

BZgA

Bundeszentrale
für
gesundheitliche
Aufklärung

YOUTH SEXUALITY

**REPRESENTATIVE SURVEY OF 14 TO 17-YEAR-OLDS
AN THEIR PARENTS**

2006

REPRESENTATIVE SURVEYS

RESEARCH AND PRACTICE OF SEX EDUCATION AND FAMILY PLANNING

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YOUTH SEXUALITY

**Repeat survey of 14 to 17-year-olds
and their parents
Commissioned by the Bundeszentrale
für gesundheitliche Aufklärung**

**Results of the current representative
survey**

September 2006

FOREWORD

With this report TNS Emnid Bielefeld, presents the main results of their representative survey, on behalf of the Bundeszentrale für gesundheitliche Aufklärung.

YOUTH SEXUALITY

Repeat survey of
14–17-year-olds and their parents

The goal of this study was to collect empirical data that could provide – because of the representative nature of the sample – reliable statements about the attitudes and behaviours of young people and their parents in the Federal Republic of Germany concerning sexuality and contraception.

This study is a continuation of the investigations done in 1980, 1994, 1996, 1998, and 2001. The goal is to identify trends. Trend comparisons relate in principle to the whole of Germany with the exception of the data from 1980, which relate to West Germany only and are therefore only of limited comparability.

The study was commissioned by the Bundeszentrale für gesundheitliche Aufklärung, (BZgA), Cologne. It alone has all the acquired results at its disposal.

The most important results of the survey are summarized in the present report, where they are presented in diagrammatic and textual form.

Cologne 2006

METHODOLOGICAL CONCEPTION

The present study is a repeat study of the five previous studies done in the years 1980, 1994, 1996, 1998 und 2001.

The basic methodological concept has remained unchanged for all the studies. The subjects were boys and girls between 14 and 17 years of age as well as their parents. When possible, girls' mothers and boys' fathers were preferred. Young people who no longer live with their parents were also included in the sample to obtain the most representative look at young people. (Exception: young people living in residential care homes).

The method for selecting candidates for the survey was the quota method. The statistical basis for the present quota arrangements, broken down by the young people's age, gender, and level of education, comes from publications by the Statistisches Bundesamt [Federal Office of Statistics].

The representative regional distribution was controlled by the deployment of the interviewers.

The tool used for collecting results was a combination of oral and written questionnaires to give both the young people and their parents the chance to answer the more intimate questions privately in a separate section.

The results from 1980 are based on West German figures only. All later studies have included East Germany in the surveys. This must be taken into account when investigating long-term trend comparisons: from 1994 the data relate to the whole of Germany, the 1980 study represents West Germany only.

The study's results are based on a total of close to 5,000 interviews. These break down into the following groups:

n = 750 girls West

n = 750 girls East

n = 500 boys West

n = 500 boys East

—

2,500 young people

+ respective parent interviews

The interviews took place between 29 August and 9 November 2005.

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AT A GLANCE

For 25 years now the Bundeszentrale für gesundheitliche Aufklärung has been following the attitudes and behaviours of young people in relation to sex education, sexuality, and contraception: The young people interviewed for the first study in 1980 have now become the parent generation of today's youth. The current Youth Sexuality survey continues the series of trend observations. This study – carried out in 2005 – is the sixth of its kind. This time, too, a large sample of 2,497 young people between the ages of 14 and 17 and their parents were interviewed. Here are the most important current results.

Parents are an important medium for providing information. Sex education takes place primarily through verbal communication and parents are the first port of call. The mother plays the key role in parental sex education, not only for girls, but also for boys, especially at the younger end of the spectrum. In the last 25 years parents have become increasingly important as confidant(e)s for questions of a sexual nature. For boys, the percentage that have a confidant(e) in one of their parents has doubled since then (from 28% to 54% today), for girls, the figure is 1.5 times higher than it was in 1980 (64% today).

Parental sex-education: stagnation at a good level. Over the years a steady narrowing of the gap in parental sex-education between girls and the originally disadvantaged boys has been observed. The current survey shows that what has so far been achieved – including the differences between the two genders – has plateaued at the 2001 level. Today, just like in 2001, three out of four girls received sex education from their parents, compared with only two out of three boys. Also: one concrete advisory conversation about contraception is still received by more girls (70%) than boys (60%). The difference to 1980 is, however, impressive for both sexes: Today approximately twice as many boys and girls are advised about contraception by their parents compared with 25 years ago.

Contraception advice is gender-specific. Parental contraceptive advice is rather one-sided and gender-specific: condoms for boys (90%) and the contraceptive pill for girls (65%). Even so, 48% of girls are also advised to additionally use a condom. It is pleasing that after a slight drop in 2001 condom recommendations have increased

again, 7 percentage points for boys and 3 percentage points for girls.

Sex education in schools – widespread and well-received. 2005 is definitively marked by parity between East and West Germany regarding sex education in schools. As late as 1996 only about half of young people in East Germany received any kind of sex education in school. Today both parts of the country are level at around 9 out of 10 young people receiving such sex education between the ages of 14 and 17.

Accordingly, for boys school is the number one cited source for information about sexuality, while for girls it represents the second most commonly cited source. Teachers are also – especially for younger students – often cited as the desired person for providing knowledge in areas where the students do not yet feel adequately informed. Teachers are also disproportionately important for those young people for whom parents hardly act as confidants (no parental sex education, negative attitude towards early sexual experiences). Unfortunately the small group of young people who do not receive sex-education classes at school are also the ones who are more likely not to receive any advice from their parents – thereby immediately depriving these young people of two important sources of information.

Contraception is addressed in class. Those who receive sex education in school nearly always receive information about contraception in this context; this, at least, is the case for students in years eight and above. The early discussion of this subject certainly reflects the interests of the students at the time. However, even the students in higher grades often have the desire for more contraceptive information: Every third student in year nine and every fourth student in year ten voice an opinion to this effect.

Availability of counselling centres – acknowledged but not used much. Experts at counselling centres are equally desired and accepted by both boys and girls as sources of advice. 20% of girls and 14% of boys would like to receive more answers from this source for the questions they still have. However, in actual fact only 13% of girls and 10% of boys have ever been to a counselling centre. Schools often act as intermediates between counselling centres and young people, especially for boys: half of the boys (and a third of the girls) went to a counselling centre within the context of a school event. It seems that coun-

selling centres are particularly a source used by young people who have had early sexual contact – in this group the response “already been there” was disproportionately high (over 20%).

Media preference different depending on gender. Boys and girls have different ideas about what types of media they would like to consult for information to fill the gaps in their knowledge. Girls’ responses focus on print media: over 40% cite magazines and books, close to 30% cite sex-education brochures as well as news magazines and newspapers. The boys’ replies show a higher use of visual and technical media forms. The internet (26%) and television films (25%) are cited as much as books, sex-education brochures, and news magazines (between 23% and 27%). Videos and computer games are also clearly more attractive media forms for boys than they are for girls.

Both genders could potentially be addressed via the internet, since 92% of boys and 90% of girls use this medium. Girls have strongly caught up with boys here – in 2001 only 75% used the internet (boys 2001: 81%). However, internet use is still dependent on level of education. A low level of education on the part of either the young people or their parents correlates with below-average internet use, especially for girls (18% do not use the internet).

Gynaecologist visit: no later than 16 years old. Amongst 14-year-old girls and even amongst 15-year-old girls an appointment with a gynaecologist is still the exception, at least it is not the majority situation (28% and 44% respectively). After that however the number makes a jump: amongst 16-year-olds nearly 3 out of 4 have been to a gynaecologist, and amongst 17-year-old girls, those who have not had this experience form a minority (13%). Girls who have already had sexual contact have generally also already been to a gynaecologist (89%). The proportion of girls who have had sexual contact without visiting a gynaecologist is disproportionately high for those girls who have had sexual contact at an early age – 14 years of age or younger. For most girls the visit to the gynaecologist went as expected or the experience was even more positive than expected. For a percentage of girls however the opposite was true. For 14% of girls the visit was worse than expected. What is conspicuous is that this happened particularly to those girls who were young (14 years old), as well as girls who had not been menstruating for very long and those who had had early sexual experiences.

Information about contraception yes, but only after the first time. For the sexually inexperienced girls menstrual problems were the reason for their first visit, whereas two-thirds of girls with sexual experience went because they wanted to address the question of contraception. Even though more girls received contraceptive advice in 2005 than did in 2001, the percentage of girls who wanted to seek advice before becoming sexually active sank from 40% to 34%. Particularly girls who had had their first sexual experiences at 16 or later were more likely to visit a gynaecologist shortly after their first such experience.

A different body image for boys and girls. Occupation with their own bodies is important for both boys and girls. Girls are more critical of their appearance than boys are. Nearly two out of three boys (62%) but not even half of all girls (46%) agree with the statement “I feel good in my body”. Girls were more likely to select the “is only partly accurate” response. Ideas differ strongly between the genders on the subject of weight: a quarter of girls think they are too fat, that is twice as many girls as boys.

Number of young people with experience of intercourse has recently risen amongst 17-year-olds, amongst 14-year-olds the number is constant. 39% of girls and 34% of boys between the ages of 14 and 17 have had sexual intercourse. These are the percentages for each of the age groups (girls/boys): 12/10% of 14-year-olds, 23/20% of 15-year-olds, 47/35% of 16-year-olds, and 73/66% of 17-year-olds. Thus, girls show more experience throughout, in the early years too, than boys. The convergence of the boys’ percentage to that of the girls seems to have halted for now. The most noticeable change for 2005 concerns the 17-year-old girls, who now for the first time in years, and with a big leap, demonstrate more sexual experience. In 1994 the proportion was two-thirds, today, at 73%, there has been an increase of 7 percentage points. For 17-year-old boys the figure is 66%, i.e. the same level of sexual activity that girls demonstrated five years ago.

Awareness of contraception is present. Only 2% of girls and 7% of boys did not use any form of contraception the last time they had sexual intercourse. Similarly low is the percentage that relies on unsafe methods such as coitus interruptus. The overwhelming majority act responsibly, even during the first time: 71% of girls and 66% of boys use contraception during their first time

(condoms 35% and/or the contraceptive pill 37%).

Currently the percentage do not use contraception during their first time is 15% for boys and 9% for girls. In comparison with 1980 the figures have improved (1980: 20% of girls and 29% of boys). Intimacy with the sexual partner is important, especially for girls: if there is no steady relationship with their partner, the contraceptive behaviours worsen, not just for the first intercourse, but often also subsequently. A contributing reason for the absence of contraception during the first time is that the intercourse is unplanned for more and more young people, especially for boys – 37% of boys were “completely surprised” by the development of the situation – and for those who experienced their first time at 14 years of age or younger. The justification for the absence of contraception fits into this picture: 64% of girls and 78% of boys reply “it all happened too suddenly”.

Contraceptive methods – on the whole a good range of knowledge. Nine out of ten young people have had at least one experience with a condom in their sex lives to date (91% of girls, 88% of boys). Three-quarters of the girls and two-thirds of the boys have had sex while the girl was using the contraceptive pill. The number of sexually experienced girls and boys that are informed about the free provision of the contraceptive pill for young people by health insurance boards has fallen slightly (80%/51% as compared to 85%/59% in 2001). The method of coitus interruptus is used significantly less often but still in a too great percentage of cases (23% and 18%: responses of boys and girls respectively). 7% of girls and 6% of boys have used the rhythm method or the basal body-temperature method. Chemical methods, too, are now used only rarely, even just sporadically (6%). Experiences with an IUD/IUS or a diaphragm are minimal (maximum of 1% respectively).

The “morning-after pill” as an emergency measure. 72% of girls and 54% of boys (88%/69% of those experienced with intercourse)

know that there is a last-resort possibility if no contraception was used or something went wrong. Thus the knowledge about emergency contraception is somewhat more widespread than it was five years ago. Nearly 10% of girls have also already had a personal experience with the “morning-after pill”. 8% have used it once, 1% have already used it more than once as an emergency measure. These figures confirm the 2001 study results.

In five out of ten cases the emergency pill was necessary because of an “accident” during condom use (it slipped off or tore), in three out of ten cases it was needed because of problems with the contraceptive pill (uncertain efficacy because of diarrhoea or vomiting, or, considerably more often, forgetting to take it).

“Pregnant? Now? A disaster!” This was the reaction of two out of three girls and more than half of the boys. Thus a potential pregnancy during the teenage years fits less into the picture for a young person between the ages of 14 and 17 than ever before. Compared with 1994 the number of young people who chose the category “disaster” went up by nine percentage points for both boys and girls. For the remaining young people interviewed a pregnancy at this time was at least “very unpleasant”; only a few described the possibility with positive feelings.

A desire for children later on is present. For the majority of girls having children one day is part of what they want from life (68% “yes, I would like children”, 7% “no, I would not like children”). Boys are not fundamentally more opposed (9% “no”), but they are much more likely to be undecided (40% “I don’t know”). What is striking is the difference between young people in East and West Germany. Considerably more young people (boys +10 percentage points, girls +12 percentage points) in East Germany express a desire to have children sometime in their lives.

1. Sex education and advice

1.1 People involved in sex education and advice

1.1.1 Actual confidant(e)s

Sex education primarily takes place through interpersonal communication: When asked where they got their knowledge of sexual subjects from, 70% of boys and 77% of girls point to conversations with others. Thus it is mainly people within the young people's direct environment who play a special role in young people's sexual education.

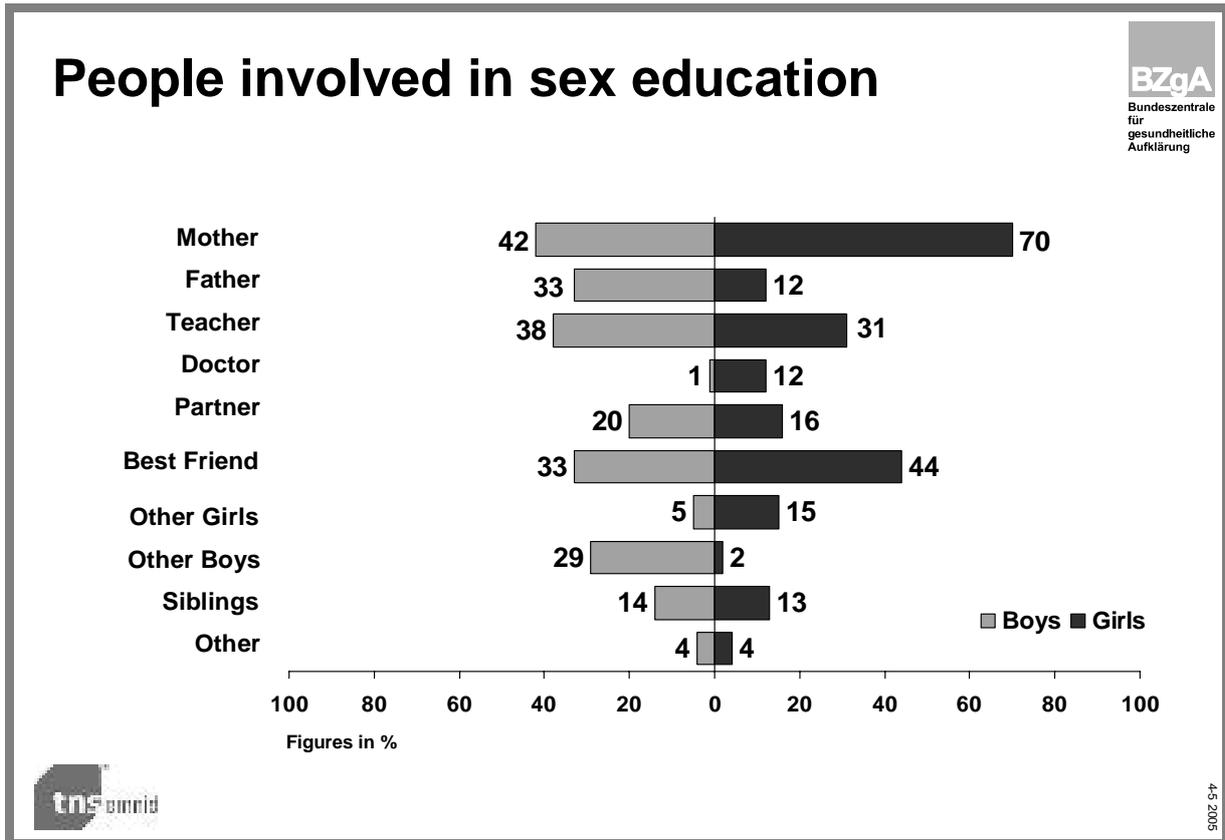


Fig. 1

Which people were the most important for you for providing information about sexual matters?

By far the most frequently cited important person for young people in sex-education matters is their mother. 42% of boys and no less than 70% of girls name their mother as the main source of information for sex-education topics. The male counterpart, on the other hand, is of much less importance for sex-education questions. Only 12% of girls cite their father as an important confidant, but even for boys their father plays a smaller part than their mother does – only one-third name their father. The influence of teachers, on the other hand, is significantly more important. They are a source of sexual information for 44% of girls and 33% of boys. In addition 17% of girls and 34% of boys cite other peers (other boys and girls).

People involved in sex education Trends for girls

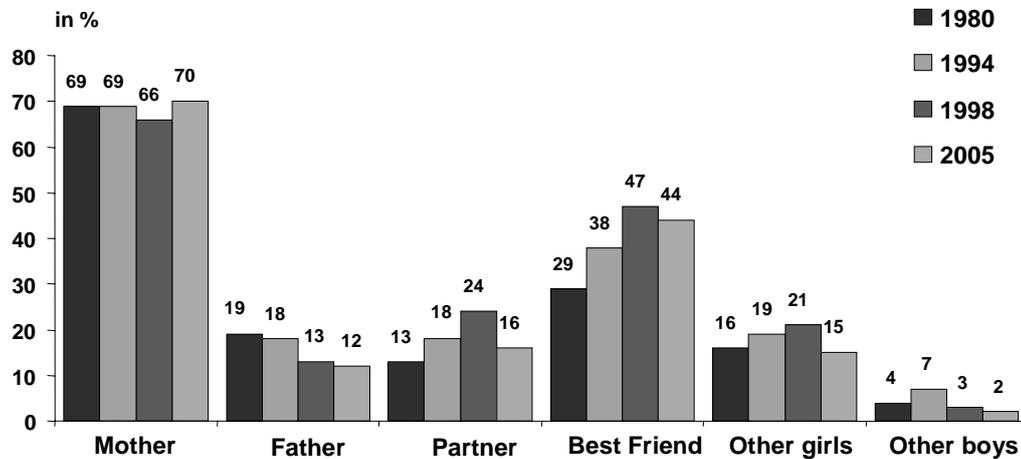


Fig. 2

Which people were the most important for you for providing information about sexual matters?

Since 1980 the role distribution of father and mother in sex-education matters has hardly changed. In 1980 the father was an important confidant for 30% of boys and 19% of girls for information on sexual matters, whereas the mother was cited by 41% of boys and 69% of girls. The mother's key role has thus remained constantly present during recent decades.

During the 1990s there was a growing trend for girls to see their peers as further potential confidant(e)s. This trend has not continued, there has in fact been a slight reverse in the trend. Especially partners are no longer cited so frequently as important sources of sexual information (decrease from 24% in 1998 to 16% in 2005). Other peers, such as best friends (of either sex) are no longer cited so frequently as they still were in 1998.

In comparison with 1998 there is a further change to be seen: Just seven years ago the percentage of boys who didn't receive sex education from anyone in particular was still twice as high as girls (10% as against 4%). 2005 seems to show a convergence, as 6% of girls and 7% of boys say they do not have a specific confidant(e) for sex-education matters. Thus, boys do not seem to be as disadvantaged as they still were in 1998 when it comes to sex education – although the improvements have only been taking place slowly.

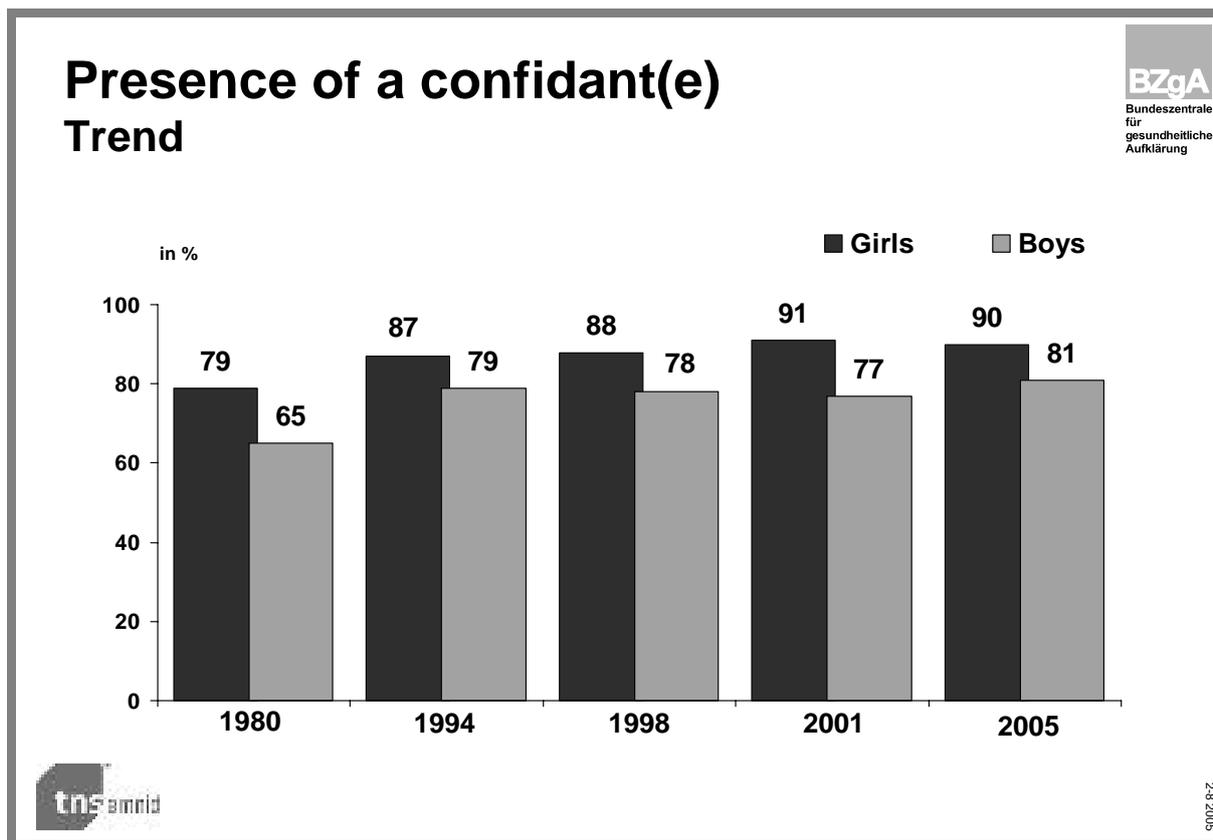


Fig. 3

Do you currently have someone with whom you can openly talk about sexual questions?

The large majority of 14 to 17-year-olds have a confidant(e) with whom they can openly talk about sexual questions. Nine out of ten girls have a confidant(e) for sexual topics, as compared to 81% of boys. The percentage of girls who have a confidant(e) has stabilized at a high level since 2001, whereas the percentage of boys has been continuously rising since 1980, by a total of 16 percentage points.

Even so, twice as many boys as girls are still without a confidant(e) (boys 19%, girls 10%).

In detail

As was the case with previous surveys, the older teenagers are more likely to have a confidant(e) than the younger ones. This is especially true for boys: only 73% of 14-year-old boys said they had someone they could talk to about sexual subjects, compared with 85% of 17-year-old boys.

In addition, the family background plays a large part: boys and girls who have a good basis of mutual trust with their parents (“I am taken seriously at home”) are also more likely to have a person they can talk to about sexual matters. The worse a family’s basis of mutual trust, the less likely a young person is to have someone to talk to about such matters (70% for both sexes). Young people in whose home sex is generally not spoken about are also less likely to have a confidant(e): nearly a quarter of girls and more than a third of boys do not have a confidant(e) in this case.

No confidant(e) for sexual questions – in relation to mother's level of education –

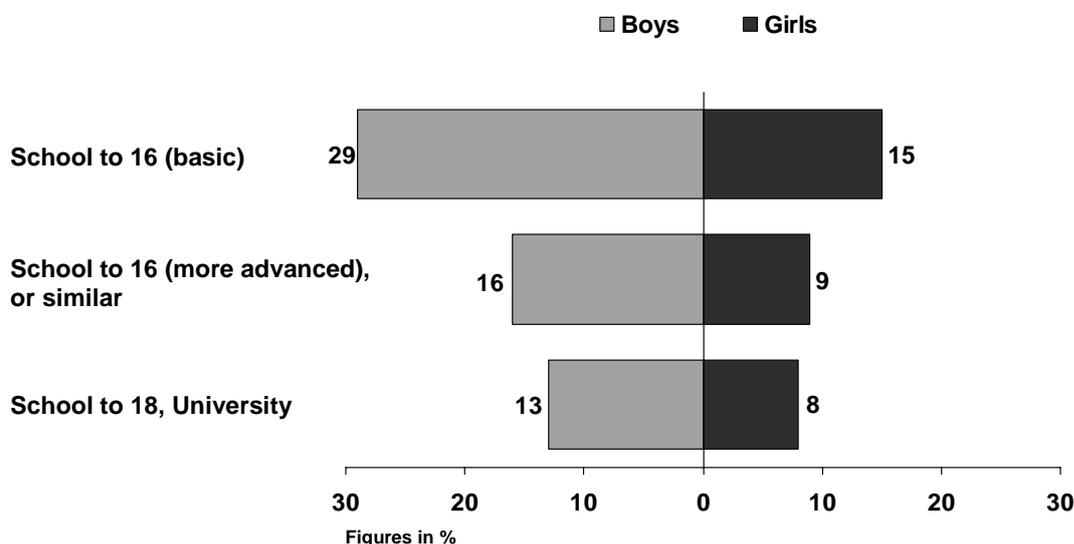


Fig. 4

Can you tell us from this list who it is?

Also disadvantaged are those young people whose parents have a low level of education. This factor is especially noticeable for boys: 29% of boys whose mother has no school-leaving certificate of any sort do not have a confidant(e); the percentage is similarly high when the father's level of education is analysed.

A steady partner largely compensates for a shortfall in other confidant(e)s.

For both sexes it is again both parents and peers who are cited by young people as sources of information for sexual questions in 2005.

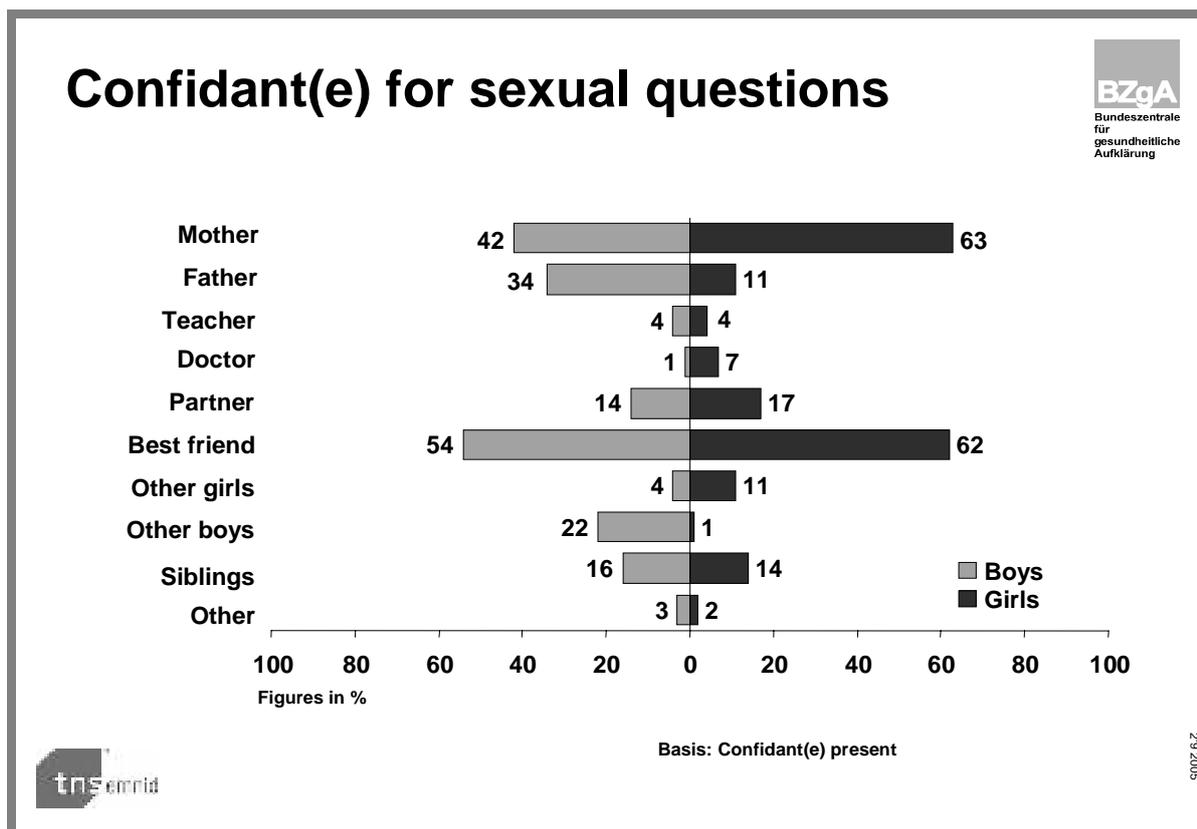


Fig. 5

Can you tell us from this list who it is?

The role of parental trust is filled by the mother for both boys and girls. For girls this can be directly seen in the figures: girls name their mother 63% of the time, their father only 11% of the time. Even though boys name their father much more often (34%) as a confidant, a deeper look shows that two-thirds of these of boys have also listed their mother as a confidante. Thus, boys are more likely to have both parents as confidant(e)s, whereas girls seem to focus more on just the same-sex parent.

As an individual, a girl's mother is cited as often in this regard as a best friend (62%), whereas boys cite their best friend (54%) more frequently than their mother (42%). If one places the mother and father into one group, under the heading of "parents", then boys name their parents and their best friends (of the same age) equally often as confidant(e)s.

All other confidant(e)s are subordinate to a girl's mother or her best friend. A girl's partner is only a confidant(e) for sexual matters in 17% of cases, followed by siblings (14%), and her father as well as other girls (both 11%).

The preferences of boys are less obviously distributed. Even though the parents and the best friend are the most important figures here too, other peers (other boys 22%, other girls 4%) play a bigger role for boys than they do for girls.

The parents' role has become clearly more important over the last 25 years. In 1980 only 44% of girls and 28% of boys named either their mother or their father – or both – as confidant(e)s, compared with 64% of girls and 54% of boys in 2005. Particularly boys are finding a confidant(e) within their home to a much greater extent today, compared with what used to be the case. The proportion has doubled for boys during these years, for girls the figure has increased by 50% since 1980. The current figures

roughly correspond to the results obtained in 2001; thus the numbers have not increased further over the last five years. The difference between the sexes has also remained constant during this time.

In detail

With an increase in age parents lose their importance somewhat as reference persons for sexual questions. For 17-year-old girls the mother is only a trusted person for sexual questions for 56%, for 17-year-old boys only in 34% of cases. Best friends on the other hand do not lose their importance, rather the opposite.

When one compares the groups “with steady boy/girlfriend” and “without steady boy/girlfriend” the best friend still remains the more important confidant(e), particularly for girls. Those boys and girls who have a steady partner name them in about 4 out of 10 cases as a reference person in sexual matters.

1.1.2 Preferred confidant(e)s

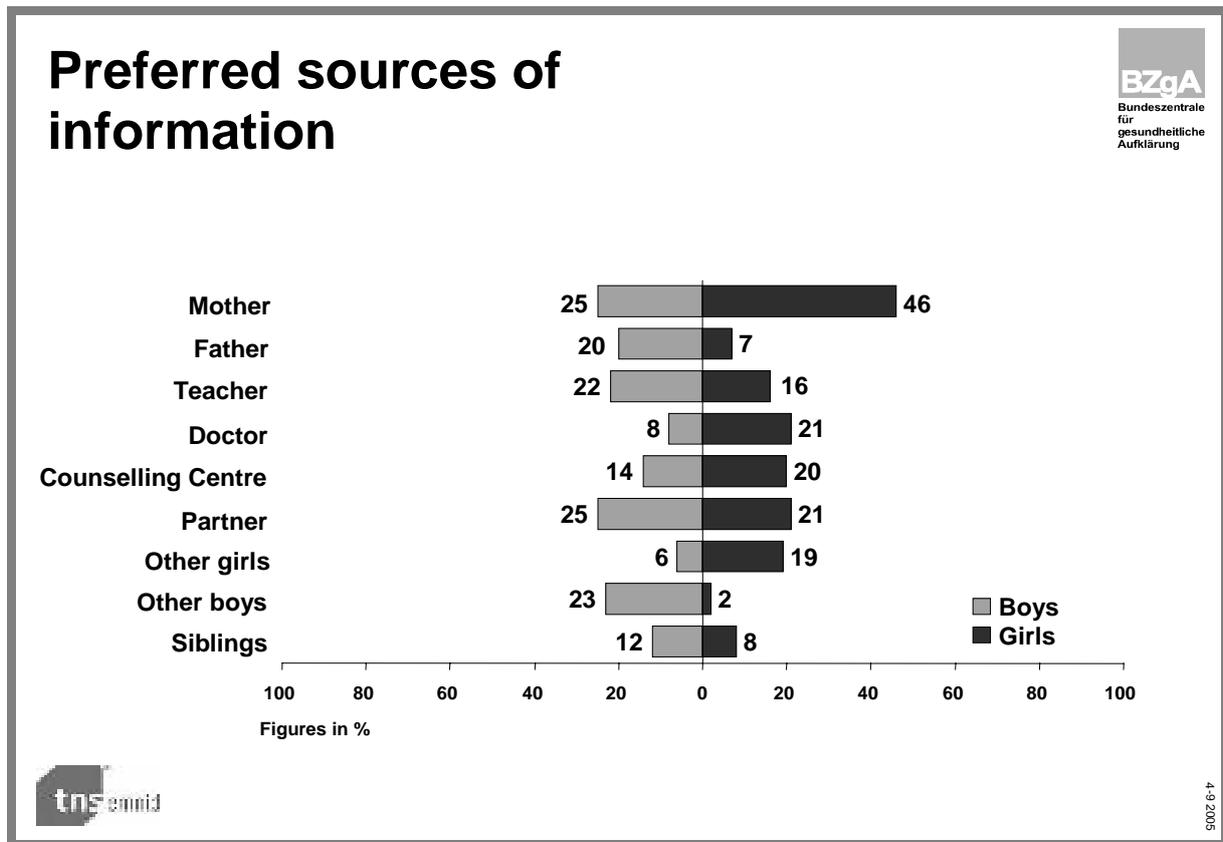


Fig. 6

From which person would you most like to get information on the topics you mentioned?

In contrast to the previous questions, parents do not dominate in the figures as desired partners for providing information to the same extent as they did as confidant(e)s.

For the provision of information external experts such as employees in a counselling centre, doctors, or teachers gain in importance. When interpreting these results, one must not forget that the question referred to preferred sources for those topics where the young people noted a deficit of information. The answers must therefore always be seen in reference to these topics.

However, the mother is still in first place. Particularly girls prefer their mother to be the one to provide them with information (46% of girls, compared with 25% of boys).

For girls people like their boyfriend or partner, and their doctor (both 21%) all trailed far behind their mother, where the doctors in question here are probably gynaecologists. In addition, every fifth girl names counselling centres and other girls as preferred means of obtaining information. Teachers, too, are not far behind this figure with 16% – for girls all of these sources are of equal importance.

For boys, their mother's dominance declines. When looking at boys' parents, their preferences are split between both parents: their mother (25%), their father (20%). In total all the answers are thus even more evenly distributed among the various groups, none stands out from the rest. Their girlfriend/partner is no less important as their mother, in first place (both 25%), closely followed by other boys (23%) and teachers (22%). Counselling centres and doctors in particular are named much more rarely by boys than by girls.

In detail

Just as parents fall in importance as confidant(e)s with increasing age, so too do they fall in importance as information providers as young people get older. While the mother is the preferred source of sexual information for 56% of 14-year-old girls and 35% of 14-year-old boys, she is only the preferred person for 35% of 17-year-old girls and 12% of 17-year-old boys. It is similar for fathers.

For 14-year-olds of both sexes school is still an important and recognized institution for providing knowledge, also on sexual subjects; for girls school is the second-most frequently named source, after their mother. With increasing age school loses in importance, for girls more so than for boys.

Older teenagers on the other hand see instead the advantages of counselling centres: 25% of 17-year-old girls would most prefer to get information from this source, compared with 16% of 14-year-olds. For 17-year-old boys the figure is at least 17%, compared with 11% of 14-year-old boys.

More 17-year-olds than 14-year-olds also do not want to receive more information (17-year-old girls 22%, 14-year-old girls 10%; 17-year-old boys 25%, 14-year-old boys 12%); thus they are of the opinion that they possess sufficient knowledge about sexual subjects.

1.2 The role of the home

In the previous sections the importance of parents in relation to sex education has already become clear. Parents, particularly mothers, often enjoy the trust of their growing sons and daughters and are named as the main source of sexual information by them. In addition they are accepted, even desired, by young people, at least by the younger segment, as providers of information.

But how do the parents see their role? What can they do and what would they like to do, and what is too much for them?

1.2.1 Sex education within the home

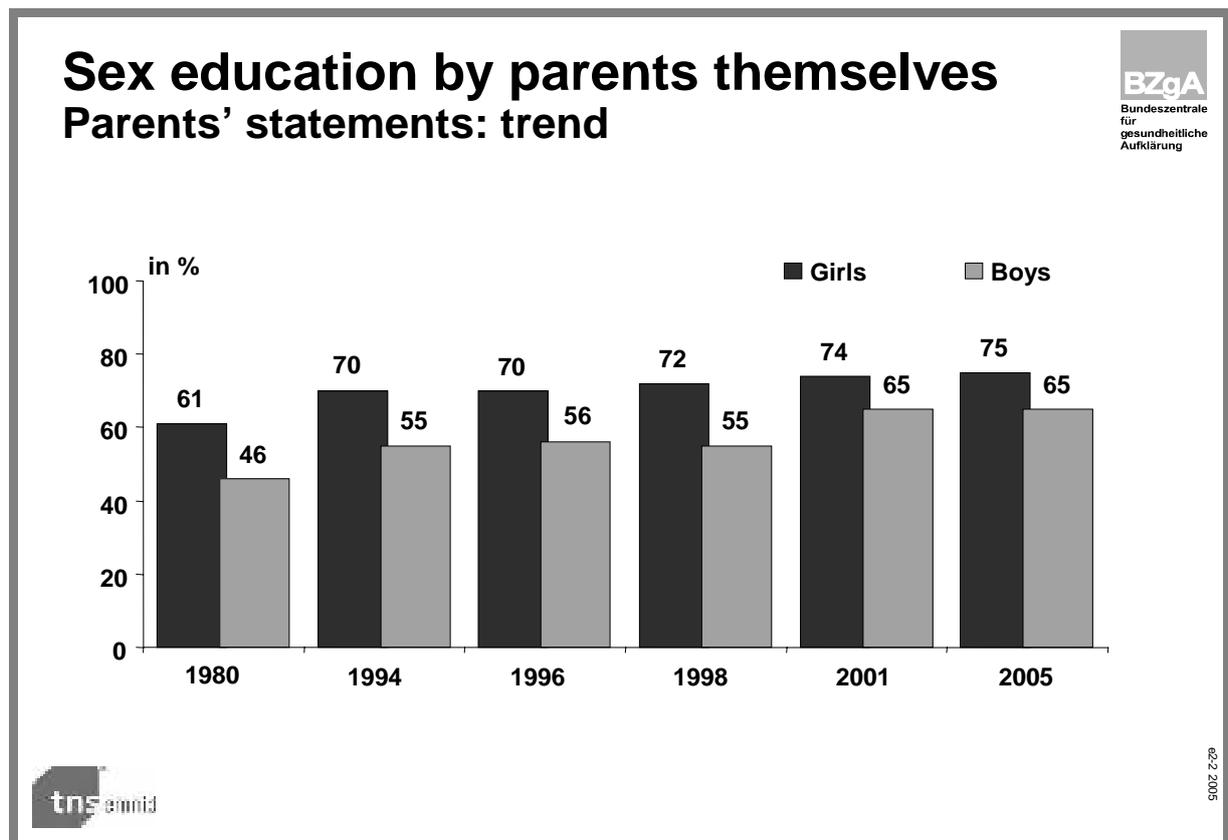


Fig. 7

Has your son/daughter mainly been educated in sexual matters by you or your spouse, or did your son/daughter mainly receive his/her sex education from another source?

Three out of four parents of girls and two out of three parents of boys stated that they had educated their children in sexual matters themselves. Particularly boys have been receiving more and more support from their parents in sexual matters over the last 25 years. Two striking changes are to be seen in the trend comparison: between 1980 and 1994 the percentage rose by nearly ten points for both sexes, girls thereby reached the two-thirds majority, while boys who received their sex education at home reached the 50% mark for the first time. During the 90s until 1998 these percentages remained constant, but between 1998 and 2001 a quantitative leap of ten percentage points took place for the boys. Until then the gap between boys and girls had always been at least 15 percentage points, but in 2001 it narrowed to just nine. Between 2001 and 2005 that gap has not narrowed further for boys; the percentage of actively involved parents is currently constant on the same level as it was five years ago.

Sex education for boys seems to still be a matter of embarrassment for parents. Thus, 23% of parents of boys say that providing their son/s with sex education had been difficult for them, whereas only 16% of parents of girls say this. At least this percentage has gone down slightly for the first time: already in 1980 but also still in 2001 a quarter of parents of boys indicated that providing their son/s sex education had been difficult for them. Equally, a quarter of girls' parents indicated in 1980 that this had been difficult for them, in 2001 it was only 19%, today the figure has fallen by a further 3 percentage points.

The percentage of young people who received their sex education in a single conversation has also dropped: In 1980 18% of girls received all of their sex education in one conversation, in 2005 this figure fell to 9%. For boys a quarter received all of their sex education in a single conversation, and here too the percentage has halved (2005: 12%; 2001: 16%).

In detail

For sex education by parents a good basis of mutual trust is indispensable. Young people who feel accepted and taken seriously by their parents are more likely to receive sex education from them. The chances of this happening fall noticeably when the basis of mutual trust between parent and young person is only average. 78% of girls with a good basis of mutual trust received sex education from their parents, only 67% of girls with an average basis of mutual trust did so. Of those girls with a bad basis of mutual trust only 43% received sex education from their parents. A similar picture emerges for boys.

Overall, fathers have more inhibitions when it comes to providing their sons or their daughters with sex education. 30% of fathers of girls and 24% of fathers of boys say that providing sex education had been difficult for them. Mothers indicate this less often (mothers of girls: 16%; mothers of boys 21%). Parents with a close church affiliations find it harder to provide sexual knowledge in an un-self-conscious fashion. Surprisingly those parents who had completed higher levels of education (school to 18, or higher education) admitted more often to having difficulties talking to their daughter/s about sex, compared with parents with lower levels of education (this does not apply to the same extent for boys).

Sex education by parents Boy's parents: East – West comparison

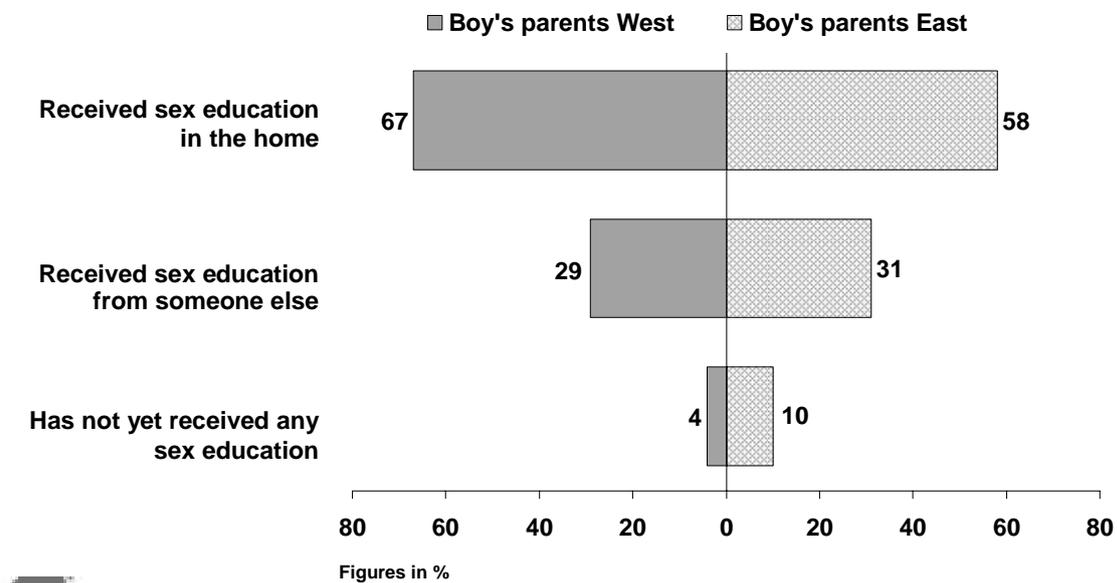


Fig. 8

Has your son/daughter mainly been educated in sexual matters by you or your spouse, or did your son/daughter mainly receive his/her sex education from another source?

While parents of girls endeavour equally in East and West Germany to provide sex education for their daughters and also struggle equally with difficulties, the figures for boys show regional differences. In East Germany the percentage of boys who received sex education was lower than it was in West Germany (58% and 67% respectively), a larger percentage have also received no sex education at all so far (10% as compared to 4% in West Germany). Provided that East German boys' parents are personally giving sex education, they do not differ from parents in West Germany.

Even if parents are not personally providing sex education for their children, it does not mean that their children receive no information about sexual topics. According to parents' statements other people fill this role, so that only a total of 3% of girls and 5% of boys between the ages of 14 and 17 receive no sex education. A striking detail: the differing percentages between girls and boys are caused by differing statements about 14 and 15-year-olds. In these two age-categories the number of boys with no sex education is twice as high as it is for girls (14-year-old boys: 9%; 14-year-old girls 5%; 15-year-old boys 7%, 15-year-old girls 4%). This gap no longer exists for 16 and 17-year-olds.

1.2.2 Unaddressed subject areas in parental sex education

Overall parents attempt to provide sex education on a broad basis. They very much think themselves capable of providing concrete information about love, marriage, relationships and family, as well as providing information about development (development of the adolescent body, menstruation, development of an embryo/foetus). The subjects of pre-marital sex and contraception are also topics with which parents do not have any problems. All of these subjects are classed as difficult by fewer than 10% of parents of girls. For parents of boys the figures for all of these subjects are a few percentage points higher, which has mostly to do with the fact that here it was mainly the father who was asked for this information – fathers generally find it harder than mothers when it comes to providing sex education.

