minutes or longer, allows your body to recognize that your stomach is full. Drink plenty of water, eat foods high in fiber and protein (vegetables, whole grains, nuts, lowfat dairy products, peanut butter, skinless poultry, seafood, tofu, egg) can help curb your appetite and satisfy your hunger pangs. Remember that portion control matters too.

For more tips:

[www.teensincharge.org/en/health-topics/nutrition-and-fitness/weight-control](http://www.teensincharge.org/en/health-topics/nutrition-and-fitness/weight-control)

[www.choosemyplate.gov/weight-management-calories/weight-management.html](http://www.choosemyplate.gov/weight-management-calories/weight-management.html)

**177. I'm 15 years old. I recently found this rash forming around my anal area, not exactly on it, but around it. I am scared. I put neosporian on it, and it went away for a little, & then it came back, & i think it's worse. What should i do?**

You may have an allergy or skin problem which should be checked out by a doctor. The anal area needs to be kept clean or an infection can develop. Always wipe the area clean after a bowel movement with toilet paper and then with baby wipes or moist toilet paper. Using a diaper rash ointment or cortisone cream can also relieve itching.

**178. im14 how big is my penis suppost to be?**

The average erect penis size for teenage boys is between 2-5 inches. The size may vary depending on the person's developmental stage

**179. Is it possible for a female to get pregnant with another female? Just curious.**

No, it is not possible because as you need the sperm from a male to fertilize the egg from a female in order for pregnancy to occur.

**180. I'm straight, but don't really understand how gay/lesbian/bi people have sex. How does the whole sperm/egg thing work when a female does it with another female and a male does it with another male.**

Homosexuals do not have sexual intercourse with one another in the "traditional" way as heterosexuals do. Since it takes both sperm (from a male) and egg (from a female) for conception to occur, homosexual couples will need to go through artificial insemination in order to have a baby.

**181. i am 14 and i am going throw deprestion with teen dating . i feel like i am alone in this world and that i have no one to talk to and when i do try to talk to some one i know will understand they just shut me down or i feel really uncomfertable talking to them i also have austim and a.d.h.d. and i feel like the world hates me and that no one would ever love me. when ever i have the stength to ask a girl out the reject me and i feel even more depressed. i am a freshman in high school and i feel like i will never find love at all. what's wrong with me?**

First of all, being rejected is not always your fault so you should not blame yourself. Rejection may lead you to believe that you are unwanted or not valuable. To overcome these feelings, make a list of things you like about yourself and review it everyday. Focus on your strengths and positive qualities. Make a conscious choice not to let the disappointment consume you. Believe that you are capable of change. Get professional counselling so you can talk over your feelings with a therapist on a one to one basis.

**182. Okay so my problem is that when i masterbate i watch porn is that bad because its so HOT :) and i use tanning oil and it feels so good but im told its wrong. And i sometimes feel the urge to F\*\*k my dog and throw it across the room to hear it Yelp.**

It appears that you may be exhibiting behaviours associated with sex addiction.

This addiction is hard to overcome and can affect or damage future relationships. You should seek treatment soon before the obsession overtakes your life.

For help: <http://saa-recovery.org/>

**183. How do you present yourself to someone that you like in a way that is appealing? I have liked a boy for the past two years, he never knew, but now he says that he likes me and i dont know what to do..... every time i get anywhere near him my pulse starts racing and i feel like i cant breathe.... i get light headed quickly and i have to walk away, and now he thinks that i dont like him.... how do i overcome this issue?**

It is not uncommon to feel nervous and anxious around the opposite sex especially when you are attracted to this person. Take a deep breath through your nose and exhale slowly through your mouth to relax yourself. Put on a warm smile, laugh a little, and start a casual conversation. Small talks and paying the person a compliment can help break the ice. To overcome your shyness, make new acquaintances with the opposite sex so you are in the habit of talking with guys. This will help boost your confidence around boys so you won't feel so uncomfortable around them.

**184. How do you give blow jobs? My bf and I have both been tested for STDs and neither of us have anything.. I am ready to get more active with him sexually..**

This sexual act involves the oral stimulation of the penis using the tongue, mouth and/or throat. Unless the two of you remain monogamous (one sexual partner), you can still be at risk for STDs in the future.

**185. I am a virgin and am interested in have sex with my bf of a year and a half. He has had sex before so he knows how and what to do. How do I learn what to do so I am good at sex so I can satisfy my bf?? I just dont want to be bad in bed...**

Before deciding to engage in sexual intercourse, consider these questions:

Are you being pressured into having sex by your boyfriend? Are you emotionally ready to have sex? Do you know how to protect yourself from getting pregnant and STDs?

