

BZgA

Bundeszentrale
für
gesundheitliche
Aufklärung

YOUTH SEXUALITY

**REPEAT SURVEY OF 14 TO 17-YEAR-OLDS
AND THEIR PARENTS
– CURRENT FOCUS: MIGRATION –**

2010

REPRESENTATIVE SURVEYS

RESEARCH AND PRACTICE OF SEXUALITY EDUCATION AND FAMILY PLANNING

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YOUTH SEXUALITY

2010

**Repeat Survey of 14 to 17-year-olds
and their parents**

- current focus: migration -

**Results of the current representative
survey**

May 2010

FOREWORD

One of the statutory tasks of the Bundeszentrale für gesundheitliche Aufklärung is to develop educational concepts and information services in the field of sexuality education.

In order to comply with this remit, the BZgA has to depend on scientific insights into the target groups, the subjects that interest them, and their behaviour in respect of obtaining information. In this context it promotes and develops research projects and expert reports.

In this report, the BzGA, together with the department of social research at TNS Emnid Bielefeld, presents the most important results of the representative survey

Youth Sexuality 2010.

The aim of the survey was to gather empirical data which, thanks to the representative nature of the samples, should provide reliable information on the attitudes and behaviour of young people in the Federal Republic of Germany, and, in the case of young people with German nationality, also their parents, in respect of sexuality, sexuality education, and contraception.

The study ties in with surveys conducted in earlier years with the express goal of revealing trends in attitude and behaviour.

The present volume summarizes the most important results of the survey, presenting them both in textual and graphic form. The presentation of the current findings and comparison with the previous (2005) survey focus on a comparison between young people with a German background on the one hand, and those with a migrant background on the other. The long-term trends relate exclusively to young people with German nationality, as only they were included in earlier studies. This report will be followed by further analyses, for example the evaluation of the parent data. For more information – also in English – see www.forschung.sexualaufklaerung.de.

BUNDESZENTRALE FÜR GESUNDHEITLICHE AUFKLÄRUNG
COLOGNE 2010

METHODOLOGICAL CONCEPT

The present study is a replica study of six previous investigations (1980, 1994, 1996, 1998, 2001 and 2005). One factor that must be taken into account when interpreting the long-term **trends** is that the results of 1980 are based on West German data alone. From 1994 onwards the results are based on all of Germany.

The **fundamental methodological concept** remained the same in all investigations. The survey participants were girls and boys of German nationality aged 14–17 as well as their parents. The aim was to interview the girls' mothers and the boys' fathers. Young people who no longer lived with their parents were also incorporated into the studies in order to achieve the most representative portrait of the young population as a whole (exception: young people in residential homes). What is new is that since 2005 girls and boys with foreign nationalities have also been incorporated into the survey as well as German young people, but in this case their parents were not included.

The method chosen to **select the subjects** was quota sampling. The statistical bases for the given quotas by the young people's age and gender (young people of German nationality also: education) came from publications by the Statistisches Bundesamt [Federal Office of Statistics]. The regional distribution was controlled by the use of interviewers.

The **survey tool** was a combination of oral and written questionnaires. First a personal oral interview was conducted, which was followed up with a written questionnaire, in order to give the participants the opportunity to answer more intimate questions themselves in a separate section (by filling in the questionnaire themselves). Both questionnaires contained numerous trend questions.

The study's results are based on 5,674 interviews, which break down into the following groups:

Size of the Main Sample

Girls with German citizenship n = 1,456, Girls' parent interviews: n = 1,190

Boys with German citizenship n = 1,354, Boys' parent interviews: n = 942

Size of the Secondary Sample

Girls with foreign citizenship n = 357

Boys with foreign citizenship n = 375

The **evaluation** of the main sample "German young people" is based on girls and boys with German citizenship regardless of a possible migrant background as a result of their parents' origin, because this corresponds to the definition of the earlier surveys.

In addition a sample of "young people with a migrant background" was defined and evaluated. It comprises:

- a. Girls and boys with foreign citizenship (secondary sample) and
- b. Young people from the main sample who could be identified as young people with a migrant background as a result of their parents' origin.

The evaluation of "young people with a migrant background" is thus based on a total of n = 498 girls and n = 516 boys with a migrant background.

The survey was conducted from the beginning of April to the beginning of August 2009.

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AT A GLANCE

For almost thirty years the Bundeszentrale für gesundheitliche Aufklärung has been analysing the attitudes and behaviours of young people with regard to sexuality education, sexuality and contraception. The first study took place in 1980. “Youth Sexuality 2010” is the seventh study in this trend analysis. 2,810 young German nationals aged 14–17 plus their parents were surveyed. In addition 732 young people with foreign citizenship were interviewed, who, together with those young people from the main sample who had German citizenship as well as a migrant *background*, were evaluated separately in the sample “Young People with a Migrant Background”.

