



May is Teen Pregnancy Prevention Month: Find Out How Much You Know About Safe Sex

If the beautiful weather, dwindling school days and seemingly endless hours of daylight haven't already convinced you that May is just the best, then maybe having a little fun for a great cause will help sweeten the deal. Today, May 1, is the National Day to Prevent Teen Pregnancy, an initiative that kicks off National Teen Pregnancy Prevention Month, which urges everyone to get informed and protect themselves if and when they choose to have sex.

Teen pregnancy has declined by almost 40 percent over the past 20 years, but we still have a long way to go. With nearly 3 in 10 teens becoming pregnant by age 20 in the United States, it's important for all of us to understand that there are some very real consequences -- both physical and emotional -- to the stuff we decide to do behind closed doors. The girls on "Teen Mom" have shown us time and time again that raising a child before you're ready changes your life completely, and opens you up to unforeseen struggles, such as relationship issues, custody battles, debt and, without fail, toddler tantrums that keep you from getting anywhere on time, if at all (we're looking at you, Aubree).

To find out the facts on getting intimate, take StayTeen.org's interactive quiz and share it with your friends for a chance to win a \$25 iTunes gift card. Make sure to peruse all of the website's resources in order to prevent unplanned pregnancy, plus, join in on a safe sex conversation led by Maci Bookout at 7 p.m. tonight on Twitter (hashtag #NoTeenPreg).