Your first sexual encounter should be with someone you love and plan to have a long term commitment and relationship with. You need to seriously think this over so you won't regret it later on.

For more information on sexual health: [www.sexetc.org](http://www.sexetc.org)

**186. My ex-girlfriend postponed our relationship because she's going through a loss in her family, stress, and a past traumatic event happened to her that makes her shy away from or feel uncomfortable with normal contact like hugs. She also doesn't like talking to or being around people other than her closest friends. She told me what had happened to her and I understand what she's going through and I want to be there for her but she tells me that she'll deal with it herself. I know that much stress on a person isn't healthy but I don't know what else to do when she rejects my offers to help her. Were still best friends but I want to be more than just a friend for her. What should I do?**

Your friend probably needs some time to think things through so she can process her feelings. Give her some breathing room but let her know that you are there for her if she needs a listening ear. Perhaps you can suggest that she sees a counselor at school for help. She may be more comfortable talking to an adult who can help her deal with the issues she is facing.

**187. can you get pimples on your vagina? and why?**

Pimples near your vagina can be due to a number of reasons including:

- Blocked hair follicle or ingrown hair
- Vaginal cyst
- Yeast infection
- Symptom of a sexually transmitted disease such as genital herpes

See your doctor or gynecologist for a proper diagnosis and treatment.

**188. here's the thing, my dad tends to hit me a lot when he's mad at me. i dont do so good academically and im constantly caking myself in makeup to hide bruises. my mom tells me that i deserve it because i "dont put any effort into school at all" even though im up till midnight every night doing homework and filling out job applications because my mom also recently got laid off and cant afford to keep her house. so im constantly getting abused, and never being treated like my siblings, and im contemplating suicide. I have no one to talk to about my stress and i cant take it anymore, suicide hotline has done nothing for me. Any suggestions? Please**

You should tell someone you trust about the physical and emotional abuse – a teacher, coach, relative, friend's parent, pastor – so you can receive moral support and get help. You need to protect yourself and get away from your current abusive situation. Stay with a relative or friend, if you are able to, for the time being. Talk to a guidance counselor or social worker at school, or talk to a therapist online [www.therapy.justanswer.com](http://www.therapy.justanswer.com)

**189. how do i get rid off stretch marks?**

Stretch marks can develop when your body goes through hormonal changes such as during the teenage years, pregnancy, or when a person gains or loses a lot of weight in a short amount of time. Stretch marks are harmless and usually fade over time. Moisturizing your skin with products containing cocoa butter or shea butter may help to hydrate the skin and improve the appearance of stretch marks. Laser treatments can also reduce the appearance of stretch marks but they are expensive.

**190. about 1 year ago, my boyfriend wanted me to have sex with him even though i told him i wasnt ready. he ended up raping me when i told him no over and over again. we broke up because of that but ive began to realize how much i miss the emotional part of our relationship, he's been begging me to go back out with him but im afraid because of what happened last time. should i consider even giving him a second chance? i loved him but should i give it one more try?**

Dating violence is a form of abuse that occurs in intimate relationship. No one deserves to be abused. You have been through a traumatic experience and need to deal with the impact of the assault even if it happened a long time ago. It is not wise to get back together with your ex-boyfriend if you are unable to fully trust him.

It is never too late to talk to someone about what you went through and your fears.

For free and confidential advice:

National Sexual Assault Hotline: 1-800.656.HOPE [www.rainn.org](http://www.rainn.org)

National Teen Dating Abuse Helpline: 1-866-331-9474 [www.loveisrespect.org](http://www.loveisrespect.org)

California Youth Crisis Line: 1-800-843-5200 [www.youthcrisisline.org](http://www.youthcrisisline.org)

**191. hi, i really need you to answer this because this is really important... ok so i used my moms vibrator and then i went to the bathroom and had brown discharge. i am very thin and have been having abdominal pain and been sleeping more than often. i have never had sex though 2 years ago i got fingered. oh and im 12. what should i do? am i pregnant?**

You probably have some type of infection in your vaginal or pelvic area which is causing the abdominal pain and discharge. Unless the vibrator is thoroughly cleaned after each use, bacteria can easily be transmitted from one person to another. You should see a doctor right away for treatment so that the infection does not spread.