Parents today: strong partners for German young people. The long-term comparison for young people with German citizenship has seen enormous changes. In 1980 only 28% of boys had a reference person for sexual questions in their own household, while that figure has now risen to 62%, a percentage that is almost as high as that of the girls (67%). The current rate of parents who themselves give their children sexuality education is higher than ever before: 78% of the girls’ parents and 67% of the boys’ parents took on the task of providing their children with sexuality education themselves and generally (in around 90% of cases) this took the form of successive conversations that provided information as the young people developed, and not in the form that was previously quite common, particularly for boys, namely in a single talk.

Parents less active in migrant families. Mothers are still the most frequently cited reference person regarding sexuality education, at this goes for boys too. Young people with a migrant background, especially boys, have a lot less support in the home with sexuality education than German young people. This is revealed by the response to the question about whether the parents played an important role in the young people’s sexuality education; they also acted less frequently as confidants for sexual questions in migrant families: around half of the girls (48%) went to their parents for this, and among the boys this figure was only a third (33%). In comparison, around two-thirds of German young people consider at least one parent to be a trustworthy reference person. In addition to the best friend parents are an important support,

particularly for the younger ones. 17% of the girls and 22% of the boys with a migrant background have nobody to whom they can talk about sexual issues in confidence (German girls 8%, German boys 18%).

The young people’s self-assessment: generally knowledgeable about sexual questions, but lacking detailed information. The majority of 14–17-year-olds today consider themselves sufficiently sex-educated. Among the girls and boys with German citizenship, more than 80% believe this; the figures are lower among the boys (72%) and girls (just 67%) with a migrant background. Nevertheless there are many subjects on which young people still have a need for information. A quarter of the young people of German nationality and more than 30% of the young people with a migrant background would like to know more about contraception for example. The desire for information is even greater for the topic of sexually transmitted infections and sexual practices, while the girls also want to know more about pregnancy/birth and pregnancy termination. Among girls with German citizenship, the subject of sexual violence is also high up on the list. Young people from migrant families attach conspicuous importance to the subject of love and affection. Girls with a migrant background, who are generally more insecure than the other young people, would like to know more about many of the subjects.

Contraceptive advice common in German families. 69% of girls and 58% of boys with German citizenship were given information by their parents about contraception. The figures for the young people with a migrant background are much lower, namely for girls: 51%; and for boys: only 41%. The figures are lower still for Turkish girls (31%) and boys (36%) as well as, generally, for young people of Muslim persuasion (around a third for both boys and girls). An additional finding is that of the girls and boys with a migrant background around a fifth were not satisfied with the advice they received (percentage of dissatisfied young German nationals was in single digits). If the young people had already had sexual experiences it was more likely that they were also given advice.

Contraceptive advice: girls are increasingly being recommended the condom. Whether or not the boys had a migrant background, the number one contraceptive suggestion from parents was the condom, while the majority of parents recommended the Pill to girls. One development is striking, however: recommending the Pill *and nothing else* is no longer the norm. In one in five cases the recommendation to use the contraceptive pill was supplemented by advice to use a condom as well. A third of the parents, both with and without a migrant background, believe the best recommendation for their daughter is the condom alone.

Of increasingly greater significance: schools as a source of information. Almost all of the young people now have access to sexuality education in school, regardless of their gender and migrant status. At least three-quarters of the young people said that they got their information about sex, reproduction and contraception from school (among other places). No other source for sexuality education was given more frequently. Around four out of five young people stated that the issue of contraception had been addressed. Teachers were the most important people for boys regarding their sexuality education. Among the boys of German nationality teachers were mentioned as often as their own mothers in this context; for boys with a migrant background school was in fact the most important place for sexuality education.

For those subjects in which the young people still see gaps in their knowledge, teachers are also the most important person in a professional context for boys, regardless of their migrant status.

Seeing a gynaecologist: more and more 14-year-olds are going. School does not play such a significant role for girls as it does for boys because they have an additional source of information available that boys cannot access in the same way: doctors, which generally means gynaecologists. For around three out of ten girls with or without a migrant background doctors are the preferred source of information for unanswered questions. Their significance has further increased for girls in the past four years.