This becomes very noticeable on the subject of contraception. Mothers of both boys and girls do not have a problem providing concrete information to their children (only 7% of boys' mothers and 8% of girls' mothers). For fathers of boys the percentage is a little higher (11%), but higher still is the percentage of the (few) fathers of girls who were asked: 19% of them do not necessarily feel able to provide their daughters with concrete information. At the same time it is probably exactly these girls who are more dependent on their fathers as providers of information than other girls. Since if the girls deviated from the general rule of asking the same-sex parent for information they did this because the biological mother is no longer present (divorce, death) and some of the girls do not then have another female reference person in their family environment.

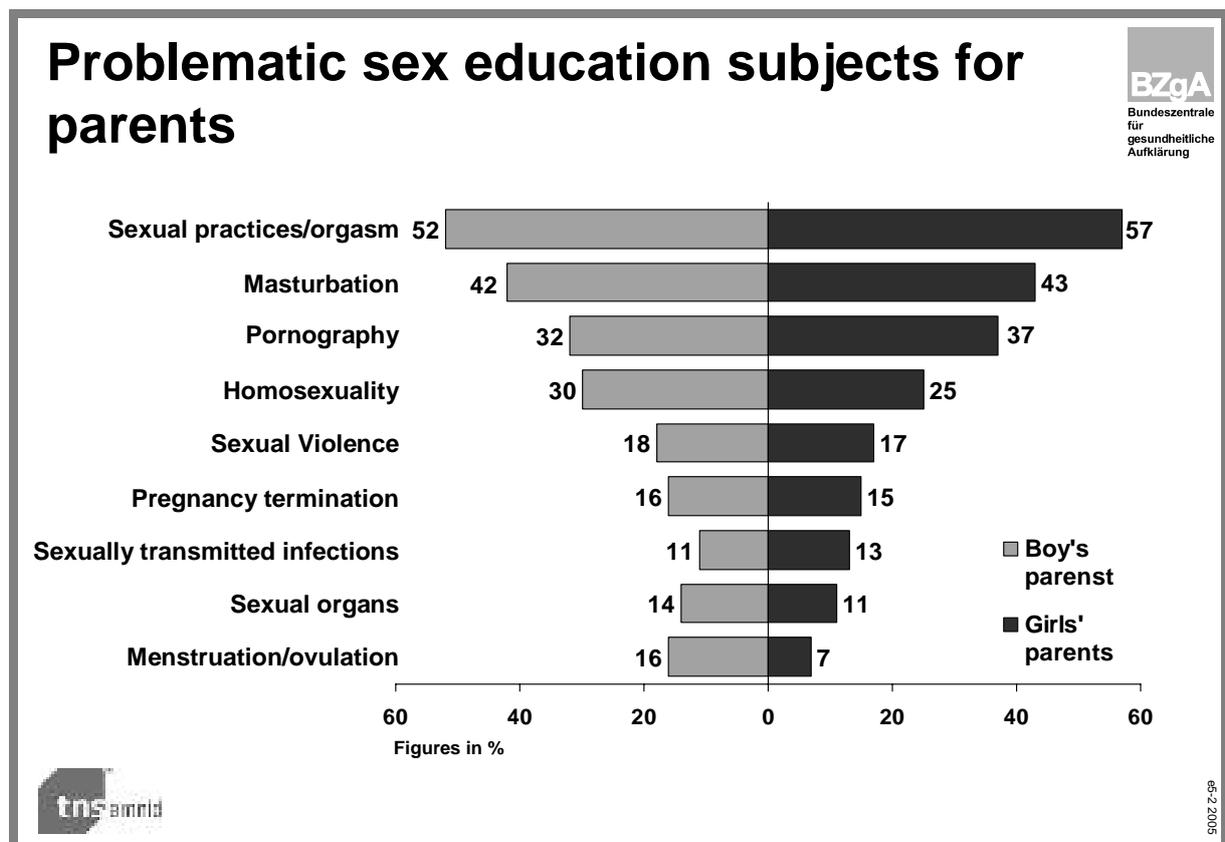


Fig. 9

Please put a cross against those subjects about which you would find it difficult to give your child concrete information.

Parents often preferred not to address the areas that deal with the practical aspect of sex. More than 50% of parents find it difficult to concretely comment on sexual practices (orgasm, climax); masturbation is also an area where parents have difficulties (over 40%).

However, the subject of homosexuality is avoided by 25% of girls' mothers (26% of mothers of boys) and more likely to be avoided by an even bigger percentage of fathers of both boys and girls, because this is a subject they find difficult to address.

Besides these subjects, the particular manifestations of sexuality that parents choose to avoid are pornography (over 30%) and prostitution (over 20%).

In detail

Highly educated parents with either an 18-plus school-leaving certificate or a higher-education qualification tend to find it easier to talk to their children about difficult subjects than parents with a moderate or low level of education. This does not count for all subjects equally, however; there are areas where the differences are relatively minor. One example is the subject of homosexuality. For girls the level of education has no impact on how difficult parents think it would be to talk about it to their daughters; 26% of fathers of both a low and a high level of education find this subject difficult (28% of mothers). For boys, parents with a low level of education have a higher level of inhibition than parents with a moderate level of education – five and seven percentage points more respectively, depending on whether one is looking at fathers or at mothers. Whether parents of boys have a middling level of school education or higher-education qualifications does not have an impact on how often they find it difficult to provide information on homosexuality (28% / 29%).

Young people whose parents did not receive any sex education themselves are noticeably less likely to receive information from their parents. This is particularly true for their father. This still-sizeable group find it a lot more difficult to provide their children with information on sexual subjects than those parents who had sex education from their parents themselves.

1.2.3 Assessment of the sex education efforts

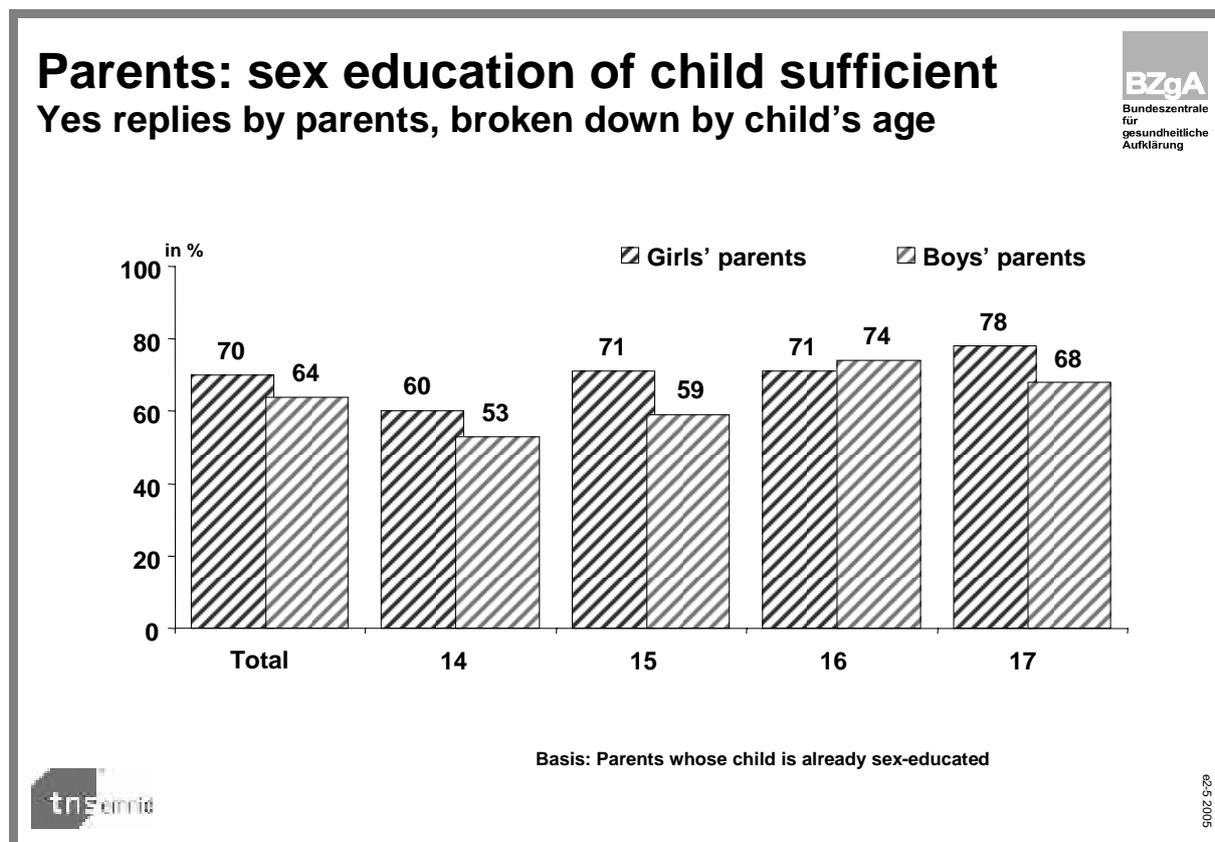


Fig. 10

Do you believe that your son's/daughter's current level of sex education is sufficient?

The majority of parents of both girls and boys believe their child sufficiently educated in sex-related matters, although the parents of girls are still ahead of boys' parents (70% and 64% respectively). The answers of girls' parents and those of boys' parents varied even more clearly depending on their child's age. The biggest discrepancy is in the 15-year-old age-group; at this age parents see their daughters as sufficiently sex-educated far more often than parents of boys (12 percentage points more).

Compared with 2001, the percentage of parents in 2005 who consider their child sufficiently sex-educated has dropped slightly. Five years ago 75% of girls' parents judged their daughter sufficiently sex-educated; 68% of boys' parents thought this of their sons. The decline is five and four percentage points respectively.

At the same time, the group of those parents who are certain that their child is insufficiently sex-educated has grown only minimally (boys 2001 9%, 2005 10%; girls 2001 7%, 2005 9%). The shift is more towards the answer "I don't know". Every fourth parent of a boy (26%) and every fifth parent of a girl (21%) today is not certain whether or not their child is sufficiently sex-educated.

In detail

The percentage of young people who are judged by their parents as insufficiently sex-educated is dependent on their age. Amongst the 14-year-old boys and girls is the largest percentage of young people whose parents say that their children do not yet have sufficient knowledge about the sexual aspect of life (boys 12%, girls 12%).

It is noticeable that the percentage of girls' parents who judge their daughter as sufficiently sex-educated increases with the age of their daughter and, correspondingly, the percentage of "I don't know" answers decreases continuously with age. With boys' parents, however, this is not the case to the same extent. Only 3% of parents of 17-year-old sons are certain that their son is insufficiently sex-educated, but a further 28% are loath to make a judgement (in comparison: parents of 17-year-old girls: 17%).

Just as with previous questions, the family background again plays a big role. Parents who have a good relationship of mutual trust with their children are significantly more certain that their child is sufficiently sex-educated. Building on a good relationship of mutual trust, 68% of boys' parents and 72% of girls' parents indicate that their child is sufficiently sex-educated. In families with a moderately open trustful atmosphere the percentage lies at only 54% for boys and 62% for girls.

1.2.4 Preparation for the first menstruation/ejaculation

This question, directed at the young people themselves, about how much they had been prepared for their first menstruation/first ejaculation provides a good opportunity to verify the parental statements.

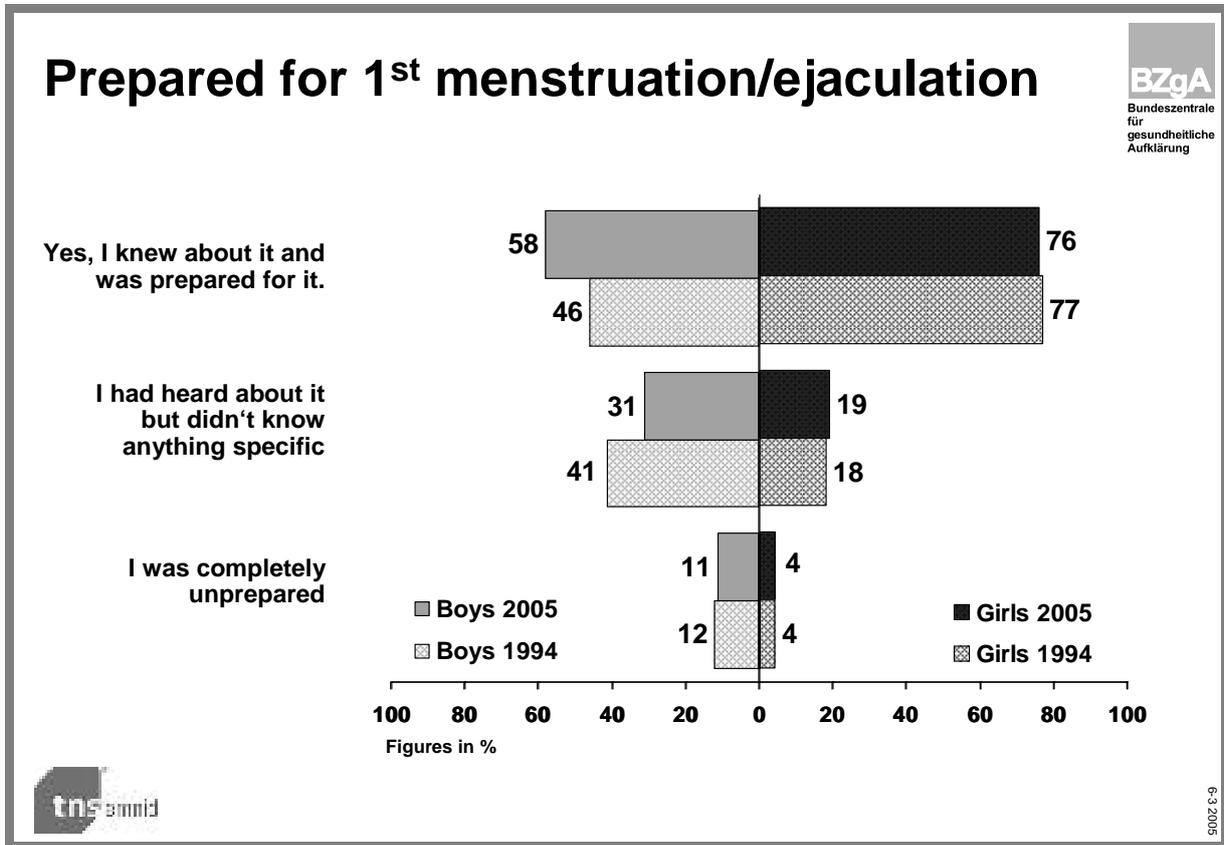


Fig. 11

*Did anyone prepare you for your first menstruation?
 Did anyone prepare you for your first ejaculation?*

Boys are – as with sex education generally – at a disadvantage when it comes to being prepared for their first ejaculation. More than four out of ten boys had not been adequately or at all prepared before their first ejaculation: 31% weren't informed exactly, and one in nine was completely uninformed about their first ejaculation. Only 58% of boys indicate that they had been well informed for their first ejaculation and had been well prepared for it. In comparison, a good three-quarters of girls (76%) were well prepared for the start of menstruation. 19% of girls did not know anything exact, and 4% were completely unprepared for their first menstruation.

In comparison with 1994, the level of information for boys has significantly improved. In particular the percentage of those who did not know anything exact about their first ejaculation has decreased noticeably, from 41% to 31%. The percentage of boys who were entirely unprepared has, however, remained the same.

For girls, on the other hand, not much has changed during this time frame. Even 11 years ago three-quarters of girls were well prepared for their first menstruation, and nearly one in five knew nothing specific, both then and today.

In detail

Besides the open discussion of sexuality and contraception in the home, sex-education classes in school contribute to preparing young people for their first menstruation/first ejaculation. Thus, amongst boys who did not receive any sex-education classes in school 28% had not been prepared for their first ejaculation, whereas the figure was only 10% for those boys who had had sex education classes in school.

1.2.5 Contraceptive advice in the home

Seven out of ten girls and six out of ten boys between the ages of 14 and 17 state that they received information from their parents about contraception.

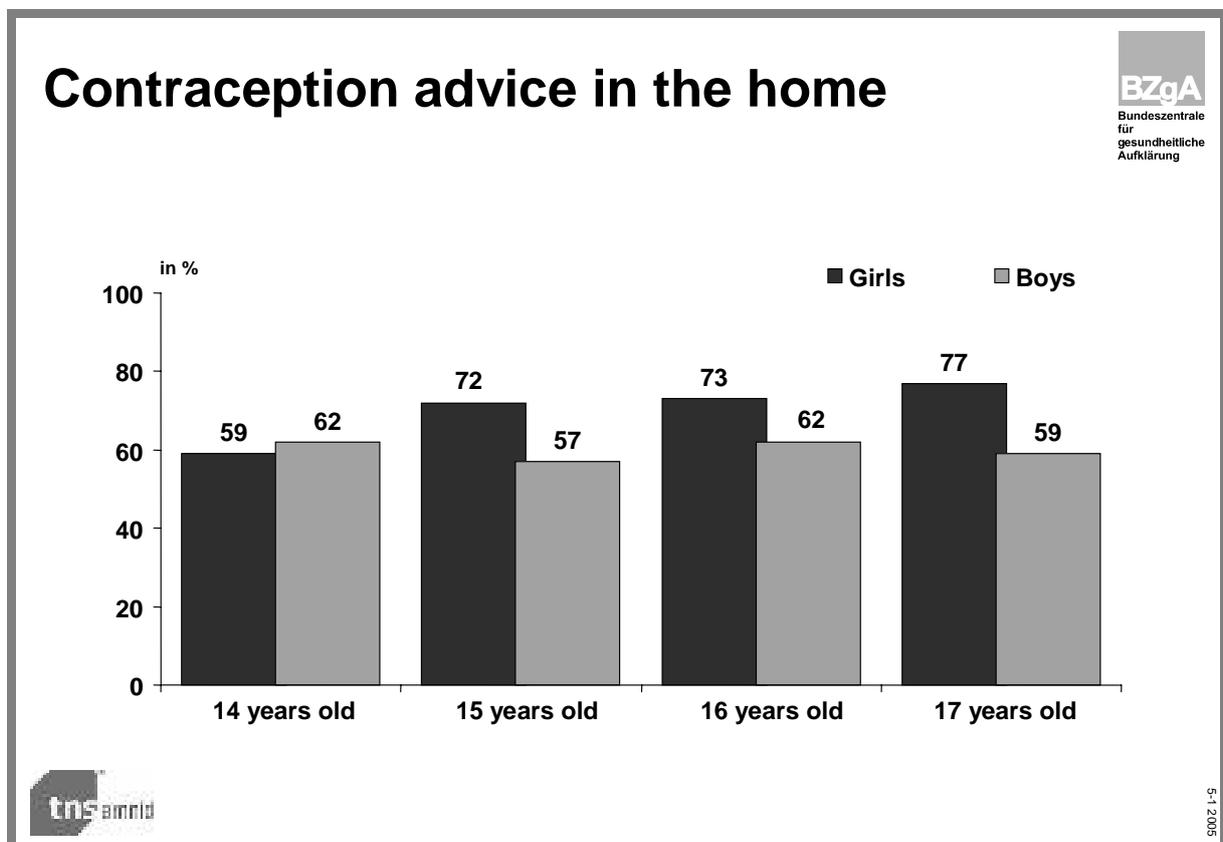


Fig. 12

Have your parents/legal guardians already thoroughly advised you about all the contraceptive options that are available?

The age of the young person plays a comparatively minor role when it comes to contraceptive advice. There is one significant exception: 14-year-old girls are obviously not yet generally seen as mature enough for contraceptive advice. Only 59% of this age group say that they have had contraceptive advice from their parents. The percentage jumps up to 72% for 15-year-old girls, and continues to increase slightly for 16-year-old girls (73%) and 17-year-old girls (77%).

It is particularly noticeable that contraceptive advice for 14-year-old girls has declined. In 2001 66% of this age group were still advised by their parents, in 1998 it was at least still 61%, two percentage points more than today. Even though girls' parents deal with education and prevention on the whole, it

is possible that for this age group they underestimate the necessity to provide information about contraception at this age.

The boys' replies as to the frequency of contraceptive advice from parents vary according to their age. For 14-year-old boys the percentage that received contraceptive advice in the home is approximately the same as it is for girls. In contrast to girls though, the percentage does not increase for boys with increasing age, rather it stagnates at more or less the same level.

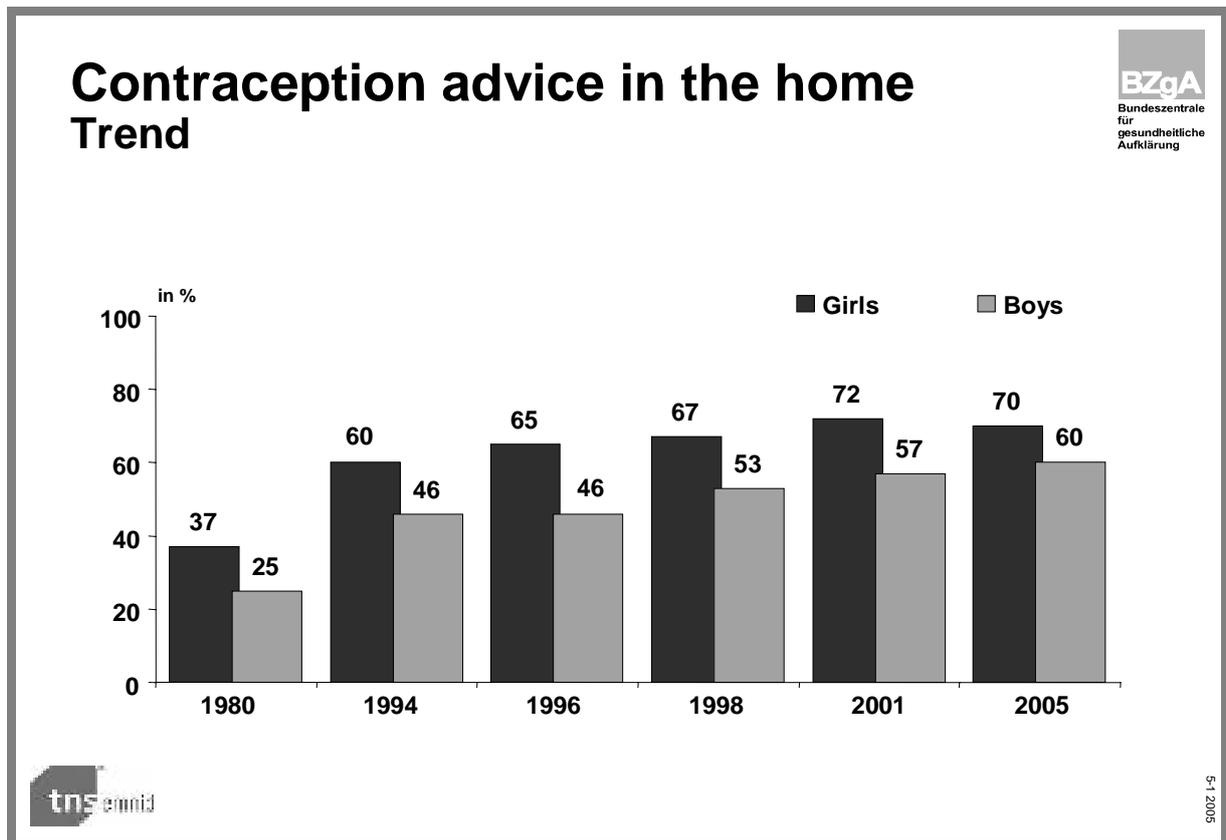


Fig. 13

Have your parents/legal guardians already thoroughly advised you about all the contraceptive options that are available?

If one looks at the percentage of all the boys and girls between the ages of 14 and 17 who were advised by their parents about contraception taken together, then the figure is approximately twice as high as it was 25 years ago. Particularly the proportion of boys who have received contraceptive advice has risen steadily since 1980. Today the figure for boys is only 10 percentage points lower than that for girls. In contrast the proportion of girls who received contraceptive advice in the home has not changed since 2001 – a new development, since until then the proportion of girls had also been rising steadily.

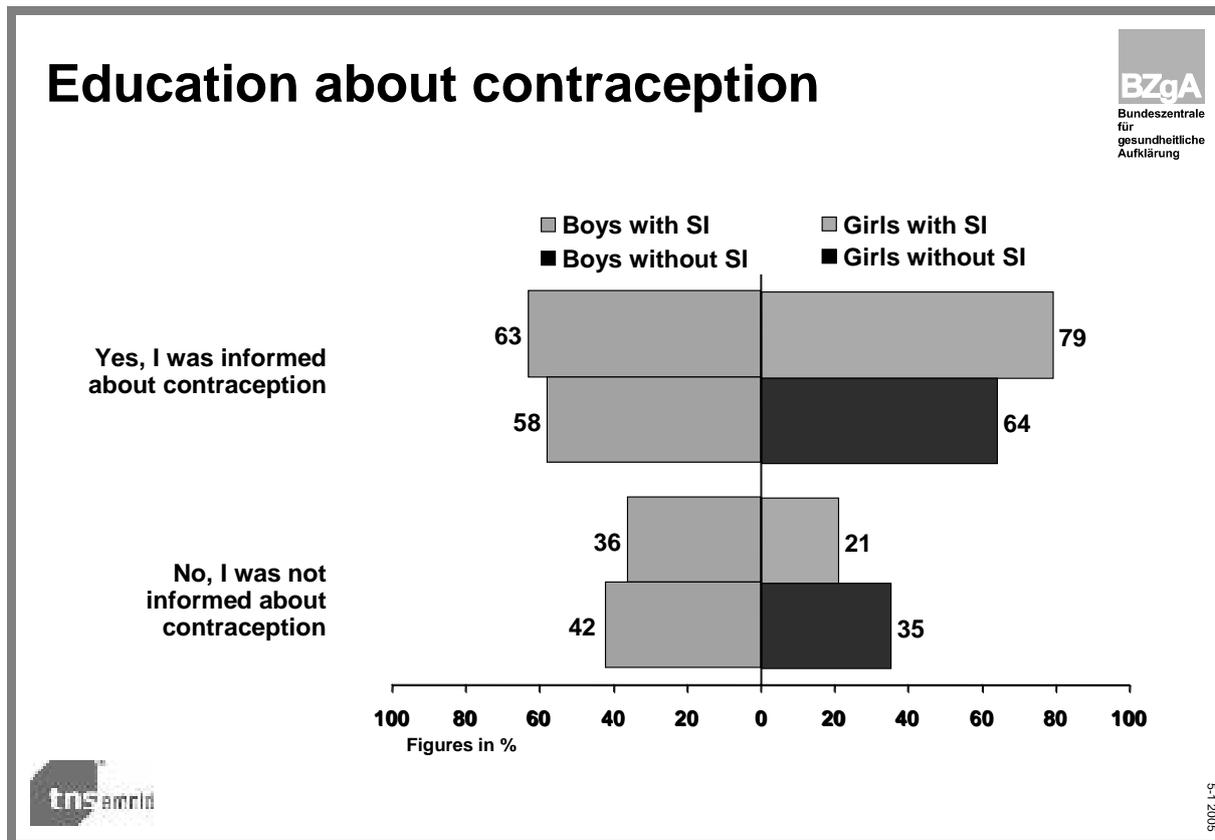


Fig. 14

Have your parents/legal guardians already thoroughly advised you about all the contraceptive options that are available?

On a positive note, it is good that those young people who are having sexual contact received contraceptive advice more frequently than sexually inexperienced young people. This is particularly true for girls: 79% of girls who have already had sexual intercourse were informed by their parents about contraception compared with only 64% of girls who hadn't yet had sexual intercourse. 63% of boys who have had sexual intercourse had been advised by their parents about contraception, compared to 58% of boys who were sexually inexperienced.

A decisive factor here is the parents' knowledge of their child's sexual intercourse. Boys and girls whose parents were certain that their child had already had sexual intercourse were more likely to receive contraceptive advice than those young people whose parents assumed that they hadn't yet had sexual intercourse. 78% of boys whose parents assume that their son has had intercourse also received information about contraception from their parents. For girls this figure jumped to no less than 86%.

Measured in absolute percentages, it is clear that girls receive more support. However, for boys the differences are bigger if one compares the sexually experienced who have had a contraceptive talk with the group whose parents had certain knowledge of it: the difference here lies at 15 percentage points, compared to a difference of only seven percentage points if one compares the equivalent female groups. Conclusion: girls are more likely to receive contraceptive information irrespective of

their sexual experience, they are pre-emptively educated in this matter, whereas most boys' parents only become active when they have knowledge of their son's sexual activities.

Again, openness to sexual subjects in the home, parental support, and the familial basis of trust all play a big role. If these factors are not in place then the chances of both sexes receiving contraceptive information in the home sinks significantly.

In addition there is some cause for concern that those young people who hadn't received any sex-education classes in school were also less likely to be informed about contraception by their parents. More than half of those who had not received sex education in school (60% of boys and 54% of girls) also did not receive any contraceptive information in the home.

The young people's educational background plays next to no role in this matter.

The parents' statements concerning the provision of contraceptive advice for their children largely matches the statements of the young people themselves, by the way (girls' parents 73%, girls 70%; boys' parents 63%, boys 60%). This speaks for an open communication between young people and their parents that is seen similarly by both sides.

Most young people are satisfied with the contraceptive advice they received from their parents, girls more so than boys. Merely 8% of girls and 13% of boys indicate that they had been unsatisfied with their advisory talk. Dissatisfaction with advice received from parents and a bad basis of trust between parent and child, as well as a lack of discussion of sexuality and relationships in the family circle go hand in hand. Thus, the dissatisfaction in the groups that only have a moderate basis of trust already went up to 10% for girls and 19% for boys; in those families where the subject of sexuality is not addressed the figures are even higher: 21% of girls and 28% of boys.

As in previous years, the contraceptive information given by parents is very gender-specific: According to the statements of young people, nine out of ten boys were recommended the condom as the most suitable method of contraception. In contrast, 65% of girls are recommended the Pill as the best method of contraception.

48% of girls' parents referred to the condom, whereas the Pill was only recommended to 19% of boys. A percentage of parents appears to see both methods of contraception as equally useful or would like their child to use both methods simultaneously: Even though the question specifically asked for the *most* suitable method, 15% of girls' parents and 11% of boys' parents indicated "the Pill *and* the condom".

The proportion of young people who were recommended the condom has risen again after a slight drop in 2001.

The Pill is recommended more to older girls, rather than younger ones. 60% of 14-year-old girls said they were recommended the contraceptive pill by their parents, whereas the figure is 70% for 17-year-old girls.

The contraceptive pill and the condom are the dominant contraceptive methods, since other possibilities are only recommended by small minorities (one or two percent at the most). However, it is worth taking a look at the sub-groups: if the mother had a high level of education (school to 18, university) then girls are more likely also to be recommended other methods of contraception. According to the statements by girls with highly educated mothers, 15% were given alternatives to the contraceptive pill

and the condom; with basic or moderate education the figure is only 3%. At the same time the Pill doesn't dominate as much amongst highly educated mothers (54%, other levels of education around 70%), and the condom is seen as much more of an equally valid method (52%) in this group.

The parents' answers to these questions hardly differ from those given by the young people. What is noticeable is that girls' parents indicate recommending the condom to their daughters less often than girls indicate they were advised (41% parents; 48% girls).

1.3 Sex education in schools

1.3.1 Provision of sex education classes

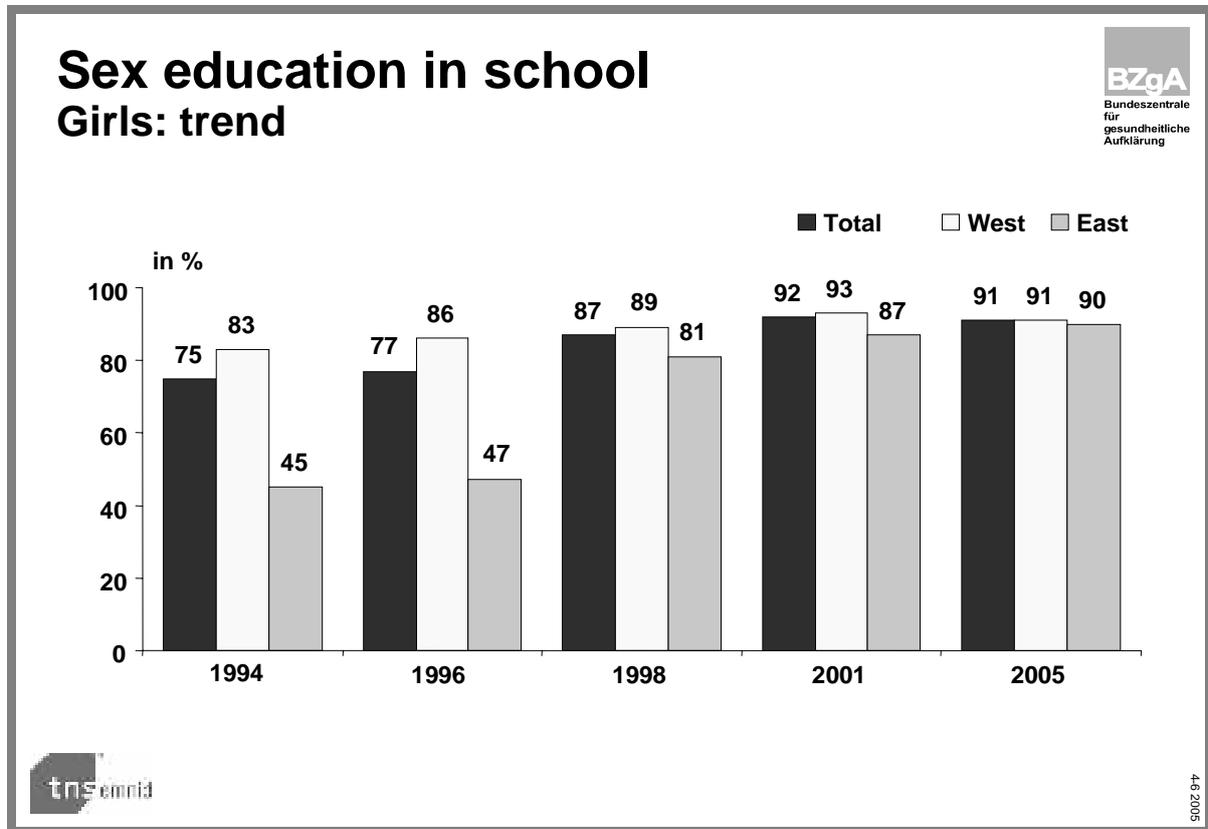


Fig. 15

For some years now many schools have given sex-education classes. Did you have sex-education classes or did you discuss sex-educational subjects in class?

2005 marks a definite parity between East and West Germany concerning the provision of sex-education classes in schools. In the mid-nineties there were still strong differences to be seen between East and West German schools. At the time fewer than half East German young people received any kind of sex education at school. In West Germany on the other hand the figure was three out of four students. This gap was closed over the last ten years in East German schools so that nine out of ten students in both East and West German schools receive sex-education classes in schools. At least, this is the result according to the girls, according to the boys there is still a slight difference (92% West, 86% East).

Sex education is available in every type of school. It is noticeable however that those young people who go to a *Hauptschule* or a *Sonderschule* state more frequently that they have not received any sex education at school (13% for both boys and girls, compared to 10% at other types of school). [Note by translator: the *Hauptschule* represents the lowest level in Germany's tripartite selection-by-ability system; a *Sonderschule* is a school for pupils with special needs]

This deviation could also be due in part to the age of the students, since *Hauptschule* students are on average somewhat younger than the students at other schools [because they leave school earlier], and for both sexes it is the 14-year-olds who tend to state less frequently that they discussed sex educa-

tional subjects in school. “No sex-educational subjects were discussed in class” is also the more frequent response by those boys and girls who do not yet consider themselves (sufficiently) well informed in the subject (girls 13% and 15% respectively, boys 19% and 18% respectively). A certain correlation with the young people’s age will also be a given here – otherwise this is also to be judged as evidence that a part of the sexual education of a young person is also performed by schools.

Besides this, it is noticeable, however, that there also seems to be a correlation with the family background: A larger percentage of young people who say that they hadn’t received any sex education in school can be found in the group that describes a less good rapport in their homes: where the basis of trust with the parents is worse than average, where sexuality and contraception are not discussed in the home, and where there is generally no confidant(e) available for sexual questions.

Corresponding to the wide-spread distribution of sex-education classes in German schools is the fact that school is seen as a source of knowledge about sexuality, reproduction, and contraception for three out of four boys, and thus lies in first place, followed by conversations (70%) and teenage magazines (47%).

For girls school is still in second place (74%) behind conversations, which are in first place at 77%. Even though school has fallen slightly in importance as a source of sexual information since the last survey (2001 girls 76%, boys 82%), it is still an important source of information for more young people than it was during the nineties.

The important role of school for the sexual education of young people is also emphasized by the function teachers fulfil by being reference people for sexual subjects to their students. After the mother and the best friend, teachers are the third most frequently cited people for the provision of sexual information. Nearly a third (31%) name teachers as one of the most important sources of sexual knowledge. For boys, teachers are even in second place at 38%, behind the mother at 42%.

Correspondingly teachers are frequently cited as preferred source of information on subjects about which young people do not yet feel sufficiently educated. 16% of girls and 22% of boys indicate that they would most prefer to receive information from their teachers in areas where they perceive their knowledge to be deficient. Particularly for younger teenagers teachers play an above-average role: 24% of 14-year-old girls and 29% of 14-year-old boys would welcome it to receive more information about sexual topics from their teachers. In addition, teachers are of above-average importance for those young people whose parents are only of limited availability as reference people, for example where sexuality is not discussed within the home (girls 20%, boys 25%), or for those young people whose parents do not accept that they are already having sexual intercourse (girls 21%, boys 29%), or those who say that they do not have a reference person for sexual questions (girls 21%, boys 27%).

Schools further act as intermediaries between young people and external counselling centres. Particularly boys who have already visited a counselling centre for contraceptive advice frequently cite (48%) that they visited in the context of an informational event organized by their school. For girls, too, nearly a third (30%) have visited a counselling centre in the context of a school event.

1.3.2 Topics within sex-education classes in schools

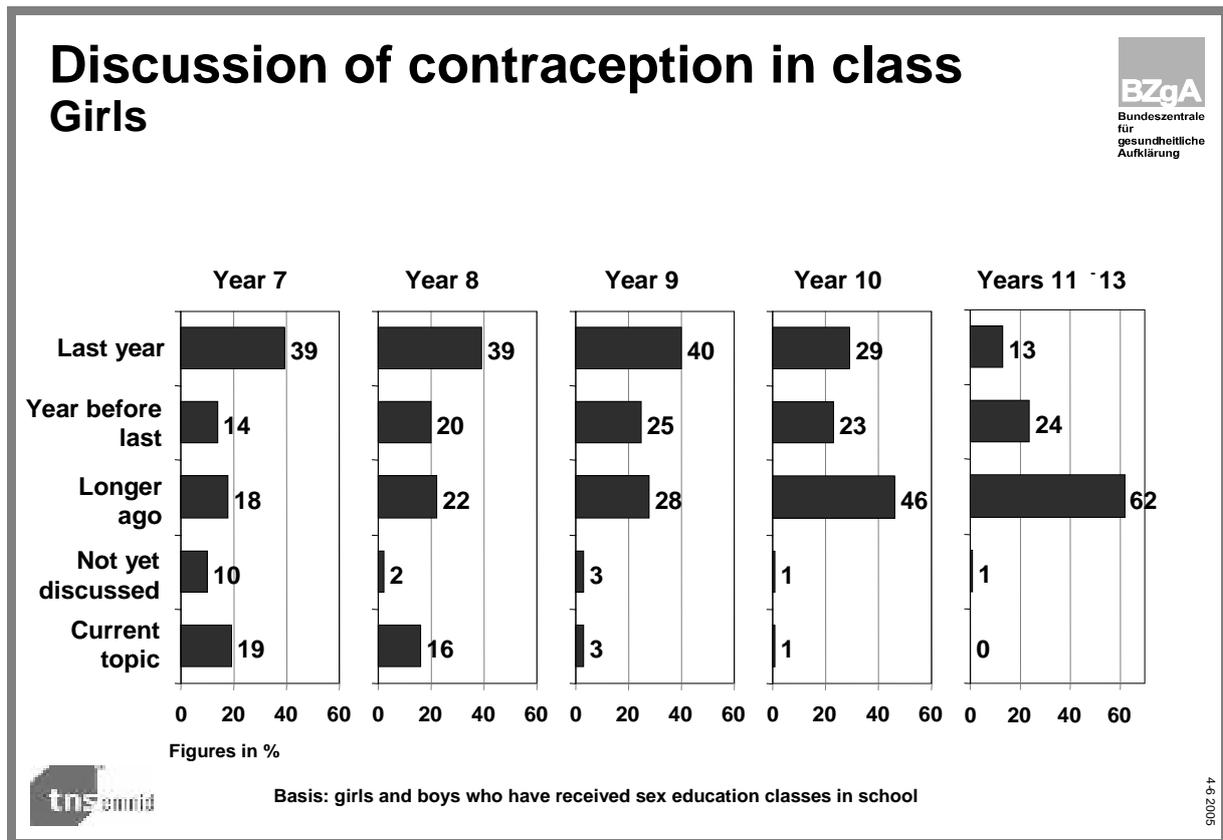


Fig. 16

When was the last time you discussed contraception in school?

Those who receive sex-education classes in school also receive information about contraception in this context in nearly every case. At least, this is the case for students in grades 8 and up. Students in grade 7 (and still also in grade 8) respond frequently that “it is currently being addressed in class”. Contraception is thus addressed and that already early on.

The early discussion of contraception is definitely in line with what young people want. The younger the boys and girls, the bigger the interest in the subject. 45% of 14-year-old girls and 34% of 14-year-old boys answer the question what sexual topics they would like more information on with the reply (amongst others) “Contraception“. With increasing age young people feel increasingly sufficiently informed.

These results are approximately analogous to the results analysed by grades. For girls the interest peaks in grades 7 and 8 (over 40% of girls in these grades “would like to know more about it”), for boys the interest is particularly high during grades 8 and 9 (in both cases 34% would like to know more).

The boys’ interest in grade 8 is, however, more polarized. On the one hand interest is often indicated, just as boys in grade 9 would like to know more about contraception, but on the other hand a comparatively large proportion of boys in this grade say that this subject didn’t interest them at all (13%). In grade 7 9% of boys share this opinion, an attitude that is hardly shared by girls in any grade (only between 1% and 3%).

Thus, the interest is great and this demand is also met with a corresponding supply of information. However, the subject does not seem to receive renewed attention in the following school years. Thus, for students in grade 10 a discussion about contraception is now often two or more years in the past (“longer ago [than the last year/the last two years]”: girls 46%, boys 37%) and this is particularly true for students in their last year at high school (“longer ago” – both sexes more than 60%).

However, even the students in higher grades still feel the desire or need for more information: Every third young person in grade 9 and every fourth young person in grade 10 do not think themselves sufficiently well informed yet and would like to know more about the subject of contraception. This is equally true for both sexes. In the final years of high school the opinions split again: boys generally believe they have enough information on the subject (only 11% “would like to know more about it”). A sizeable percentage of girls, on the other hand, still have the desire to learn more (24% “would like to know more about it”).

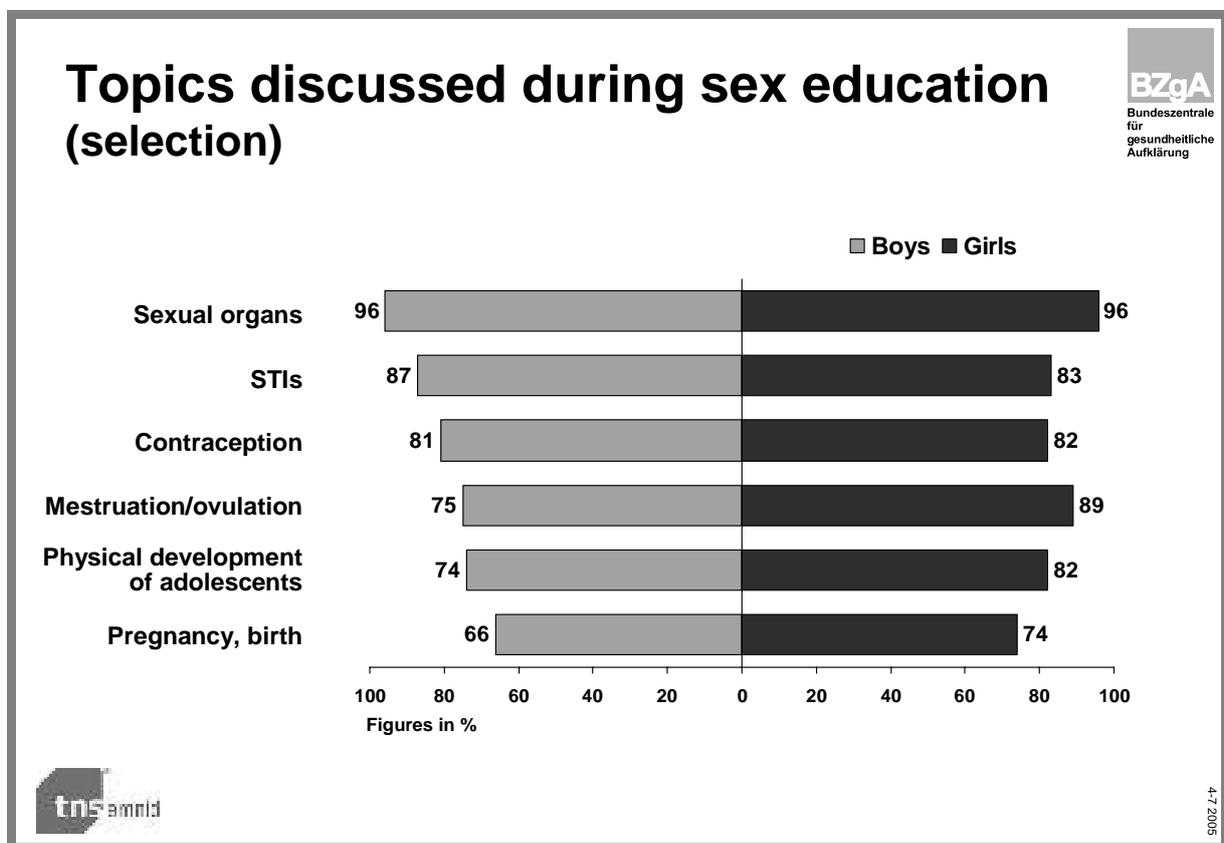


Fig. 17

Please select which topics you discussed during your se- education classes in school.