**192. Last night me and my boyfriend had sex. But he didnt have a condom so he just used the pull out method. I know that it doesnt always work. I'm 13 so how could i get checked without my parents knowing?**

You can consider taking a home pregnancy test if you missed your period (usually the first sign of pregnancy). These test kits can be purchased over the counter at any pharmacy or drug store. Keep in mind that the home pregnancy tests are not as accurate as blood tests done by your doctor. Before engaging in sexual activities again, always practice safe sex by using a condom to protect yourself against STDs and possible pregnancy.

For more information: <http://www.plannedparenthood.org/health-center/>

**193. I'm always so stressed. My parents don't let me ever leave the house, except one day a week. I've been going to this dance school every Saturday since I was seven and I'm almost 14. In recent years I was just allowed to walk 2 blocks maximum to get lunch. I have to call and say exactly where I am at every moment in time. I'm not allowed to hangout with my friends and now for no reason I'm not allowed to go next door to babysit. I buy my own**

**clothes, pay for my lunch... And basically everything else I really need and now I'll have no money and I'm very stressed and angry. What the hell do I do.?**

Your parents may have reasons to be strict and protective. Find out what they are and calmly talk to with your parents about what is stressing you. Remember that the key to building a good relationship is open communication. If you want to be treated as an adult, you need to earn their trust by acting responsibly. Demonstrate your maturity by not over reacting even when they say no. Always do what you have promised or agreed to do to gain their trust. If safety is a concern, take the initiative to call home so your parents know that you are OK. In time, your parents will realize that you are trustworthy and give you more freedom

**194. Other people my age (13) on this site are talking about having sex with their BF 's and what not. I've never even had a boyfriend. Am I way behind the norm?**

You are definitely not below the norm. In fact, it is best to focus your efforts and energy in academics rather than finding a boyfriend or engaging in sexual activities at your age. Hanging out with a group of friends (both male and female) who share similar interests is a good way to have fun without creating too much pressure or stress.

**195. I have several warts on my legs and a clump on my elbow, but I am also starting to develop rashy-looking-scabs on my stomach and lower back as well. I haven't had any warts in those areas thative noticed what could they be?**

It may be an allergic reaction or a type of skin infection/disease. You should consult your family doctor or a skin doctor for a proper diagnosis.

**196. my friend is a 17 year old girl and she is complaining about waking up this morning sick to her stomach and hurting all over her body and her breathing feels constircted some times and her heart feels like its going to beat out of her chest she has been sexually active but used protection condoms each time. i am worried about her. is it serious?**

Your friend may be suffering from an allergic reaction to latex condoms, drugs or medications. These symptoms can be life threatening so she needs to see a doctor or go to the emergency room right away.

**197. my friend is a 17 year old girl and she is complaining about waking up this morning sick to her stomach and hurting all over her body and her breathing feels constricted some times and her heart feels like its going to beat out of her chest and she has had a fever. she has been sexually active but used protection, condoms, each time. I'm worried about her. she just out of the blue got this. just woke up and felt sick. this has been going on for about 5 days the chest pain has gone away and she can move better but she now has a really bad cough that will not go away and is causing pain because she has been coughing so much. what could she have.**

Your friend needs to see a doctor right away as she may have some type of viral or bacterial infection in her system. The condition should be properly treated because it may not clear up on its own.

**198. Lately I have been losing a lot of weight, and I don't know why. I am 13 years old and right now weigh 89/90 lbs. I definetley do not eat a lot. I eat about 700-800 calories a day, but I have always kind of been that way. Even when I was younger. I used to weigh 101 lbs. Is there something wrong with me, or do I just need to eat more?**

Your doctor may need to order some blood tests to see whether you have any health issues such as diabetes or thyroid problems which can cause you to lose weight. Most teens need about 1600 to 2000 Calories a day. Depending on how tall you are, your current weight may or may not be appropriate for your age and height.

For more information on nutrition:

<https://www.choosemyplate.gov/SuperTracker/myplan.aspx>

**199. I'm 13. Ive only had my period for 1 month, and according to my period tracker app my next cycle should start tomorrow. However I used my moms dildo a couple of weeks ago, I didn't wash it off or anything before I used it. I haven't had any spotting this month so far.**

**Am I pregnant?**

It is not uncommon for teens to have irregular periods when they first begin to menstruate so it is unlikely that you are pregnant. However, putting any foreign object into your vagina can transmit bacteria and may cause an infection. Washing the object with soap and water before use or using a condom to cover the object can minimize the chances of coming into contact with germs.