A good half of the 14–17-year-old girls have already been to a gynaecological practice. Between 2005 and 2009 this figure grew particularly strongly among the 14-year-olds: from 28% to

34% among German girls and from 22% to 29% among girls with a migrant background. If the girls had personally had sexual experiences nine times out of ten they had already gone to see a gynaecologist, regardless of whether they had a migrant background or not. Among those girls who had not yet become sexually active questions about menstruation were the main reason to visit a gynaecological practice for the first time. Among the sexually experienced girls the focus of the motivation was clearly on the issue of contraception. In response to the question about whether they had ever got contraceptive advice from a gynaecologist, 82% of the German girls who had already had sexual intercourse said yes, while the same was true for 76% of the sexually active girls with a migrant background.

Counselling centres: a small but important component of the advice service spectrum. 11% to 14% of all boys and girls have already sought out a counselling centre to get information about contraception. Even though these are not great percentages and for half of these young people the visits took place within the school context, there are several indicators suggesting that counselling centres are important ports of call for certain young people who otherwise are not well-supplied with information. Three out of every ten boys from migrant families who have already visited a counselling centre to get contraceptive advice state this had been shortly before the first time they had intercourse and they had wanted to get information before it happened. This number is twice as high as that of the girls and of the German boys. When looking at the boys of German nationality, the percentage who have already visited a counselling centre is particularly high among those who had their first sexual experiences at an early age (sexual intercourse at 14 or younger). Among the German girls who had never seen a gynaecologist, one in ten sought out a counselling centre.

Media preferences: the internet is becoming increasingly popular. The media preferences of young people are increasingly changing as a result of the internet. This is true for both boys and girls: almost every young person now has access to the internet, including young people from migrant families. In comparison with 2005 alone, interest in the internet as a source of information rose by 10 percentage points among German girls and boys and even more significantly among young

people with a migrant background (girls: plus 14 percentage points; boys: plus 20 percentage points). The result of this change is that other media have decreased in significance. For boys the main source of information has now become the internet. None of the selection of media they were presented with was cited more frequently as the desired medium for closing gaps in knowledge regarding sexual issues. This is not (yet?) the case for girls, for whom none of the sources of information stood out clearly; however, there was still a clear focus on print media for them.

Different body perception depending on gender.

Young people's attitudes to their own body varies greatly depending on their gender. Boys consider the fitness aspect to be the most important one, whereas girls care much more about a stylish appearance. Girls feel pressure to be slim much more often than boys: a quarter of the girls considered themselves "too fat" and it was rare for them to consider themselves "too thin". The percentage of boys considering themselves to be overweight was significantly lower (at most ten percent). Overall boys are more satisfied with their bodies: a good seven out of every ten boys, i.e. the vast majority, agreed or strongly agreed with the statement "I feel comfortable with my body"; among the girls the percentage who said the same was less than 50. Drastic measures in the form of surgical procedures to improve appearance continue to be considered by only a minority of the young people.

First contacts to members of the opposite sex develop between the ages of 14 and 17. The age range of this survey, 14–17, is also the time in which young people develop sexual contacts to members of the opposite sex. By 17 years of age more than 90% have had experience with kissing and petting; it was merely girls from migrant families (at every age) that showed more restraint.

Becoming sexually active: (German) girls and boys are now active to a similar degree. With the exception of the 16-year-olds, where the girls continue to be ahead of the boys, the percentage of girls and boys with German citizenship (who are of the same age) who have had sexual intercourse is roughly the same. This convergence could already be observed in all of the previous surveys. Currently boys and girls are now (almost) equal. With regard to the number of young people with experience of sexual intercourse, there is currently

a drop compared with the 2005 survey for both girls and boys: among the 14-year-olds from 12% to 7% among the girls and from 10% to 4% among the boys; in addition there was a drop in 7 percentage points among the 17-year-old girls.

Different behavioural patterns regarding sexual contacts among girls and boys with a migrant background.

Boys from migrant families are sexually active earlier and thus overall more frequently sexually active than their German counterparts, girls with a migrant background are generally very much more reserved than girls with German citizenship. The biggest differences exist among the 16-year-old girls (percentage of sexually experienced German girls: 50%, percentage of sexually experienced migrant girls: 27%), but even among the 17-year-olds only half of the girls with a migrant background stated that they were sexually active, while among the other groups this figure was two-thirds and more. It is primarily the young women of Muslim persuasion and thus also those with Turkish citizenship who are not very likely to pursue sexual activities during their adolescence, and if they do, then at the later end of the spectrum.

Different reasons for resisting sexual contacts.