When asked which topics (from a comprehensive list) were discussed in the context of their sex-education classes in school, 80% of both boys and girls who received such classes cite contraception as a topic. Therefore this topic is one of the most frequently cited topics, but it is not in first position, neither for boys nor for girls. The most thoroughly discussed topic appears to be that of sexual organs. (96% for both boys and girls), girls frequently remember having received information about menstruation and ovulation (89%), which is not true for boys to the same degree (75%). Both boys and girls frequently mention the subject of sexually transmitted infections (STIs) (girls 83%, boys 87%). Only then does contraception make an appearance in the frequency rankings.

“Physical and sexual developments of young people” and “Foetal development, pregnancy, and birth” complete the list of subjects most commonly discussed, as remembered by the young people. Both topics do still reach 66% and 82% frequency of citation. All other topics are named much less often (between 30% and 40%, taboo subjects such as pornography or masturbation even more rarely than that).

When comparing different types of school it is noticeable again that young people who go to a *Hauptschule* or a *Sonderschule* [see above] do not discuss the topic of contraception so often as students who attend other types of school.

1.4 Doctors

1.4.1 Seeing a gynaecologist

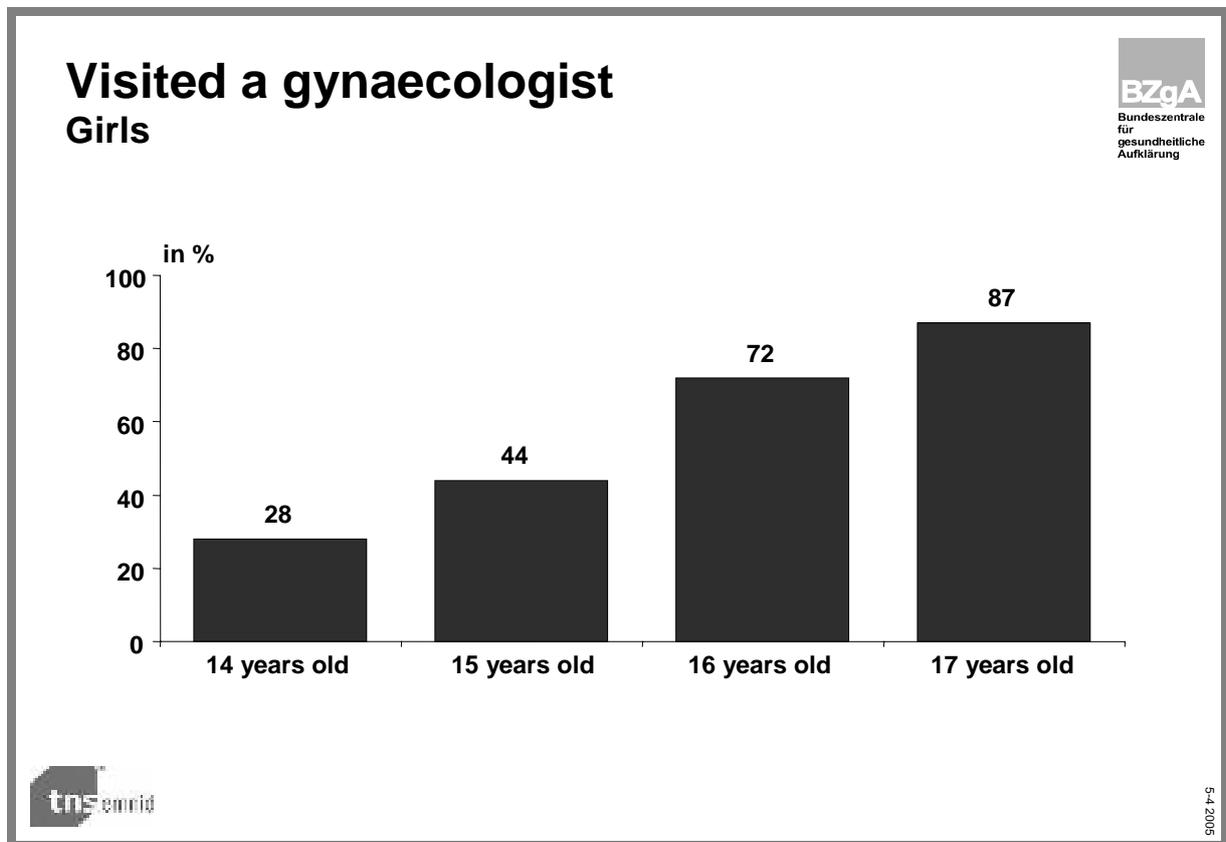


Fig. 18

Here: Girls who indicated they had already seen a gynaecologist, displayed by their current age

Approximately nine out of ten 17-year-old girls have already visited a gynaecologist. [Translator’s note: this is part of the culture of the German medical system. Such visits are not “filtered” through a general practitioner, but from the health-bureaucracy aspect resemble, rather, “going to the dentist”.] Amongst 14-year-old girls it was somewhat more than one in four (28%) who had already had this experience. Amongst 15-year-old girls it is still a minority experience. Between the ages of 15 and 16 this figure makes a big jump: Nearly three out of four 16-year-old girls indicate that they have already been to a gynaecologist.

In comparison with 2001 the figures have changed somewhat. Five years ago the number of 14 and 15--year-old girls who had already been to a gynaecologist was eight percentage points higher for both of the two age groups. It is possible however, that the lower figures today are also due in part to the change in how the question was asked. The question was modified slightly for the current study, to exclude the possibility that young girls include merely accompanying their mother to the gynaecologist as having visited a gynaecologist – in 2001 it became clear from further responses that such a visit had been interpreted as a personal gynaecologist’s visit. It speaks in favour of this explanation – i.e. that there wasn’t an actual decrease but that the figures are due to the question having been modified – that the lowest percentages today are only reflected at the younger end of the spectrum. The percent-

age of 16-year-old girls who have been to the gynaecologist has remained constant at nearly three out of four. The percentage for 17-year-old girls has even gone up by six points compared with 2001.

Amongst the sexually experienced girls the vast majority had already been to a gynaecologist (89%), even though this is not the case for a small minority (10%). What is noticeable, however, is that there is an above-average percentage of sexually experienced girls who have *not* been to a gynaecologist amongst those girls who had sexual experiences very early on. 17% of young girls who had sexual intercourse at 14 years of age or younger had not yet visited a gynaecologist.

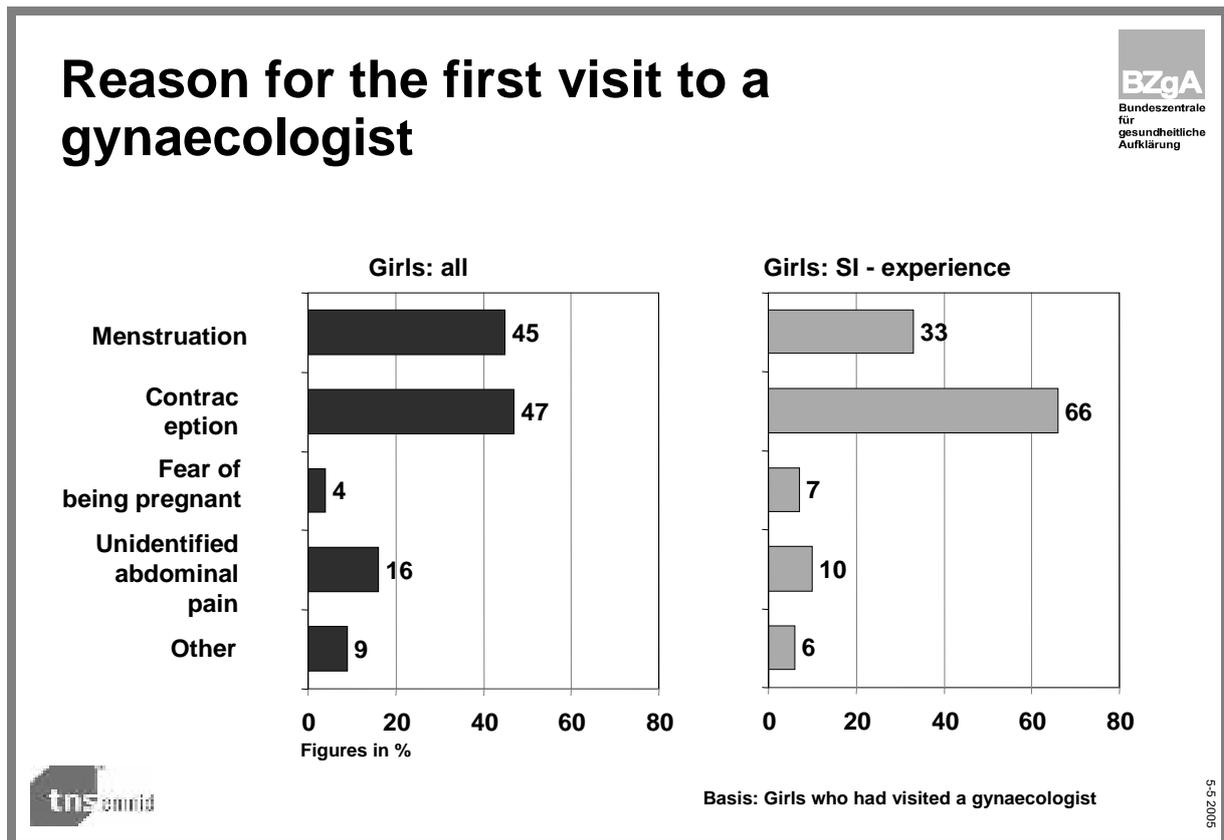


Fig. 19

What was your reason for seeing a gynaecologist the first time you went?

For most girls (47%) the desire to learn more about contraception, or to obtain contraception, was the cause for their first visit to a gynaecologist. Menstrual problems came in close second place at 45%. 16% of girls were suffering from undiagnosed lower abdominal pain – this reason was cited by 14-year-old girls twice as often as average. For a proportion of girls there was more than one reason for their first visit to a gynaecologist; on average one to two reasons were given.

The reasons given shift strongly in the rankings depending on whether or not the girls have already had sexual intercourse. For girls who have already had sexual intercourse the main impetus for visiting a gynaecologist was contraception. This reason was given by two-thirds of the girls.

Amongst the sexually inexperienced girls merely 18% give contraception as the reason for their first visit. For them menstrual problems are the priority (63%).

Most girls (86%) were satisfied with their gynaecologist’s visit. Half of them (42%) say the visit went as expected and 44% even say that they were positively surprised. A small group, however, thought that their visit was worse than what they had expected. This is true for one girl in seven who has already been to a gynaecologist. It is the younger girls who do not remember their first visit positively: 24% of 14-year-old girls found the visit less pleasant than expected, the figure is 21% for those girls whose first menstruation was no more than one year ago, and the figure is also 21% for those who had their first sexual intercourse at an early age.

1.4.2 Seeing a doctor for contraceptive advice

More than four out of ten girls between the ages of 14 and 17 (42%) have specifically asked about contraception during a gynaecologist’s visit. While this percentage rose from 36% in 1994 to 41% in 1996, there are no changes to be seen over the last nine years. In 2001, however, it was increasingly young girls who sought out a gynaecologist for contraceptive advice, which was not the case to the same extent in 2005 anymore: The percentage of 14-year-olds that took advantage of contraceptive advice from a gynaecologist fell from 20% to 14%. The number of 17-year-old girls that went to the gynaecologist with the desire to be informed about contraception has risen again by seven percentage points to 70% in 2005.

Contraceptive advice at the gynaecologist’s – yes-replies by girls: trend –					
	Total	14 years old	15 years old	16 years old	17 years old
	%	%	%	%	%
1994	36	10	24	44	64
1996	41	13	23	54	71
2001	42	20	33	50	63
2005	42	14	30	55	70

Table 1

Sexual experience is decisive here, too: 77% of girls who have had sexual intercourse solicited contraception information from their gynaecologist, whereas only one in every five girls without sexual experience asked for this information.

However, girls who had already had sexual intercourse very early on, i.e. at 14 years of age or younger, were less likely to solicit advice from a doctor about contraception than those girls who were older when they first had intercourse (14 years of age and younger 67%, 15 years of age and older 83%).

In comparison with 2001 there is a slight trend towards an increase in contraceptive advice from doctors for those girls who have already had sexual intercourse. The percentage of sexually experienced girls that received contraceptive advice from a doctor rose slightly from 74% to 77%.

This positive development is not the case for those girls who had sexual intercourse at 14 years of age or younger, where the percentage has remained unchanged. However, for the group of girls who first had intercourse 15 years of age there is a positive development to be seen. In 2001 only 73% took advantage of a doctor's advice, in 2005% by comparison, this figure rose to 83%.

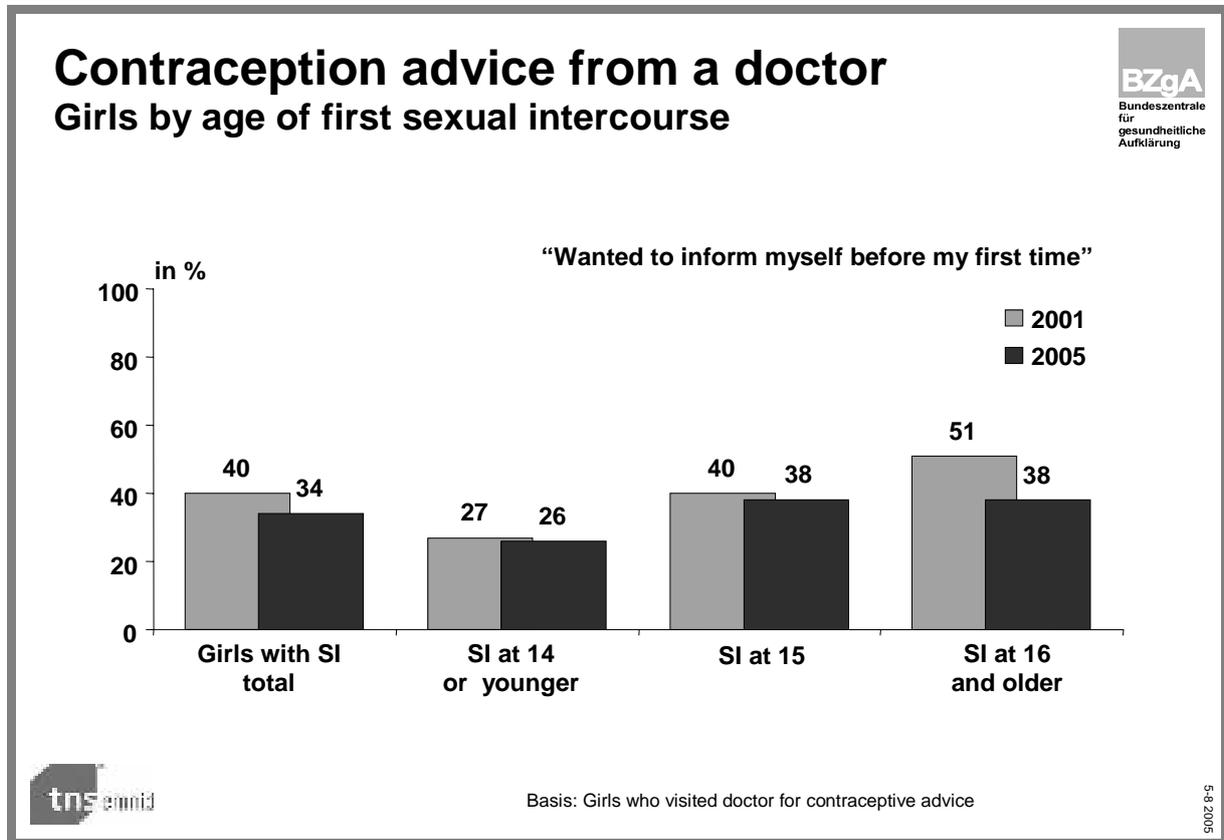


Fig. 20

What was your specific reason to seek contraceptive advice?

Amongst the reasons for seeking contraceptive advice from a doctor one should differentiate between sexually experienced and sexually inexperienced girls. For girls who have not yet had any sexual contact the priority is basic, general information – 72% of sexually inexperienced girls gave this reason. For girls who have had sexual intercourse the picture is quite different. The most commonly cited reason is the desire to be informed about contraceptive possibilities before the first time (34%), and a further 29% used the occasion of their first time to seek advice about contraception shortly after the event.

Even though those girls with sexual experience sought as a whole more advice about contraception from doctors in 2005, the proportion of those who sought this advice *before* their first time fell slightly. In 2001 this figure was 40%, in 2005 it was only 34%. This decrease can be put down to those girls who were 16 years of age or older when they had their first sexual experience; in 2005 a noticeably smaller percentage of this particular sub-group went to a gynaecologist before their first time to discuss contraception, but at least they went shortly after.

Girls who had had sexual intercourse for the first time very early on were less inclined to inform themselves about contraception at a doctor's visit prior to their first time, compared with young people who

were older when they experienced their first time. 38% of girls who were 15 years of age or older went to the doctor in advance to be informed about contraceptive possibilities, but only 26% of girls who were 14 years of age or younger did the same.

For three out of four girls (73%) the advisory conversation with the gynaecologist also resulted in the prescription of a contraceptive. In East Germany this connection is generally even stronger than in West Germany (East 82%, West 70%). Older girls were prescribed a contraceptive more often than younger girls: For 14-year-old girls the percentage is merely 49%, compared to 81% of 17-year-olds. These differences can however be explained by the increasing presence of sexual contacts with increasing age. Sexually experienced girls are more frequently prescribed a contraceptive during a doctor's visit (89%) than girls who had not yet had sexual intercourse (31%). Here it made no difference whether the first time happened very early on or only later: *If* girls who had had their first sexual experiences at 14 years of age sought out a doctor to discuss contraception then they were generally prescribed a contraceptive just as often as older girls.

1.5 Counselling centres

14% of boys and 20% of girls would like to take advantage of external counselling centres in order to fill gaps in their knowledge in regard to sexual topics.

Unfortunately far fewer young people are currently profiting from the expert knowledge available at counselling centres. Merely 10% of boys and 13% of girls have already been to a counselling centre to be informed about contraception.

In detail

Young people who have already had sexual experiences are more likely to see a reason to seek information about contraceptives from the counselling centre staff. 13% of boys and 20% of girls with sexual contacts have already visited a counselling centre to ask about contraception. In comparison of young people who have not yet had sexual intercourse, only 9% of boys and 8% of girls had visited such a facility for this purpose.

It is noticeable that counselling centres seem to provide a place to get information for those young people who have had sexual experiences early on. Young people who were 14 years of age or younger when they had their first intercourse were advised more frequently at counselling centres, the proportion of boys here being, 22%, while for girls it is nearly a quarter (24%).

9% of girls who had not yet been to a gynaecologist had at least been to a counselling centre.

For half of the boys (48%) the visit to the counselling centre was in the context of a “required event” that was organized by their school. Altogether nearly one in three was wondering about different methods of contraception and took this opportunity to visit a counselling centre: 21% wanted to get information from an expert at a counselling centre for contraception, 6% thought of this shortly after their first time, and 3% wanted to discuss contraception because of a new girlfriend. A further 29% just wanted to receive general information.

For girls the proportion of those who took up the opportunity to go to a counselling centre out of their own initiative was somewhat larger. Girls who had just recently had their first time were particularly more likely to visit a counselling centre: 15% compared to 6% of boys. In addition the desire to discuss contraception because of a change in partner was more often a reason for girls to take the initiative to go to such a centre (6% compared to 3% of boys). Both boys and girls were equally likely to visit a counselling centre in anticipation of a first sexual contact: girls 22%, boys 21%. 31% wanted to receive general information. In contrast to boys who went to a counselling centre in the context of a school event (48%) only 30% of girls visited such a centre in the context of a school event.

Students attending a *Gymnasium* or a *Gesamtschule* visited a counselling centre in the context of a school event more frequently than students attending a *Hauptschule* or a *Realschule*. [Translator’s note: a *Gymnasium* in Germany’s selective secondary-school system is for students deemed the academically most able; the *Realschule* and *Hauptschule* follow in descending order; the *Gesamtschule* is in theory non-selective, but often co-exists with the other types and may or may not offer education to 18 years of age.] It also seems that East German schools do not use the available expertise of the counselling centres to the same extent as in the West. East German students indicate less often that they have sought out a counselling centre through their school. (East boys 34%, girls 21%; West boys 51%, girls 33%).

Contraception advice: doctor or counselling centre

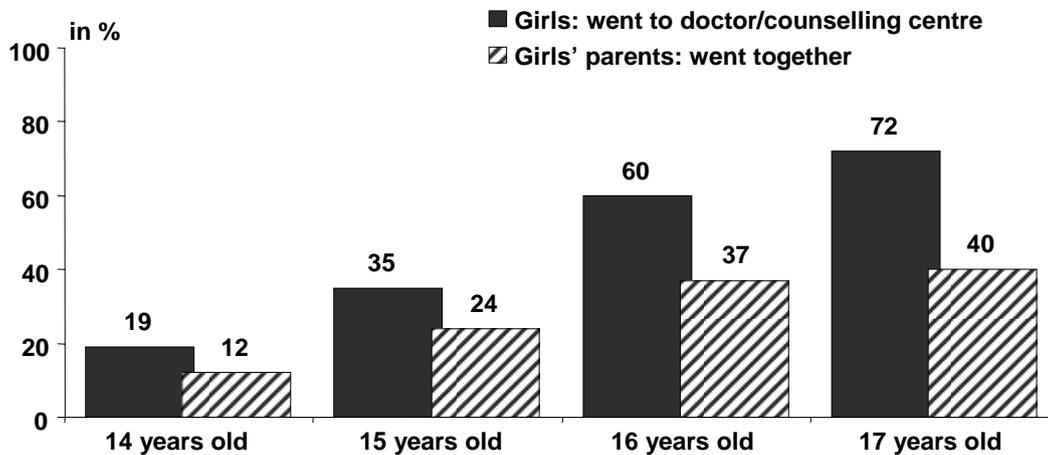


Fig. 21

(Girls) Have you ever been to a doctor (counselling centre) to get advice about contraceptives?

(Parents) Have you and/or your spouse ever accompanied your daughter to a doctor (or a counselling centre) to allow your daughter to receive advice about contraceptive methods?

On the whole approximately every second girl between the ages of 14 and 17 had been to an advisory session about contraception, be this at a doctor's office or at a counselling centre. Naturally the replies vary strongly according to age. 14-year-olds and also 15-year-olds were frequently accompanied by their mother – this conclusion can be drawn by comparing the responses given by the girls and those given by the parents (“accompanied my daughter to a doctor/counselling centre”), since the percentages are still relatively close for these age groups. The older the girls are, the more often the advisory session takes place without having a parent at hand.

1.6 Media forms as sources of sexual education

1.6.1 Preferred media forms in comparison

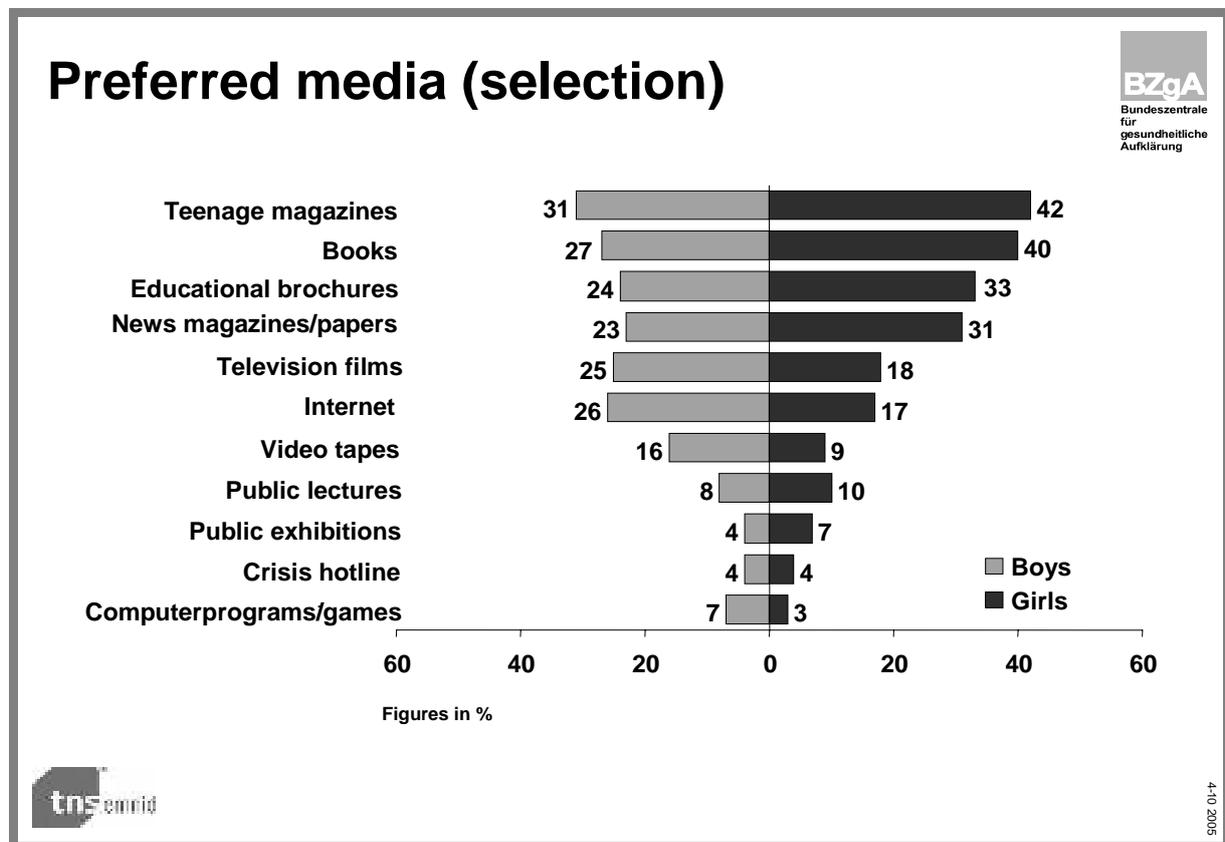


Fig. 22

From which types of media would you like to get information about sexual topics that interest you?

From the wealth of potential media forms young people generally select two to three by means of which they would like to receive additional information. Amongst the informational media, teenage magazines play a large role for both boys and girls. Four out of ten girls (42%) and nearly a third of boys (31%) would most prefer to close their gaps in sexual knowledge with the help of this medium. In second place is a further print medium, books, which are preferred by 40% of girls and 27% of boys.

On the whole there are clear differences between the preferences of boys and those of girls:

In general, girls value information from print media more. After teenage magazines and books (both cited by at least 40%) two further print media forms follow with over 30%: sex-education brochures (33%) and news magazines or newspapers (31%). The girls' statements concentrated on these four media, other media types were not cited by more than 20% each.

For boys there are no such clear preferences to be made out. There are six forms of media whose percentage lies between 23% and 31%, all close together. Besides the already mentioned teenage magazines and books, the two most cited visual media are also among these six: internet (26%) and television films (25%); these are followed by similarly often cited sex-education brochures (24%) and news magazines/newspapers (23%). On the whole boys prefer technical media much more strongly than girls do, in order to get information about certain sexual topics. The proportion of boys who prefer

video cassettes, computer games, and television films, and the internet in particular is significantly larger.

In detail

With increasing age and sexual experience of the young people, the teenage magazines decline in importance. For girls the proportion drops from 47% (without sexual contact) to 35% (with sexual contact), and for boys this figure drops from 33% to 28%. And while 39% of 14-year-old boys and no less than 51% of 14-year-old girls refer to teenage magazines as a source of sex-education information, for 17-year-old boys this figure is only 26% and for girls it goes down to 30%.

In addition, the interest for the other print media changes with increasing age, but not quite so dramatically as was the case with teenage magazines. Free sex-education brochures are most interesting for 16-year-old girls (37%), after that the interest slackens off somewhat (30% for 17-year-old girls). For boys the peak in interest is one year earlier. 29% of 15-year-old boys include free sex-education brochures in their list of preferences, for 14-year-olds and 17-year-olds this figure is however only 22%.

When comparing percentages of individual sub-groups one has to generally pay attention to the fact that the question about media preferences referred to subjectively perceived gaps in knowledge, thus the young people's personal knowledge deficits must always be kept in mind. These are different subject areas depending on age and the situation they find themselves in. In addition, older and sexually more experienced young people have a lesser need for information.

Even so – or particularly for those reasons – the results from some sub-groups are especially interesting.

It is the case that sex-education brochures are of particular interest for those young people who have only just reached sexual maturity. Amongst those girls and boys whose first menstruation/ejaculation occurred no more than one year ago, the interest in this medium is higher than amongst those young people for whom this experience lies further in the past. This is particularly true for boys: 32% of those who had only recently reached sexual maturity cite the sex-education brochures as a preferred medium, compared with only 24% of those who reached their sexual maturity a longer time ago. For those who had their first ejaculation five years or more ago, the figure is only 15%. For girls the figures are: 37% as against 34% with increasing sexual maturity and 28% for those whose first menstruation occurred five years or more ago.

A further readership can also be found amongst the sexually experienced, specifically those who took their time with having their first sexual contact. Young people who had their first sexual intercourse at 16 years of age or older showed more interest in sex-education brochures than those young people who started having sexual experiences earlier on. This correlation is particularly clear for girls: those girls who had their first intercourse at 16 years of age or older cite sex-education brochures 38% of the time, girls who had their first sexual experience at 15 or younger cite this medium only 26% of the time. The increased preference for this medium comes together with a decreased interest in teenage magazines. It is likely that the educational background also plays an indirect role here, since it is rather those girls with a higher level of education that allow themselves more time before making their first sexual experiences.

In 2001 the internet was included in the list of information media for the first time and has become one of the most important types of media for young people since then. Especially for boys the internet has become prominent over the last years and presents a strong competition for the print media. For 26%

of boys it is a popularly used source of information (3rd in the rankings, nearly equal to books with 27% in second place). In 2001 this was only applied to 18% of boys.

The percentage of girls who would like to use the internet as a sex educational medium is significantly lower at 17%. Even so, the result is noteworthy: This figure has increased by seven percentage points between 2001 and 2005 (from 10% to 17%). The interactive, visual medium of the internet is cited by girls as often as television films (18%) today.

One naturally has to take the accessibility factor into account when analysing internet preference.

1.6.2 Internet Use

Potentially the vast majority of both boys and girls would be accessible via the medium internet, since 92% of boys and 90% of girls state that they use the internet. In comparison to 2001 internet use has become more widespread. In the main instance it is the possibility of access in the home that has strongly increased.

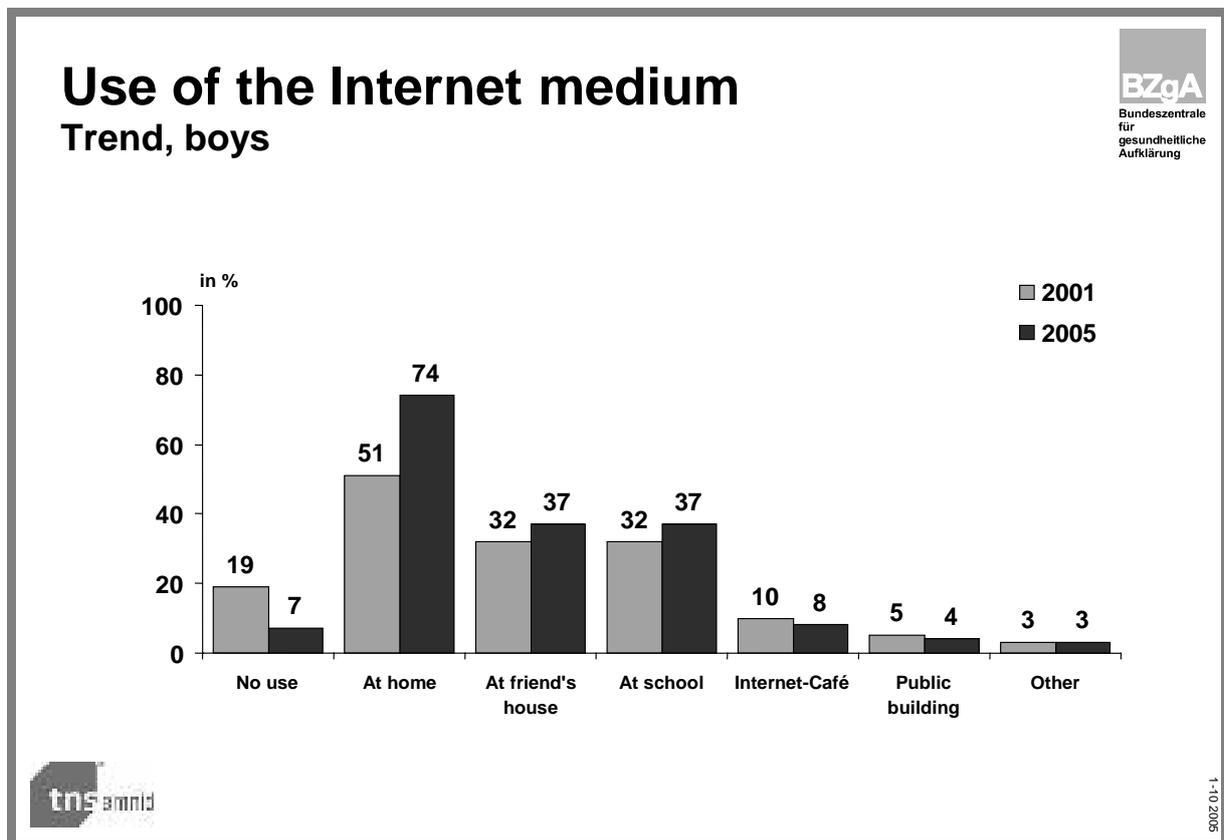


Fig. 23

Quite generally: Do you personally use the internet?

Use of the Internet medium Trend, girls

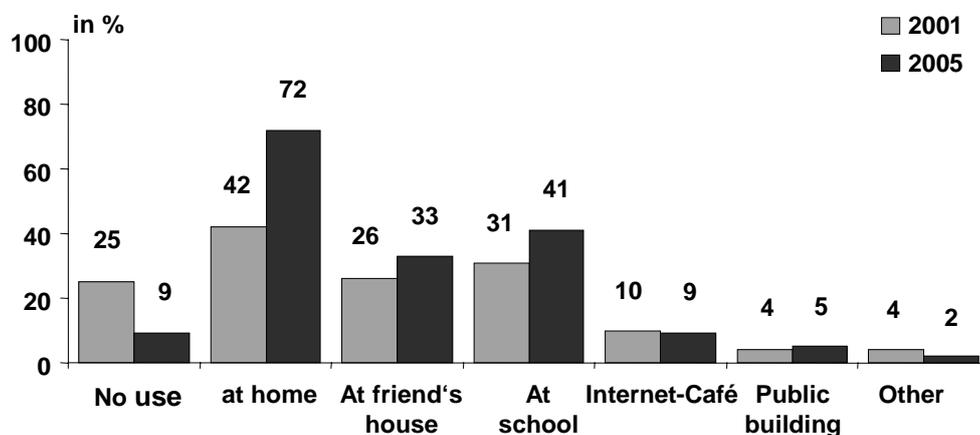


Fig. 24

Quite generally: Do you personally use the internet?

From the graphs it becomes clear how narrow the gap between boys and girls has become. In 2001 81% of boys but only 75% were using the internet. The percentage of girls who did not use the internet at all has strongly fallen from 25% to 9%. Figures for internet use in the home and at friends' houses, too, show hardly any difference to those for boys. In 2001 girls were at a strong disadvantage (at home: boys 74%, girls 72%, at friends' houses: boys 37%, girls 33%). The figures for the publicly accessible internet connections have hardly shown any change.

In detail

A correlation between internet use and age can be seen for boys, even though the magnitude of the difference (in light of the vast majority who use the internet in every age group) is small. Among 14 and 15-year-old boys there is still a higher percentage of those who do not use the internet (11% of 14-year-olds and 10% of 15-year-olds) compared with the figures for 16-year-old (3%) and 17-year-old boys (4%). For girls this correlation cannot be made so clearly. For both genders the 14-year-olds are different from girls and older boys in that they use the internet in other places somewhat less frequently.

Use of the Internet medium

Non-user percentages: by mother's education

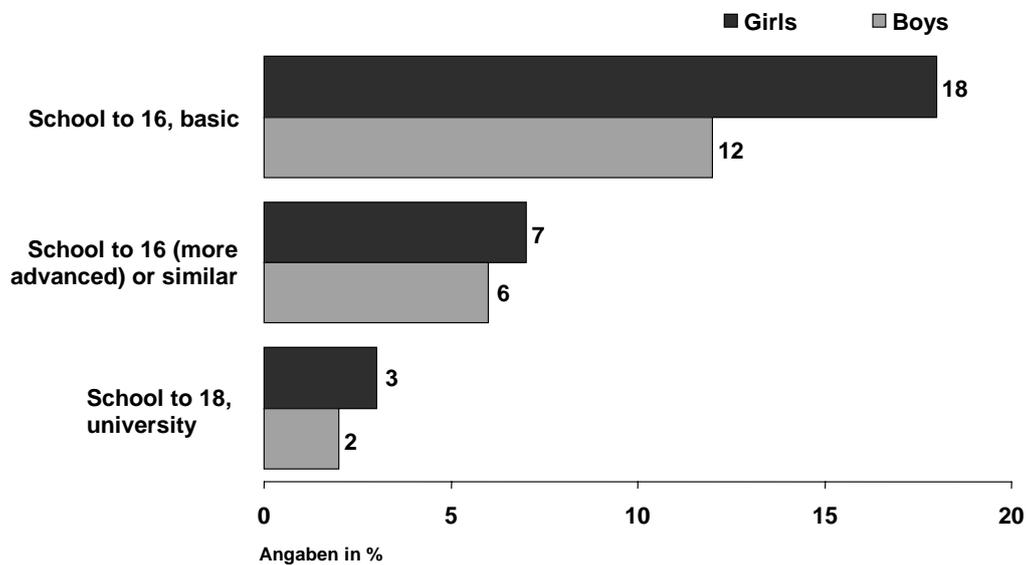


Fig. 25

Quite generally: Do you personally use the internet? (here: no internet use)

Even though the internet is used by the majority of people in all social classes, personal level of education – and parallel to this also the parents' level of education – does show some differences. Together with level of education the internet access decreases for boys, but also especially so for girls. 12% of boys whose parents went to a *Volkschule* or a *Hauptschule* [see above] (it makes no difference whether this was the father or the mother, in the graph the mother was used representatively) never used the internet. For girls this figure was as high as 18%. For high levels of education (school to 18 or higher education) the percentage of non-users dropped to 2% and 3% respectively.

The following graphs provide an overview of all the media, displayed according to gender and sexual experience:

Preferred print media (selection) Girls, depending on sexual experience

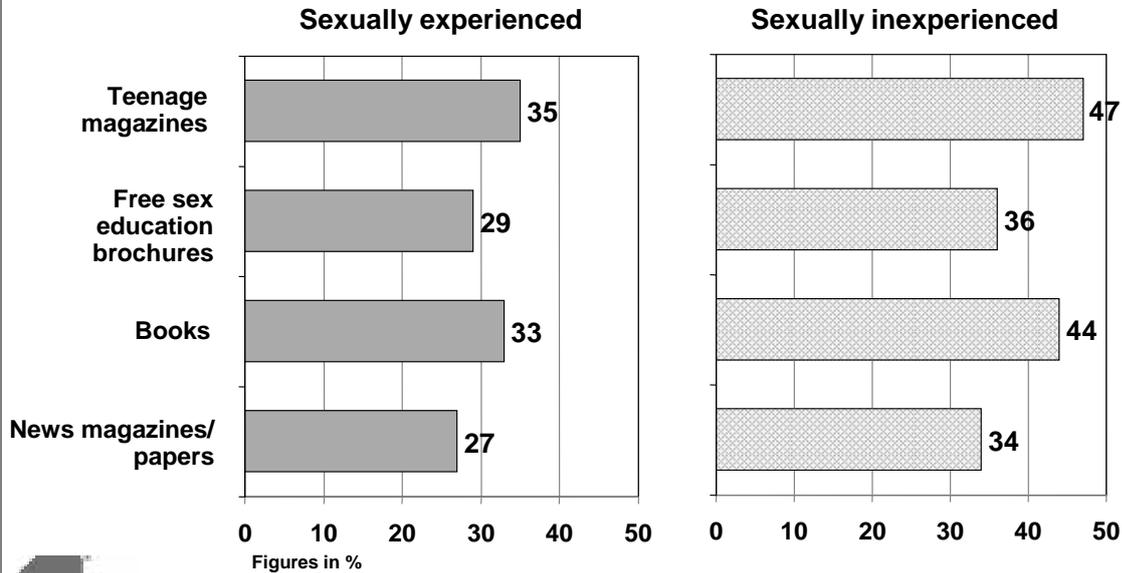


Fig. 26

Further media preferences (excl. print) Girls, depending on sexual experience

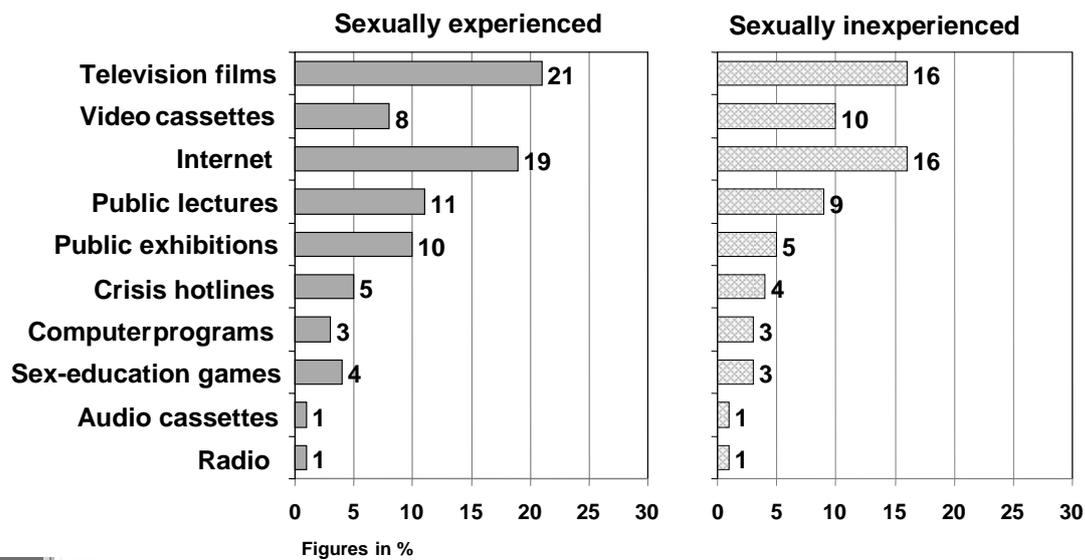
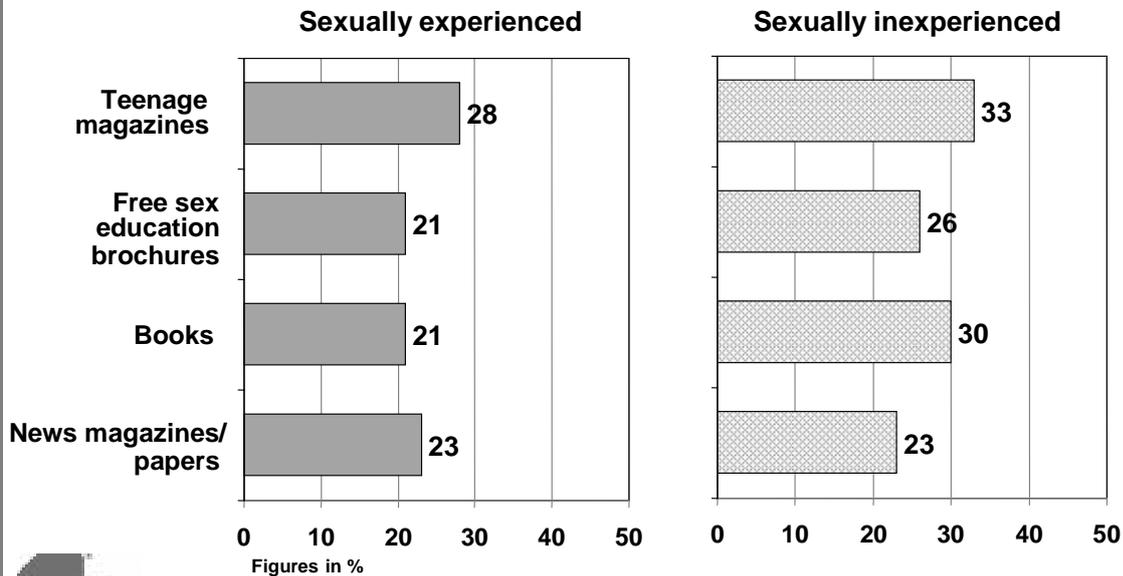


Fig. 27

From which types of media would you like to get information about sexual topics that interest you?

Preferred print media (selection) Boys, depending on sexual experience

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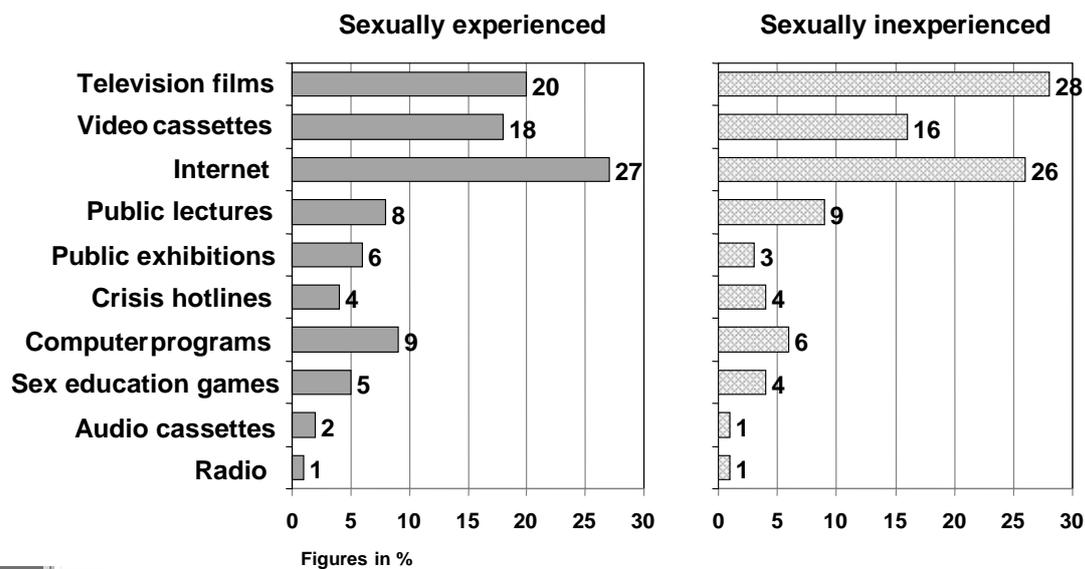


4-10-2005

Fig. 28

Further media preferences (excl. print) Boys, depending on sexual experience

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gesundheitliche
Aufklärung



4-10-2005

Fig. 29

From which types of media would you like to get information about sexual topics that interest you?