**200. I am 13 years old, just started my period, 5'2", and 100 lbs. Am I over weight? I practice for basketball at least twice a week for about 2 and half hours total not including any other activities**

Your body mass index (BMI) is 18.3 and this is considered to be normal/healthy weight. For more information on BMI:

[http://cchrchealth.org/en/calculators/body\\_mass\\_children.html](http://cchrchealth.org/en/calculators/body_mass_children.html)

**201. im 15 years old and only 4'11" and ive been this height for a long time. and i have average size parents. do you think i might be done growing?**

Most girls have a rapid increase in height, known as a growth spurt, between the ages of 8-13 and will continue to grow until age 15. Most boys have a growth spurt between the ages of 10-15 and usually stop growing after age 16. If you start puberty at a later age, you may continue to grow until your late teens. Your height is largely determined by your genes as well as nutrition. Getting enough calcium and protein everyday is important for proper growth. Foods high in calcium include dairy products, leafy green vegetables, enriched soymilk and firm soybean curd (tofu). Foods high in protein include dairy products, meats, poultry, seafood, beans and nuts.

**202. hi. i'm 15 years old in high school (9th grade) and i like this girl in the 10th. we have been friends for almost a year now, and rounded up liking her. at first i thought it was just a crush, so i got over it. but after awhile i couldn't get her out of my mind. but the weird thing is that i like her but i am don't feel ready to date. and she doesn't like me that way. so please can you help?**

Going out on a date may create too much pressure for both parties, especially when the two of you are not ready. It would be best to remain as good friends, enjoy each other's company for the time being and let the relationship take its natural course.

**203. I'm 17year old male. I have gone through most of puberty. The only thing that hasn't happened is my Prostate hasn't grown any. Should I be concerned about this? Is this normal? Should I go see my doctor to see if I have something wrong?**

The prostate is a walnut-sized gland located between the bladder and the penis, just in front of the rectum. This gland is not visible from the outside. I believe you may be referring to your testicles, also called testes or balls, which are oval organs that lie in the sac (scrotum) that hangs behind the penis.

The testicles of normal adult male can range from 1.5 to 2.75 inches. It is best to discuss your concerns with your doctor.

For more information about the male anatomy:

<http://teens.webmd.com/boys/default.htm>

**204. I am 17. I am sexually active. I have recently discovered an odd smell from my vagina and a small amount of discharge. My partner has the same smell from his genitals. We have never had any other sexual partners. What is this? Should I be worried?**

A normal vaginal discharge should be clear or milky (depending on the time of the month) without an unpleasant odor. Any secretions with a strong odor, are thick, green, yellow may be symptoms of a bacterial or viral infection, or STD, which require treatment with medications. A visit to the doctor is advised to help ease your worries and treat the problem if indicated.

**205. I am 13, 5'3, and 104 lbs. I play basketball for 2 1/2 hrs. A week track for 2 And other activities include swimming/ walking my dog Am I at a reasonable wieght? how can I lose weight?**

Your body mass index (BMI) is 18.46. You are considered to be in the healthy weight range so there is no need for you to lose weight. Stay physically active and eat a well balanced diet to prevent weight gain.

For more information on BMI, weight control and healthy eating:

[http://cchrchealth.org/en/calculators/body\\_mass\\_children.html](http://cchrchealth.org/en/calculators/body_mass_children.html)

<http://teensincharge.org/en/health-topics/nutrition-and-fitness>

[www.choosemyplate.gov](http://www.choosemyplate.gov)

**206. I am 14 i am female and my parens are deviorcing. im a little stressed but i have a therapist. i have been exhausted and i havent been eating very much. i feel ill and i have constent stomach aches and pains. i dont know whats wrong. ive been to the doctor and they checked my blood and all. but nothing was odd. help?**

Divorce in the family can be stressful for everyone and especially difficult for children and teens. Lack of energy, changes in appetite, unexplained aches and pains are some common symptoms of depression in teenagers. Seeing a mental health professional (therapist) that specializes in treating teen depression can help you cope with stressful events in your life. You can ask your primary care doctor for a referral. The sooner you seek treatment, the sooner you will experience relief of your symptoms.