First kisses and physical contact are fine, but sexual intercourse is not: one of the main reasons for this for all young people is not having the right partner. All the other reasons depend on gender and country of origin. Girls with a migrant background often justify their reticence by saying they are too young for that, at 48% this is their most commonly cited reason. 34% say they do not think being physically close to a member of the opposite sex before marriage is appropriate; among the Islamic girls 59% gave this reason (among others). This is an attitude the German girls hardly shared (7%) and neither did the boys. The fear of the parents finding out was a particularly strong reason for the girls with a migrant background to avoid such contact (26%, otherwise 7–13%). One reason that was more relevant for the boys than it was for the girls was their own shyness and the fear of behaving clumsily. Boys with a migrant background also faced the problem particularly often that their partner refused (23%).

Sexual assaults are not unknown to girls. 13% of the girls of German nationality and 19% of the girls with a migrant background have found themselves in situations where they have had

to defend themselves against unwanted sexual overtures. The sexually active girls were particularly affected (German girls: 22%, girls with a migrant background: 30%), but girls who had not yet had experience of sexual intercourse also had to deal with this issue (9%/15%). In half of all cases (49%) the German girls managed to fend off the unwanted assault. Girls with a migrant background resisted the male assaults more often (58%). Among the group of sexually experienced German girls the assault resulted in sexual intercourse in one in four cases (24%/25%). One frightening fact is that in the small group of German girls who had not known their first sexual partner or not known him well, 43% reported having been a victim of sexual violence. It is rare that boys report sexual assaults (max. 3%).

Contraception during the first time: positive trends can be seen. The two most pleasing trends among young people with German nationality are that the contraceptive behaviour of boys, which had hitherto always been worse (exception: 1996) than that of the girls, has now become just as good and that the current figure of those not using contraception is 8% for both genders, making it the lowest ever measured and far away from the starting figure. In 1980 these percentages were 20% among the girls and 29% among the boys, in other words very much higher. One factor affecting this development could be that more and more boys are experiencing their first time with a steady partner. With the exception of the 1998 survey, in which a temporary drop to 40% was recorded, this percentage has risen steadily from 41% in 1980 to 58% today.

Among the young people with a migrant background contraceptive behaviour has also improved compared with 2005. Among the girls the percentage who did not use contraception dropped from 19% to 12% and among the boys the percentage dropped even more significantly from 34% to 18% percent today. This makes the contraceptive behaviour of the young people with a migrant background and particularly of the boys still much worse than that of the German young people. It seems very likely that one of the reasons why this is the case among the boys with a migrant background is that only a minority of them (40%) experience their first sexual intercourse within a steady relationship. It is not uncommon for the first sexual partner to be just a fleeting acquaintance or someone completely unknown.

The condom is the dominant contraception of choice for the first time. In 2009 the condom was again by far the most frequently chosen contraceptive compared with all other alternatives for both boys and girls. In three out of every four cases the contraception used during the first time was a condom. Only among the boys with a migrant background is the percentage lower (59%); this is because of the higher percentage of boys in this group who do not use contraception. The increasingly popular trend of combining the Pill with a condom was confirmed and continued in this survey. Girls in particular are making more and more use of this option. It is an indication of the fact that in addition to the desire for contraception the desire to prevent AIDS is also considered more often.

With increasing experience young people change from using condoms to using the Pill. On the second occasion the young people have sexual intercourse the condom is still the most commonly used contraceptive. At the same time the use of the Pill increases, and more so among the girls than among the (partners of) boys. With increasing experience the young people's contraceptive behaviour changes again. The use of condoms decreases and the contraceptive pill is used a lot more often. This trend can be observed among both the boys and the girls but there are greater gender-specific differences in its development than there were during the first experiences with contraceptives. Among the girls the preference shifts very strongly from condoms to the Pill, whereas during the boys' most recent sexual intercourse prior to the interview they still used a condom in a greater percentage of cases than their partners used the Pill.

Not using contraception after the first time is the exception. The percentage of girls and boys who did not use contraception for their second time is significantly lower than that for the first time. Among the German young people the percentage is a mere 3%, while among the girls with a migrant background it is 4%. In both of these groups there is a further drop of one percentage point regarding how many of them did not use contraception during the most recent sexual intercourse prior to the interview. It is only in this latter case that the boys with a migrant background reach the same low level as the remaining young people; during their second sexual intercourse the percentage of

them who did not use contraception was still 7%, which is more than that of the other young people but still a reduction of almost two-thirds compared with the starting value of 18%.