As concerns parents and information behaviour, parents too used their own experiences almost without exception (90%) to provide contraceptive advice to their children, but in addition to this some research was done through various media. Books about sex education or contraception were used by 17% of boys' parents and 18% of girls' parents, and 12% of boys' parents and 14% of girls' parents took brochures or had them sent to them. 12% of boys' parents and 9% of girls' parents informed themselves by means of magazine articles prior to giving their children contraceptive advice.

1.7 Level of knowledge

1.7.1 Subjectively perceived deficits

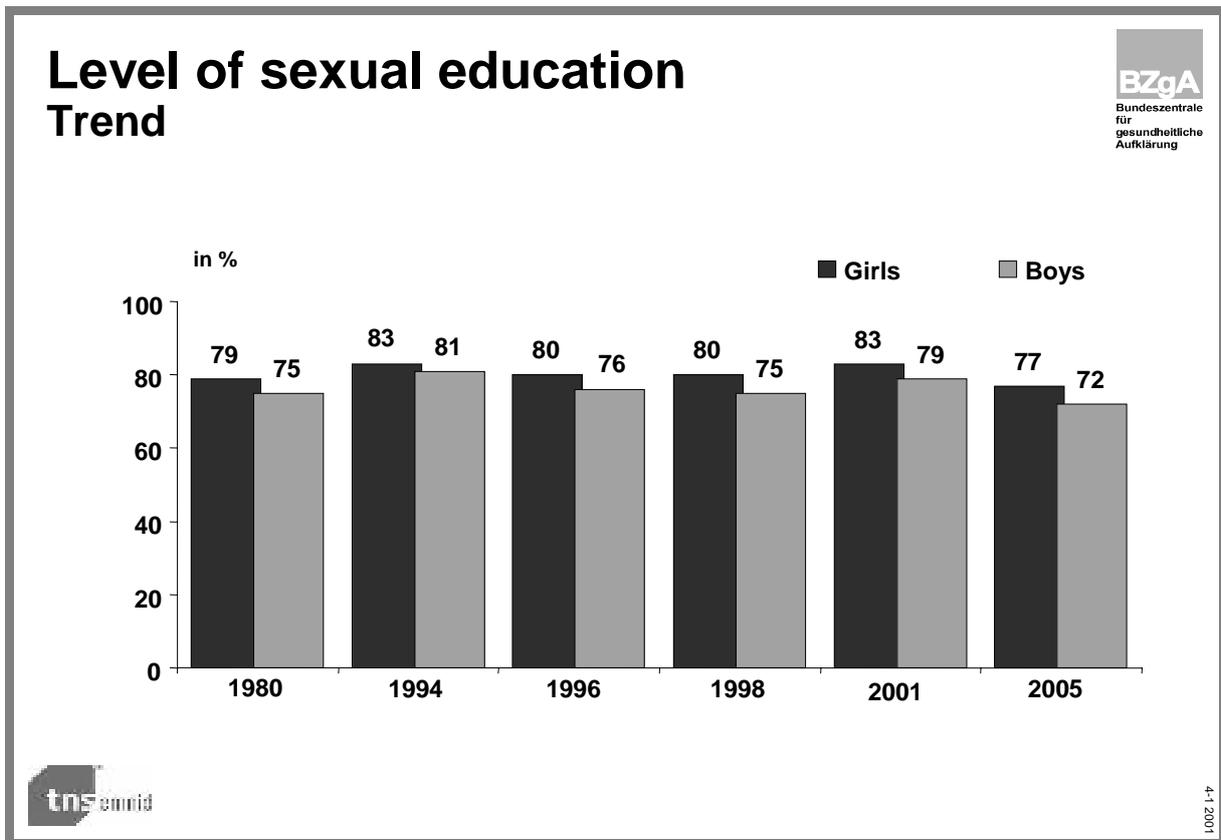


Fig. 30

*Now we are going to ask about sex education. First question:
Do you consider yourself well informed in questions of a sexual nature?*

When looking at the subjectively perceived level of sex education, then 77% of girls and 72% of boys judged themselves to be sufficiently sex-educated. These figures are lower than those of previous studies: The percentage of young people who consider themselves sexually educated has dropped dramatically for the first time and the 2005 figures are even below those of 1980. The shift in comparison with 2001 is mainly due to the possibility of a “don’t know” response. In 2005 19% of boys and 16% of girls were not sure if their knowledge was sufficient. In 2001 the same was true for only 11% of girls and 15% of boys. 6% of girls and 9% of boys between the ages of 14 and 17 consider themselves definitely insufficiently sex-educated.

In detail

Between the ages of 14 and 17 young people acquire more and more sexual knowledge. Correspondingly different is the objective – and measured here also the subjective – level of knowledge, depending on whether one is asking 14-year-olds or 17-year-olds for their evaluation.

At 14 years of age a large percentage of young people still think themselves insufficiently or possibly insufficiently sex-educated: 10% of girls and 12% of boys judged themselves as having insufficient sexual knowledge, a further 30% of girls and 33% of boys were not sure. 88% of 17-year-old girls and 82% of 17-year-old boys, however, do considered themselves adequately informed about sexual mat-

ters, a mere 4% of girls and 7% of boys said they were not well enough informed, and 8% of girls and 10% of boys in this age group stated that they were unsure.

It is noticeable that boys were less certain across the board than girls were. For both sexes, however, it is the uncertainty of the youngest ones that has particularly increased. It is because of the replies made by the 14-year-olds that the percentage that considered themselves sufficiently sex-educated in 2005 has decreased. 11% more of 14-year-old girls and 8% more of 14-year-old boys said that they did not know. 16-year-olds also demonstrated more uncertainty: There was an increase of four percentage points for the girls and a seven percentage point increase for the boys. This is not necessarily a bad sign *per se*: It is possible that this increase in uncertainty simply reflects a more realistic evaluation of their subjectively perceived level of knowledge.

Together with the first sexual experiences most young people definitely consider themselves better informed about sex: 89% of girls and 86% of boys who have had sexual intercourse said that they were well informed. Only 6% of girls and 9% of boys had doubts about their sexual knowledge and a mere 4% of girls and 5% of boys said that they were not informed about sexual questions.

The relationship between the young people and their parents, as well as the atmosphere in the home has an impact on the subjective evaluation of their knowledge level. Young people who could count on a good basis of trust within the home considered themselves sex-educated more often than girls and boys who received less acceptance at home. With even an only moderate basis of trust the percentage of those who did not consider themselves sex-educated or are not sure increases to 9% (“no”) and 17% (“don’t know”) for girls and 13% (“no”) and 23% (“don’t know”) for boys. Analogously the openness towards the topics of sexuality and contraception within the home has a positive effect on the personal evaluation of how educated young people consider themselves. The same is true for those who had the experience of participating in sex-education classes in school.

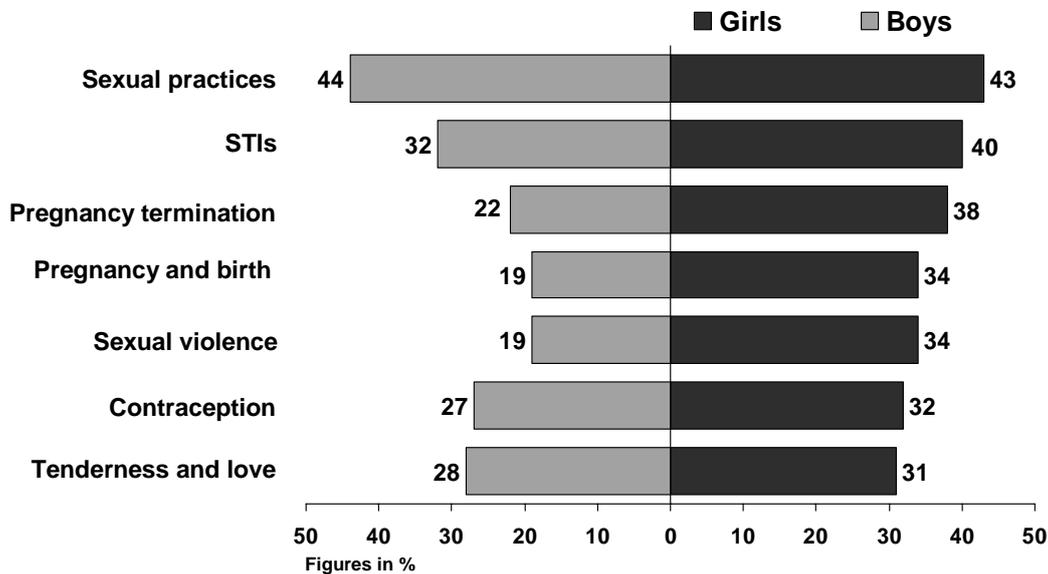
Girls perceived themselves as having knowledge deficits in far more areas than boys. This is particularly surprising when one considers that girls think of themselves as sex-educated more frequently than boys do, are more likely to have a confidant(e) for sexual questions, and are also more likely to receive sex education within the home.

Both boys and girls thought they had the largest knowledge gap when it came to the areas of sexual practices and reactions (girls 43%, boys 44%) as well as sexually transmitted infections (girls 40%, boys 32%). But in other factors there are large differences between the two sexes.

In the girls’ ranking the next most frequently cited knowledge deficits were topics that concern them as girls especially: in third place with 38% was pregnancy termination, followed by foetal development, pregnancy and birth, and sexual violence (both 34%). For nearly a third of girls the subjects of contraception and tenderness and love were areas where they would like to know more. 24% of girls would like more information about homosexuality, 23% about the roles of men and women within the family, 23% about marriage and other forms of partnership, and 21% of girls would like to know more about masturbation.

Information deficits (selection) Subjective evaluation

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tns emnid

4-9 2005

Fig. 31

The next question is about different topics that all have to do with sexuality. For each topic, please tick if you would like to know more about it, if you already know enough about it, or if you are not interested in it.

For boys, on the other hand, the topics following sexual practices and STIs about which many boys do not feel sufficiently informed were tenderness and love (28%), and contraception (27%). Next in the rankings were pregnancy termination (22%), and masturbation and pre-marital sex (21% for both boys and girls). All other topics are cited by less than one in five boys.

What is noticeable about this list of most frequently cited sexual-knowledge gaps is that for both sexes two topics are high on list that are amongst the most commonly addressed topics in sex-education classes. 80% of boys and girls who had sex-education classes in school say that they talked about STIs and contraception in that context. Even so 40% of girls and 32% of boys indicated that they would like to have more information about STIs, 32% of girls and 27% of boys would like to know more about contraception.

Only a minority of boys and girls would like to know more about topics that society has so far designated taboo, such as pornography and prostitution (pornography 14% girls, 18% boys; prostitution 16% girls, 15% boys). Nearly every second girl and at least every third boy also said here that these subjects did not interest them at all.

The biggest difference between girls and boys can be found in the areas of pregnancy termination, foetal development, and sexual violence. All are named significantly more often by girls than by boys (plus 16 percentage points and 15 percentage points respectively). Boys were also far more likely to say that they had no interest in these specific subjects

The way the questions about sexual-knowledge gaps were posed in 2005 was different to how they were posed in 2001: In 2001 participants were asked to select those topics from a list where they felt that they were unsure about the topic or where they thought they did not yet know enough. In 2005 an evaluation was required for *every* topic: whether participants wanted to know more, if they thought they already knew enough, of whether they were not interested in the topic. Because of this difference in how the question was asked the results are certainly only of limited comparability. The main differences will still be presented here.

In comparison with 2001 it is particularly noticeable that with respect to contraception there is now more desire for information than even four years ago, particularly for girls. While only 18% of girls and 21% of boys thought there was a need to obtain more information on these subjects in 2001, these figures increased to 32% of girls and 27% of boys in 2005.

What is also noticeable is that four years ago boys were more likely to want information on the more “female” topics, such as pregnancy and birth, or menstruation and fertile days in women. In 2001 39% of boys thought they had gaps in their knowledge about menstruation, ovulation, and women’s fertile days, whereas this figure dropped to only 18% in 2005.

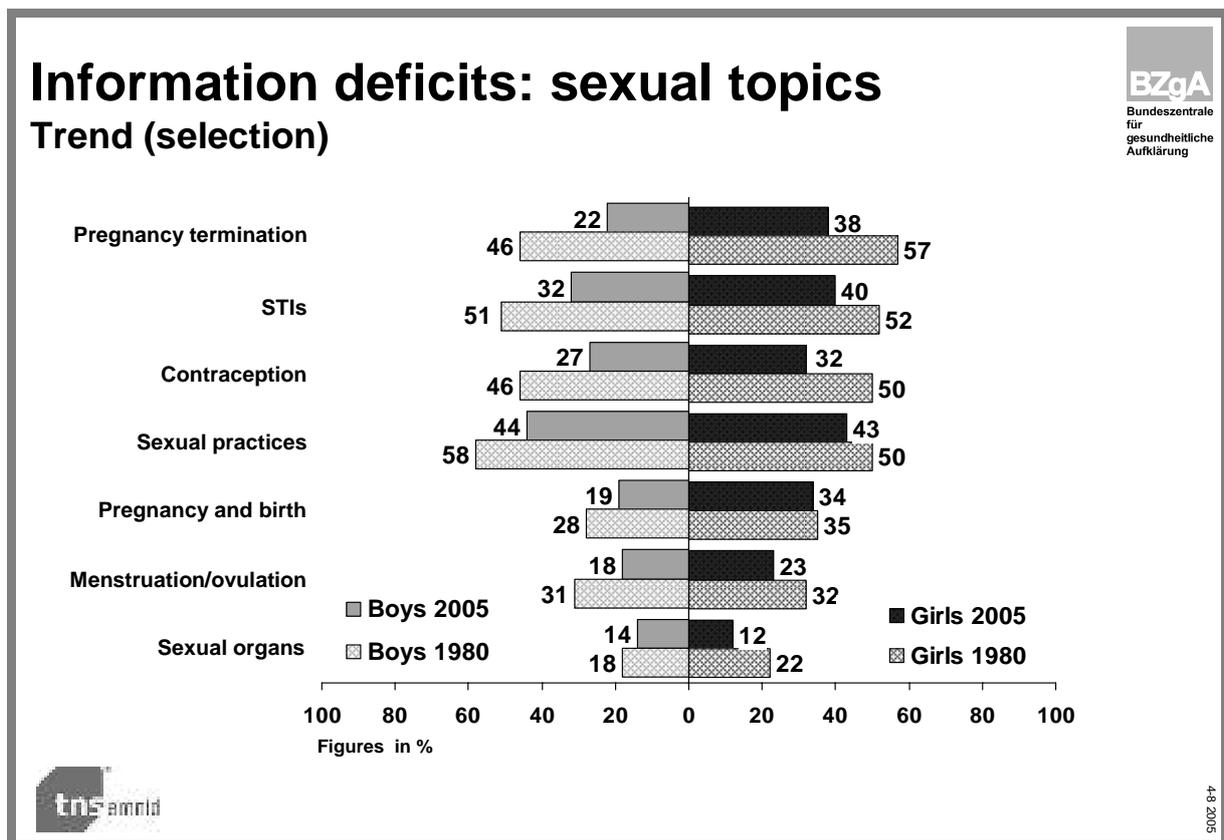


Fig. 32

The next question is about different topics that all have to do with sexuality. For each topic, please tick if you would like to know more about it, if you already know enough about it, or if you are not interested in it.

The comparison over the long-term, between 1980 and 2005, shows that the need for information has decreased significantly for every topic. The efforts to provide sex education and the generally increased willingness to talk about sexual subjects over the last 25 years were thus also well received by

young people. On the whole, the desire for information has decreased more for boys than it has for girls.

The figures for subjectively felt gaps in knowledge for the topics of sexual practices, and – particularly for girls – pregnancy, birth, and foetal development have only decreased slightly. The percentages where both sexes did not feel sufficiently informed and that have now decreased strongly, on the other hand, are those for pregnancy termination, as well as marriage and partnership.

The figures for the 1980s survey can be compared with the current results without qualification, since the ways the questions were asked were the same in both studies.

In detail

Since both boys and girls become more satisfied with their level of sexual knowledge the older they get, the percentages of young people who want further information change, but not necessarily the rankings of the various topics.

Both sexes in all of the age groups would like to know more about tenderness and love, pregnancy termination, and STIs. Amongst the girls, the figures for all the age groups showed that the topics of sexual violence and sexual abuse, as well as pregnancy, were consistently important subjects.

The interest in information about sexual practices decreases for girls as their age increases: Every second 14-year-old would like to increase her knowledge about this topic (50%), whereas it is only a good third of 17-year-old girls (35%) who feel the same. For boys this percentage drops only slightly, from 49% for 14-year-old boys to 43% of 17-year-old boys. This is only connected to sexual experiences for girls: 36% of girls who have had sexual intercourse think they need more knowledge, compared with 48% of girls who have not yet had sexual contact. Four out of ten boys, irrespective of sexual experiences, express the desire for more education about this subject.

The interest in information about contraception is particularly strongly dependent on age. Amongst 14-year-olds 45% of girls and 34% of boys still saw gaps in their knowledge of this subject, compared to only (or as many as?) 22% of 17-year-old girls and 19% of 17-year-old boys.

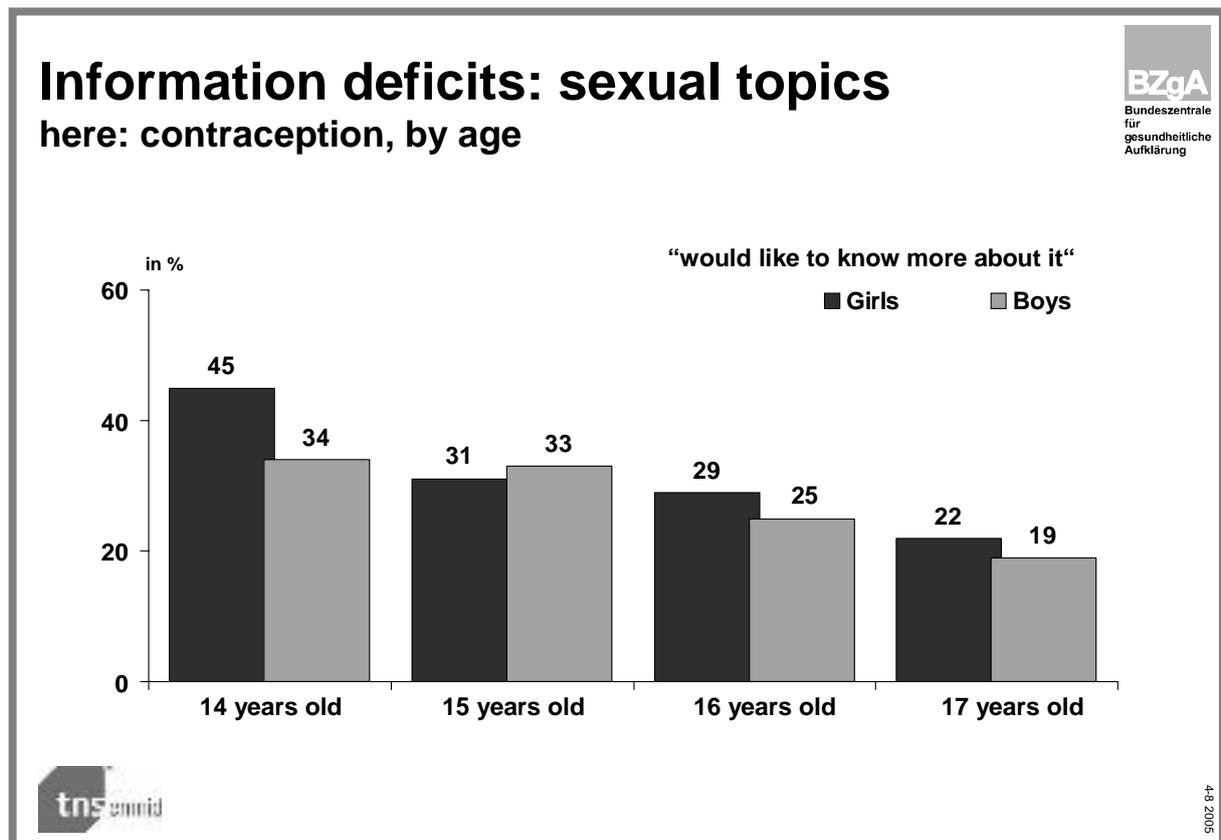


Fig. 33

The next question is about different topics that all have to do with sexuality. For each topic, please tick if you would like to know more about it, if you already know enough about it, or if you are not interested in it.

In total 20% of boys and even more girls (22%) who have had sexual experiences said that they would like to know more about contraception. This proportion has increased in comparison to 2001 (2001 boys 13%, girls 8%), so that the percentages are even higher than they were in 1998 (boys 18%, girls 16%).

Interest was particularly great amongst those who did not receive any sex education in school: 49% of girls and 42% of boys would like to have more information in this case. For girls there was also a correlation between an increased desire for information and a lack of discussion about contraception within the home (44% “would like to know more about it”).

A further subject should be discussed as an example, a topic that is rarely or never addressed in the context of sex-education classes in school (only 38% listed it as a topic they discussed) but one about which a third of girls would like to know more: sexual violence or abuse. Girls’ interest in this subject was neither age nor education-dependent. Sexual experiences themselves also did not lead to an increased or decreased interest in this subject.

Above-average interest (more than 40%) was however displayed by those girls who knew their first sexual partner only minimally or not at all, or by those who have not had much sexual experience

(have had sexual intercourse up to 10 times), as well as by those girls whose first menstruation was no more than a year ago, and by those girls who did not have a reference person they can talk to. The subject of abuse was also of more interest to those living in small towns or in rural areas (43% and 38% respectively) compared with those living in medium-sized towns and cities (25% and 33% respectively).

Sex-education classes in school seem to demonstrate an effect in that significantly fewer girls who received such classes said that they were not interested in this subject (15% compared to 25% of girls who did not receive sex-education classes in school) – clearly the occupation with sexual subjects provided the impetus to deal with this aspect, too.

1.7.2 Objectively present deficits

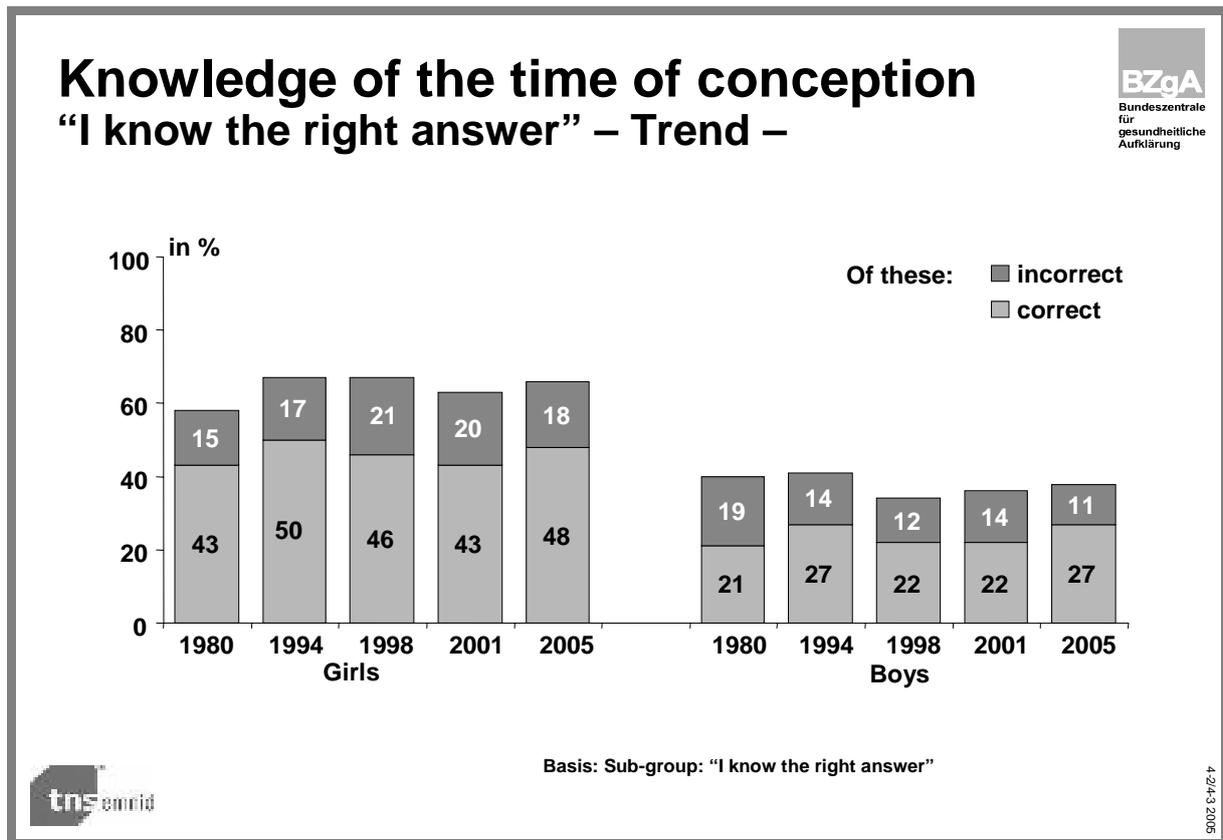


Fig. 34

Do you know at what time between two successive periods a woman is most likely to conceive, or do you not know this?

Can you tell me, by means of the following list, when, in your opinion, the chances of becoming pregnant are greatest?

If one takes knowledge of the correct time of conception as one’s measure, then the majority of young people have objective deficits. Even though 66% of girls and 38% of boys state that they knew the correct time, nearly a third of both boys and girls were incorrect in their judgement.

61% of boys admitted right from the start not knowing the time, and 11% claimed to know it but then gave the wrong answer. By comparison with 2001 the percentage of those who were able to give the correct time frame has increased slightly, but the long-term comparison to 1980 shows that the overall level of knowledge has hardly improved. Evidently many boys do not think it necessary to be informed about the female cycle: only 18% of boys voice the desire to learn more about menstruation, ovulation, and a woman’s fertile days; one in four says outright that that subject does not interest them at all.

But even amongst girls, who quite clearly perceived the subject as relevant (only 2% say “it doesn’t interest me”), the level of knowledge leaves a lot to be desired: 16% of girls indicated that they did not know when the probability of conception is highest, and 18% gave an incorrect answer, even though they previously claimed to know the correct answer. In the end only one girl in two was able to identify the time of conception correctly and with certainty. At least in 2005 one girl in four was aware of her knowledge gap and said that she needed more education about menstruation, ovulation, and a woman’s fertile days.

In detail

With increasing age the reputed but also the actual knowledge about fertile days increased. While only 18% of 14-year-old boys and 40% of 14-year-old girls were able to identify the correct time, amongst 17-year-olds these figures increased to 42% of boys and 57% of girls. This still means that even at the age of 17 more than four out of ten girls and more than fifty percent of boys did not have firm knowledge about the time of conception.

Even amongst the young people who have had their first sexual contact the situation does not look any better. 46% of girls and 60% of boys who have had sexual intercourse do not know for sure when the chances of conception are greatest.

Sex-education classes in school certainly increased the level of knowledge; for girls, however, this increase was only marginal (from 42% to 48%), and at the same time the percentage of those young people who claimed to know the time-frame increased – not only the number of correctly informed young people, but also the number of those who then went on to give a wrong answer. At least the number of boys who could give the correct time of conception increased amongst those boys who had had sex-education classes from 12% to 29%.

Incidentally, parents could not be depended on to necessarily provide correct information in this regard; they themselves had some deficits, too: more than one in five fathers of boys and even one in three fathers of girls admitted to not knowing the exact time, and amongst those who believed they knew it, a quarter of boys' father and more than a third of girls' fathers gave a wrong answer.

71% of girls' mothers and 72% of boys' mothers were able to answer correctly when the possibility of conception is highest, but there were still 19% who gave an incorrect answer, and 9% of girls' mothers and 6% of boys' mothers stated right from the start that they did not know the most likely time of conception in a woman's cycle. Nearly 30% of young people were thus unable to receive information about the time of conception from their mother, and, what is almost even worse, some were given false information.

Concrete knowledge (I) – free availability of the contraceptive pill for young people

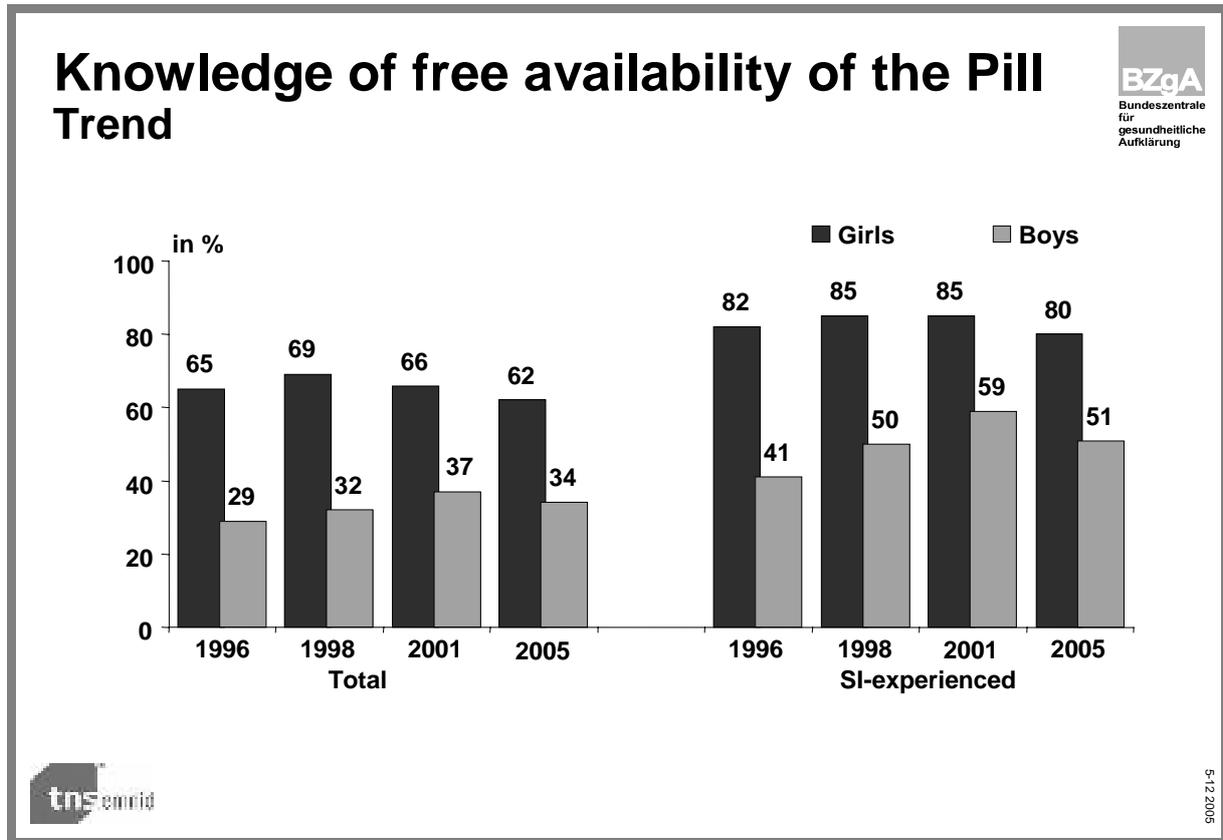


Fig. 35

Did you know that insurance boards pay for the contraceptive pill for young people until their 20th birthday?

Even though 62% of girls and a good third of boys were still informed about the fact that health insurance boards cover the cost of the contraceptive pill until the recipient's 20th birthday, by comparison with 2001 the percentages have fallen. Amongst those young people who have had sexual intercourse, this trend is even clearer: While in 2001 85% of girls and 59% of boys who had had sexual intercourse still knew about the free availability of the contraceptive pill, in 2005 the figures were only 80% for girls and 51% for boys.

In detail

Particularly for girls their age played a big role in regard to knowledge about the free availability of the Pill. Amongst 14-year-olds a mere 38% knew about this benefit provided by health insurance boards, compared with eight out of ten 17-year-old girls.

A further decisive factor was sexual experience. Young people who had had sexual intercourse were significantly better informed about the possibility of obtaining the contraceptive pill for free than those young people who had not yet had sexual intercourse. For girls there was a difference of 30 percentage points, and for boys a difference of 26 percentage points. For boys it also made a difference whether their sexual experiences were still relatively recent and limited (had sexual intercourse up to 10 times), or whether their sexual experience had already been somewhat more extensive: Those with limited

sexual experience were significantly less often aware of this possibility than those who had had more extensive sexual experience. In East Germany the level of awareness was higher than it was in West Germany, particularly for girls: 70% of East German girls compared with only 60% of West German girls knew about the free availability of the contraceptive pill (boys 35% East, 33% West).

Boys and girls got their information about the free availability of the birth control pill from largely different sources.

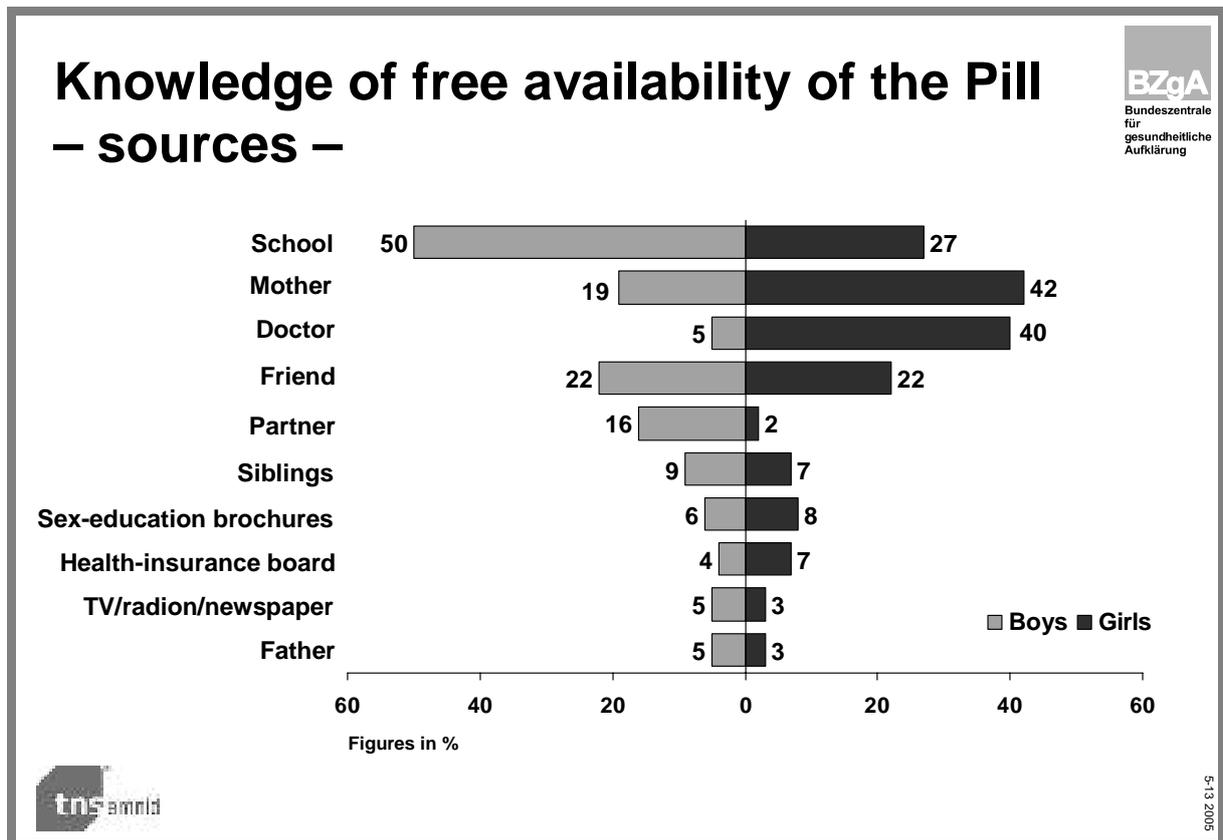


Fig. 36

Did you know that insurance boards pay for the contraceptive pill for young people until their 20th birthday?

Thus, for 42% of girls their mother was the most important source of information, followed by doctors (40%). Following with a somewhat larger gap were schools (27%), and female friends (22%), used by a good fifth of girls. With increasing age and the first sexual experiences doctors became more important and schools in particular declined in importance. The mother and female friends were, however, important across the board. If girls had visited a gynaecologist then this became the most frequently cited source of information.

For boys the picture looks entirely different. Half of the boys learned about the free availability of the contraceptive pill via their school, followed by much smaller percentages for: male friends (22%), their mother (19%), and their girlfriend (16%). By comparison with 2001 school has become even more important as a source of information. Since boys did not have a doctor as a reference person to the same extent as girls did and the basis of trust was not as well developed as it was between mother and daughter, it was the school that filled this role. However, even for boys the school lost its dominant role with increasing age and sexual experience. In contrast to the girls, friends (30% with sexual

experience, 14% without) and their girlfriend (32% with sexual experience, 0% without) came into the foreground.

Sex education brochures played more of a marginal role: Merely 8% of girls and 6% of boys said that they got their knowledge about the free availability of the contraceptive pill from a sex education brochure. The percentage was somewhat higher (12%) for those girls who did not have a reference person for sexual questions and also those girls who had never visited a gynaecologist; this figure is of more importance because these girls did not overall have as many sources of information available to them.

Amongst parents awareness of the free availability of the contraceptive pill through health insurance boards was even more widespread than amongst their children. Two thirds of girls' parents and half of boys' parents were informed about this service provided by the insurance companies. Mothers in particular were well informed about the possibilities of financing it: 67% of girls' mothers and 58% of boys' mothers state that they knew about the free availability of the Pill, the same was true for 48% of girls' fathers and 46% of boys' fathers.

In particular those parents who knew about the fact that their child has already had their first sexual experiences were more likely to know about the assistance provided by health insurance companies (85% of girls' parents, 65% of boys' parents).

Just as amongst the young people, for parents too there were regional differences to be seen: Amongst East German parents the awareness of the free availability of the Pill was more widespread than it was amongst West German parents. This was particularly true for girls' parents (East 75%, West 64%).

1.7.4 Concrete knowledge (II) – the emergency contraceptive pill

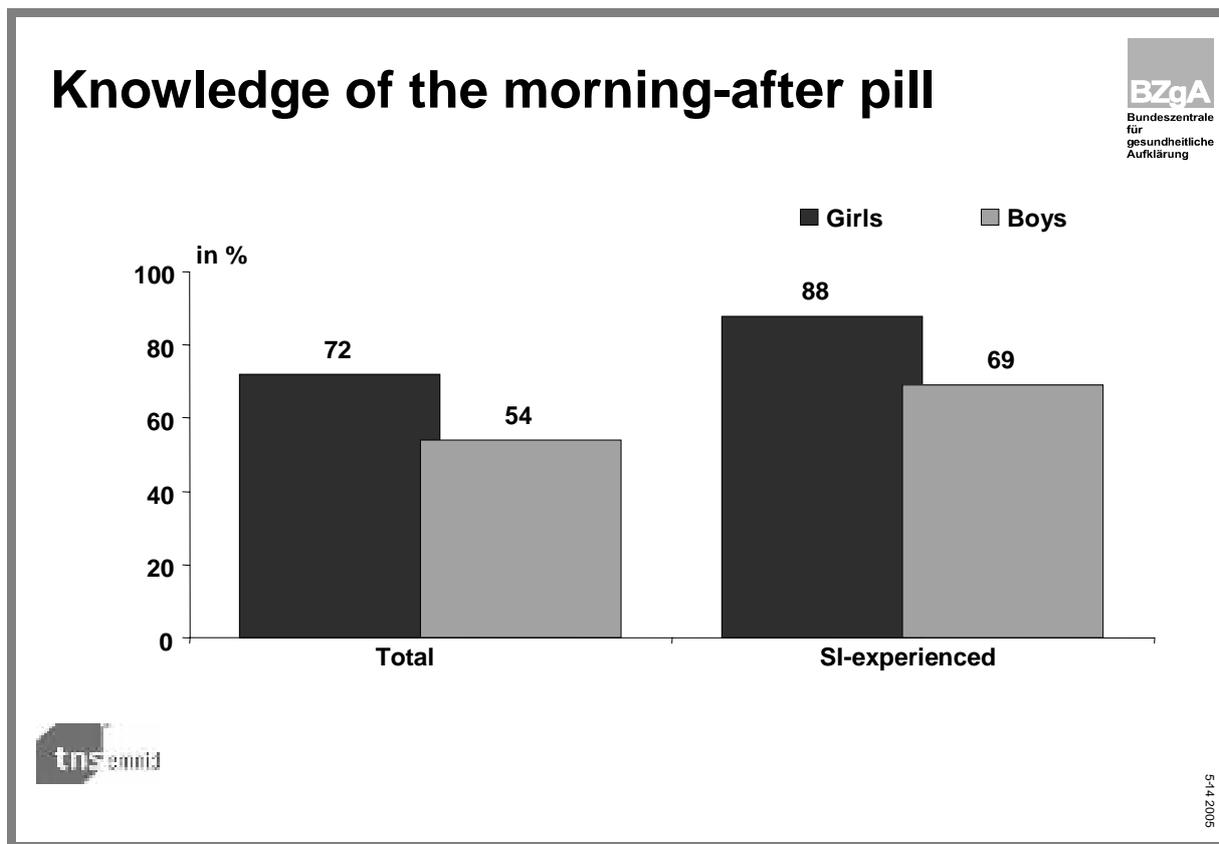


Fig. 37

After having unprotected sex or after having sex where the contraception failed there is the possibility of taking emergency contraception, the so-called “morning-after pill”. It has to be taken within 12 to 72 hours afterwards, but the earlier the better. It prevents the implantation of the egg in the womb. The “morning-after pill” is not an abortion pill, since an existing pregnancy cannot be terminated with it. Were you aware that such a pill exists?

Nearly three-quarters of girls (72%) and more than half of boys (54%) were aware of the possibility of the morning-after pill as emergency contraception. Thus, young people were better informed about the morning-after pill than they were about the free availability of the regular contraceptive pill from health insurance boards. Amongst sexually experienced young people knowledge of the morning-after pill was even more widespread: 88% of girls and 69% of boys who had sexual contacts knew about this possibility of emergency contraception.

It is pleasing that the knowledge level is therefore somewhat higher than it was five years ago. In total the figure for girls has increased by four percentage points, the figure for boys by two percentage points since 2001. The figure for sexually experienced girls has increased even more significantly (plus six percentage points, from 82% to 88%), whereas the figure for sexually experienced boys has experienced the same level of increase as the figure for boys in general (plus two percentage points).

In detail

Compared with knowledge of the free availability of the contraceptive pill, East German young people did not have a lead over West German young people when it came to the morning-after pill. Quite the opposite in fact, knowledge of this possibility of emergency contraception being less widespread amongst East German boys than it was amongst boys in West Germany (East 46%, West 56%).

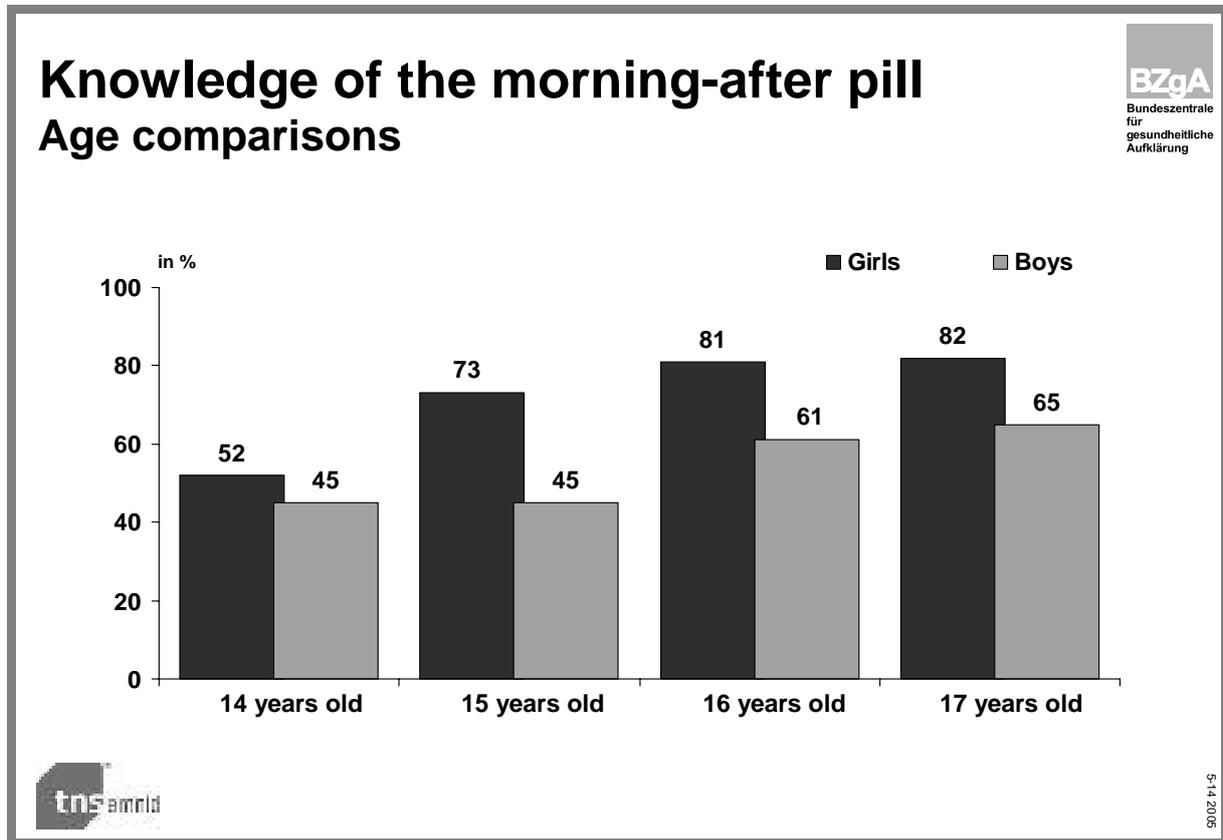


Fig. 38

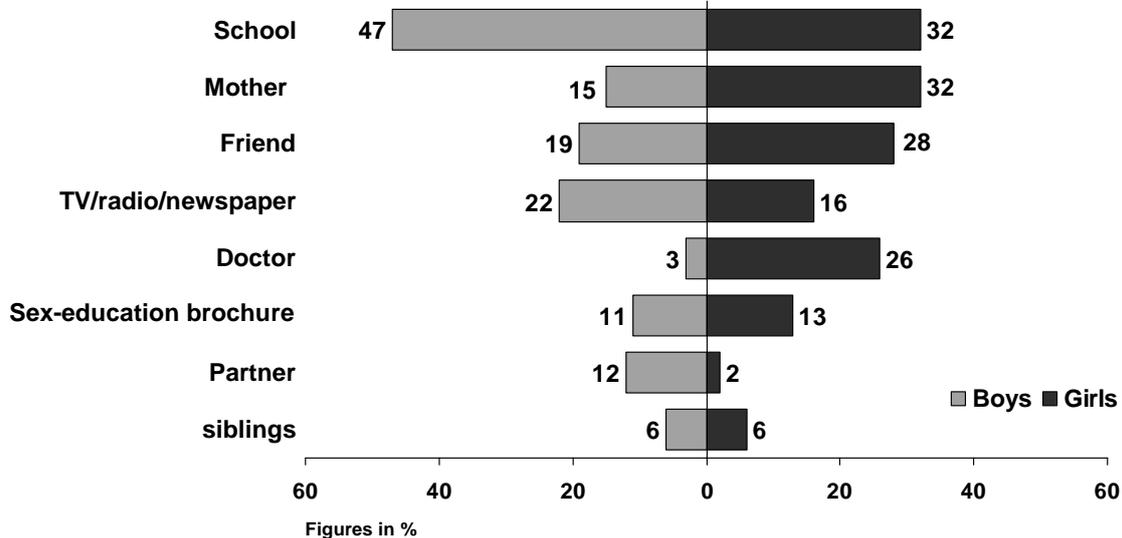
After having unprotected sex or after having sex where the contraception failed there is the possibility of taking emergency contraception, the so-called “morning-after pill”. It has to be taken within 12 to 72 hours afterwards, but the earlier the better. It prevents the implantation of the egg in the womb. The “morning-after pill” is not an abortion pill, since an existing pregnancy cannot be terminated with it. Were you aware that such a pill exists?