**207. Being a 13 almost 14 year old swimmer is fun but I'm worried about my weight. I am 5' 1" and 129 lbs. Is my weight healthy or do I need to lose weight. If so how?**

Your body mass index (BMI) is 24.4 and is considered to be overweight. If you are already physically active and exercising at least 45 minutes a day, you will need to pay closer attention to what you eat so you are not consuming too many calories. Foods and beverages that contain a lot of sugar and fat have too many calories and should be limited. Fast foods, fried foods, convenience foods also pack a lot of calories. Watch your portion sizes. Include more vegetables, fruits, whole grains, poultry, seafood, fat free dairy products.

For more information:

<https://www.choosemyplate.gov/SuperTracker/default.aspx>

<http://www.teensincharge.org/en/health-topics/nutrition-and-fitness/weight-control>

**208. Im a 14 year old female. My parents are devoircing, im seeing a stress counciler, i dont feel depressed or stressed. im home alone alot so i clean, but recently i havent been able to sleep till 2am and i dont get up till 2pm. i dont know why but i can change my sleeping habits. my alarms dont wake me up and like i said i cant sleep till 2am. help?**

SOME TIPS FOR A GOOD NIGHT'S SLEEP

- Establish a regular bedtime routine so you sleep and get up at about the same time each day.
- Avoid long naps.
- Exercise regularly but avoid strenuous activity at least 3-4 hours before bedtime.
- Avoid or limit caffeine, alcohol and tobacco in the late afternoon and evening.
- Keep your bedroom dark, quiet and comfortably cool.
- Relax before going to bed - take a warm bath, listen to soothing music or do some light reading.
- Go to bed only when you are sleepy. If you cannot fall asleep, get up and do something relaxing until you feel sleepy.
- Avoid heavy meals and close to bedtime

For more information:

<http://howtotreatinsomnia.com/>

[http://www.helpguide.org/life/insomnia\\_treatment.htm](http://www.helpguide.org/life/insomnia_treatment.htm)

**209. Are blackheads normal on my vagina?**

Pimples can occur anywhere where hair follicles appear including the exterior genital areas. They can be caused by bacterial infection of the pores and glands, hormonal changes, tight clothing or laundry detergent. Vaginal pimples can also be a sign of STDs or other problems especially if they appear on the inside of the vagina. It is important to have it examined by a doctor.

**210. I took the birth control Depo Provera at least a week and a half ago and i had unprotected sex yesterday. Am i still safe from pregnancy?**

Depo-Provera is a birth control shot given once every 3 months to prevent the ovaries from releasing eggs. The hormone injection also thickens cervical mucus to prevent sperm from reaching the eggs. If you took the shot within the first 7 days after the start of your period, you are protected from pregnancy immediately. Otherwise, you need to use some form of backup birth control such as a condom or diaphragm during the first week after getting the shot. It is estimated that in the first year of use, about 3 out of 100 women will become pregnant.

**211. what is the male average height? i have a penis that when soft it is around and inch or 2 but when it gets hard its almost 6 inches is that normal and 16 5"6 by the way. how much more can i grow in height? i play soccer and my heart rate is at 57 is that a good thing ? i weight around 130 pounds. i had sex with my girl for the first time and my penis was hurting for 3 day and it was Bruce. how do i build back muscle?**

The average height and weight for a 16 year old male in the U.S. is between 67"-70" and 130-150 lbs. Most boys will stop growing taller after age 16 but those who start puberty later can sometimes continue to grow taller into their late teens. Your height is largely determined by your genes as well as nutrition. The average erect penis size for teenage boys is between 2-5 inches. The size may vary depending on the person's developmental stage

**212. So lately i been playing my game i get up and my eyes black out but are open along with that i get dizzy, its been happening so bad that i walked into a wall yesterday. I seen the wall but i couldn't stop my self from walking into it my stomic cramped, my eyes black out, i get shaking, its a really bad thing can someone explain it to me?**

Not sure how long you have been playing video games, but the symptoms you described (dizziness, blacking out, shaking, stomach cramps) may be due to lack of sleep and food. Low blood sugar can cause some of these symptoms. Try to get at least 6-8 hours of sleep, eat meals at regular times (be sure to start the day with a good breakfast), exercise an hour a day and limit video games to no more than 2 hrs daily. If your symptoms persist or worsen, see your family doctor right away.

References:

[http://kidshealth.org/teen/diseases\\_conditions/genetic/hypoglycemia.html](http://kidshealth.org/teen/diseases_conditions/genetic/hypoglycemia.html).