In general there is a high level of awareness for the need for contraception. 74% of the German girls and 66% of the girls with a migrant background as well as 63% of the German boys choose the highest of the set five-statement scale, saying they “always pay very close attention” to preventing a pregnancy. Boys with a migrant background are less responsible. In their group this response was chosen by only 49%. Nevertheless even in this group the number of those who rarely or never think about contraception is only a minority (12%), although these percentages who say the same in the other groups are a lot lower (3–5%). One noticeable fact is that girls tend to be more conscientious when it comes to contraception than boys are. In addition, contraceptive awareness is not so well developed among the girls and boys with a migrant background as it is among the German young people.

Main contraceptives condoms and the Pill: generally well accepted, but problems not unheard of. Almost all of the sexually active young people have already used a condom (around 90% and more). For that reason the vast majority have also experienced problems using them. The biggest problem is the difficulty of putting it on (German: 28%, migrant background: 34%). One in five (22%/18%) have had their condom tear. Experiences with the Pill as a contraceptive are not so extensive as with condoms, but a large majority do have experience with it. Clearly the main problem with the Pill is the fact that it has to be taken on a regular basis. More than half of the young women taking the contraceptive pill (57%/56%) have forgotten to take it on time and at least one in three has forgotten to pack it when spending the night elsewhere. Each of the following problems was reportedly experienced by a quarter of the girls: insecurity about the effectiveness as a result of vomiting or diarrhoea, breakthrough bleeding and (unwanted) weight gain. Nevertheless both of these contraceptive methods are given a very positive overall evaluation (worst value on a scale of 1–6: 2.6) Exception: the evaluation of condoms with regard to their impact on sex. This aspect only achieved a value of 3.3/3.6 (German/migrant background).

“Morning-after pill” now also better known among young people who are not yet sexually active. What if sexual intercourse did take place without contraception? The girls’ knowledge about the possibility of emergency contraception (the morning-after pill) has become almost universal; the figure is 90% and more in the group for whom it is particularly important: the group of sexually active girls (regardless of whether or not they have a migrant background). Over the past four years the percentage of girls who have not yet had any sexual contacts but who know about emergency contraception has gone up significantly. 12% of German girls who have already had sexual intercourse several times have found themselves in a situation where they had to take the morning-after pill. A small percentage (2%) have even had to take it more than once. Among girls from migrant families this figure is higher (18%), but the number of girls interviewed who were sexually active was also quite low, so that the figures must be interpreted with caution. If emergency contraception was used, then it was generally used because there was a problem with the primary contraceptive. About one girl in two says the condom slipped off or tore (48%); a good third of the responses referred to the Pill.

Having children one day? Yes, but under no circumstances just yet. Children are part of the young people’s life plans. Especially girls know this from a young age. More than three out of every four girls of German nationality and more than four out of every five girls from migrant families explicitly pick the answer category “I want to have children one day”. For boys this consideration seems to be further away. They pick the answer “don’t know” twice as often as girls. Only a very small proportion of both the girls and the boys have an explicitly negative attitude to having children (4–7%). A pregnancy now, during adolescence, would be “a disaster” for the majority of the 14–17-year-old girls and boys, and even more so for young people with a migrant background than for young people of German nationality.

1. Sexuality education and Advice

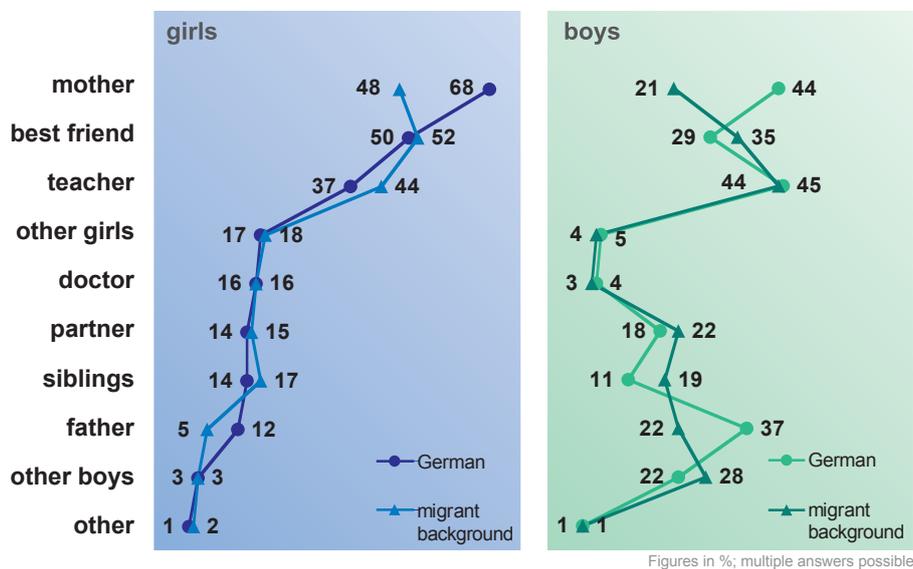
1.1 People involved in sexuality education and advice

