

Healthy Lifestyles Questions & Answers (2025) - Lesson #3

Grade 7 Questions

Why can babies be affected if the mother is young?

Infants born to teenage mothers are more likely to be preterm (born early), have low birthweight and be small for gestational age.

What does “gay” mean?

Gay is a sexual orientation. It means that you are sexually attracted to members of the same sex that you are.

Why is sex the only option if you don't want to do it but you want a baby?

Sex is typically how someone would get pregnant, although there are other available methods to have a baby due to scientific advancements such as using in-vitro fertilization, intrauterine insemination, and intracervical insemination. There is also the option to adopt a child, or you could use a surrogate as well.

What is an orgasm?

An orgasm is the peak of sexual arousal, characterized by intense pleasure and the release of sexual tension, involving various physiological and emotional responses.

Does rape affect mental health?

Yes, rape does affect mental health. It can cause many different mental health issues such as depression, anger issues, guilt, flashbacks, distrust of others, and more.

Can you snap the penis?

Yes, you can fracture your penis if it is suddenly (and forcefully) bent while you have an erection. If this happens, it will likely cause significant pain and will require surgery to repair the tissues.

Can siblings have sex?

While this is technically possible, it is generally considered very taboo and inappropriate for siblings to have sex with each other. This is called incest. This can also lead to potential birth defects if a woman were to end up getting pregnant by having sex with her sibling.

When is a good time to have sex?

A good time to have sex would be when you are in a healthy, long term, committed relationship with another person. If in doubt, it is a good idea to discuss this with a parent, or a trusted adult.