<http://www.webmd.com/sleep-disorders/excessive-sleepiness-10/10-results-sleep-loss>

**213. I am a 15 year old girl. once, i went to my friend`s house and we both got drunk,well, at least I did. We started dancing and then she touched my tits and my vagina and she placed my hands on her tits..I felt strange because I had never experienced something like that before. I dont know if i should no longer talk to her or something..**

Underage drinking can lead to many undesirable consequences including drug abuse, poor grades, risky behaviors, health problems, injuries and bad decisions. Drinking can cause a person to lose his/her inhibition and do things they may regret later when sober. If you are unable to stop drinking, talk to your parents or a trusted adult about the problem before any damages occur.

Touching another person's private parts without his/her consent is considered to be "Inappropriate touching". You should let the offender know that you dislike what she has done and not allow this inappropriate behavior to happen again.

References:

Teens and Sexual Harassment: Making a Difference (U of Florida) <http://edis.ifas.ufl.edu/fy850>

Substance Abuse and Mental Health Services Administration

<http://samhsa.gov/underagedrinking/>

**214. So, I am the same girl with the story of going to my friends house and that she touched me cuz we were drunk...the problem is that I liked what she was doing at the moments because I got horny.. She is inviting me to her house again..Im not that innocent either.. I finger myself but I dont know what to do..should I go to her house again?**

To avoid getting yourself into a similar situation as before, it would not be wise to be alone with that person. If you wish to continue the relationship, you need to let her know the boundaries of your friendship. Choose to meet at a public location where there are other people around so that both of you are not tempted to engage in inappropriate behavior.

**215. I'm 16 and I haven't started my period yet. I did a little research and commonly found info about primary amenorrhea. Could this be true? I also have a weight problem- I try to lose, I eat healthy but I just need more physical activity. I really do not know what is going on because I've been through puberty- I have hair and developed breasts, etc. but just not a sign of my menstrual cycle. Can someone please give me an idea of what's going on.**

The onset of menstruation ranges from ages 9 to 18. Many factors play a part in a woman's menstrual cycle, including hormones, nutrition, certain birth defects and genetics. It would be best for you to see your family doctor and have a thorough physical exam. Your doctor can order different tests to help determine the cause for your medical problem and prescribe the necessary treatment if needed.

References:

<http://www.nlm.nih.gov/medlineplus/ency/article/001218.htm>

<http://emedicine.medscape.com/article/252928-overview>

**216. Recently my lady parts have been itching like crazy so when I went to check it out in the mirror I noticed that one of my inner labia's was super swollen. That's the only part that's itching and I'm assuming it's a bug bite of some kind? If it is, should I be worried?**

Itching is usually a sign of an infection or an allergic reaction that needs medical attention. See your family doctor or a gynecologist so that the problem can be properly diagnosed and treated.

Reference: [www.Kidshealth.org/teen](http://www.Kidshealth.org/teen)

**217. ok so is it normal for a vaginal area to be darker then the rest of your skin and why?**

The vagina lips, or labia, can vary from pink to dark purple. All these colors are normal and usually determined by genetics.

Reference: [www.ehealthforum.com](http://www.ehealthforum.com)

**218. Hi, I'm 11 years old and am obsessed with sex, but have never done it. I do not want to tell my parents.**

It is normal to be curious about sex. As your body matures and goes through hormonal changes, thinking about sex is unavoidable. Before considering any sexual activity, be sure you understand the health and emotional risks. It is always helpful to talk it over with your parents or a trusted adult as they most likely went through similar struggles at that age.

Reference: [www.Kidshealth.org](http://www.Kidshealth.org)

**219. I'm in middle school and I recently began to feel lightheaded and my vision blacks out for the first few seconds when moving from laying position to standing position, but I was not like this when I was younger. Why is that?**

You may be suffering from early orthostatic hypotension in which your change in position from laying to standing causes a sudden drop in blood pressure. This may be associated with a growth spurt where your body is growing tall rapidly. To prevent these unpleasant feelings, you may want to stand up slowly next time or sit for a moment before standing. If these symptoms continue to occur, you should consult with your doctor.

References:

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3029466/>

<http://www.mayoclinic.org/diseases-conditions/orthostatic-hypotension/basics/definition/con-20031255>

**220. How does my friend eat so much more than me yet she does not gain any weight while I gain weight so easily?**

This is due to the difference in metabolism rates. Our bodies convert food to energy through complex metabolic processes. However, each individual burns calories at a different rate and this rate depends on age, sex, proportion of lean body mass, and heredity. Being physically active by exercising on a regular basis will help to burn off calories.

Reference: <http://www.webmd.com/diet/features/make-most-your-metabolism>