1.1.1 Reference people for sexuality education

Sexuality education is first and foremost tied to communication processes. When 14–17-year-olds are asked about the sources of their knowledge of sexual issues, more than seven out of ten boys and girls of German nationality (71% and 74% respectively) and two thirds of the boys and girls with a migrant background (65% for both) cite conversations. As the following diagram demonstrates, these are mainly conversations with people from the young people’s everyday environment who take on a central role in providing sexuality education for young people:

People involved in sexuality education

Current



4-5-2009

Fig. 1

Who were the most important people in providing you with information regarding sexual matters?

Mothers continue to be the most important reference people regarding sexual subjects, particularly for young people of German nationality: when asked about the most important person for providing information about sexual matters, young people tend to say their mother is the most important or at least the second-most important person. Among girls of German nationality their own mother is by far the main reference person (68%) and she also plays a major role for German boys (44%). The male parent is far less important with regard to sexuality education. Merely 12% of the girls cited their father as an important reference person, and even among the boys the father (37%) played a somewhat lesser role than the mother (44%).

The young people with a migrant background in the survey on the other hand seem to have a qualitatively different relationship with their parents regarding sexuality education from their German counterparts: both girls and boys from migrant families cite their parents significantly less often as an “important reference person” than young people of German nationality. Especially among the boys with a migrant background the parents play a noticeably small role; merely 22% pick their father and 21% their mother in this question.

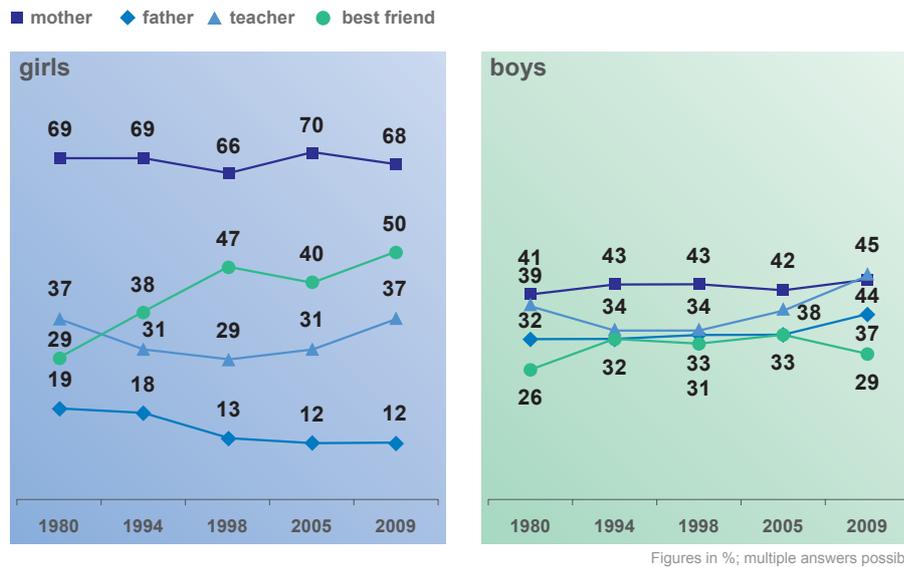
Regardless of whether the young people have a migrant background or not, boys and girls differ significantly regarding the role of the best friend in sexuality education. Half of the girls pick their best friend for this question (German: 50%; migrant background: 52%); for girls from migrant families this reference group is therefore the most-cited of all the groups. Among the boys the influence of best friends is less (German: 29%; migrant background: 35%).

For boys, teachers are the most significant reference people for sexuality education subjects. At 45% German boys cite their teachers as often as their own mother, while for boys with a migrant background school is in fact the most important place for sexuality education: no reference person is named more often than teachers (44%). Teachers as providers of knowledge regarding matters of sexuality education also play an important role among the girls; they come third at 37% (German) and 44% (migrant background).

Whether with or without a migrant background, alongside the mother, best friends and teachers any other reference people are only of significance regarding sexuality education for fewer than a fifth of the girls. For boys the different sources of sexuality education are distributed more evenly; no person or group stands out so clearly as among the girls.

Even though not depicted in the figure above, an additional look at the percentages of young people who said they were not given sexuality education by any specific person is informative. Currently 9% of the German boys said they had no concrete reference person regarding sexuality education, while this figure is merely 3% for the German girls. Furthermore, boys and girls from migrant backgrounds are both somewhat more likely than their German peers to say they did not receive sexuality education from any specific person (boys: 11%; girls: 6%).