Knowledge of the morning-after pill as a means of emergency contraception was dependent on the young people’s age: only 52% of 14-year-old girls knew about this pill, and amongst 14-year-old boys the figure was only 45%. 82% of 17-year-old girls, on the other hand, knew about this possibility, and amongst 17-year-old boys the figure was 65%.

Information about the possibility of emergency contraception was conveyed to young people through somewhat different channels than information about the free availability of the contraceptive pill was. Boys and girls got their knowledge of the morning-after pill from different sources.

Knowledge of the morning-after pill – sources –

BZgA
Bundeszentrale
für
gesundheitliche
Aufklärung



tns
berlin

Selection: Morning after pill is known

5-15-2005

Fig. 39

Where did you hear about the morning-after pill? From...

School and their mother were the sources of information about the morning after pill for about a third of girls each time (both 32%). Next in the rankings was a female friend (28%). In comparison to the free availability of the contraceptive pill, doctors did not play such a large part in providing information. Only 26% of girls cited them as a source of information. Interestingly sex-education brochures and the media (television/radio/newspaper) played a more important role than they did in providing information about the free contraceptive pill: 13% of girls cited sex-education brochures and 16% the media as sources of information. If girls had been to see a gynaecologist, then this was cited as a source of information about as often as their school or mother was, without causing other sources to be cited any less frequently, however (exception: media – there was a drop in the percentage to be seen here).

For boys it was again school that was the main source of information about the morning-after pill – it was named by 47% of boys. Next followed – different than with the free Pill – the media, from which a good one in five boys (22%) was informed about the possibility of emergency contraception. But friends (19%), too, and the mother (15%) were important sources of information.

By comparison with 2001 the media have lost in importance as sources of information about the morning-after pill (then: 35% boys, 24% girls). This is not surprising, since a few years ago there was still much more public debate about the morning-after pill than there is today, and correspondingly this was echoed in the media.

Just as with knowledge of the free availability of the contraceptive pill, doctors became an important source of information for girls once they had had their first sexual experiences.

Surprisingly school hardly dropped in importance as a source of information for girls who had had sexual experiences, and additionally friends became even more important after the first time (an increase of eight percentage points). Thus, the sources of information did not change for girls after they had had their first sexual intercourse, girls just had more sources of information at their disposal.

For boys who had had sexual experience school became a less important source of information, whereas friends and girlfriends (plus 24 percentage points) in particular gained in importance.

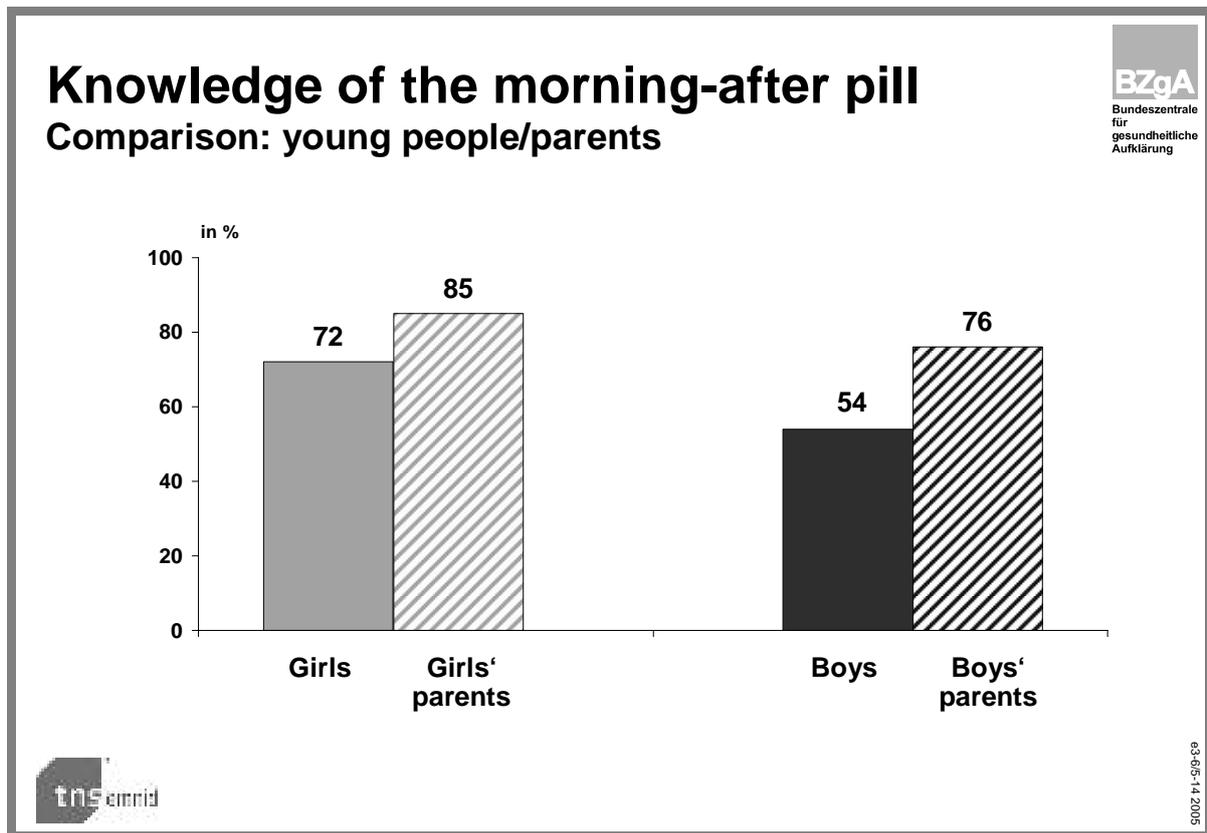


Fig. 40

After having unprotected sex or after having sex where the contraception failed there is the possibility of taking emergency contraception, the so-called “morning-after pill”. It has to be taken within 12 to 72 hours afterwards, but the earlier the better. It prevents the implantation of the egg in the womb. The “morning-after pill” is not an abortion pill, since an existing pregnancy cannot be terminated with it. Were you aware that such a pill exists?

The 2005 survey was the first one where parents, too, were asked about the morning-after pill. Amongst parents awareness of this means of emergency contraception was even more widespread than it was amongst the young people themselves. Thus 85% of girls’ parents and 76% of boys’ parents were informed about this possibility; 85% of girls’ mothers and 86% of boys’ mothers were aware of this emergency contraception and 73% of girls’ fathers and 71% of boys’ fathers knew about it, too.

In detail

Parents who knew about their child’s first sexual experiences were also more likely to be informed about the morning after pill. Thus, 92% of girls’ parents and 84% of boys’ parents who assumed that their child was having sex stated that they were aware of the morning-after pill.

2. Experiences with one's own body

2.1 Bodily awareness

Long before they have their first physical experiences with members of the opposite sex, girls and boys are forced to come to terms with their own body because of the physical changes that take place during puberty. On the one hand these are physical processes, such as the development of sexual attributes or the onset of menstruation that draw attention to it, but on the other hand it is particularly during puberty that the confrontation with norms concerning appearance increases in importance.

Thus, before questions about sexual experiences were asked, the respondents were faced with a set of questions about their awareness of their own body. The information was obtained from eight statements, each of which presented a different dimension of physical awareness. This set of questions explicitly focused on subjective feeling. Any attempt at objectification of these emotional statements (by means of Body Mass Index measurements, or the like) was deliberately avoided, since a confident relationship with one's own body and a confrontation with norms concerning appearance are primarily based on subjective bodily awareness.

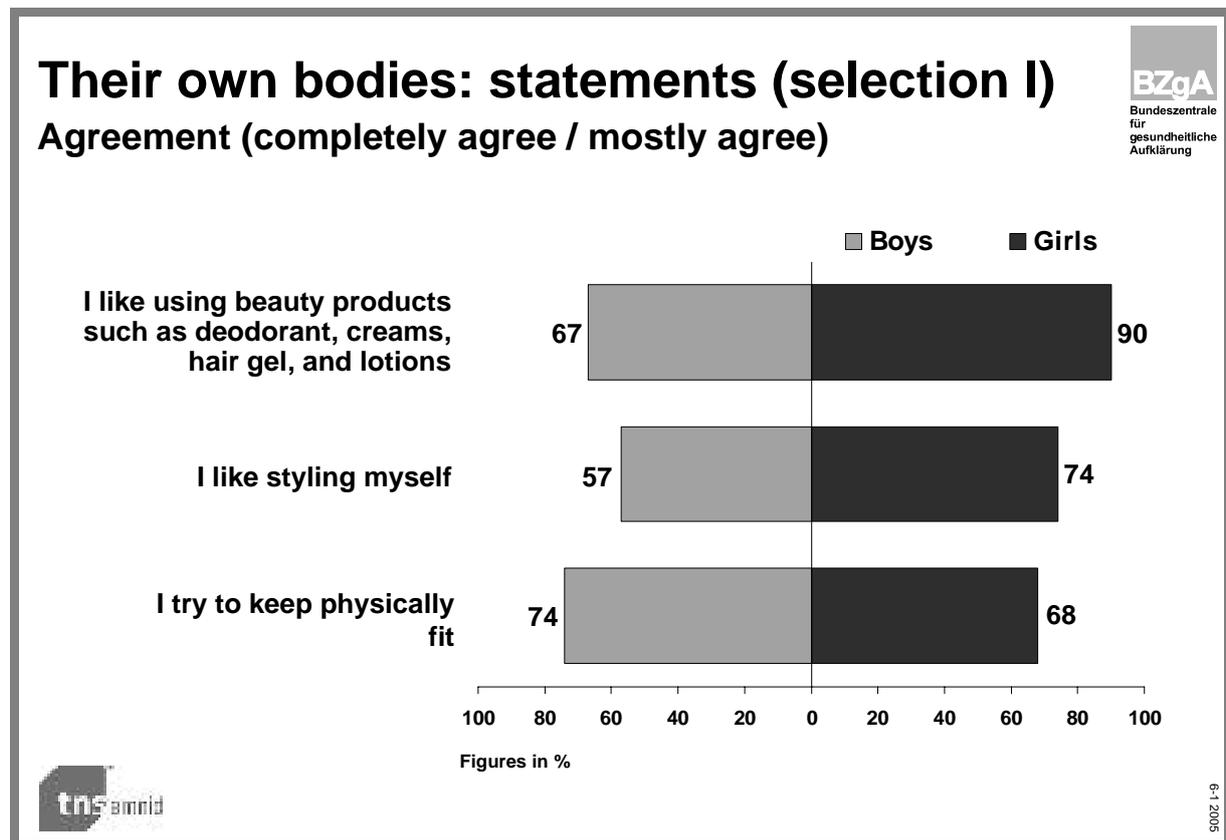


Fig. 41

First of all, about yourself and how you see yourself. Everyone has a different relationship to their own body. There are some statements about this subject here. For every statement, please tick how much you agree or disagree with it (here: I like styling myself).

Occupation with their own bodies was important for both sexes. 74% of girls and 57% of boys liked to style themselves, this was unimportant for only 6% of girls and 16% of boys. Using beauty products was already a must for girls (90% completely or mostly agree) and even for two-thirds of boys, too, who in other respects chose the reply “sometimes yes, sometimes no”. Only 2% of girls and 9% of boys were only somewhat or not at all concerned with this.

The vast majority of both sexes paid attention to keeping physically fit – an aspect that was the most important one for boys of the three listed here, while for girls cosmetics and styling were of greater importance.

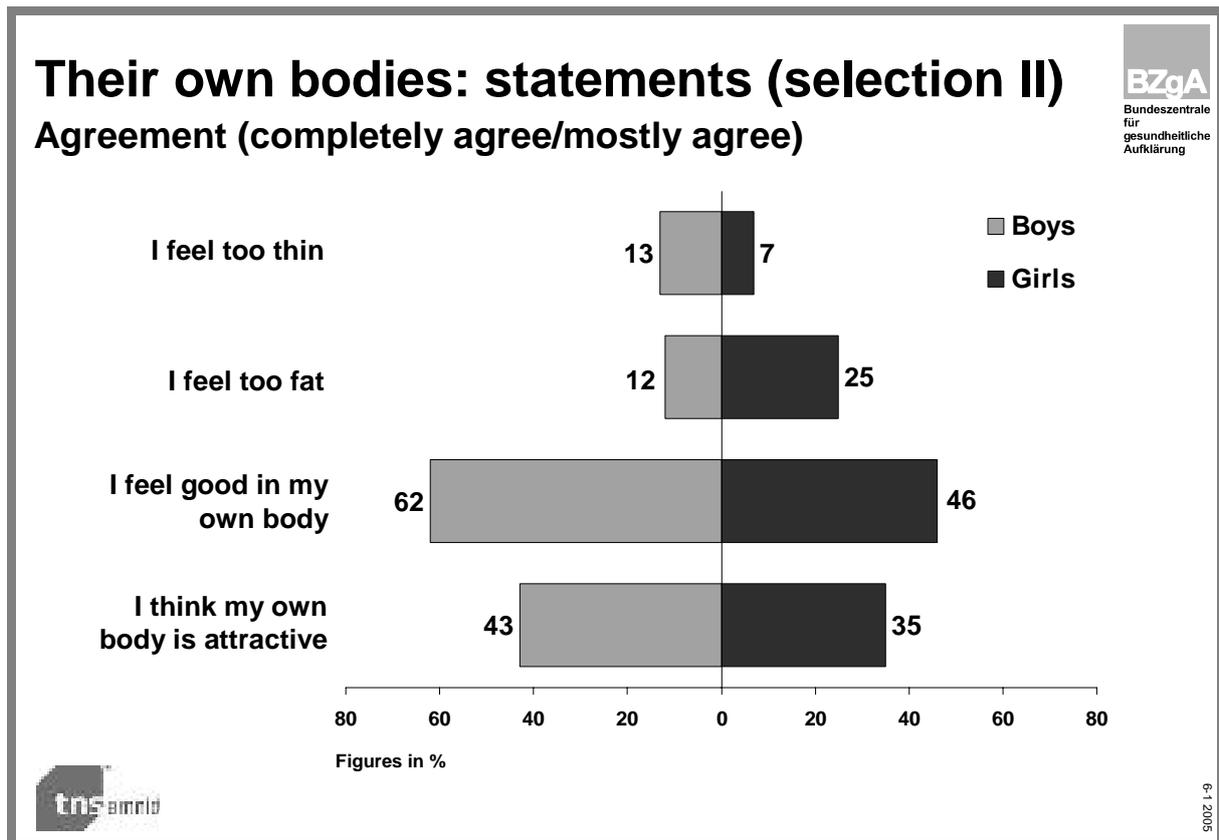


Fig. 42

First of all, about yourself and how you see yourself. Everyone has a different relationship to their own body. There are some statements about this subject here. For every statement, please tick how much you agree or disagree with it.

Girls were more critical of their own appearance than boys were. Even though 13% of boys stated that they felt too thin and about the same percentage thought the opposite of themselves, nearly two out of three boys (62%) agreed with the positive statement “I feel good in my body”. That was a significantly higher percentage than among the girls. Only a very small proportion of boys had a particularly bad relationship to their own body. Merely 1% of boys indicated not feeling good in their body at all, 8% said they felt fairly bad in their own body. 16% say they found their body only a bit or not at all attractive.

Girls saw themselves more critically and chose the category “sometimes yes, sometimes no” more often. However, it was not possible to speak of a generally negative attitude of girls towards their own body. Even though only just about half said they felt good in their own body and approximately one of three (and thus a lesser number than boys) thought their own body attractive, only a very small proportion of girls said they had a very bad relationship to their body. Thus only 14% of girls said that they did not feel good in their body at all or that they felt fairly bad in it, and 19% found their body not at all or only a bit attractive – these figures were noticeably higher for girls than for boys.

There were strongly differing ideas concerning how both sexes viewed their weight. Only 7% of girls thought they were too thin (only half as many girls as boys), but a quarter of girls thought they were too fat (twice as many girls as boys). This picture, however, still needs to be differentiated somewhat: merely 8% of girls said they agreed completely with this latter statement (“too fat”), while 17% said they mostly agreed with it. However, a further quarter of the girls (26%) did still pick the answer “sometimes yes, sometimes no” to the statement “I think I am too fat”. Nearly 50% of girls said they mostly or completely disagreed with the statement “I think I am too fat” – for boys this figure was three out of four (74%). The beauty ideal of an overly slim figure thus did leave more noticeable marks amongst the girls than amongst the boys.

It is positive that only a few girls would use drastic measures to make their bodies more attractive. 7% of girls agreed completely and 10% agreed mostly with the statement “If I had the opportunity I would have cosmetic surgery”. On the other hand half of the girls rejected this possibility. Amongst the boys no less than 72% had a very negative attitude towards having cosmetic surgery performed on themselves.

In detail

A positive attitude towards one’s own body was also a question of age. With increasing age both boys and girls saw their body positively to a greater degree and also felt good in it.

This development most clearly manifested itself in the perception of one’s own body as attractive. Only 36% of 14-year-old boys thought their body attractive, 21% said they mostly or completely disagreed. Amongst the 17-year-old boys, however, 50% judged their body as attractive and only 12% claimed the opposite. The development amongst girls was similar but on a lower level.

A differentiated picture results when one looks at the impact of age on the feeling of well-being in one’s own body. Compared with 14-year-old boys, the 17-year-old boys felt – analogous to the feeling of attractiveness – better in their own body than did the 14-year-olds, the ages in between did not however show a uniform development. Amongst girls the highest proportion of agreement was found amongst the 16-year-olds (plus 9 percentage points, compared to 14-year-old girls); there was a tendency to feel better in their own body with increasing age.

I think my own body is attractive Agreement (completely agree/mostly agree)

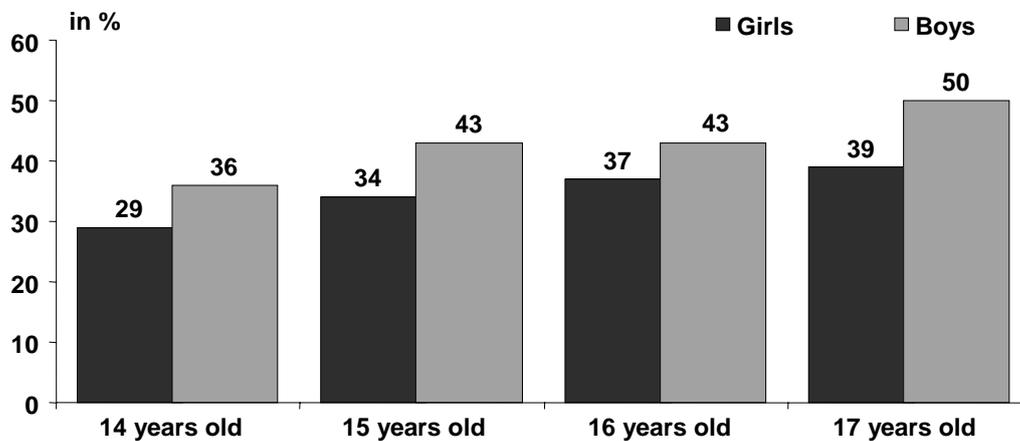


Fig. 43

First of all, about yourself and how you see yourself. Everyone has a different relationship to their own body. There are some statements about this subject here. For every statement, please tick how much you agree or disagree with it (here: I think my body is attractive).

However: age did not affect the perception of all aspects of bodily awareness. There were hardly any differences between the 14 to 16-year-old boys and girls regarding the statement that they felt too thin. It was only the 17-year-olds who set themselves apart from the younger teenagers (17-year-old boys thought themselves too thin more often, and 17-year-old girls thought themselves too thin less often). The feeling of being too fat did not change with increasing age; the proportion oscillated around a quarter for girls, and at around half that for boys. Too fat – too thin: this was thus not a question of age.

The negative stance towards cosmetic surgery was also relatively constant throughout all age-groups. Only the 14-year-old girls had a slightly lesser proportion that would undergo cosmetic surgery than was the case for older girls.

Occupation with their own body increased with age in both sexes.

Styling gained in importance for both sexes too: Amongst the girls there was already a significant increase between the 14 and 15-year-old girls of seven percentage points (68% of 14-year-old girls to 75% of 15-year-old girls). The figure then remained at around the same dimension for the 16 and 17-year-old girls. There was no such leap to be witnessed amongst the boys. They rather demonstrated a slow, steady increase from 53% of 14-year-olds to 60% of 16-year-olds. Beauty products were used more with increasing age by both boys and girls.

Devoting more time to physical fitness with increasing age was more a trend seen amongst the male sex. Amongst 14-year-olds 63% agreed with the statement, amongst 17-year-olds it is 79% – this increase of 16 percentage points was the largest increase with age that could be seen amongst all the boys’ statements. Amongst girls, on the other hand, there was no such clear correlation with age. 15-year-old girls were the least likely (63%) and 16-year-old girls were the most likely (73%) to be concerned with physical fitness.

Age however, was not the only and not even the strongest single factor that affected bodily perception and actual treatment. It made a significant difference to the young people’s bodily well-being and their perception of their own attractiveness whether or not they had a steady boy- or girlfriend. A much higher proportion of both boys and girls with a steady partner felt good in their own body or considered themselves attractive compared with those young people who did not have a steady partner. This correlation was particularly true for boys.

An even stronger correlation was found between young people having a steady partner and the three aspects pertaining to treatment of the own body (“I like using beauty products”, “I pay attention to keeping physically fit”, and “I like styling myself”).

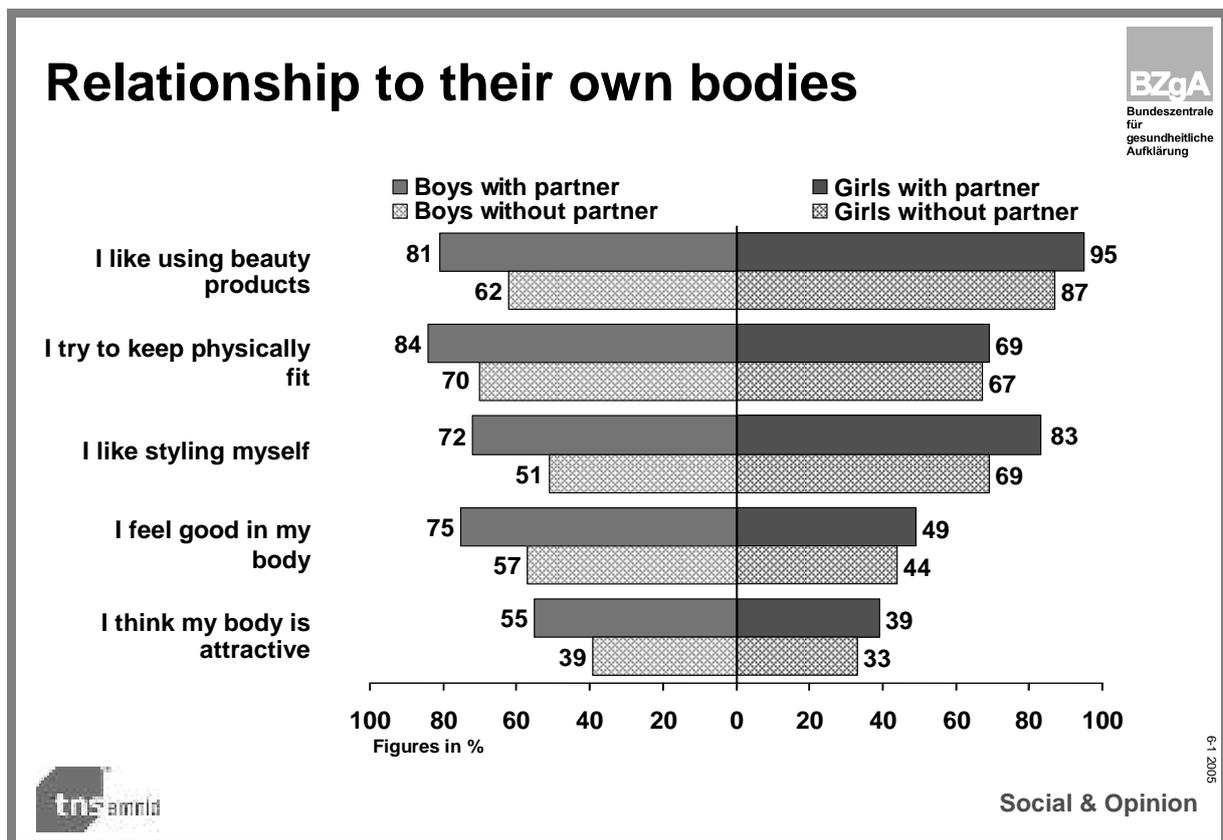


Fig. 44

First of all, about yourself and how you see yourself. Everyone has a different relationship to their own body. There are some statements about this subject here. For every statement, please tick how much you agree or disagree with it.

The already high value of 90% of all 14 to 17-year-old girls who liked to use beauty products was once more exceeded by the figure for those girls who had a steady boyfriend (95%). A much greater percentage of boys who had a steady girlfriend liked to use beauty products than those who did not (19 percentage points more). Even bigger was the difference between boys with and without a steady part-

ner when it came to styling. If a steady girlfriend was present nearly three-quarters (72%) of the boys said they liked to style themselves. If there was no steady girlfriend, this figure dropped to only every second boy (51%). Merely concerning physical fitness there was no pronounced difference in the figures of girls who had a steady boyfriend and girls who did not. If a steady boyfriend was present 69% paid attention to physical fitness, if there was no steady partner the number was nearly as many (67%).

The presence of sexual contacts also changed the perception and appearance. Young people who had already made their first sexual experiences also had a somewhat more positive attitude towards their body. One exception was those girls who had had sexual intercourse at a very early age: Those who had had their first experiences at 14 years of age or younger had a below-average feeling of well-being (40% "I feel good", 20% "I don't feel good"). When experiences were made at a later age the percentage of girls who said they felt good increased to 50%, and the percentage of girls who said they did not feel good halved. For boys the age of the first sexual contacts does not have such an effect.

Similar correlations were to be found amongst the two statements that were concerned with weight norms. Young people who had had sexual intercourse early were less happy with their weight. Amongst those girls who had had sexual intercourse at 16 years of age or older only 17% felt too fat, compared to 35% of girls who had already had intercourse at 14 years of age or younger. For boys the figures are 4% compared with 19%.

The atmosphere in the home also had an impact on young people's feelings towards their own body. Well-being and self-confidence were connected and evidently those girls and boys who felt well accepted at home and had a good basis of trust with their parents also had the chance to develop a better relationship to their body. Half of the girls and 65% of the boys who had a good basis of trust with their parents felt good in their body, while these figures dropped to only 37% for girls and 55% for boys when the basis of trust in the home was only average.

2.2. Sexual maturity

2.2.1 Time of the first menstruation

The vast majority of 14 to 17-year-old girls (97%) participating in the study stated that they had already had a period. Amongst the 14-year-old girls this figure was already nine out of ten (89%), 98% amongst 15-year-olds, and 99% amongst 16-year-old girls. Amongst 17-year-old girls all of them had already had their period. The vast majority of girls had had their first menstruation between the ages of 11 and 14. Only in rare exceptions had girls had their first period before their 11th birthday or after they turned 14.

By comparison with 1980 the age of the first menstruation has shifted significantly. One indication of this trend is for example the percentage of 14-year-old girls who had already menstruated: In 1980 this figure was 82% compared with 90% in 2005.

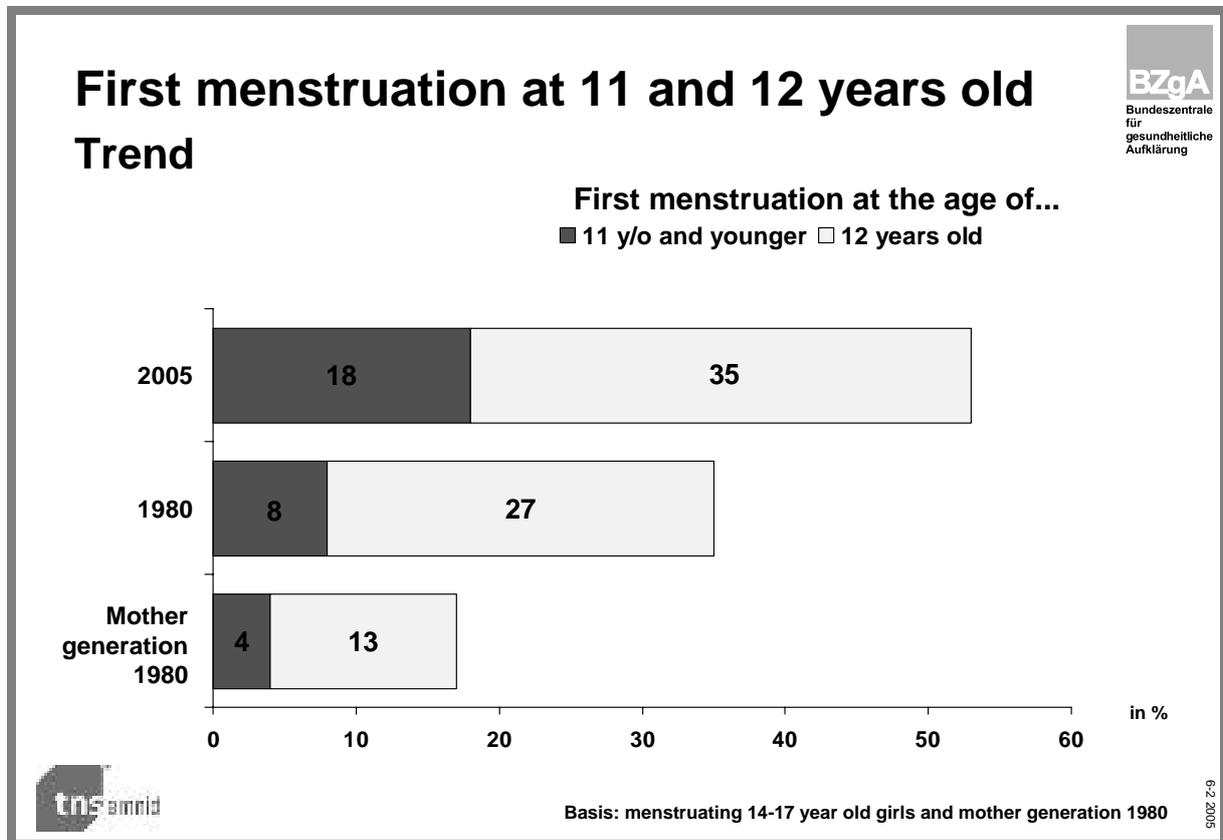


Fig. 45

A question about your physical development: How old were you when you got your first period?

Even more impressive is a further comparison: in 1980 only 8% of girls who had already menstruated said that they had had their first period prior to turning 11, whereas in 2005 18% of girls claimed this. The proportion of those, too, who were 12 years old when they had their first menstruation jumped by nearly ten percentage points from 27% in 1980 to 35% in 2005.

If one goes back another generation then these changes are even more dramatic: Amongst the mothers of the girls surveyed in 1980, only 4% said that they had had their first period at 11 years of age or earlier and 13% said they had had their first menstruation at age 12 (together 17%). So while at that time less than one girl in five experienced her first period by 12 years old or even earlier, in 2005 the same was true for more than half the girls.

In detail

Girls whose physical development started earlier than that of their peers were also sexually active earlier. Three out of ten girls who had been 14 years old or younger when they first had intercourse had their first menstruation before they turned 12. In contrast to this, the figure for those girls who had had their first sexual experiences at 16 years of age or later was only 14%.

2.2.2 Time of the first ejaculation

92% of the 14 to 17-year-old boys participating in the survey stated that they had already ejaculated. This was explicitly denied by 15% of 14-year-old boys, 9% of 15-year-old boys, and by 2% of both 16 and 17-year-old boys. Only a few boys had their first ejaculation between the ages of 8 and 10 or later than 14 years old.

However, for boys too the onset of sexual maturity (age when first ejaculation occurred) has been occurring earlier. Of the 14-year-olds asked in 1980 69% claimed to have already ejaculated, 25 years later this figure was 83%. Furthermore, the percentage of boys who had had their first ejaculation prior to their 12th birthday lay at 7%, whereas in 2005 it had jumped to 16%.

In detail

Just as was the case with girls, boys who reached their sexual maturity at an early age also had their first sexual contacts at an early age.

3. Sexual experiences

3.1 Types of sexual contacts

3.1.1 Sexually inexperienced young people and their reasons

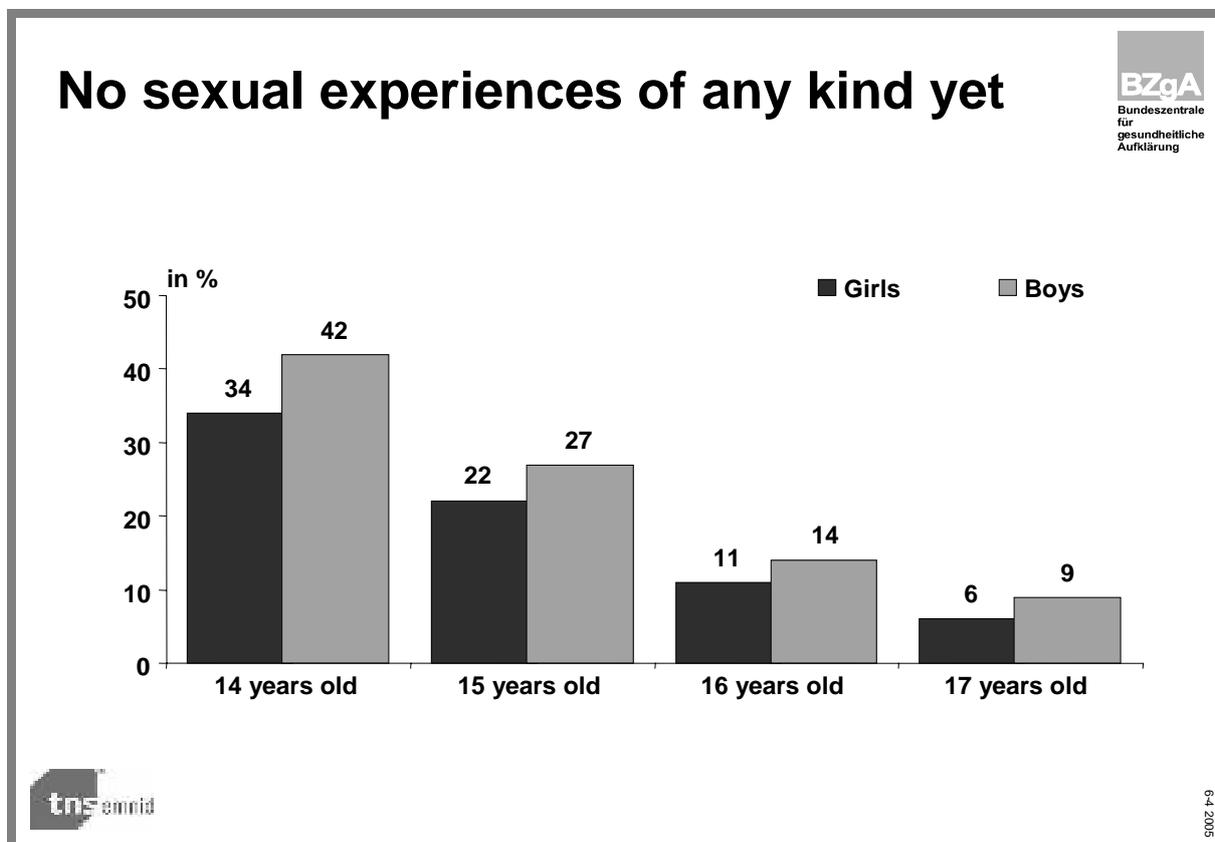


Fig. 46

There are different of ways to be affectionate between a man and a woman. Please tick which of these you have already done or experienced yourself (here: none of them).

The percentage of young people between the ages of 14 and 17 who had had no kind of experiences with the opposite sex, i.e. who had not even kissed or cuddled, was 18% for girls and 23% for boys. This was an increase of three and five percentage points respectively on 2001, but five percentage points less in the long-term trend comparison with the 1980 figures.

The level of experience in relation to sexual matters is strongly dependent on age, as was to be expected. In 2005, at 14 years of age, one-third of all the girls (34%) and four out of ten boys (42%) had not yet exchanged any sexual intimacy with the opposite sex. This figure dropped by one-third to 22% amongst the 15-year-old girls, the boys caught up somewhat and lagged only five percentage points behind at 27%. Amongst the 16 and 17-year-old young people the difference between sexually inexperienced girls and boys was only three percentage points. 6% of all girls and 9% of boys had still had no sexual experiences at 17 years of age.

If a decreasing trend concerning sexual inexperience was to be seen since 1980 then this seems to have reversed, at least for the 14 and 15-year-old young people. The proportion of girls without any sexual contacts so far was six and seven percentage points higher amongst the 14 and 15-year-old girls re-

spectively compared with 2001. For 14 and 15-year-old boys the figures were ten and three percentage points higher respectively. Amongst the older girls and boys the number of inexperienced young people was nearly identical to the number in 2001 – with the exception of the figure for the 17-year-old boys: one in ten 17-year-old boys (9%) had not yet had any sexual contacts in 2005; this figure was more than twice as high as it was in 2001 (4%).

In detail

Besides actual age, sexual maturity, too, played a large role. It is particularly those girls and boys who had their first menstruation/ejaculation within the past year who had so far been reserved towards the opposite sex (29% of girls compared to the average of 18% and 38% of boys compared to the average of 23%). Acceptance of their own body was also connected with sexual inactivity: Young people who felt only slightly or not at all good in their own body were also less likely to find sexual contacts.

In first place amongst the reasons why they had so far refrained from closer contact with the opposite sex was that they had not yet found the right partner. Amongst girls as well as amongst boys more than one in two gave this reason (girls 55%, boys 53%). In second place shyness was listed (girls 42%, boys 48%). The next-most frequently cited reasons, too, were given by both boys and girls in similar numbers and approximately the same order: A quarter of both boys and girls thought themselves too young, and the same number claimed to be uninterested. The fear of being clumsy was somewhat more widespread amongst boys (28%) than it was amongst girls (22%).

Other reasons played a relatively minor role compared with those just listed.

Those young people who did not feel good in their own body were more likely than average to justify their sexual abstinence with shyness. This was true for both sexes to the same extent. For girls there was also an added fear of clumsiness.

3.1.2 Sexual experiences without intercourse and reasons for this abstinence

Generally it could be seen that girls had had somewhat more sexual experiences than boys had. The girls' percentages were higher than the boys' percentages for every form of sexual contact (plus 5 to plus 8 percentage points). The order and development, however, did not differ between girls and boys.

Both boys and girls cited kissing as the most common form of intimate exchange. The majority of 14 to 17-year-olds had already had experiences with kissing and cuddling (81% of girls, 76% of boys).

The number of experienced young people sank significantly already when it came to breast petting. Two-thirds fewer girls had already experienced this form of sexuality and two-thirds fewer boys had done this themselves. With 58% of girls and 51% of boys, more than one in two had had experience with this form of sexuality. Another 13 percentage points less was the number of those young people who had already experienced or performed genital petting, where the differences between male-active and female-active genital petting were very minor in 2005, only two to three percentage points apart.

Twenty-five years ago this was still different. At that time these experiences were not made at the same time, but rather in gradual steps: Between experiencing and performing male-active genital pet-

ting and experiencing and performing female-active genital petting there were respective differences of ten percentage points for both genders. The step from genital petting to sexual intercourse was much smaller for young people in 2005 (four and two percentage points difference respectively for the respective percentage of those experienced); this too was a new development.

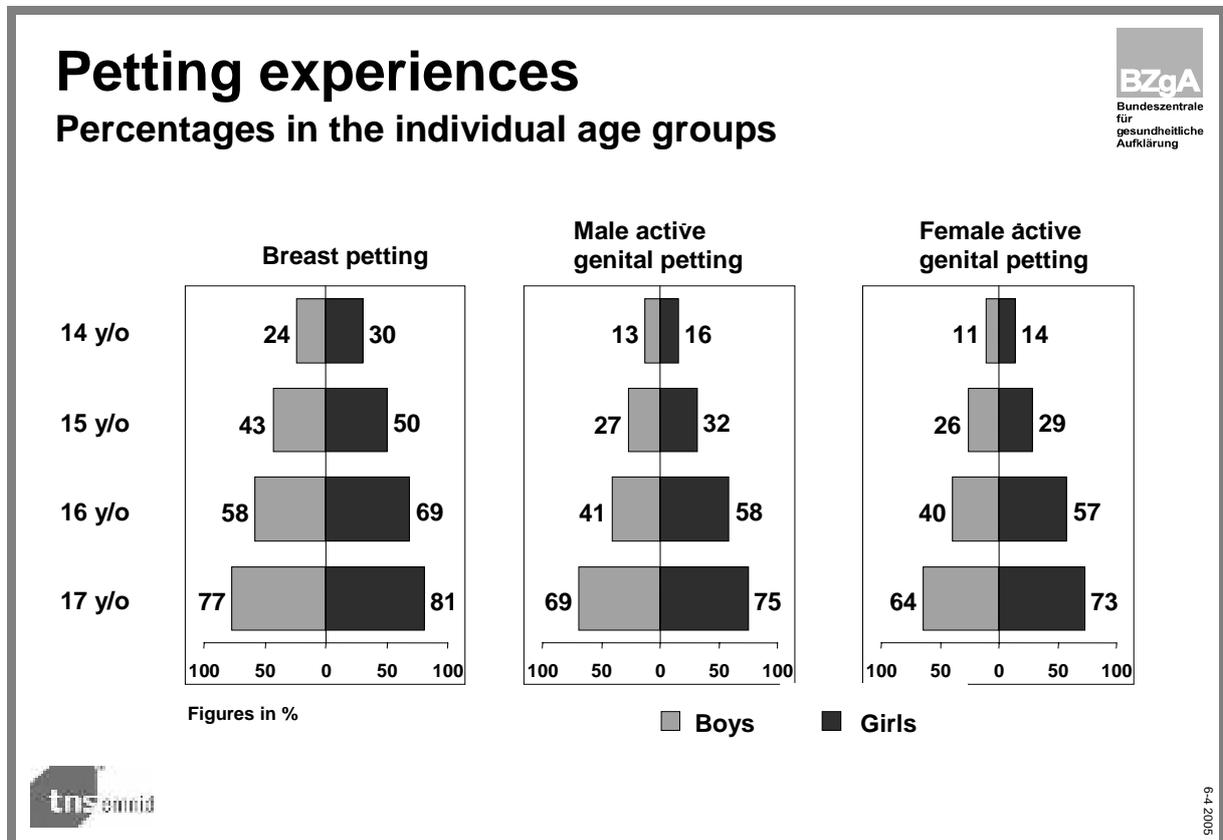


Fig. 47

There are different of ways to be affectionate between a man and a woman. Please tick which of these you have already done or experienced yourself (here: a boy stroked the breast of a girl/a boy touched a girl's genitals/a girl touched a boy's genitals).

More interesting than the analysis of the average of all 14 to 17-year-olds was the differentiated analysis according to age, because the wealth of sexual experiences changed a lot during this age range.

At 14 years of age two-thirds of girls (65%) and six out of ten boys (58%) had had experiences with kissing. These figures increased to 94% for 17-year-old girls and 90% of 17-year-old boys.

A larger difference between girls and boys existed when it came to other forms of petting. The biggest differences were to be seen (just as in 2001) in the 16-year-old age-group concerning genital petting. Here nearly 60% of girls but only around 40% of boys claimed to have had any experience.

When comparing the 14 to 17-year-old young people of 2005 with those of 25 years ago, the following developments appeared:

- In the area of breast petting there were hardly any differences between 1980 and 2005.
- The experiences with male-active genital petting amongst young people over the age of 14 were more frequent in 2005 than they were in 1980.
- The experiences with female-active genital petting were significantly higher in 2005 compared to 1980 for all age-groups.
- Experiences with genital petting that were female-active were just as common as experiences with genital petting that were male-active in 2005.

Types of petting organized by age: trends												
Age	Breast petting				Genital petting male-active				Genital petting female-active			
	Girls		Boys		Girls		Boys		Girls		Boys	
	1980	2005	1980	2005	1980	2005	1980	2005	1980	2005	1980	2005
	%	%	%	%	%	%	%	%	%	%	%	%
14 years old	32	30	23	24	17	16	12	13	8	14	4	11
15 years old	49	50	43	43	28	32	21	27	15	29	14	26
16 years old	67	69	59	58	47	58	40	41	38	57	28	40
17 years old	85	81	73	77	73	75	60	69	62	73	43	64

Table 2

If one takes the 2001 figures for comparison then these were higher across the board for boys five years ago. This statement is true for 14 and 15-year-old girls. This goes hand in hand with the comparatively greater proportion of 14 and 15-year-olds that in 2005 were still sexually inexperienced. Amongst 16 and 17-year-old girls on the other hand there was an increase in experience with petting compared to 2001 – between three and six percentage points, depending on age and the type of petting.

If an intimate exchange had taken place (individual amounts varied) but no sexual intercourse so far then the absence of the right partner was by far the most important reason for not having gone further (girls 60%, boys 53%). Amongst boys the next most important reasons were shyness (40%) and fear of being clumsy (39%). Amongst girls, according to personal judgement, being too young came in second place (39%, boys only 24%) as well as shyness (31%) in third place. Fear of being clumsy was cited by 29% of all 14 to 17-year-old girls. For more one girl in five, worries concerning adequate contraception were (amongst other things) the reason for their abstinence (22% “I was afraid of a pregnancy”) – a worry that concerned boys to a much lesser degree (11%).

In detail

If one looks at the situation in more detail, then it can be seen that with increasing age the lack of the right partner was cited more and more frequently as the reason for abstinence. This reason was given particularly often by girls living in small towns and rural areas (both 72%).

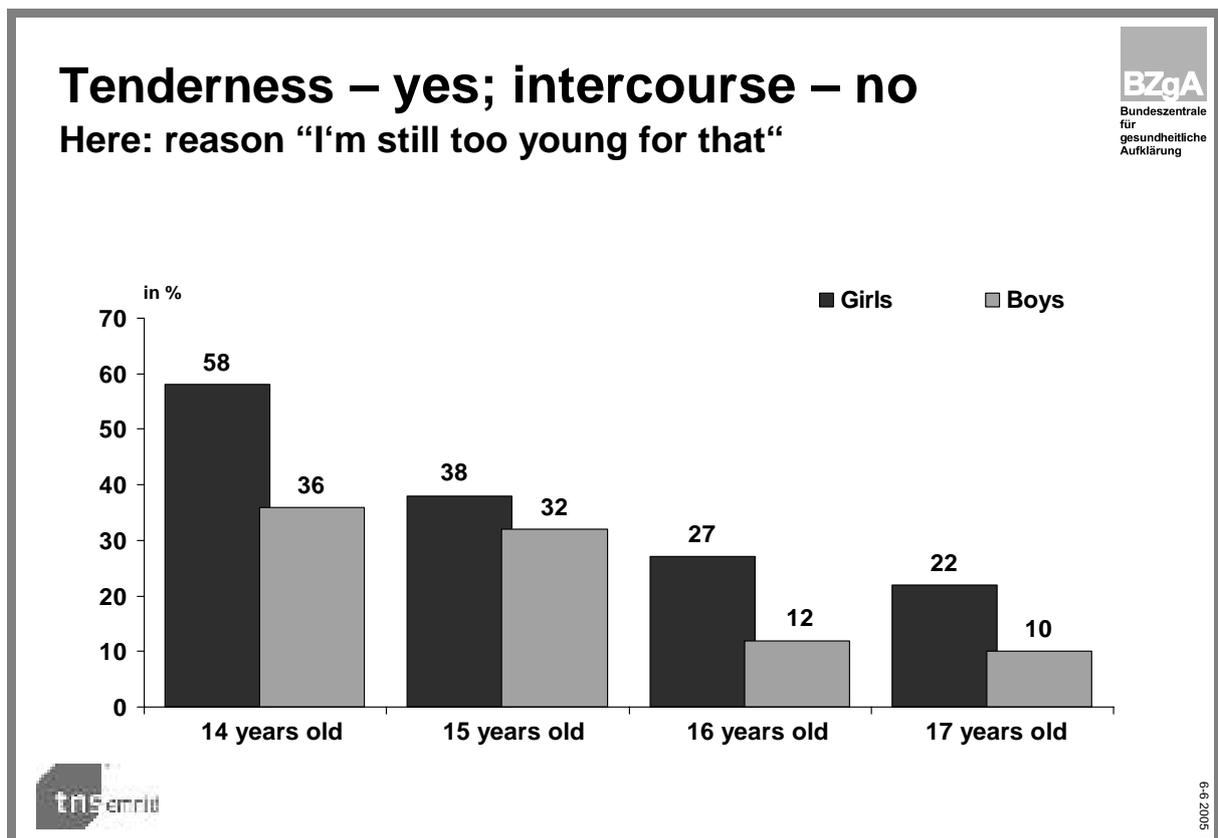


Fig. 48

Here now is a list of reasons that many young people gave why they didn't go further in their exchange of affections. Please tick those reasons that were decisive for you why you didn't go further (here: I'm still too young for that).

The reason “I’m still too young for that” was given less and less often with increasing age, as was to be expected. At 14 years of age the majority of girls still felt too young (58%), but the proportion dropped to 38% amongst the 15-year-old girls. Amongst the 16-year-old girls there was a drop of another eleven percentage points (27%) who chose this reason. Analogously to this the figures also changed with increasing sexual maturity.

While girls tended to give the reason “I am too shy” less with increasing age, boys voiced this reason more often with increasing age. 17% of 17-year-old girls but 35% of 17-year-old boys said that they were afraid of being clumsy. The fear of being clumsy, by the way, was cited much less frequently if the subject of sexuality was addressed in the home. 26% of girls gave this reason when sexuality was addressed in the home, compared to 36% of girls when this was not the case. Amongst the boys this difference was even more pronounced. 35% cited this reason when sexuality was addressed by the parents, compared to 48% when there was a less open discussion of sexuality in the home.

By comparison with 1980 the reasons have shifted. In 2005 the lack of the right partner (especially for girls), as well as shyness, or the fear of embarrassment stood in the foreground. Twenty-five years ago the argument “I’m still too young for that” weighed much more heavily for girls than it did in 2005 (girls 2005 39%, 1980 47%), for boys this argument did not have the same significance as it has had for girls, neither in 1980 nor in 2005.

3.1.3 Sexual intercourse

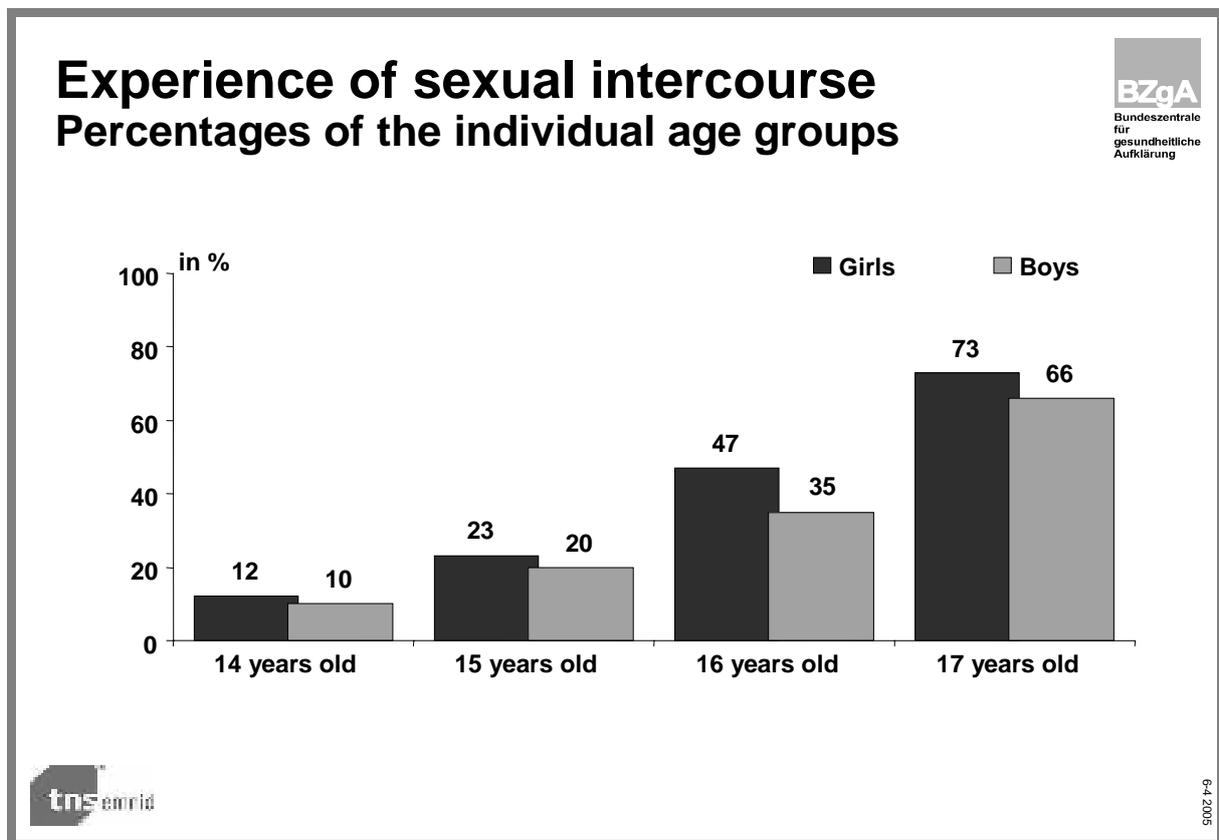


Fig. 49

There are different of ways to be affectionate between a man and a woman. Please tick which of these you have already done or experienced yourself (here: sexual intercourse).

At 14 years of age, one person in ten (girls 12%, boys 10%) had already had sexual intercourse. At age 17 this figure went up to three-quarters (73%) for girls and to two-thirds (66%) for boys. Overall 39% of girls and 33% of boys between the ages of 14 and 17 had had sexual intercourse at least once, the 2005 study found. It was clear that girls – just like in earlier years – had overall had more sexual experience than the boys had.

If a convergence between boys and girls had been taking place since 1980 this seems to have stopped since 2001. Only the 15-year-old boys seem to have caught up: In 2001 the 15-year-old girls were seven percentage points ahead of the 15-year-old boys, in 2005 the girls were only three percentage points ahead of the boys. On the other hand the gap between the 16-year-old girls and the 16-year-old boys widened from three percentage points to 12 percentage points. This was not just because of the boys' lesser experience – that percentage stagnated at around the same level as in 2001 – but because of the increase in the girls' experience (40% in 2001, 47% in 2005). The 17-year-old boys and girls underwent a similar development between 2001 and 2005, so that not much changed in the number relationships.

When looked at over the long-term, the beginning of girls' and boys' sex lives occurred earlier in 2005 than it did in 1980. It became clear that in 2005 both more boys and girls between the ages of 14 and 17 had already had sexual intercourse at least once. With the exception of 1994 the boys were always lagging behind the girls. In comparison with the girls they have caught up since 1980. The percentage of boys with sexual-intercourse experience has more than doubled since 1980 (15% in 1980 to 33% in 2005). This increase had not, however, occurred steadily over the years. The following diagram presents the trends for the individual age-groups in detail.

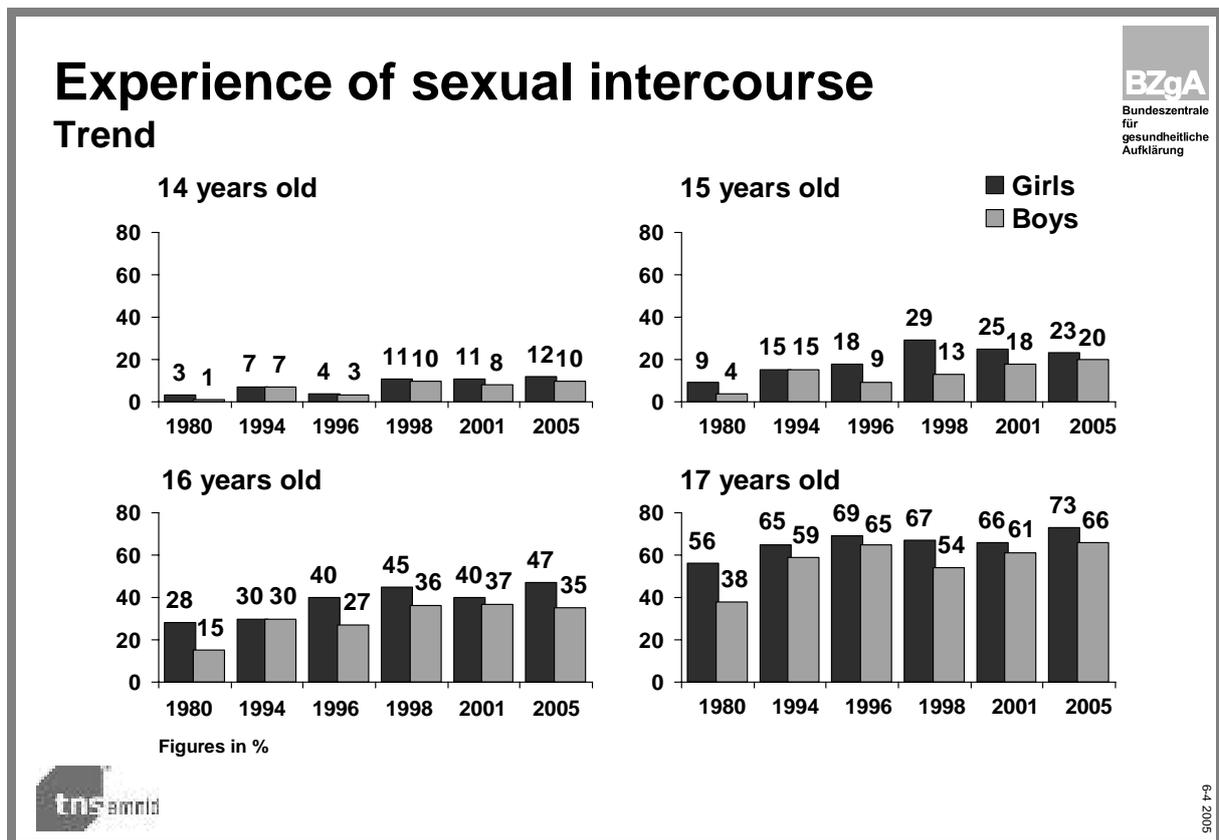


Fig. 50

There are different ways to be affectionate between a man and a woman. Please tick which of these you have already done or experienced yourself (here: sexual intercourse).

Amongst the 14-year-olds of both sexes a quantitative leap took place in the mid-nineties: in 1998 for the first time double-figure percentages were recorded for the proportion of sexually experienced girls and boys. This number has since remained on approximately the same level (plus/minus one or two percentage points).

Amongst the 15-year-old boys one can see a continuous increase. In 2005 the proportion of sexually experienced 15-year-old boys reached the 20% mark for the first time. Amongst girls of the same age a strong increase could be seen between 1996 and 1998 (from 18% to 29%) that the boys had not matched at that time. This peak value was not however reached again in later surveys; one could even speak of a slightly decreasing tendency (29% in 1998, 25% in 2001, and 23% in 2005).

Amongst the 16-year-old girls there was a marked increase to be seen between 1994 and 1996 (plus ten percentage points to 40%) that continued with oscillations until 2005 (47%) and has reached a maximum there for the time being. Amongst the boys this increase took place two years later but then in about the same dimensions. Since 1998 the proportion has stagnated at the 35% level.

Amongst the 17-year-old girls the percentage of those who were sexually experienced maintained a relatively constant level at two-thirds throughout the nineties and in 2001. The proportion of boys fluctuated but generally remained about five percentage points below the girls. In 1998 the gap was even bigger. In 2005 no increase could be noted. Amongst both 17-year-old boys and girls the percentage of those who were sexually experienced rose compared with 2001, seven percentage points for the girls and five percentage points for the boys. It will be interesting to see if the boys' and girls' figures will converge further in the future or whether the girls' lead will remain present.

Generally it can be said that young people in the East (girls 42%, boys 35%) had somewhat more experience with sexual intercourse than young people in the West of Germany (girls 38%, boys 32%) had.

It is difficult to substantiate statements about a correlation between early sexual contacts and a low level of education, since the students' age structure was different depending on the type of school they attended. Amongst the *Gymnasium* students, for example, there were far more 16 and 17-year-olds than amongst the *Realschule* students and, a fortiori, amongst the *Hauptschule* students. Therefore it was to be expected that there would be more sexual experience amongst the *Gymnasium* students than amongst the *Realschule* students and the *Hauptschule* students, simply because age and sexual experience are closely connected. One would have had to compare the individual years of each school type in order to reach valid statements, but for that the number of cases was insufficient.

3.1.4 Digression: estimated percentage of peers who have had experience of sexual intercourse

Boys, and particularly girls, at the ages of 14 and 15 tended to overestimate the number of their peers who were sexually experienced. Even though the majority of 14-year-olds realistically judged that it was not many at their age, still around 40% of 14-year-olds incorrectly assumed that at least a third had had such sexual experiences, amongst 15-year-olds speculations went in this direction even more often. In reality only one 14-year-old in ten person had already had sexual-intercourse experience and amongst 15-year-olds the actual figures were 23% for girls and 20% for boys, thus significantly lower than one-third.

17-year-olds, on the other hand, especially boys, tended to underestimate the actual number. In this age-group 73% of girls and 66% of boys – i.e. the great majority – were already sexually experienced, but only 52% of girls replied “most of them”, and only 39% of boys chose this response. A quarter of 17-year-olds assumed that the number was around 50%, a further quarter of girls and more than a third of boys even thought that only a few or at most a third had already had sexual intercourse.

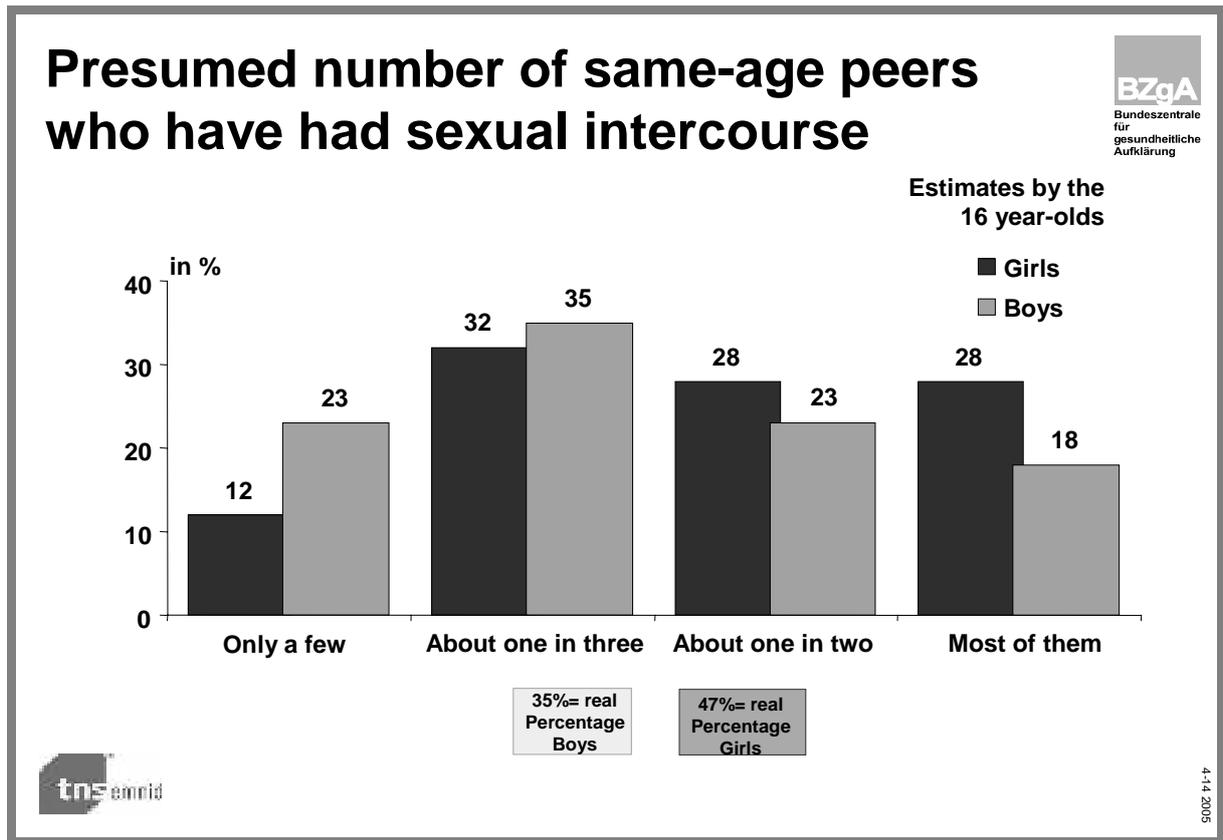


Fig. 51

How many boys/girls the same age as you do you think have already had sex?

Particularly interesting were the 16-year-olds, because in this age-group the actual percentages were reflected in two of the answer categories. Amongst the 16-year-old girls 47% had already had sexual intercourse (this corresponded to the answer “about half of them”) and amongst the boys 35% had already had sexual intercourse, which corresponded to the answer “about one in three”.

A third of 16-year-old boys chose the correct category when judging their peers, nearly twice as many over- or underestimated the correct percentage. 28% of 16-year-old girls chose the answer that corresponded to the real figure “about half of them”, the same number overestimated the correct figure and even more assumed that the number of sexually experienced peers was less than it actually was.

The figures can only be an indication; doubtless the boys’ and girls’ replies did not refer to peers exactly of their own age, and some of them might have thought of their own group of friends rather than others of the same sex as themselves and thus given an average number for young people as a whole instead. Still, it must no doubt have an influence if girls and boys falsely assumed that sexual contacts at their age were the norm, or at least widespread.

3.1.5 Same-sex contacts

Statements about same-sex contacts must always be interpreted with a certain amount of caution, since these days one cannot assume that young people would readily admit to a close relationship with a person of the same sex in every case. They are however quite suitable as an indicator, especially when one uses them to draw trend comparisons.

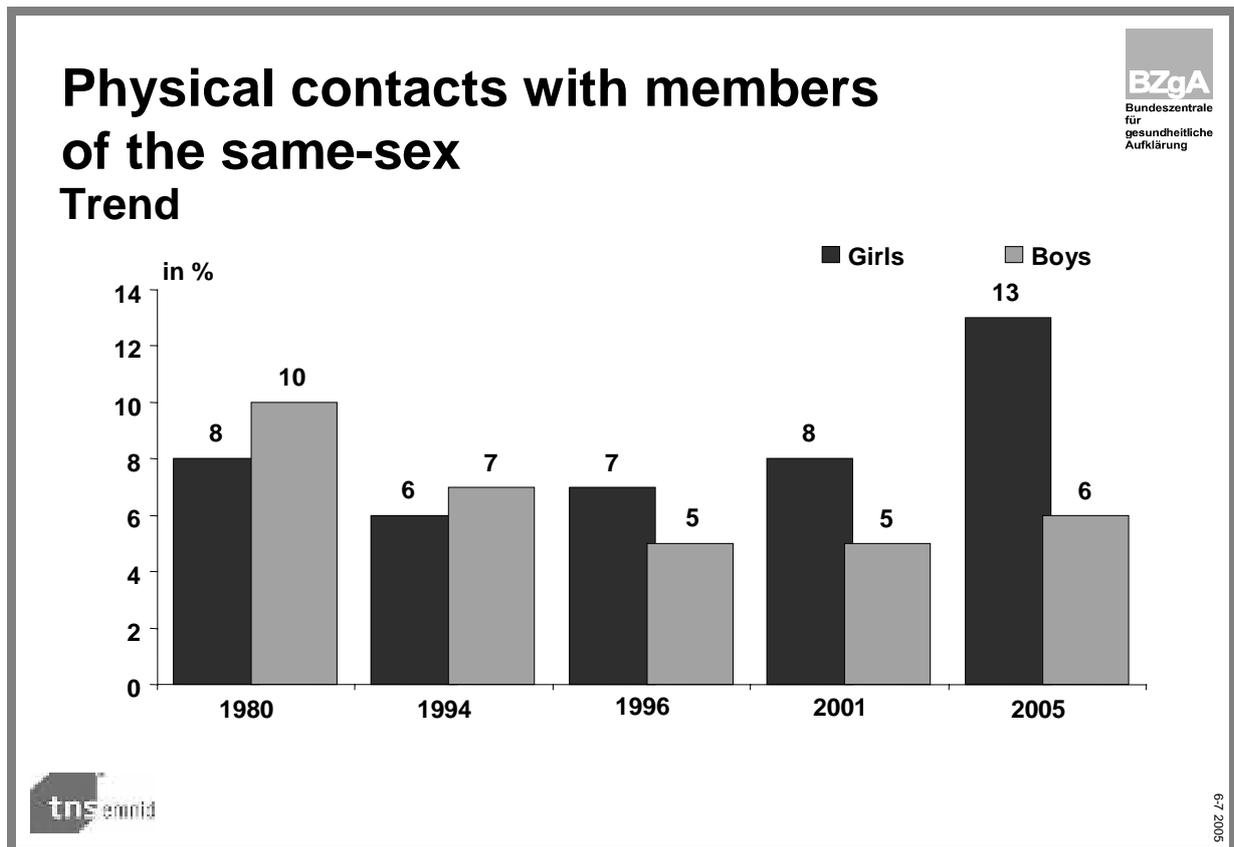


Fig. 52

Now, there is of course also the possibility that two girls or two boys have close physical contact with each other. Have you ever had close physical contact with another person of the same sex as you?

By their own account, 13% of girls and 6% of boys had already had close physical contact with another person of the same sex.

The figure for the boys has remained constant across the surveys done in the previous ten years. Over the long-term, comparison shows that the figures have displayed a downward trend, since in 1980 one boy in ten still said that they had had same-sex contacts. Amongst the girls the figure of 13% was significantly higher than the figures of previous surveys.

In detail

Young people in the West of Germany stated more often that they had had close physical contacts with same-sex partners. For girls in the West the figure was 14% compared to 9% for East German girls, and for boys the figure in the West was 7% compared to 4% in the East.

Girls who lived in rural areas had less experience with same-sex partners than girls who lived in towns or cities. Amongst the boys there were no such differences in this regard.

There were also differences to be found between girls and boys when it came to correlations between same-sex experiences and sexual-intercourse. Amongst the boys, having had sexual intercourse had no impact on whether or not they had close physical contact with a partner of the same sex. Amongst the girls there was a positive correlation, i.e. girls who had already had sexual intercourse were also more likely to have had experiences of close physical contact with other girls or women. One out of five girls that stated that she had already had sex also said that she had had same-sex experiences. Amongst those girls who had not yet had sexual intercourse, this was true for only one out of ten girls (9%).

The earlier a girl had sexual intercourse for the first time, the greater too was the likelihood of close physical contact with the same sex. Noticeably high – over 25% – was the percentage of girls who had their first sexual experience with someone who was not a steady partner. Parallel to this the percentage was also higher in the sub-group of girls who did not feel good in their own body (18%) – but these were often exactly those girls who had also had early sexual contacts.

No such correlations were present for the boys.

An influence of the young people's educational background on their behaviour in this respect could not be substantiated. Amongst the girls the greatest number who had had same-sex experiences was found amongst *Realschule* students and *Gesamtschule* students, but at the same time – if analysed according to the mother's level of education – the largest percentage was to be found amongst those girls whose mothers had the highest levels of education. Amongst the boys, too, the *Gesamtschule* students had above average figures, but a correlation with their parents' level of education was not present.

3.2. The first time

3.2.1 Age at the first time

The answer to the question at which age sexual intercourse first took place was naturally largely determined by the age of those questioned: as most members of the younger age groups had not had intercourse, they could in the nature of things not say when they first had it. It therefore made sense to look at the sub-group of 17-year-olds, to find out at what age the young people in this age-group had their first sexual-intercourse experiences – if indeed they had already had them.

Age at which first intercourse took place – answers of the 17-year-olds		
Age at which first intercourse took place	Girls	Boys
	%	%
14 years old or younger	14	12
15 years old	21	24
16 years old	31	23
17 years old	7	6
So far no sexual intercourse	27	34

Table 3

About one in every seven of the 17-year-old boys and girls had already had sex by the time they were 14. Half as many said they had their first time at their current age of 17; this too was true in the same way for both sexes. For this group the experience of sexuality was thus still quite fresh.

Nearly one boy in four in this age-group was 15 years old when he first had intercourse, and about the same number of boys were 16. Amongst the 17-year-old girls, the mode of the distribution was “16 years old” (nearly a third), every fifth girl was 15 years old. A quarter of the girls and a third of the boys had not yet had sexual intercourse at the time of the survey.

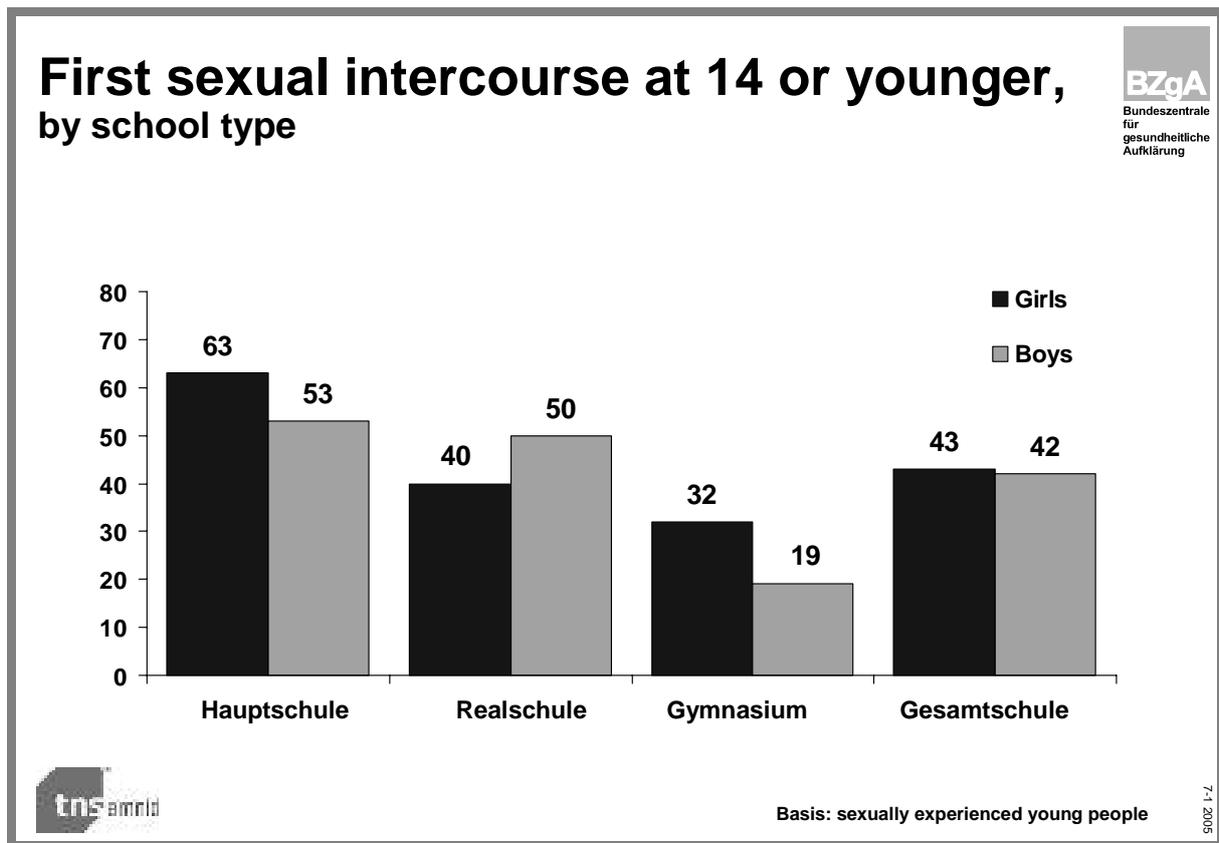


Fig. 53

How old were you when you had sex for the first time?

One of the previous chapters (3.1.3) described that statements about how widespread early sexual contacts were, depending on the young people's level of education were hardly possible because of the different age structures in the different types of schools. If one takes the sub-group of sexual intercourse-experienced young people as a reference point then it is possible to say this: those young people who had a low level of education or whose parents had a low level of education had their first sexual contacts, *if* they occurred, at an earlier age.

The correlation between relationship to one's own body and the time at which the first sexual intercourse took place is also noticeable. Girls who felt only a bit or not at all good in their own body frequently had had sexual intercourse for the first time at a very young age (14 or earlier).

3.2.2 Planned or spontaneous

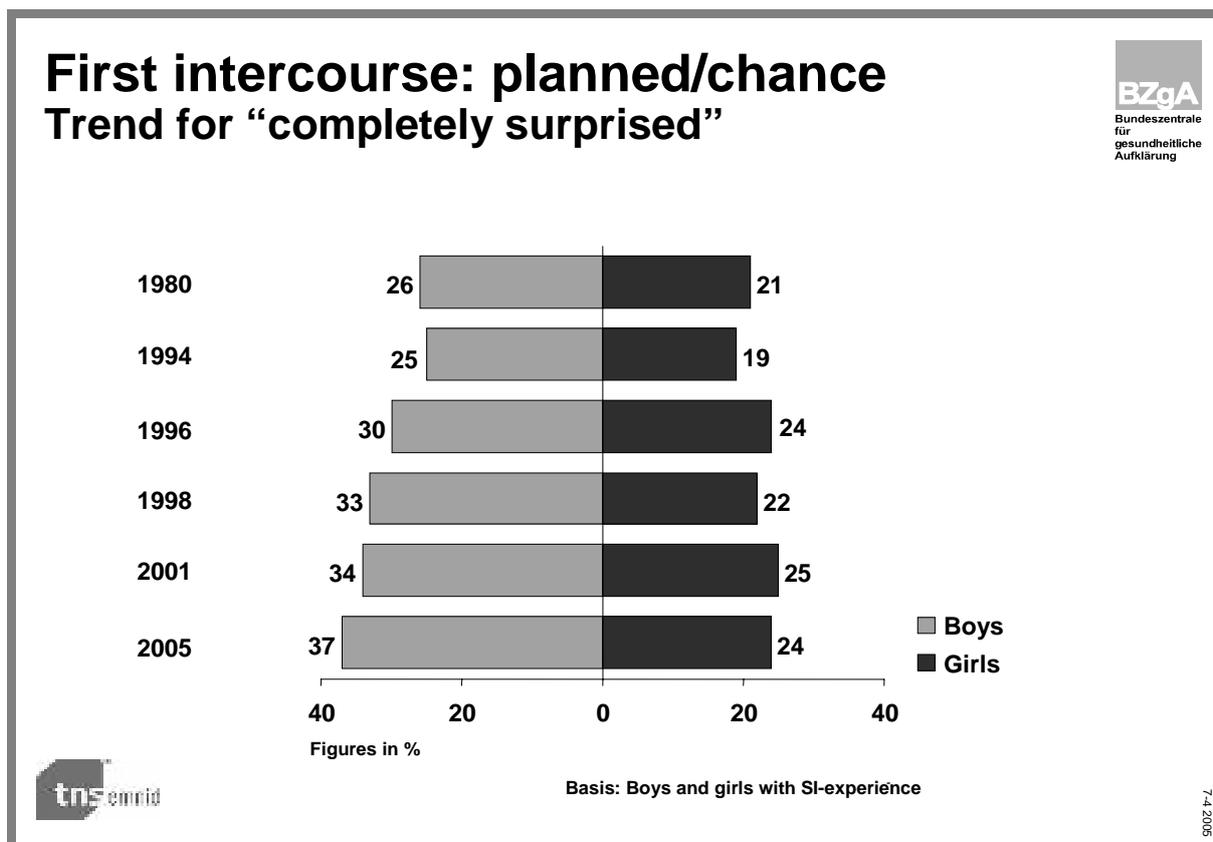


Fig. 54

Which of the following statements describes your situation before your first time the best? (I hadn't thought that it would go as far as having sex/I had a feeling it would happen soon. But when the day came on which it happened, I was surprised/I was sure that it was going to happen on that day).

For nearly four out of ten boys and about a quarter of girls the first sexual intercourse was unplanned and came as a surprise. If the figure for girls has remained relatively constant since the mid-1990s, a renewed increase in the proportion of those who were surprised by their first time (plus three percentage points) could be seen amongst the boys compared with previous surveys.

The opposite group, however, exists too: 29% of the girls and 25% of the boys said that they knew before it happened the exact day they were going to have intercourse for the first time. Parallel to the increase of those who were surprised, the percentage of those who specifically planned this event went down by approximately 10 percentage points compared with 1980.

For the largest group of young people (girls 47%, boys 38%) the first time did not occur completely as a surprise, the actual time was, however, still not one that was planned.

The age at which it took place played an important role in the planning of the first sexual intercourse. For both girls and boys it was true that the lower the age, the more spontaneously intercourse occurred.

First sexual intercourse “completely unplanned and surprising” - by age at the time -		
Age when intercourse first took place	Girls	Boys
	%	%
14 years old or younger	33	54
15 years old	19	36
16 years old or older	17	24

Table 4

However, there was not the same clear correlation between age and planning as there was amongst the group that was completely surprised.

First sexual intercourse “I knew that it was going to happen on that day” - by age at the time -		
Age when intercourse first took place	Girls	Boys
	%	%
14 years old or younger	24	17
15 years old	29	28
16 years old or older	33	26

Table 5

In detail

50% of boys and 62% of girls who had a poor basis of trust with their parents stated that they had not planned their first time. Especially amongst the girls there was a closer correlation between the basis of trust with the parents (or having their parents as confidants) and the planning of their first time. If there was no open relationship concerning the subject of sexuality, then particularly for girls the proportion whose first time was a completely unplanned experience increased (40%).

Highly relevant to whether or not the first sexual intercourse was planned or not was the relationship to the sexual partner. Within a steady relationship the first time came as a surprise for only 19% of boys and 14% of girls. If the first sexual partner was a good acquaintance then the first time was unplanned by already every second boy and every third girl. If the first sexual partner was hardly or not at all known then there was no planning of this event in three out of four cases (girls 72%, boys 71%).

3.2.3 Partner behaviour

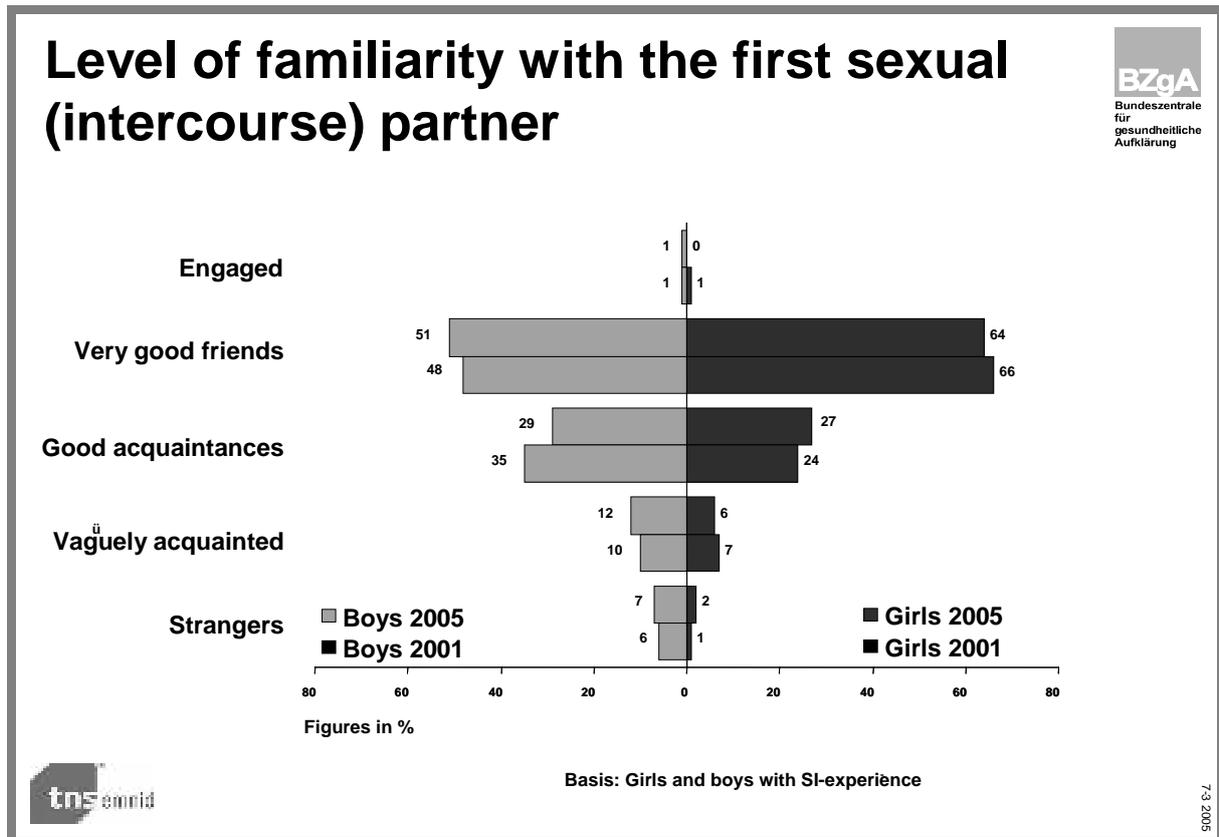


Fig. 55

How well did you know the partner with whom you had your first time?

Typically a young person's first sexual partner was the steady boy- or girlfriend (girls 64%, boys 51%) or at least a good acquaintance. It seems that it was more important for girls to know their first sexual partner well than it was for boys. More than twice as many boys as girls said that their first time happened with a fleeting acquaintance or with a partner who was unknown prior to the event (together boys 19%, girls 8%).

For both sexes it was true that the older the young people were when they first started having sexual experiences the more conscientious they were in the selection of their first sexual partner. Amongst the girls who had had their first sexual intercourse at age 14 or earlier, a total of 12% did not know their partner or knew him only vaguely. Amongst the girls who were 16 years of age or older this percentage dropped to 2%. This relationship is even clearer amongst the boys: If the first sexual intercourse occurred at age 14 or younger then in 25% of cases this was with a random partner, amongst those boys whose first sexual contact happened late (at 16 years of age or later) this was only true for 9%.

In detail

The better the basis of trust with to the parents, the greater the likelihood that the first sexual partner was a steady boy- or girlfriend. A similar correlation was found concerning the parents' level of education: The higher the parents' level of education, the greater the likelihood that the first sexual partner was a steady boy- or girlfriend.

3.2.4 Feelings

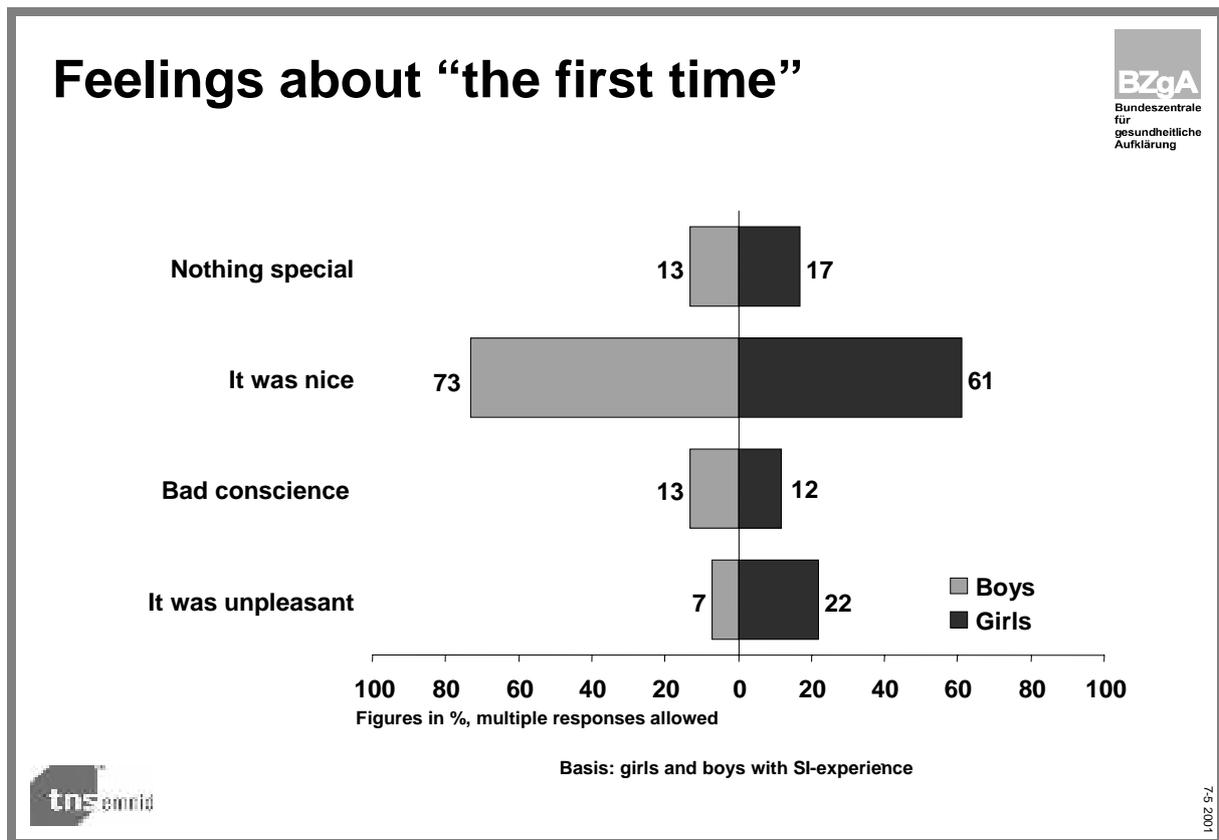


Fig. 56

What did you think of your first time?

A large proportion of young people considered their first time as “something nice” (girls 61%, boys 73%). The first sexual intercourse did however also give rise to other feelings, some of which even occurred at the same time. A bad conscience, in particular, was recorded to the same degree irrespective of whether the experience itself was felt to be positive or negative.

At least one in every five girls (22%) stated that the first time was “something unpleasant”. This was rarely the case for boys.

In detail

The perhaps most important aspect for the experience of the first sexual intercourse for both girls and boys was the degree of intimacy with the sexual partner. Here it can be seen that the steady boy- or girlfriend was the best partner for the first sexual intercourse. Amongst those girls who knew their first sexual partner not at all or only vaguely the first sexual contact was described by 48% as “nothing special”. If the partner was well known, this figure dropped to 25%. If the first sexual intercourse took place with a steady boyfriend, only 10% of girls said that the experience had been “nothing special”. The better a girl knew her partner the more likely she was to think of the first time as a pleasant experience.

This correlation was only of limited truth for boys: amongst boys it made no difference whether the first partner was not known at all, only vaguely known, or well known to them (all: 63% “it was nice”), however, if the first sexual intercourse occurred with a steady girlfriend, this number went up to 83%.

There was an unambiguous correlation amongst the girls between the feelings about the first sexual intercourse and the age at which it occurred. The older the girls were the more often they said that they considered the first time as having been “something nice”, and the less likely they were to label it as “nothing special”. Here again it seems to play a part that it was often those girls who had their first sexual experiences at a young age who were also those who got involved with a partner less well-known to them. At least, those girls and boys who had their first sexual experiences early on did not seem to be overly plagued by a bad conscience – this feeling existed independently of the age at which they began having sexual experiences.

If the subjects of sexuality and contraception were addressed in the home then a greater percentage of girls and boys stated that their first time had been “something nice”, than when these topics were not spoken about. The availability of a confidant(e) for sexual questions also had a positive effect on how the first time felt for both boys and girls, especially when this person was one of the parents.

Sex-education classes on the other hand did not have an obviously positive effect on the experience of the first sexual intercourse. For girls the discussion of contraception in class had a positive effect on the experience of the first time, i.e. the more recently the topic of contraception was discussed in school the greater the likelihood that the first time was experienced as something pleasant. This correlation could not be made for the boys.