People involved in sexuality education Long-term trend of selected reference people



4-5-2009

Fig. 2

Who were the most important people in providing you with information regarding sexual matters?

The long-term comparison of reference people regarding sexuality education reveals significant differences between boys and girls of German nationality: if the four most important sources of knowledge in the young people’s environments are looked at, it becomes clear that the significance of individual groups among the girls over the observation period of almost thirty years is quite different from what it is among the boys.

The key role of the mother in providing sexuality education is unbroken. Among the girls she has been by far the most important reference person continuously since 1980; she was cited by at least two thirds of the participants throughout. It is a similar picture among the boys, just at a lower level. Fathers, on the other hand, continue to remain in the background when it comes to the parental role distribution regarding sexuality education. For the female participants, the significance of the father even decreases over the long-term comparison. For more than a decade girls have not cited their fathers more than 12–13% of the time. Among the boys the father is only slowly approaching the same importance as the mother. The gap has narrowed from around 10 percentage points (1994, 1998) to 7 percentage points most recently. At currently 37% fathers are cited more often than ever before as being an important reference person for providing sexuality education.

Among the boys there is a further interesting development: the current data indicate that teachers, who have been becoming more and more important to the boys since the late 1990s, could in the future overtake mothers as the main reference people for sexuality education issues. Even though girls have lately been citing teachers more often as an important source of information about sexual issues (the rise between 2005 and the current data is 6 percentage points), their importance today is comparable to that of the 1980 level.

A clearly rising trend in the long-term comparison can be seen among the girls regarding the significance of peers: although the best friend seemed to be somewhat less important in 2005 than in previous years (minus 3 percentage points compared with 1998) this year showed an increase of 6 percentage points compared with the 2005 survey. The best friend has become more important than ever with 50% of girls citing him/her as a reference person for sexual issues. The picture is somewhat different among the boys. In this group the best friend has dropped somewhat in significance (in comparison with 2005 a drop of 4 percentage points down to 29%).

1.1.2 Confidants for sexual questions

The current data also confirms: more and more young people between the ages of 14 and 17 have a confidant/confidante with whom they can openly talk about sexual questions. Currently more than nine out of ten girls of German nationality have such a person, among the boys the figure is slightly less at 82%.

Even though the vast majority of the girls and boys with a migrant background have a confidant/confidante with whom they can talk openly about sexual questions, the percentages are lower than among their German counterparts of the same age. Among the girls from migrant families 83% have one, while the figure is 78% for boys with a migrant background. This also means, however, that a fifth of the boys with a migrant background (22%) state they do not have a person with whom they can talk about sexual questions in confidence, while this figure for girls with a migrant background is 17%.

In detail

One strong influencing factor for the presence of a confidant/confidante is the young people's age. Regardless of gender and migrant background, 14-year-olds report most often that they do not have a person with whom they can talk in confidence about sexual questions. Among the 14-year-old boys from migrant families this percentage is highest, at 32%. Already by the age of 15 the average level tends to have been reached and 16 and 17-year-olds are even more likely to have someone with whom they can discuss sexual questions in confidence. The percentage of 17-year-old boys with a migrant history without a confidant/confidante is only half what it is among the 14-year-olds; the percentage is just 16%, which is still relatively high when compared with the percentages of other young people of the same age.

In addition the young people's relationship of trust to their parents also plays a significant role. It can generally be said that the less the girls and boys feel taken seriously at home, the more likely they are not to have a person with whom they can talk in confidence about sexual subjects. It would seem young

people from migrant families with a strained relationship to their parents are particularly disadvantaged: 35% of the girls and no fewer than 39% of the boys do not have a confidant/confidante for frank conversations about sexual questions.