In contrast to the boys, the girls’ sexual age affected their experience of the event. Girls whose sexual maturity was still recent, i.e. whose first menstruation lay no more than one year in the past, described their first time in a differentiated way (no multiple answers), whereas girls whose sexual maturity had begun longer ago often also had conflicting feelings about their first time. The more recently a girl had become sexually mature the more likely she was to characterize her first time as something pleasant and the less likely she was to describe it as nothing special or something unpleasant.

A further point that was important for the girls in correlation with this was their relationship to their own body. The worse their relationship to their own body was, the less likely they were to judge their first time as something nice and the more likely they were to characterize it as nothing special or as something unpleasant. For boys this link could not be affirmed or rejected because too small a number of cases was available.

3.2.5 Subjective Assessment of the Point in Time of the First Sexual Intercourse

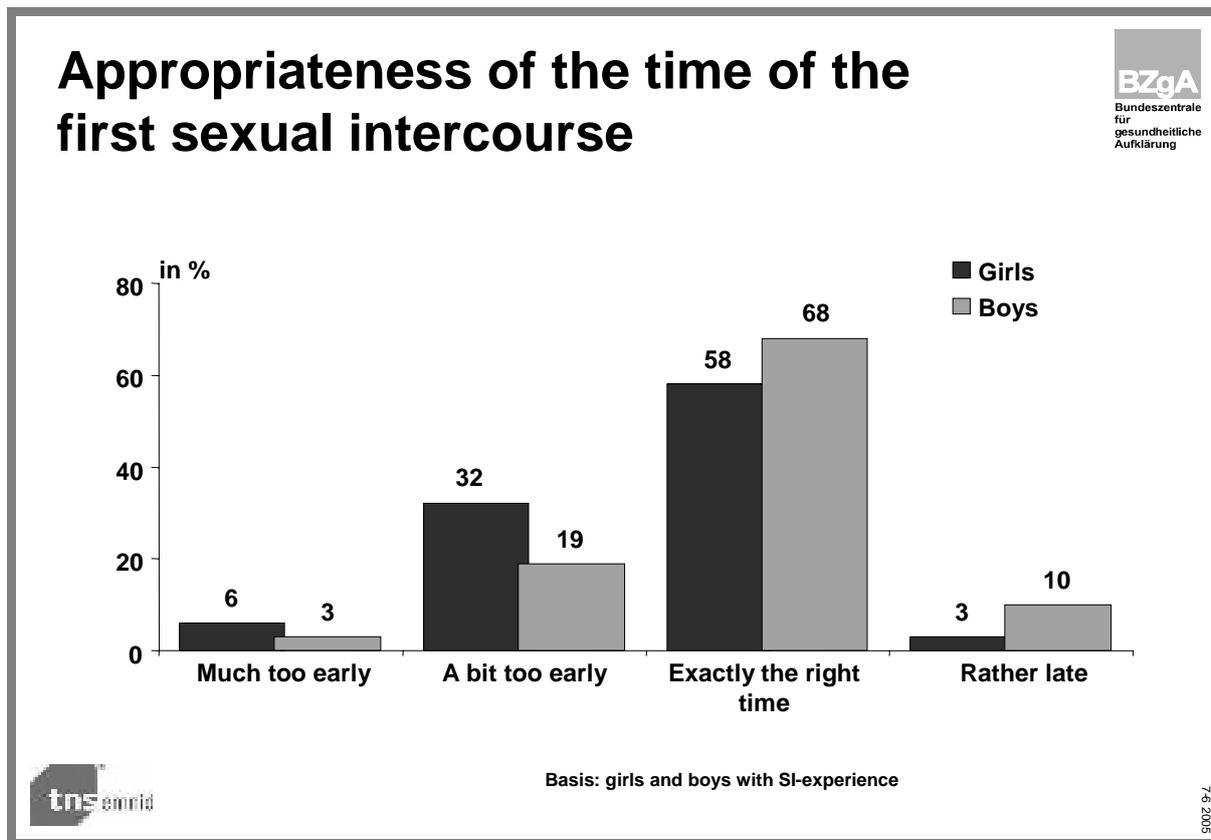


Fig. 57

If you think back to your first time, do you think it was much too early, somewhat too early, just at the right time, or really rather late?

The majority of young people felt that the time when they first had sexual intercourse was just right (girls 58%, boys 68%). A third of girls and one in every five boys also stated that looking back at it they thought it had occurred somewhat too early. Only a small percentage of young people opted for the replies “much too early” or “really rather late”. Boys were more likely to think the time of their first sexual contact was really rather late than much too early in this case. Girls, on the other hand were more likely to say that it had been much too early than too late. This fits into the complete picture: amongst the reasons given for sexual abstinence so far, 39% of girls but only 24% of boys without experience of sexual intercourse gave the reason of still being too young for that.

In detail

As was to be expected, there was a correlation between age at the time of first sexual intercourse and the assessment of the appropriateness of the point in time. Girls, in particular, were more likely to judge their first sexual intercourse as having taken place early the younger they were themselves when they experienced it. Amongst the sub-group of girls who had had intercourse for the first time at age 14 or younger the majority believed it had taken place somewhat (45%) or much too (11%) early, only 42% stated that the time had been just right. Of the girls who had been 16 years of age or older when they had their first time, on the other hand, three out of four girls said the time had been just right and

only 3% answered that it had been much too early, 17% replied that it had been somewhat too early. Amongst the boys the same picture can be seen, but in a weaker form.

The level of education also had an effect; the higher the level of education, the more often the subjective assessment of the point in time was that it was just right. This may also be connected to the fact that young people with a greater level of education had their first sexual contacts at a later age than those boys and girls who had only a basic level of education.

3.2.6 Other People’s Knowledge of the First Time

Nearly two-thirds of girls (64%) but only one-third of boys (34%) informed their mother about their first sexual intercourse. These figures were higher for both sexes compared with the figures of 2001 (girls 56%, boys 27%).

In addition, the mother was informed in 10% of cases where the child did not inform her personally. Often the mother did not know it with certainty, according to the child, but boys in particular assumed that she still had knowledge of their first time (girls 14%, boys 28%).

The remaining 25% of boys’ and 11% of girls’ mothers were in the dark about their children’s first sexual intercourse, according to the young people’s assessment. This shows that girls were considerably more open about the subject than boys were.

The replies of the girls’ parents, by the way, matched the replies by the girls themselves. Two-thirds of parents of sexually experienced girls assumed “with certainty” that their daughter had already had sexual intercourse, 16% replied “probably yes”, 9% could not say. And 10% of parents were uninformed: they falsely assumed that their daughter was probably or definitely not yet sexually active.

Mother’s knowledge of the child’s first time – by age –					
Informed by the child him/herself	Total	14 years old	15 years old	16 years old	17 years old
	%	%	%	%	%
Girls	64	48	63	63	67
Boys	34	28	20	34	40

Table 6

The older the girls and boys were the more likely they were to inform their mother about their first time. Amongst the girls who were 17 years old nearly all the mothers found out about the sex lives of their daughters in one way or another. Only in 4% of cases did the mother (still) not know anything about her daughter’s first sexual intercourse. Amongst the 17-year-old boys the figure was still 19% of mothers who remained uninformed.

If one uses the age at which the first time took place for comparison, the correlations are similar. Girls who were not older than 14 when they first had sexual intercourse informed their mothers in 59% of cases (boys 21%). If the first sexual intercourse took place at 16 years of age or older they informed their mothers in 69% of cases (boys 38%). The percentage of uninformed mothers accordingly dropped with increasing age of the child.

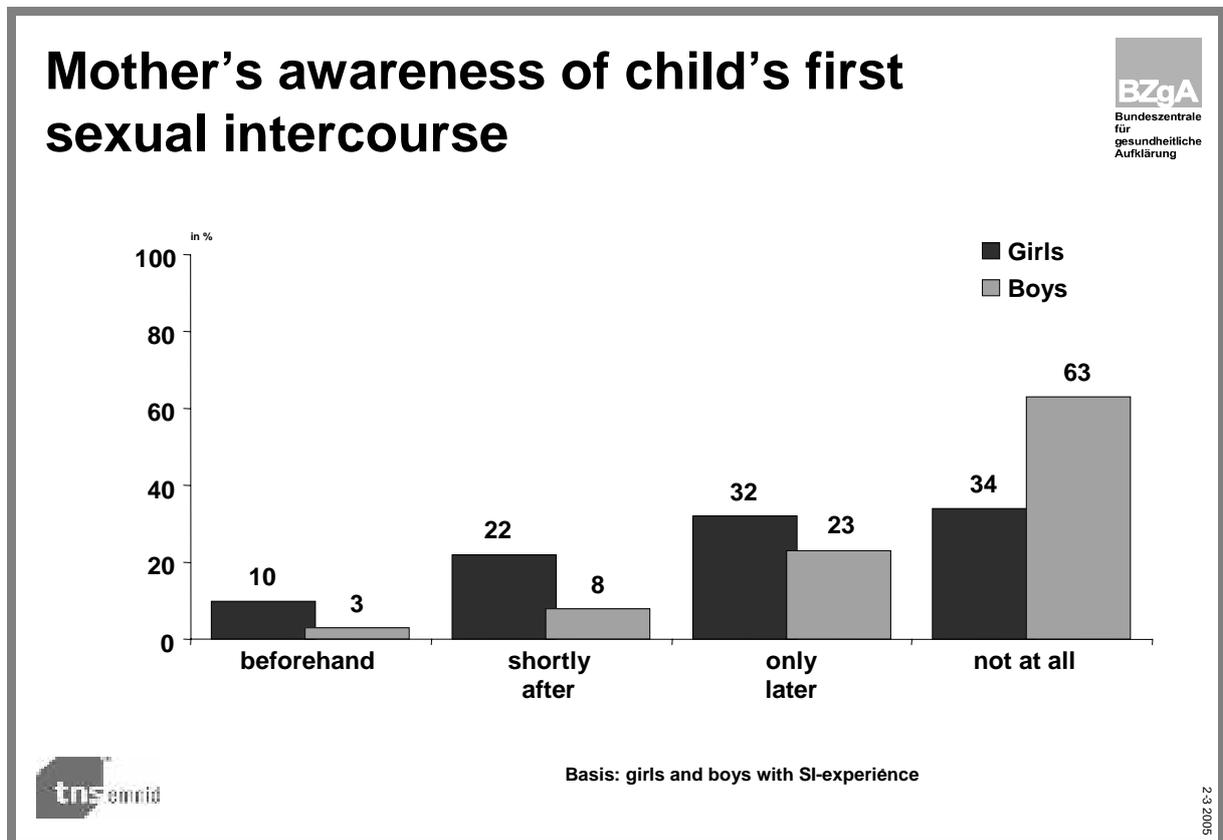


Fig. 58

Did you talk to your mother about your “first time”, i.e. the first time you had sex?

The point in time when the mother received knowledge of her child's first sexual intercourse was typically not before the event or shortly after, but rather later. This was particularly true for the boys. They did not talk to their mothers at all (63%) or only later (23%). Girls behaved somewhat differently. A third of them confided in their mother close to the event, but still after the fact: “shortly before the first sexual intercourse” was the reply of 10% of girls, 22% replied “shortly after”. A further third of girls informed their mothers only some time later, and another third did not inform their mothers at all. This explains why mothers were better informed if their children were older.

The distribution of “before” and “shortly after” was similar to that of 2001. Amongst the boys the number who informed their mother beforehand dropped by five percentage points. The overall increase of both boys' and girls' mothers who were informed can be put down to the fact that a significantly higher proportion of boys and also girls informed their mothers (at least at a later point in time) about their sex lives (plus 14 percentage points for boys and thus more than a doubling; plus six percentage points for girls).

In detail

As was to be expected, a good basis of trust increased the chances of being informed about the first sexual intercourse. The most important factor still was whether the subject of sex and contraception were openly addressed within the home and the parental attitude towards their child's having sexual intercourse was not negative in itself. Then the mothers' chances of being informed were greatest. If young people (also) listed one or both of their parents as confidants for sexual questions then the mother was much more frequently informed than when young people only listed peers, or when they did not have any confidants at all.

Young girls living in rural areas informed their mothers less openly about their sex lives than girls living in urban areas.

The mother – as the parental representative – was, however, only one of the people who knew about her son's or daughter's sex life. Girls as well as boys generally had at least one (further) confidant with whom they could talk about their first time. Only 13% of girls did not talk to anybody else. For boys the figure of 19% was somewhat higher.

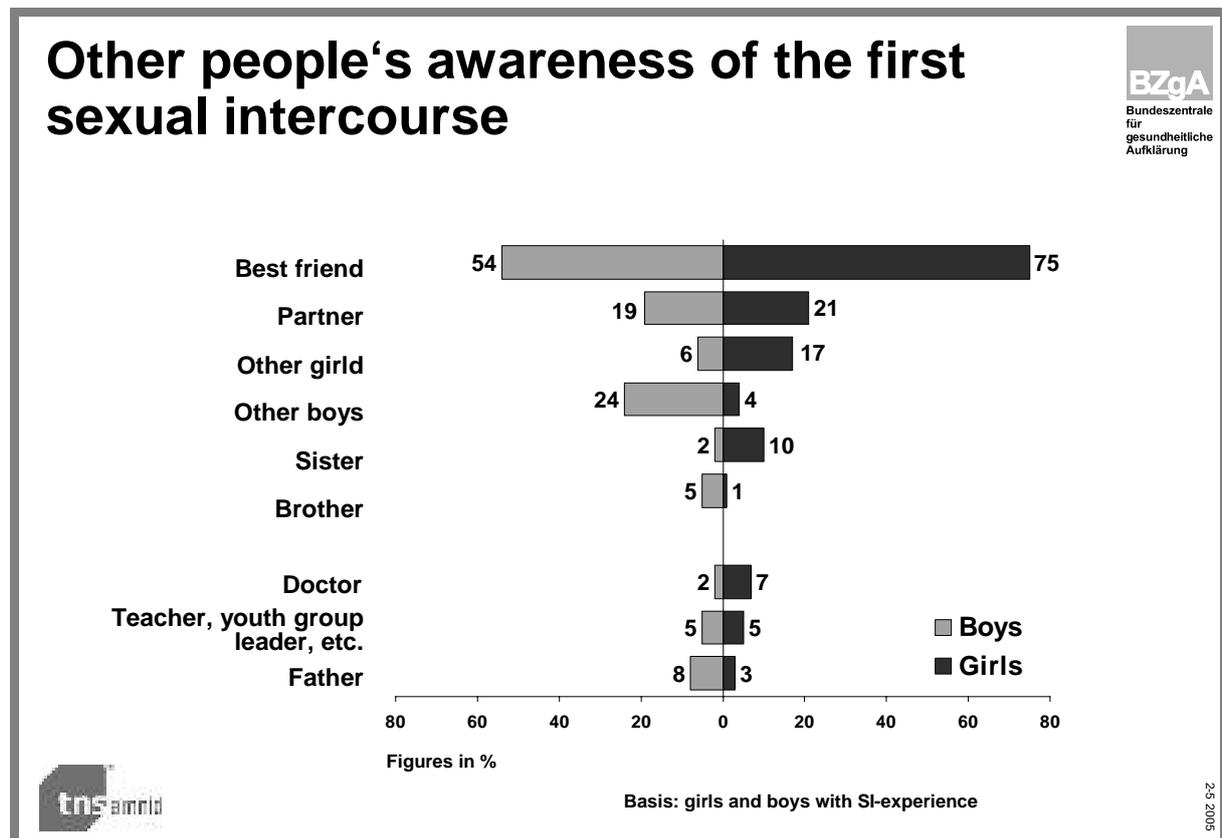


Fig. 59

Did you talk to anybody about your "first time", i.e. the first time you had sex, before it happened or shortly afterwards?

The most common confidant(e) was the best friend, 75% of girls and 54% of boys cited them. This confidant(e) (mostly of the same sex) was quite a bit more important for young people than their sexual partner was. 21% of girls and 19% of boys also spoke with their partner about their first time. Boys

tended to prefer other boys confidants (24%). 17% of girls cited other girls, and 10% stated that they had spoken to their sister.

All other conceivable people were each only named by less than 10% of young people. Gynaecologists, whom most girls had already visited, hardly figured in this context (7%) at all. 8% of boys did still cite their father, but he hardly played an important role (girls 3%).

3.3 Increasing sexual experience

3.3.1 Length of time to the next sexual intercourse

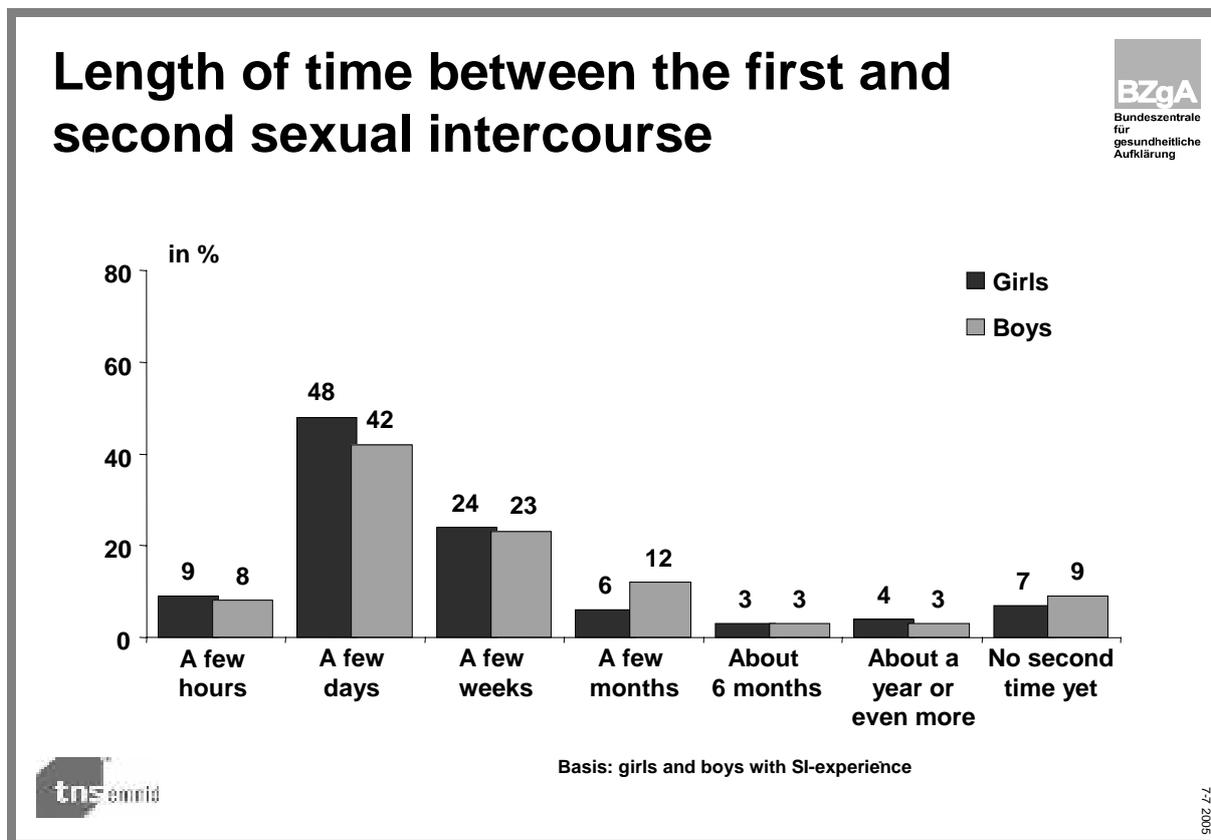


Fig. 60

Approximately how much time elapsed until you had sex for the second time?

For most young people the first sexual intercourse signified the beginning of an active sex life. The second time occurred within the next few days or earlier for about every second boy and more than every second girl. A further quarter of young people had a gap of a few weeks until their second sexual intercourse.

The exception, where the second sexual intercourse did not occur soon after the first, was found more amongst those girls and boys who hardly knew their first sexual partner and also for a portion of the 14 and 15-year-old girls.

In detail

More than a quarter of girls (22%) who knew their first sexual-intercourse partner only vaguely or not at all had not had sexual intercourse again at the time of the survey. The same number again waited for a rather long time before having sexual intercourse for the second time; half a year or more passed until their next sexual intercourse. The picture is similar for boys, but only in a weaker form.

Those who had their first sexual intercourse with a steady boy- or girlfriend, on the other hand, generally had their second sexual intercourse within a few days (girls 52%, boys 51%) or at least no more than a few weeks later (girls 27%, boys 25%). The figures were similar for those cases where the young people knew their first sexual partner well.

It was true for girls as well as boys that the older they were when they had sexual intercourse for the first time, the more likely they were to have their second sexual intercourse within the following days. For the girls this picture fitted in with the experience of the first sexual intercourse: The older they were at that point in time, the more likely they were to think of their first time as something pleasant, and the more likely they were to feel a desire to be sexually active again.

Amongst the 14 and 15-year-old girls who had had sexual intercourse at least once, there was a larger proportion of young women who had not had sexual intercourse a second time. Approximately every seventh girl in this age-group indicated that she had not been sexually active again at the time of the survey. Amongst the boys 11% to 17% of the 14 to 16-year-olds remained sexually abstinent after their first time; this percentage was only lower amongst the 17-year-olds.

3.3.2 Amount of sexual Intercourse so far

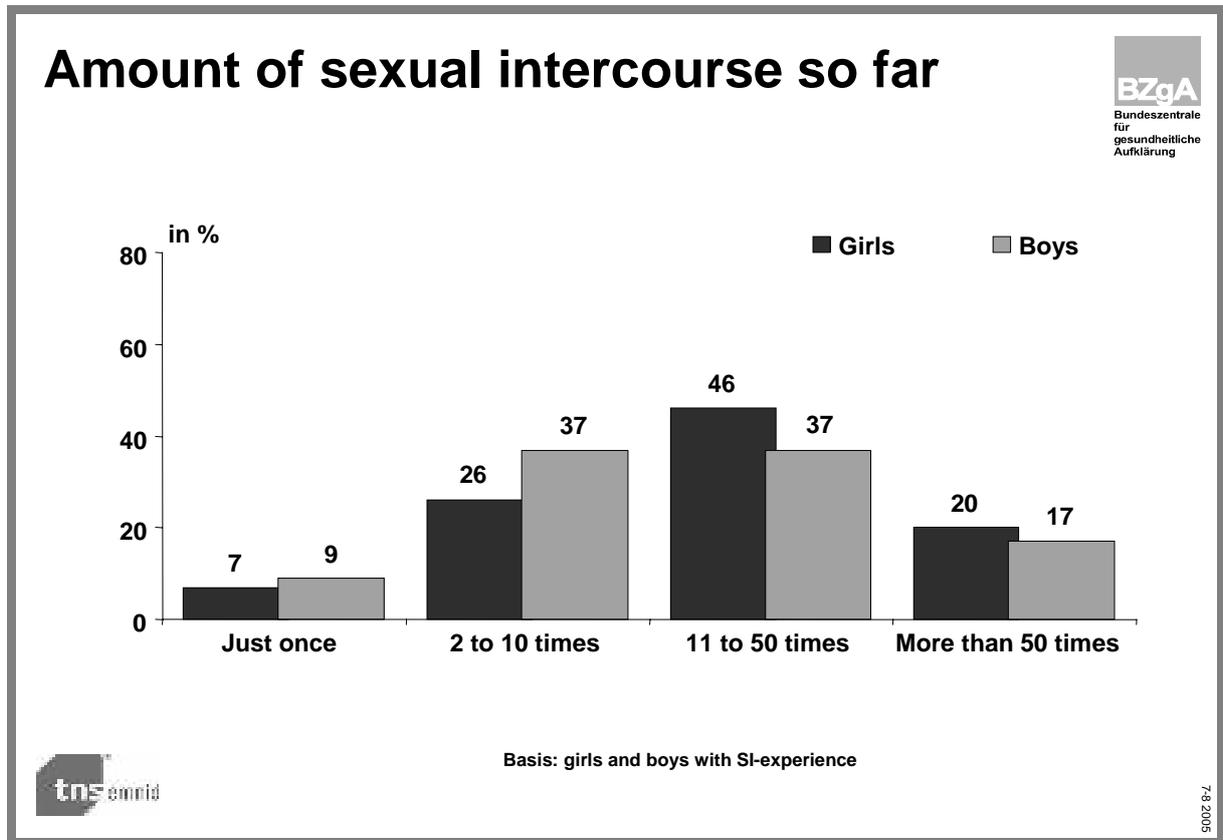


Fig. 61

How many times in your life have you had sex?

Not only did a greater proportion of girls have sexual experiences, but amongst the sexually experienced young people they had also had sexual intercourse more often than boys had. Thus, nearly every second girl who was sexually experienced had had sexual intercourse between 11 and 50 times, amongst boys it is only about one in three (37%). Every fifth girl (20%) had more experience (more than 50 times), and the same was true for nearly every fifth boy (17%).

It was not surprising that the frequency increased with boys' and girls' increasing age.

In detail

The higher the young people's sexual age, the more often they had had sexual intercourse so far.

As expected, those young people who had a steady partner had had sexual intercourse more often on average than those young people who did not have a steady boy- or girlfriend.

3.3.3 Number of sexual partners so far

When looking at the trend since 1980, it can be seen that amongst girls the percentage that have only had one sexual partner has dropped. On the other hand, the proportion of girls who have had two sexual partners so far has increased. These changes have only occurred in recent years, as the relative constancy between 1980 and 2001 shows.

Number of sexual partners – trend –										
	Girls					Boys				
	1980	1994	1998	2001	2005	1980	1994	1998	2001	2005
	%	%	%	%	%	%	%	%	%	%
One sexual partner	51	51	48	48	44	29	39	33	33	35
Two sexual partners	23	25	25	24	30	27	27	24	27	30
Three sexual partners	10	14	13	12	13	12	13	20	14	15
More than three sexual partners	10	10	14	15	12	24	20	22	26	19

Table 7

Amongst the boys the percentage of those who had only had one sexual partner has increased since 1980; however, compared with the last survey the percentage has remained nearly identical. A decrease since the last survey in 2001 can be seen in the category “more than three sexual partners”. Overall there has therefore been a convergence of the numbers of sexual partners; boys, however still had changing partners more often on average than the girls did.

In detail

Interestingly there was hardly a clear correlation between age and number of sexual partners amongst either the boys or the girls.

With increasing experience the number of different sexual partners increased, too. One of the clearest relationships existed between age at first sexual intercourse and the number of partners: The younger the teenagers were when they first had intercourse, the more partners they had had. The same relationship can be seen between the amount of sexual intercourse and the number of partners.

However, those, too, who hardly knew the partner of their first sexual intercourse showed less constant partner behaviour. Overall they had changed their partners significantly more often: A third of young people in this group had had experiences with more than three different sexual partners.

4. Contraceptive behaviour
4.1 For the first Sexual intercourse
4.1.1 Contraception the first time

Condoms are still without competition *the* preferred method of contraception for the beginning of young people’s sex lives. 71% of all girls and 66% of boys who had had sexual intercourse indicated that they used this form of contraceptive for their first sexual intercourse.

Only after a sizeable gap did the contraceptive pill follow in second place, named by a third of both girls and boys. Other methods of contraception only played a very minor role for the first sexual intercourse.

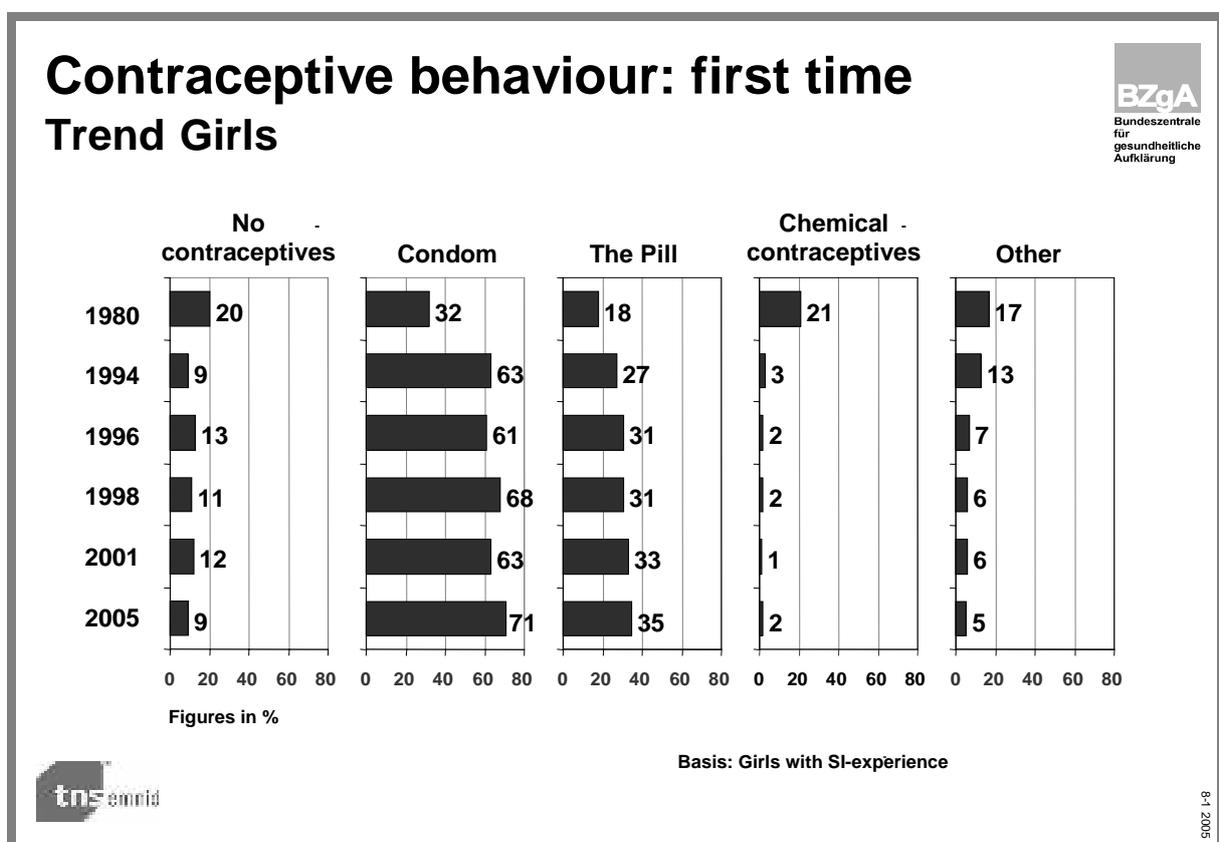


Fig. 62

What did you or your partner do during your first time to prevent a pregnancy?

It is particularly pleasing to see that the number of girls who did not use contraception has been going down. The trend analysis shows that the figures more than halved since 1980 (20% in 1980, 9% in 2005). Compared to 2001 the decrease was three percentage points.

12% of girls used either unsafe contraceptive methods (basal temperature method and/or coitus interruptus) or no contraceptive methods at all. Thus, a decreasing trend was to be seen here too (2001: 16%), the numbers are however still higher than desirable.

Compared with 2001 a significant increase in condom use for the first sexual intercourse could be seen amongst the girls (plus eight percentage points). Thus the 2005 figure represented the highest measured value of all the surveys done so far, condom use reaching the 70% mark for the first time.

The contraceptive pill, too, increased slightly in use since 2001 (plus two percentage points). The long-term trend over the 25 years shows that this figure has been slowly but steadily increasing and was twice as high in 2005 as it was in 1980.

The decreasing proportion of girls who did not use contraception thus did not go together with an increase in the use of unsafe methods of contraception.

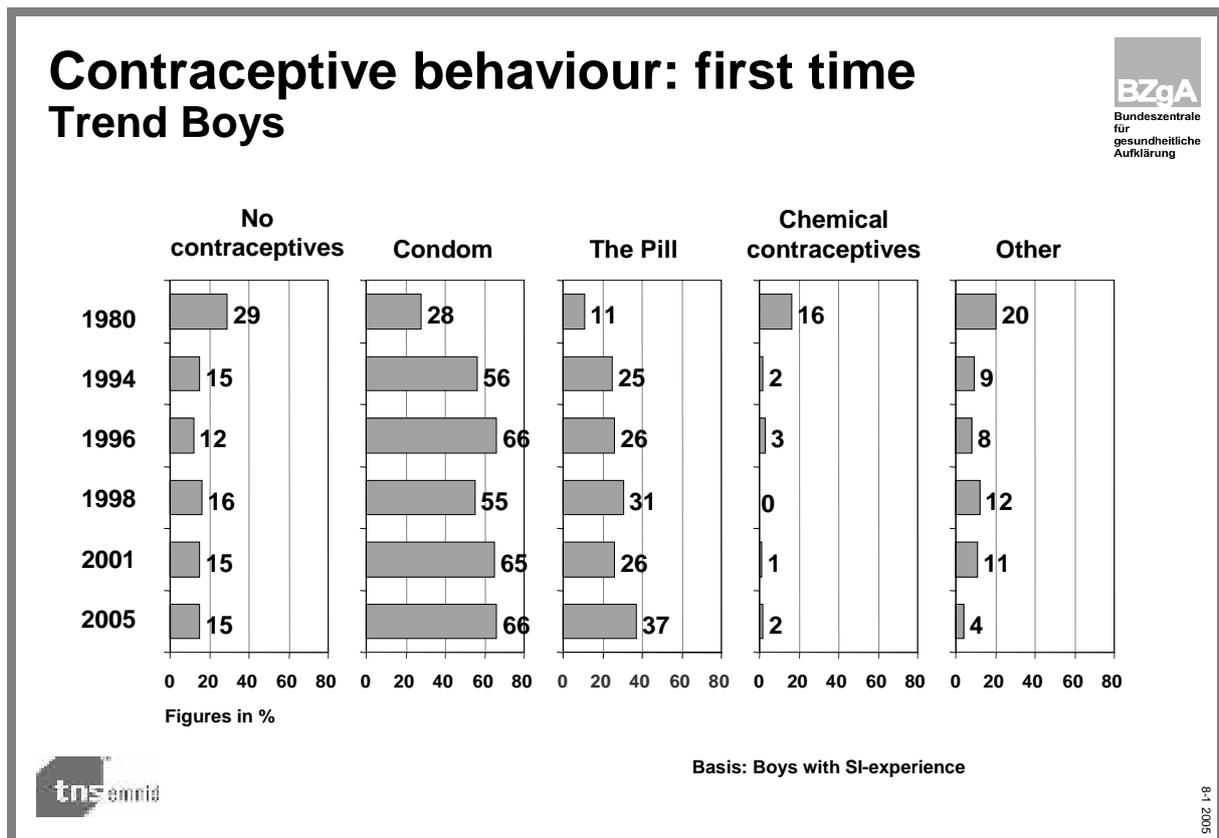


Fig. 63

What did you or your partner do during your first time to prevent a pregnancy?

The proportion of boys who did not use contraception for the first sexual intercourse also halved since 1980, just as was the case for the girls, but different than the girls this had consistently been the case for the last few surveys. The current 2005 value was not lower than the 2001 figure and at 15% was still relatively high.

Still, it is pleasing to see that the number of boys who used unsafe methods of contraception went down to under 5%.

Overall 17% of boys or their partners in 2005 used questionable methods of contraception (basal temperature method, coitus interruptus, alone or combined) for their first sexual intercourse, or did not use any contraception at all. In 2001 this figure was still 21%, thus there has been a slight improvement amongst the boys, too.

The use of condoms stagnated at the same level as in 2001. In contrast the increased use of the contraceptive pill was particularly noticeable. The contraceptive pill was used significantly more often, not just in comparison to 2001. The use of the contraceptive pill has increased by 11 percentage points since 2001, representing a more than threefold increase over 1980. That 37% of boys said their partners used this contraceptive method for their first sexual intercourse made it the hitherto highest measured percentage for the use of the contraceptive pill.

Apart from the still clearly differing portion of young people who did not use contraception, the contraceptive behaviour of both sexes has become more similar.

In detail

The openness towards the subjects of sexuality and contraception in the home had a strong influence on young people's contraceptive behaviour for their first sexual intercourse. 8% of girls (boys 12%), in whose home sexuality in general was discussed, indicated that they had either used an unsafe method of contraception or they had not used contraception at all. If sexuality was not discussed within the home then the percentages of young people that used insufficient contraception or none at all doubled (girls 18%, boys 26%). These differences fluctuated at around the same level depending on whether contraception was a concrete subject within the home (9% girls, 11% boys; compared to 17% girls, 28% boys). The figures were even better when young people explicitly listed their parents as reference people for sexual questions. This demonstrates the importance of discussing sex and contraception within the home. Much can be done in this arena to ensure young people's use of contraception for their first sexual intercourse.

Sex-education classes in school, however, played a similarly important role: At least, the small group of boys and girls who had not received any sex-education classes demonstrated significantly worse contraceptive behaviour.

As was to be expected, the proportion of young people who did not use contraception decreased with increasing age. Those who experienced their first sexual intercourse at 16 years of age or older only rarely neglected to use contraception. For boys in particular these differences were clear (only 6% did not use contraception, compared to first sexual intercourse at 15: 16%, and at an earlier age still: 23%).

If the first sexual-intercourse partner was a steady boy- or girlfriend this too had a positive effect on the contraceptive behaviour on the occasion of the first sexual intercourse. For boys it was already sufficient that they were well acquainted with their sexual partner. If the first sexual partner was only vaguely known or not known at all then a quarter of young people (girls 26%, boys 27%) did not use contraception. If the first sexual partner was well known, the percentage of young people who did not use contraception already decreased by half (girls 14%, boys 13%). If the first sexual partner was a steady boy- or girlfriend the percentage of girls who did not use contraception dropped to 4% – and was thus clearly below the 9% average – and for boys this figure was 12%, thus not much below the percentage of boys who did not use contraception when they were well acquainted.

That sexual intercourse at a very young age and with little-known acquaintances was accompanied by less satisfactory contraceptive behaviour was also directly connected to the fact that the corresponding group was more spontaneous in their sexual activities, so that careful contraceptive planning could hardly take place. It became problematic when additional factors were in play. One sub-group of girls can serve as an example here: girls who did not accept their bodies very much or at all did not use contraception in 18% of cases. Those girls who did accept their bodies on the other hand had a per-

centage of only 2%. For the boys the numbers were too small to make a definite statement to this effect, the figures did however point in the same direction.

One cannot speak of better contraceptive behaviour with increasing education: Female High School students used contraception just as often as female Secondary General School students, the proportional differences were minor (10% compared to 12%). However, the withdrawal method was possibly still a method practised more in those relationships where girls had lower levels of education. 9% of female Secondary General School students cite coitus interruptus as a contraceptive method, as against 2% of female High School students and 3% of female Intermediate School students. The number of cases of girls with just a basic level of education was however quite small here. For that same reason no statements can be made to this effect about the boys, because the number of male Secondary General School students in the survey was less than 30.

4.1.2 Reasons for not using Contraception the First Time

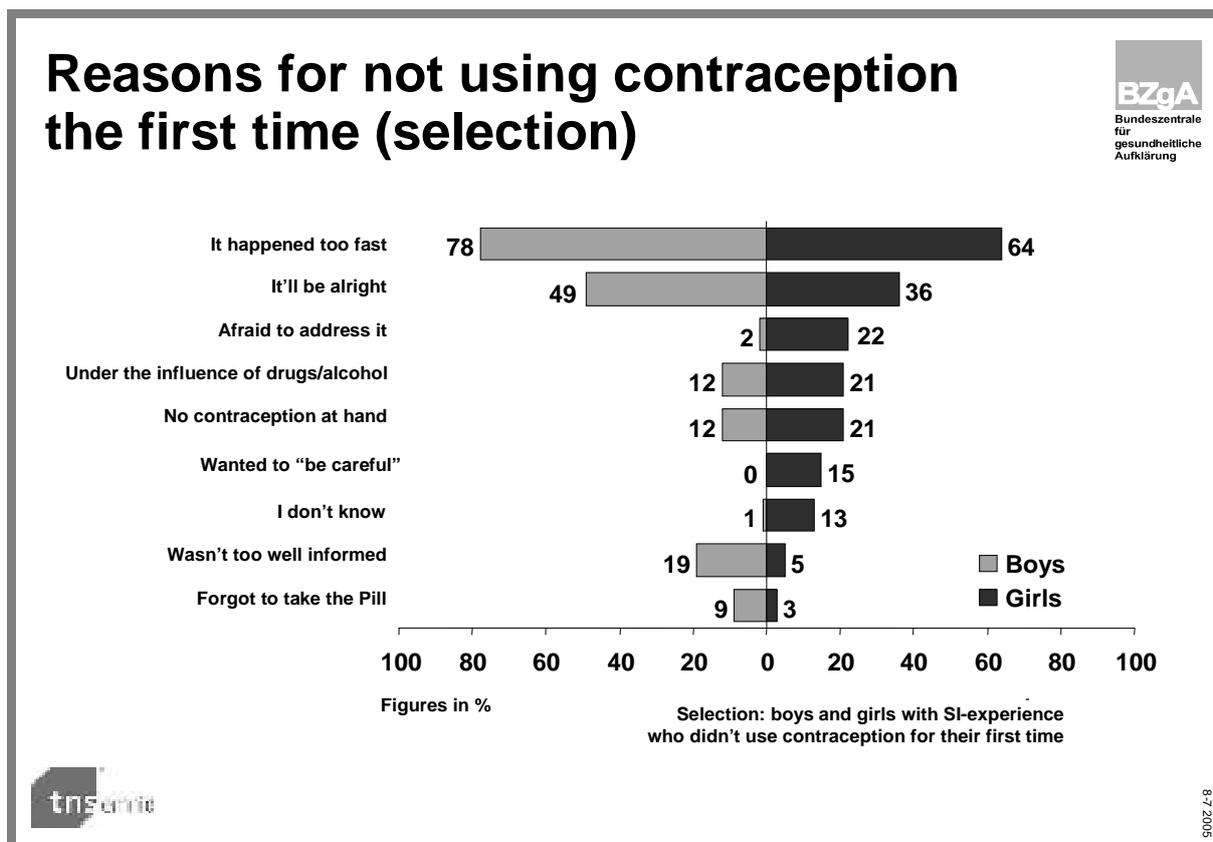


Fig. 64

What were the reasons why you didn't use contraception your first time?

On average, young people gave two reasons why they did not use contraception. The main reason for not using contraception for their first sexual intercourse was the spontaneity of the situation: for two out of three girls (64%) and for even more boys (78%).

Together with this reason a certain carelessness was expressed by the young people. "It'll be all right" was cited by every second boy and every third girl as a reason.

The other reasons then became more concrete: Together with the first justification ("it happened too spontaneously") the reason that no contraceptive was at hand was cited. Drugs and alcohol, too, played a part: Every fifth girl gave this reason as did every tenth boy. Besides this, girls also had the problem of being scared to address the issue, whereas boys were more likely to say that they were not too well informed.

4.2 Contraception with increasing experience

4.2.1 Comparison of concrete situations

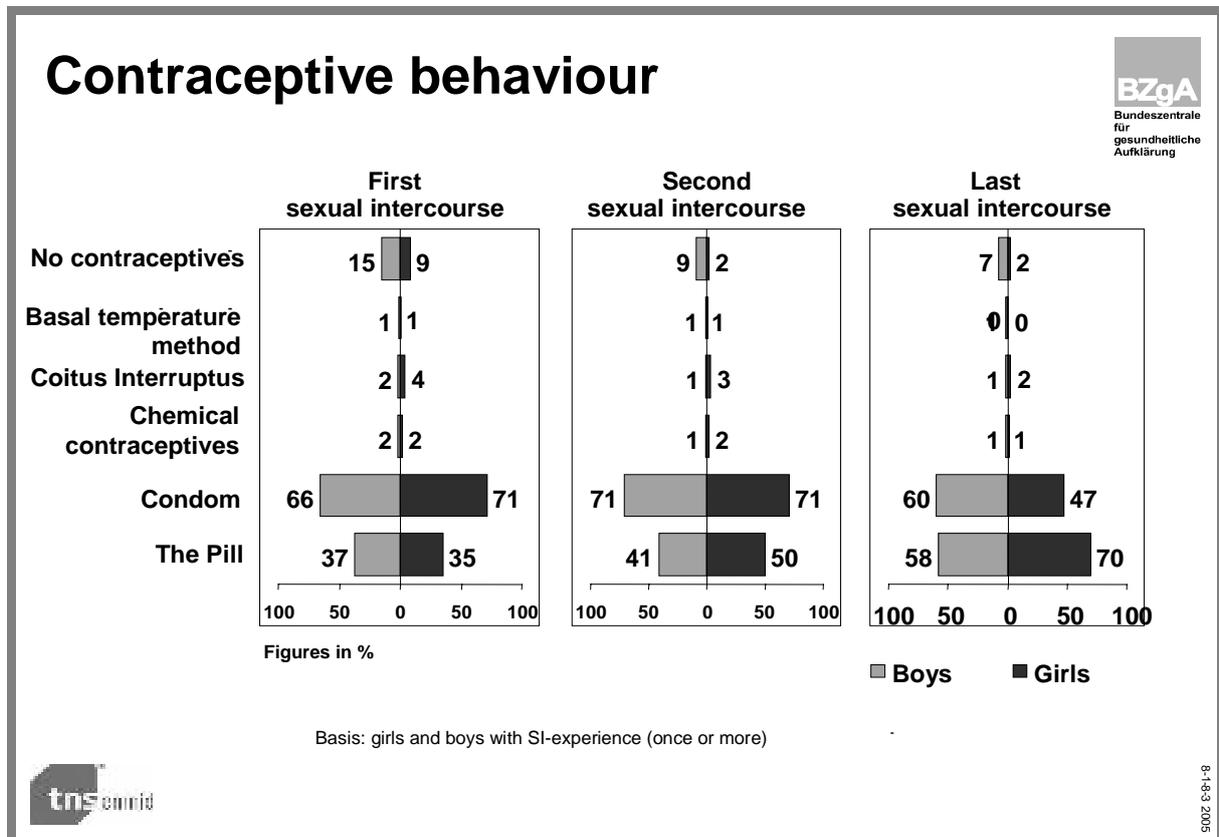


Fig. 65

What did you or your partner do your first time to prevent a pregnancy?

What did you or your partner do your second time to prevent a pregnancy?

What did you or your partner do the time to prevent a pregnancy?

Fortunately the proportion of girls and boys who did not use contraception went down significantly after the first sexual intercourse. Only 2% of girls and 9% of boys still did not use any contraception the second time.

The condom maintained its importance for the second sexual intercourse, too; boys even cited it more frequently as the contraceptive used than they did for their first time. At the same time the use of the contraceptive pill increased, amongst boys only slightly (4 percentage points), but noticeably amongst the girls (plus 15 percentage points). Often young people used two contraceptives at the same time, i.e. both condom *and* the Pill.

With increasing experience the contraceptive behaviour changed. The use of condoms went down – a change that went hand in hand with an increase in the use of the contraceptive pill. Compared with the contraceptive measures undertaken for the second sexual intercourse, the percentages of condom and contraceptive-pill use were reversed for the girls. For the last sexual intercourse (before the survey) 70% of girls said they used the contraceptive pill. This figure was around 23 percentage points higher than that for condom use.

For boys the condom remained important, its use decreased compared with the second sexual intercourse for them too, however. At the same time the use of the contraceptive pill (by their partner) increased now amongst boys, too. For their last sexual intercourse nearly the same number indicated using the contraceptive pill as a method.

Again it becomes clear that the subject of contraception ought to be discussed within the home. This way the percentage of young people that do not use contraception could be minimized. This is particularly true for boys, since they, as has been seen, were less likely to use contraception than girls were.

4.2.2 Experiences with different contraceptive methods

Young people's spectrum of experience with different contraceptive methods was greater overall than the statements so far let on.

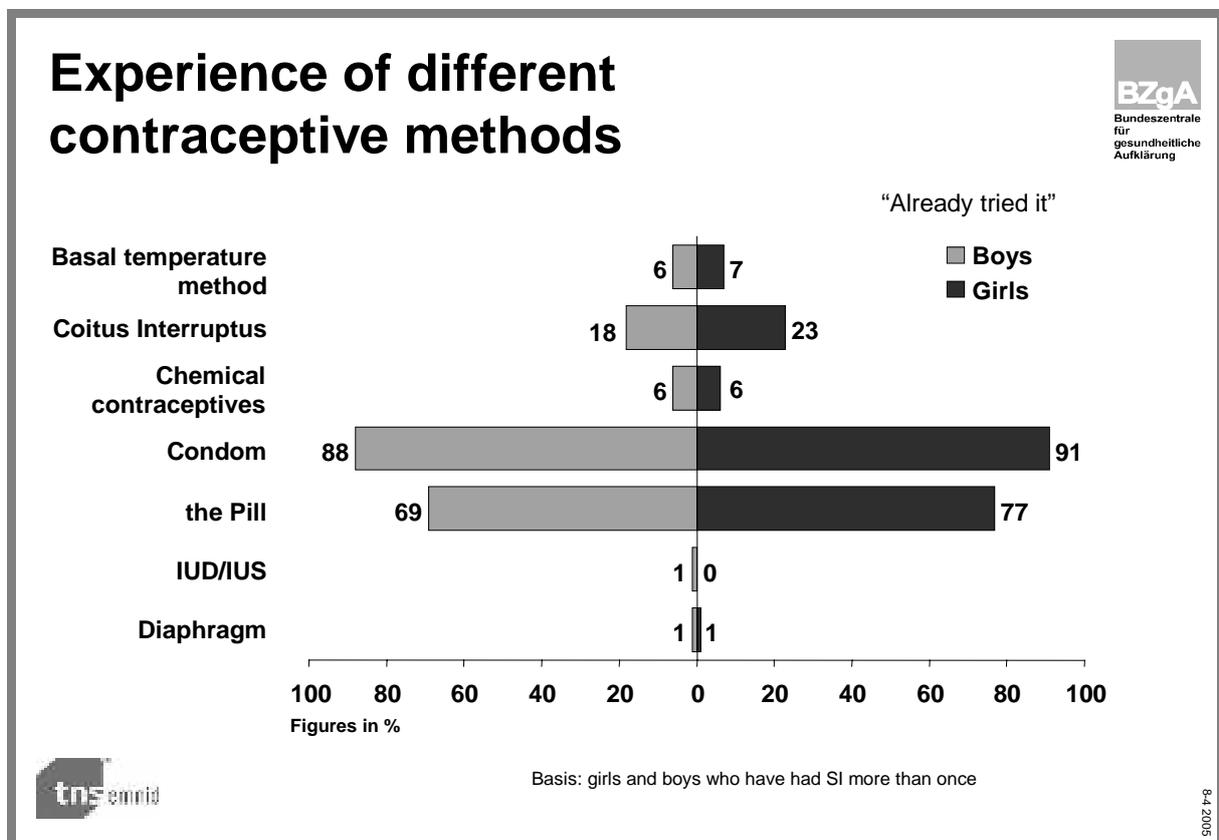


Fig. 66

Please indicate for each of the following contraceptive methods whether you or your partner have already used them.

Nine out of ten young people who had had sexual intercourse more than once in their lives had used condoms at least once as a contraceptive. The numbers of girls and boys hardly differed here. The percentage of those who had had experiences with hormonal methods of contraception (the contraceptive pill) at 69% and 77% respectively was only slightly higher than the percentage of girls who stated that they had used the contraceptive pill the last time they had sexual intercourse (70%).

Besides these two widespread methods of contraception coitus interruptus was also not unknown amongst young people, 18% of boys and 23% of girls had had experiences with this method. This fits

in with the fact that 23% of girls and 38% of boys did not always pay close attention to contraception. Coitus interruptus was used particularly when the first sexual intercourse partner was hardly or not at all known or when the first sexual intercourse took place at age 14 or younger. Amongst *Gymnasium* students this method was less widespread than average (girls 18%, boys 9%).

Just as many young people had used the basal body temperature method or other rhythm and temperature methods as had used chemical contraceptives such as contraceptive jelly and similar methods (6%).

IUD/IUS or diaphragm were considered exotic methods of contraception, even during this very general inquiry into contraceptive use. Hardly anyone between the ages of 14 and 17 used these as methods of contraception (both a maximum of 1%).

4.2.3 General contraceptive behaviour

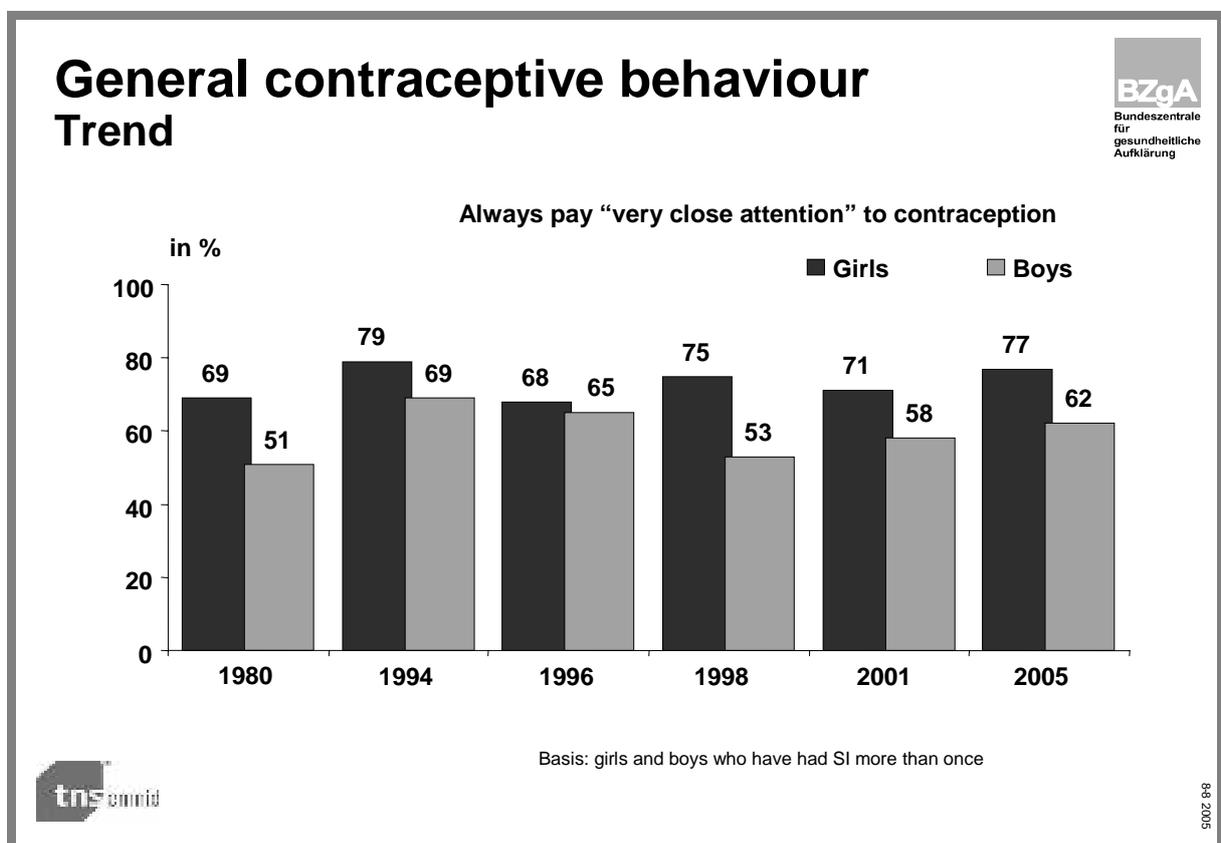


Fig. 67

Which of the following statements best captures your behaviour for the prevention of a pregnancy?

There is a positive trend to be seen amongst those young people who indicated that they always paid "very close attention" to contraception. Amongst girls this figure was higher than it had been for 11 years (since 1994); amongst boys the percentage that always paid "very close attention" has been continuously increasing since 1998. When looked at absolutely, the boys still had more need to catch up, since their percentage was still noticeably lower than that of the girls. The difference between the sexes could also be linked to the increased use of the contraceptive pill compared to the condom for

the last sexual intercourse, since with this method the direct responsibility in contraceptive matters lay with the girls.

For general contraceptive behaviour too, the importance of discussing contraception and sexuality within the home and in sex-education classes should not be underestimated. Girls in whose home sexuality was discussed were more likely (plus 11 percentage points) to always pay “very close attention” to contraception. Amongst boys the difference at 23 percentage points was even more striking. The presence of a confidant(e) within the home had the same level of importance.

It is worth mentioning that the earlier young people began having sexual intercourse, the less likely was the long-term probability that they always paid very close attention to contraception. Particularly those who had had sexual intercourse at age 14 or younger were less likely to always pay close attention to avoiding a pregnancy. Amongst girls in this group the percentage of those always paying close attention to contraception was 20 percentage points lower than amongst those who had their first sexual intercourse at age 15; if the girls were even older when they had intercourse for the first time, this difference was even greater. The boys’ behaviour was similar to that of the girls.

However: with increasing sexual-intercourse experience the percentages of those who always paid very close attention to contraception dropped somewhat, and that was not just to do with the very early age at which they had their first sexual experiences.

The percentage of those who paid very close attention to contraception was above average amongst those whose first sexual partner was the steady boy- or girlfriend. If the first sexual partner was at least well known then the percentage of those who paid very close attention to contraception were still at least average.

That young people talked to their partner about contraception was a matter of course for those who had been sexually active: 96% of girls and 93% of boys agreed that they spoke to their partner about contraception.

It was surprising but also positive that contraception was also a subject in those relationships in which so far no sexual intercourse had taken place. Over 50% of sexually inexperienced girls in steady relationships as well as the corresponding group of boys reported that they had brought up the subject of contraception with their partner.

4.2.4 General reasons for not using contraception

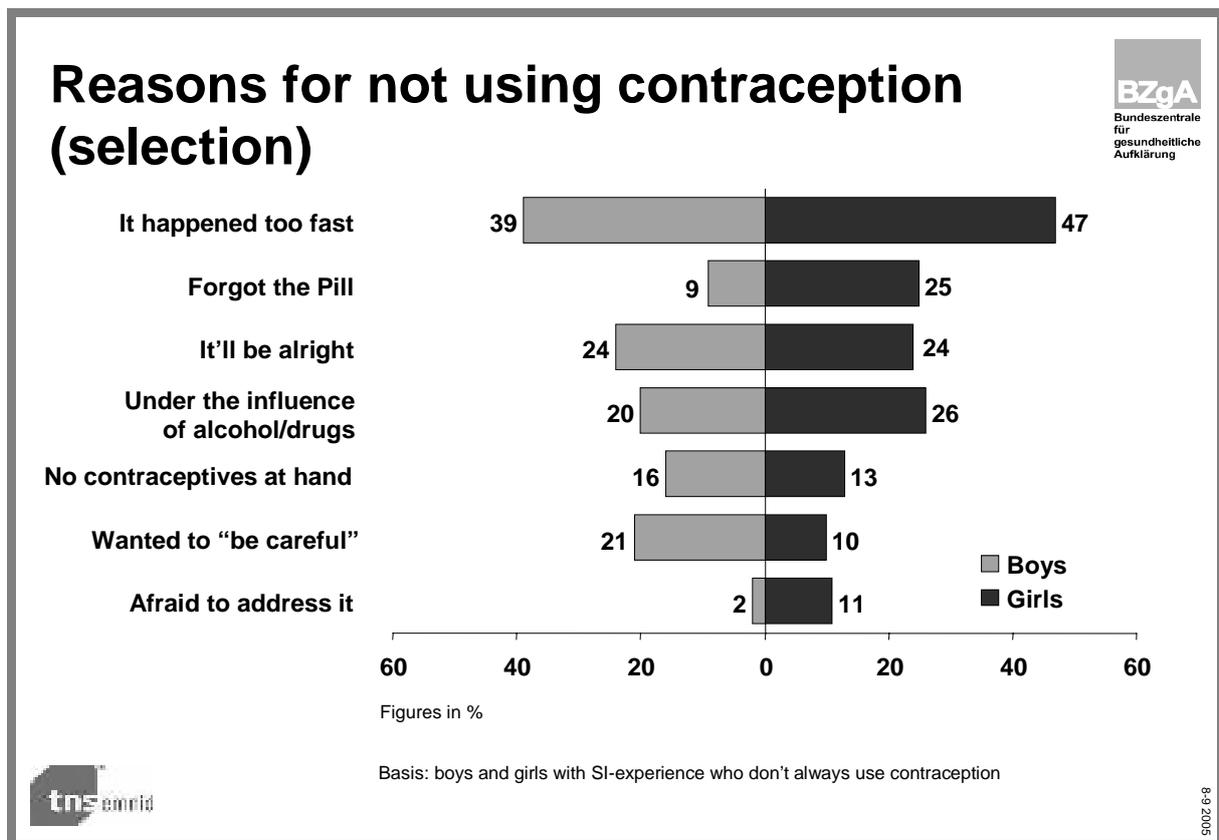


Fig. 68

For what reasons didn't you use contraception every time?

The most commonly cited reason given as an answer to the question why contraception was not used every time was still the element of surprise: 47% of girls and 39% of boys reported that it all happened too spontaneously. At least a quarter of the girls and boys had the hope that it would all be all right. Both justifications here were cited nowhere near as often as they were when asked about not using contraception for the first sexual intercourse.

Drugs and alcohol played a not inconsiderable role in the non-contraceptive behaviour of young people. 20% of boys and 26% of girls cited these as reason for the absence of contraception in reply to this very general question about contraceptive behaviour. And together with the importance that the Pill had as a contraceptive method the danger of poor discipline increased. "Forgot to take the Pill" was the reason given by 25% of girls (the third most frequently cited reason) and 9% of boys reported this of their girl-friends.

The false assumption that it would be possible to stop the sexual activity in time, before the completion of the sexual intercourse, was also not that uncommon. Around one boy in five and one girl in ten had "planned to 'be careful' (use withdrawal)".

4.3 Emergency contraception – experiences with the morning-after pill

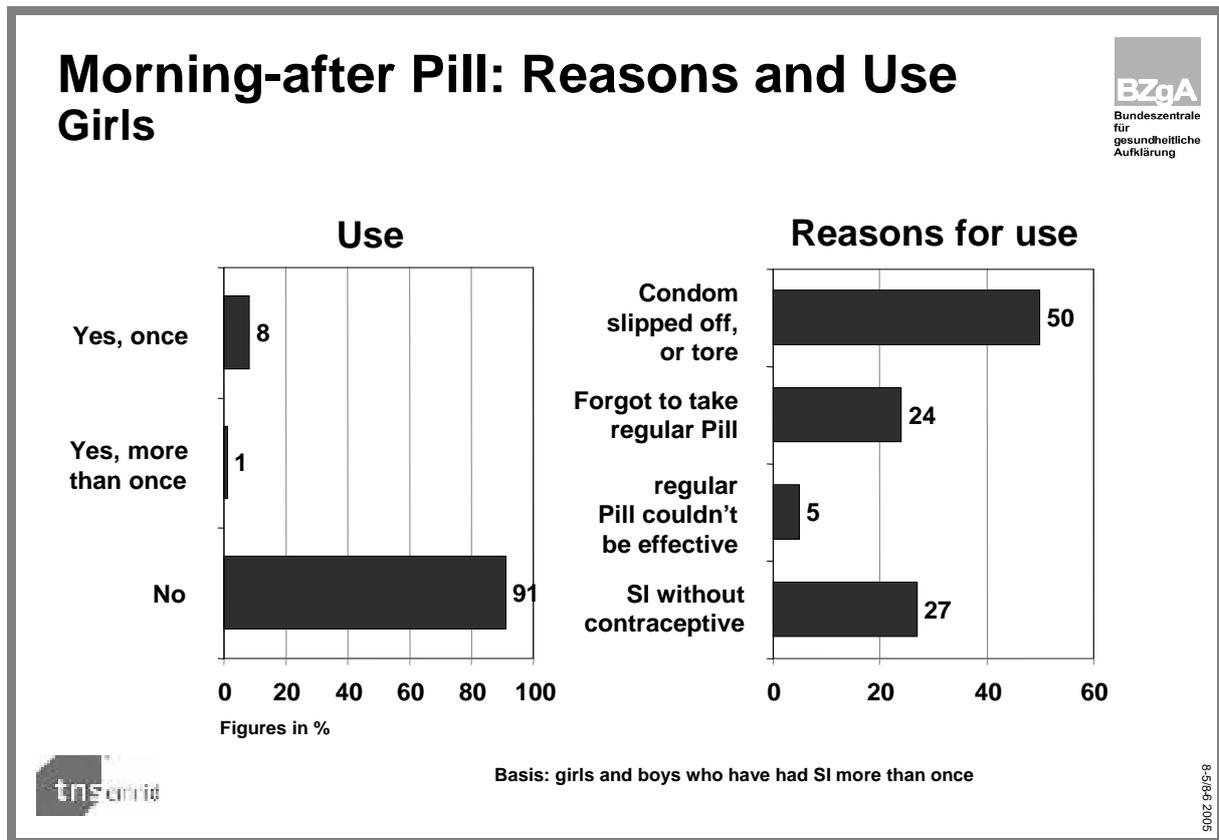


Fig. 69

We already mentioned the “morning-after pill”, a method of emergency contraception with which you can prevent a pregnancy if you take it within 12 to 72 hours after having had sex. Have you ever used the “morning-after pill” yourself?

9% of girls who had had sexual intercourse more than once had already been in a situation where they had to use the morning-after pill as emergency contraception. A small proportion of them had even used it more than once.

The 2005 figure for girls who had used emergency contraception corresponded to the exact figure that was found five years ago: in 2001, too, 8% of the girls had used the morning-after pill once before, and a further 1% had used it more than once before.

If the morning-after pill was used it was mostly because the condom had either torn or slipped off (50%). Around a quarter of girls however also stated that they had used the morning-after pill because they had had unprotected sex or they had forgotten to take the regular contraceptive pill. 5% said their regular pill might not be effective (vomiting, diarrhoea). A small percentage also gave more than one reason for having used the morning-after pill.

In detail

No-one seemed entirely immune – its use was completely independent from the educational background or whether the subject of contraception had been addressed within the home. The age at which young people began having sexual experiences played a part in so far as the likelihood of being in a situation that led to having to take the morning-after pill increased with increasing frequency of sexual intercourse.

One figure is striking, however: if the partner was hardly or not at all known for the first sexual intercourse, the morning-after pill was used in 19% of cases once, and in 5% of cases more than once. In contrast only 4% of girls who had their first sexual intercourse with a steady boyfriend made use of the morning-after pill and none of them had used it more than once.

5. Pregnancy and desire for children

5.1 Potential and actual pregnancies

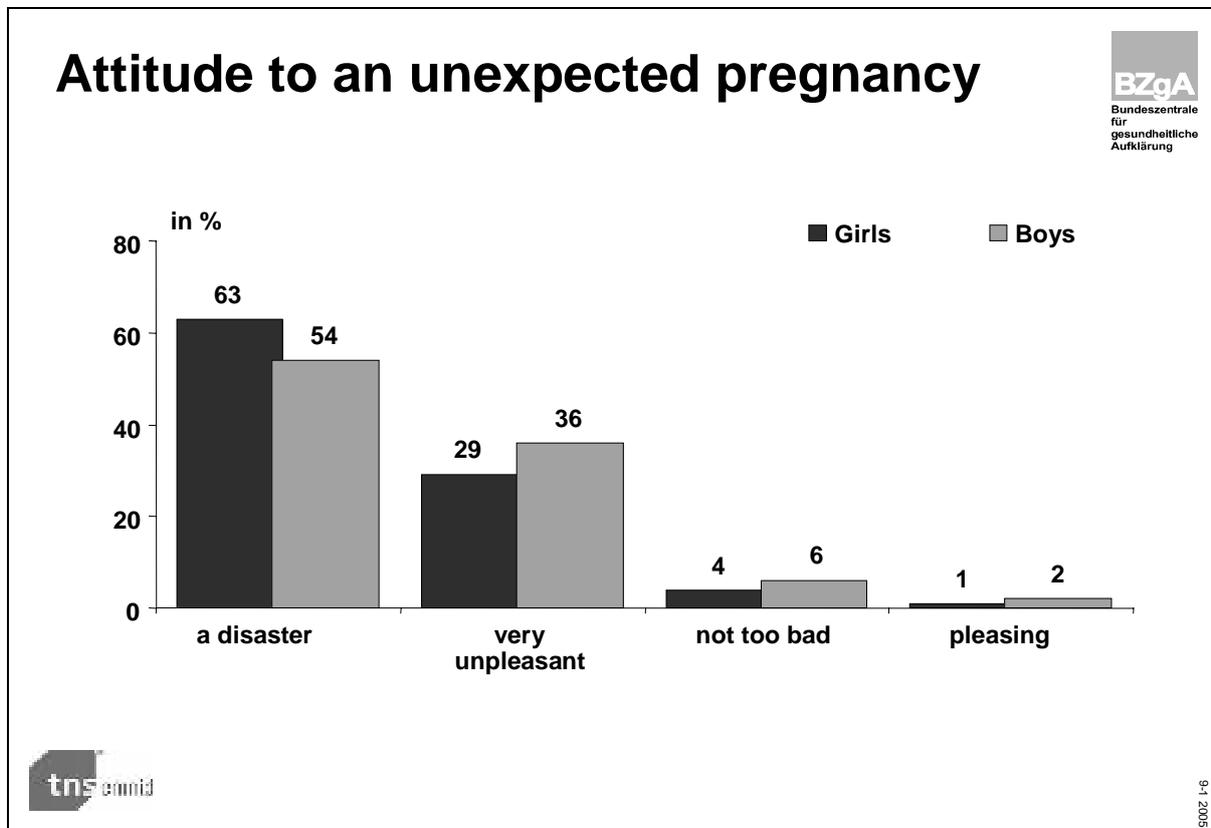


Fig. 70

*What would happen if you became pregnant now (if you got a girl pregnant now)?
Would this be a disaster for you, very unpleasant, not that bad, or something good?*

The majority of both boys and girls said that getting pregnant/getting a girl pregnant at this time would be “a disaster” or at least “very unpleasant”. Girls on the whole were more aware of problems than boys were; they were not so fazed by a potential pregnancy of their girlfriend.

The trend comparison for both sexes however showed that a pregnancy during the teenage years fitted less into the lives young people had pictured for themselves than even eleven years ago: Compared with the number of boys and girls who thought an unexpected pregnancy was “a disaster” in 1994 the 2005 value lay 9 percentage points higher. All other answer categories showed decreased percentages in 2005.

Age and extent of sexual experience played a large part in the assessment of a potential pregnancy. The attitude at 17-years-old was noticeably different to that of the 14-year-olds: 72% of 14-year-old girls thought it would be “a disaster” if they became pregnant at that time and only 2% selected the answers “not that bad” or “something good”. Amongst the 17-year-old girls only one in two chose the category “a disaster”, it would then only have been “very unpleasant”. 9% of 17-year-old girls chose the categories of “not that bad” or “something good”. With increasing sexual experience (more than 50 times) this percentage increased even more: 17%.

The boys' figures changed in a similar pattern, but from a different starting point.

Amongst the girls surveyed in 2005 three were pregnant. These three girls were not asked how they would feel about a potential pregnancy, rather they were asked how they felt about their actual pregnancy. For none of the three girls was it “a disaster” to find out they were pregnant: Two of the young women classified their pregnancy as “not that bad”, one of them at least said it had been “very unpleasant” to discover that she was pregnant. All of the three young women were 17 years old and were no longer living at home (they were living either alone or in a flat-share). Only one of them had a steady partner at the time of the survey. Two of them were attending a *Berufsschule* [vocational training school] (year 9, year 12), and one of the girls had a moderate level of education. All the girls had first had sexual intercourse at a relatively early age (either at 13 or 14 years of age), on which occasion they did not use contraception. None of the three had been aware of the possibility of emergency contraception by way of taking the morning-after pill. It is worth mentioning that all three of the girls belonged to a group who had experienced instances of sexual violence (from people they met at a club) that led at least to forced intimacy, and in two cases it led to advanced sexual acts.

Amongst the 17-year-old boys surveyed, too, one reported that his girlfriend was pregnant at the time. He too felt that news of the pregnancy had been “not that bad”.

5.2 Desire for Children

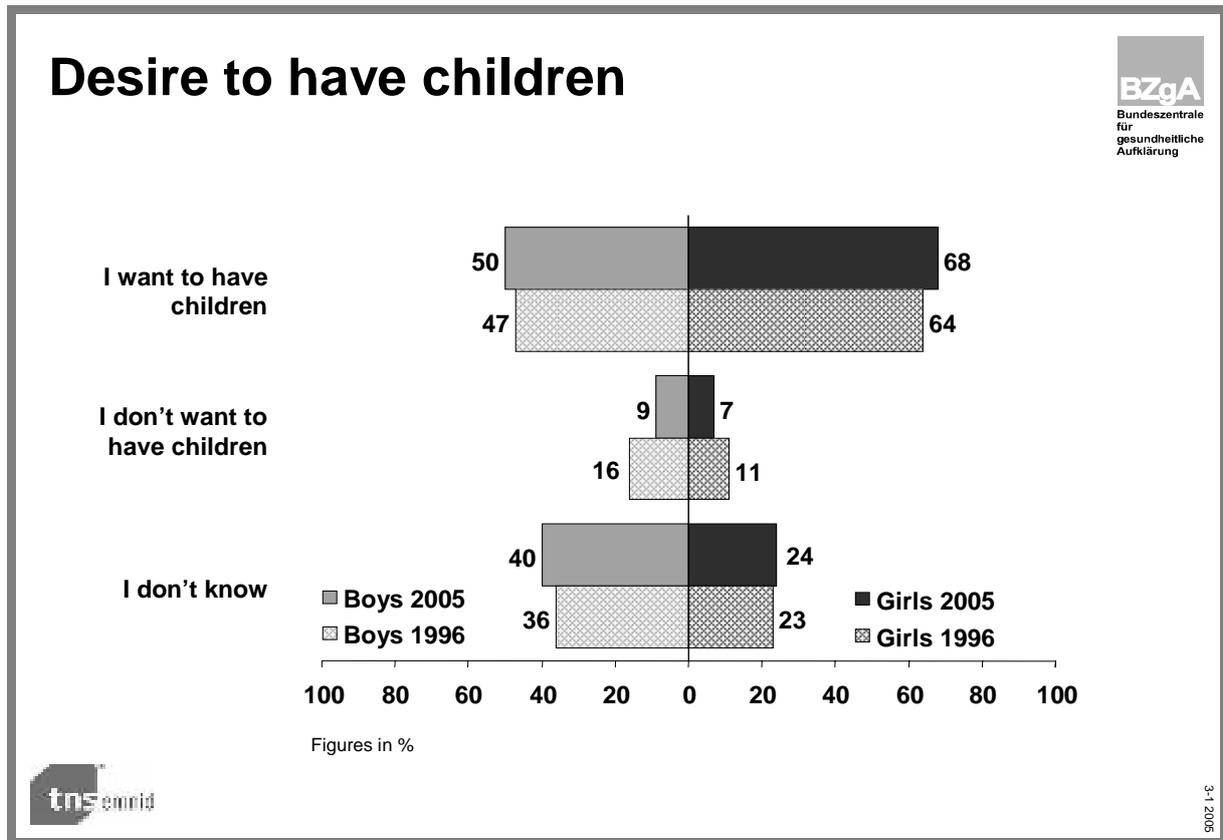


Fig. 71

Would you like to have children one day, or are you or your partner pregnant at this time, or do you already have a child?

Two in three girls and one in two boys between the ages of 14 and 17 said that they would like to have children one day. The lower number of boys than girls that said they wanted to have children does not mean that the boys had a more negative attitude to having children. A relatively large percentage of this age-group was still not sure: 40% of boys (and also 24% of girls) had not yet thought about whether or not they wanted children one day. Only a small percentage was explicitly against having children later in life (9% and 7% respectively).

If one compares the 2005 results with the results from nearly ten years ago, then it can be seen that the distribution has remained much the same. The tendency is however more “pro” child than “anti” child: There were fewer girls and boys who did not want children in 2005 than there were then (minus four percentage points for girls and minus seven percentage points for boys).

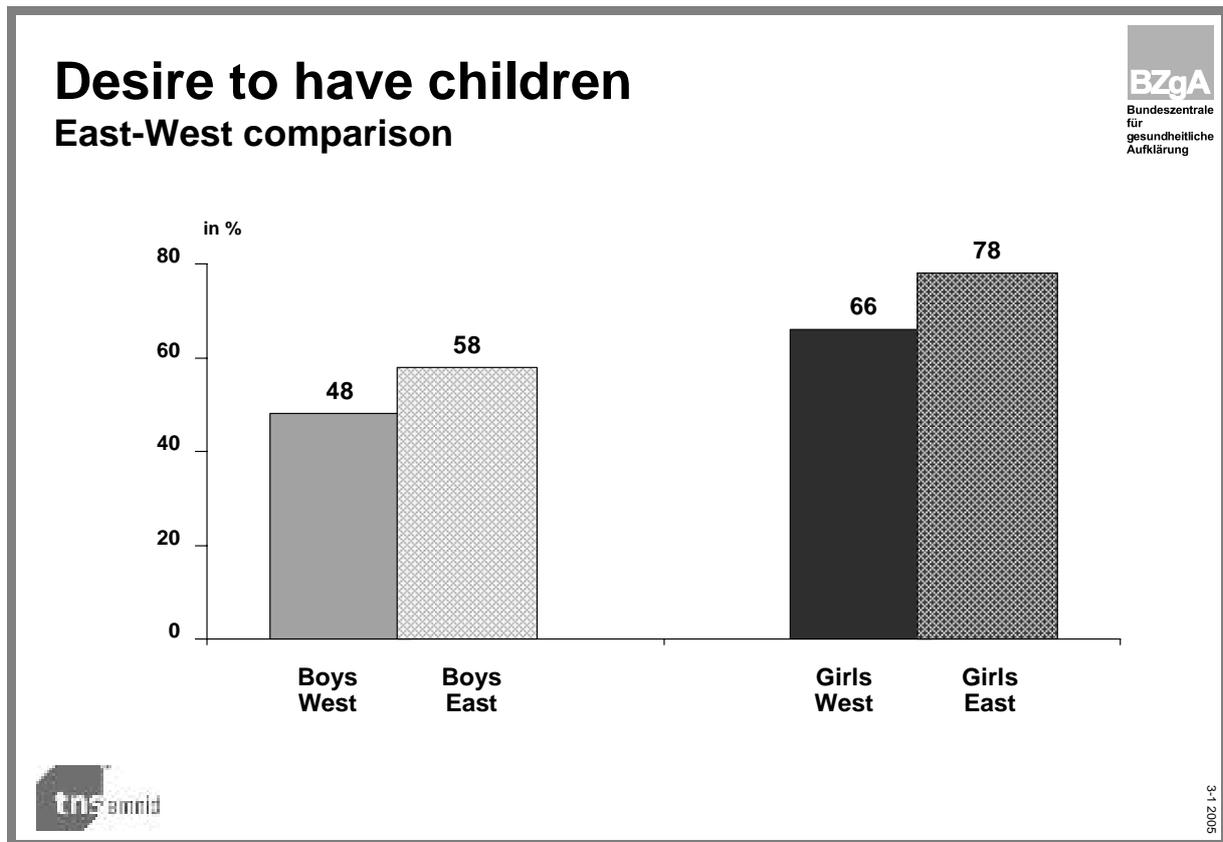


Fig. 72

Would you like to have children one day, or are you or your partner pregnant at this time, or do you already have a child?

Clearly boys and girls from East Germany were decided earlier on whether they wanted to have children or not. Both sexes agreed they wanted children more often than young people in West Germany (plus 12 percentage points amongst the girls, plus ten percentage points amongst the boys). The number of young people that did not want children was identical in East and West Germany.

Sexual experiences had hardly any effect on young people's attitude in principle. Their age however, did play a part. Amongst the girls the percentage that did not know whether or not they wanted children halved between the ages of 14 and 17 from 31% to 16%. 74% of 17-year-old girls would like to have children (comparison 14-year-old girls: 64%), 9% said they did not want children (14-year-old girls: 5%). Amongst the boys there was much less change during these four years. The number of boys who were undecided went down but remained above 40%, analogously the desire for children increased amongst boys with increasing age, too.

The family environment in which the young people grew up did not seem to be entirely without effect. This was not expressed in the number of those young people that considered having children as part of their life's plan, this figure being always at the same level, independent of the family background (fluctuations of one to two percentage points). Girls and boys that were living with a step-parent stated twice as often as those who lived with both biological parents that they were certain they did not want to have children. Amongst the girls the proportion was 12% (comparison: those living with both bio-

logical parents: 5%), amongst boys it was 17% (comparison: 8%). Amongst the girls there was a similar tendency to be seen when they were only living with their mother (10%). Amongst the boys there were no significant deviations in this regard.

6. Sexual Violence

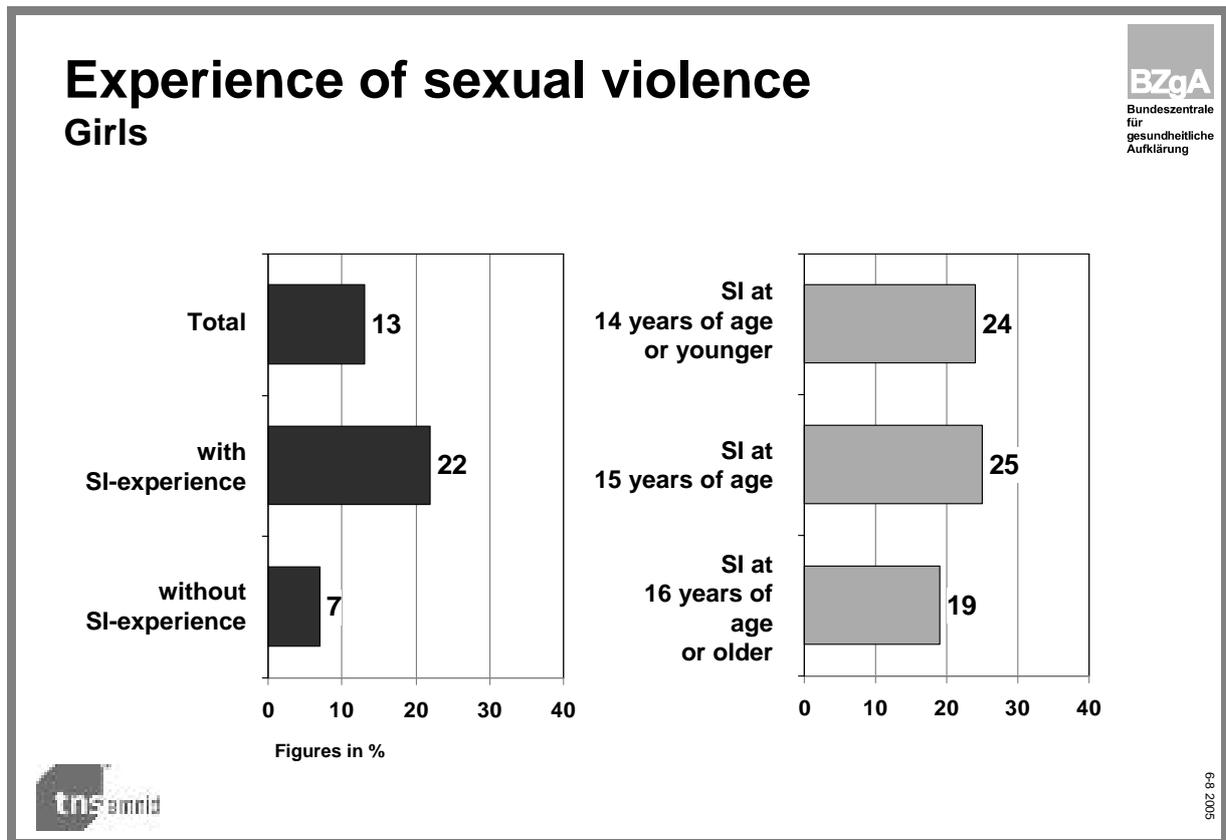


Fig. 73

Has a boy/man ever tried to force you against your will to participate in sexual or intimate acts by putting you under pressure?

13% of girls reported having been a victim of sexual violence in some form. If the girls had had sexual experience then one out of four girls reported that someone had tried to bring them to perform sexual acts against their will.

The figures that were acquired for the first time in 1998 and repeatedly acquired in 2001 were thus mainly corroborated; the 2005 figures were hardly different from those acquired during the previous two surveys (1998: 16%, 2001: 15%).

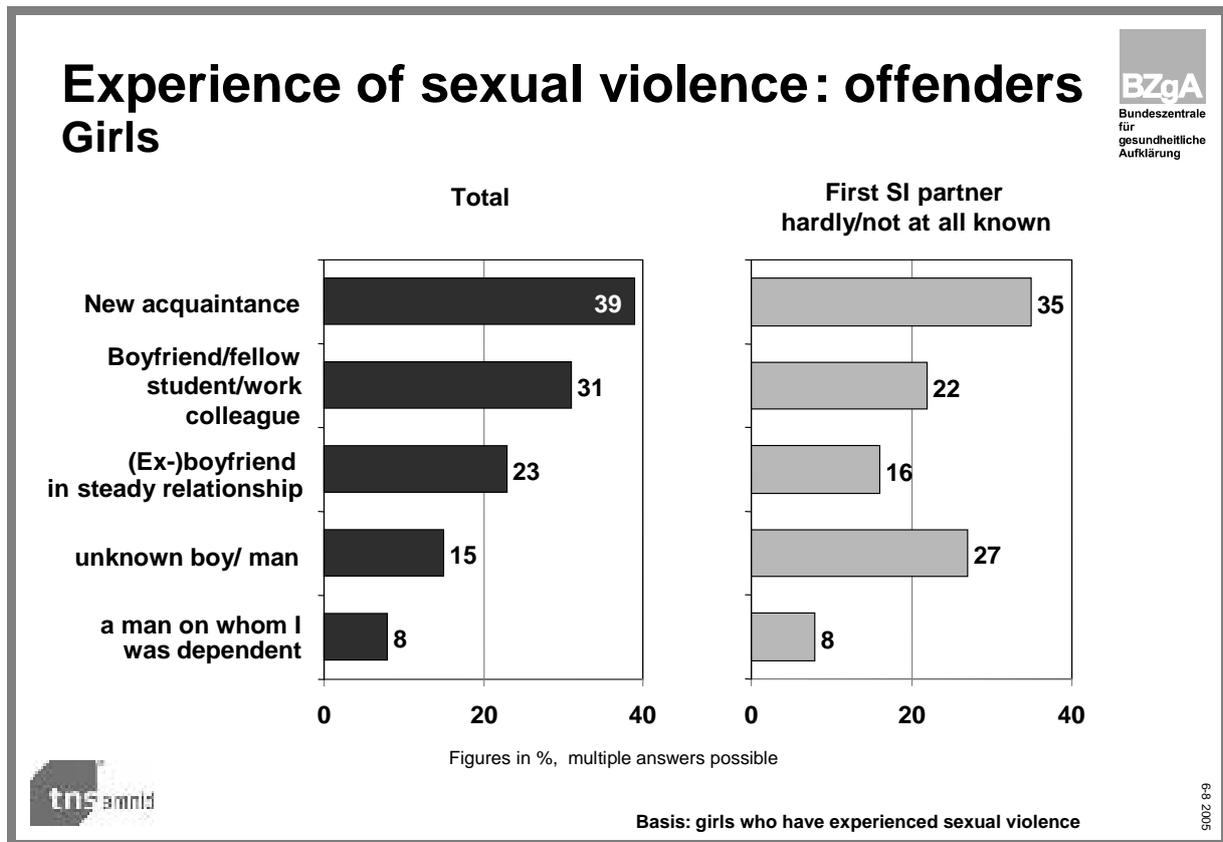


Fig. 74

Has a boy/man ever tried to force you against your will to participate in sexual or intimate acts by putting you under pressure?

It is frightening to see that 37% of girls who had not known their first sexual partner well or at all had already been a victim of sexual violence. This referred especially to new acquaintances (35%) or unknown men (27%). Here too the 2001 figures were corroborated. In all likelihood an unsafe environment increased the chances of becoming a victim of sexual violence.

If the first sexual partner was a steady boyfriend, fewer reports of sexual violence were made (17%). It fits into this picture that girls who had had their first sexual intercourse at age 16 or later were also victims of sexual violence less often.

In many cases (62%) the girls managed to overcome the situation without harm, i.e. it did not come to sexual acts. In 25% of cases it came to physical contact (kissing or petting) and in 9% of cases at least it came to sexual intercourse. These figures too are nearly identical to those from 2001.

The majority of girls affected were relatively open about the subject and had confided in another person. Typically this confidant(e) was someone of the same age (68%). Every fourth girl (also) confided in her parents. If the atmosphere in the home was generally open towards the subjects of sexuality and contraception, the proportion increased to 30%, when the opposite was the case (sexuality was not discussed within the home) then most girls kept such negative experiences to themselves: only 13% spoke to a parent about it. However, since this group was also less likely to confide in peers, more than

one in three girls did not confide in anyone. On average 18% of girls indicated that they had not spoken to anyone about it.

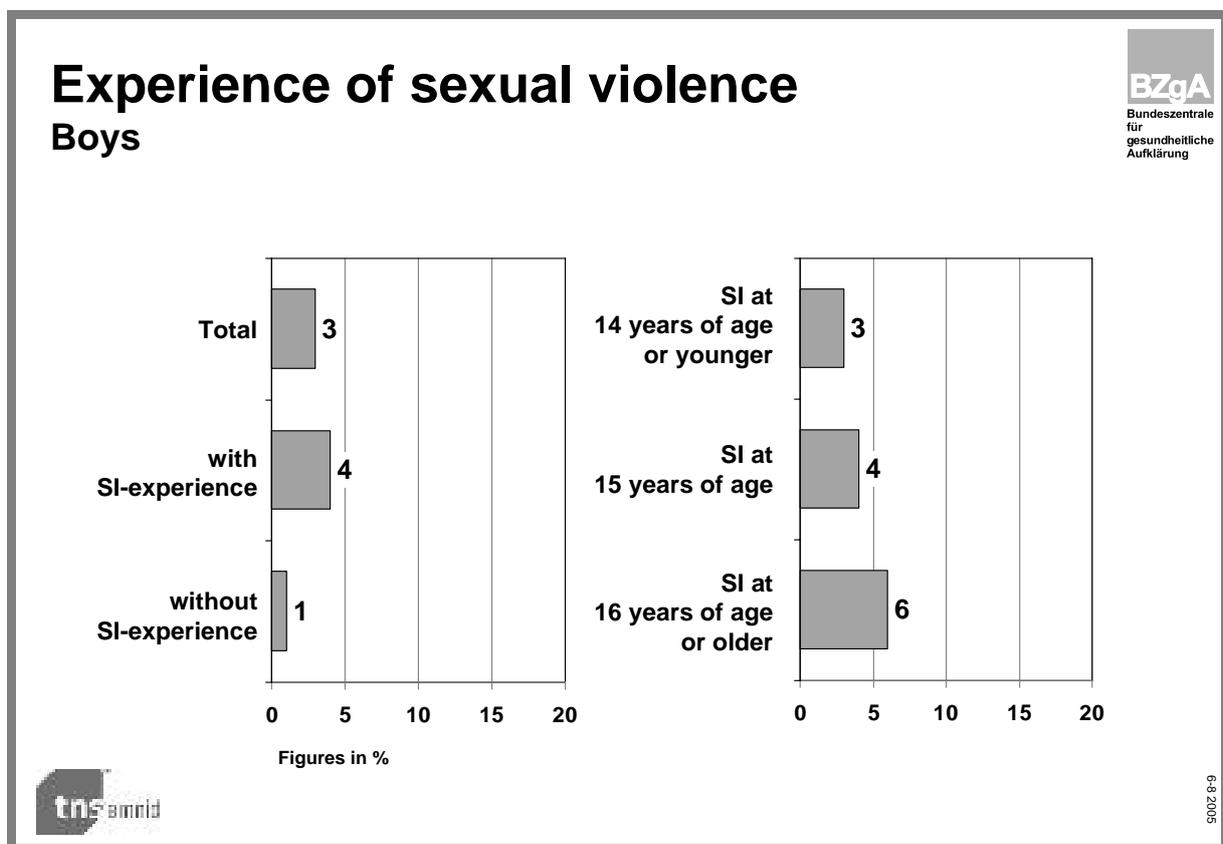


Fig. 75

Has a boy/man ever tried to force you against your will to participate in sexual or intimate acts by putting you under pressure?

In 2005 boys were also asked for the first time about their experiences with sexual violence. The result was the finding that boys were victims of sexual violence less often than girls were. Overall three percent of those surveyed reported such an incident. Amongst those who were sexually experienced the proportion of boys who had experienced sexual violence was 4%.

Those who had not yet had sexual intercourse were also most likely not to have experienced any sexual violence so far. However, three percent of boys who had not yet had sexual experiences gave no answers to this question.

In detail

Boys who had been the victims of sexual violence were typically forced into performing sexual acts by friends or people on whom they were dependent.

In more than two-thirds of cases the situation ended without too much harm and it did not culminate in sexual acts. One in six boys was forced into intimate activities, one in five experienced “other” sexual acts and one in ten boys who experienced sexual violence reported to have been forced into sexual intercourse.

Boys were much less open about their experiences of sexual violence than girls were. Every second boy (49%) did not confide in anyone about their experience. If a boy did talk about his experience of sexual violence then he was most likely do this with someone from his circle of friends (36%), just as was the case with girls. Parents played a part to the same extent as they did with girls, i.e. every fourth confided in his parents. Where this was not possible, peers were also not able to fill this void.

Since these statements are based on reports of a smaller number of boys (25 cases in total reported to have experienced sexual violence), one has to be correspondingly careful when making generalisations.

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