No Confidant/e for sexual questions By relationship of trust in the home

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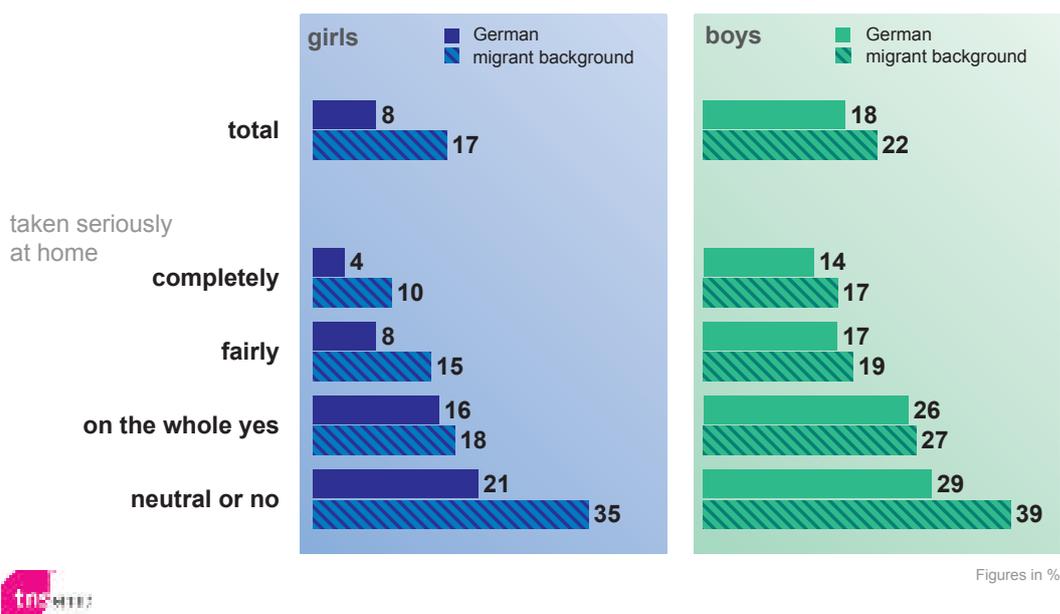


Fig. 3

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

A steady partner largely compensates for a lack of other confidants. Since older teenagers are more likely to be in a steady relationship than younger ones this also explains why the percentage of young people without a confidant/e is higher among the 14-year-olds than among the older age groups.

Among participants with a migrant background, the religious background also has a clear influence that is lacking among the German young people: in particular Muslim girls from migrant families who say their relationship to religion is “close” are disadvantaged. 40% of them do not have a confidant/e with whom they can talk to about sexual matters (by comparison, if religious affiliation is not taken into account 33% of the non-German girls with a close relationship with religion are still without a confidant/e). If girls with a migrant background have a less close relationship to Islam this figure drops to 14%. Among the Muslim boys with a migrant background the religious factor also has an impact, but a less striking one.

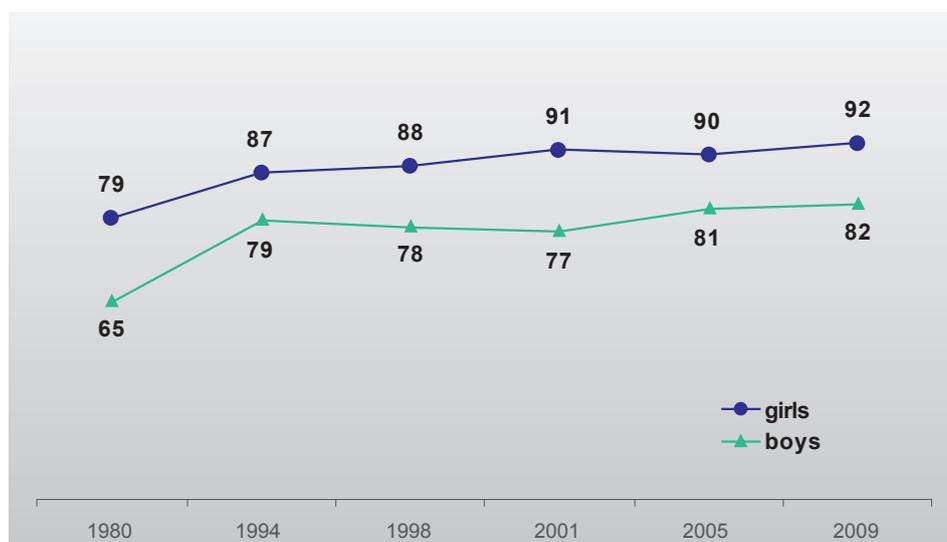
When differentiating according to the young people’s level of education a further disparity factor becomes evident: students attending Hauptschule [non-academic secondary school, ages 11–16] and special-needs schools in particular have an above average probability of not having a confidant/e. Among the girls the educational background has a bigger impact than among the boys: the percentage of girls without

a reference person is 12/11 percentage points above average among those attending a Hauptschule or special-needs school, whereas the increase among the boys is only 4 and 6 percentage points respectively. Otherwise any differences between the genders level out in this group. Girls attending a Hauptschule or special-needs school are no better off in this regard than boys attending these schools.

30-year-tend. Long-term comparison for young people with German citizenship

Presence of a Confidant/e Long-term trend

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Figures in %



2-7/2009

Fig. 4

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

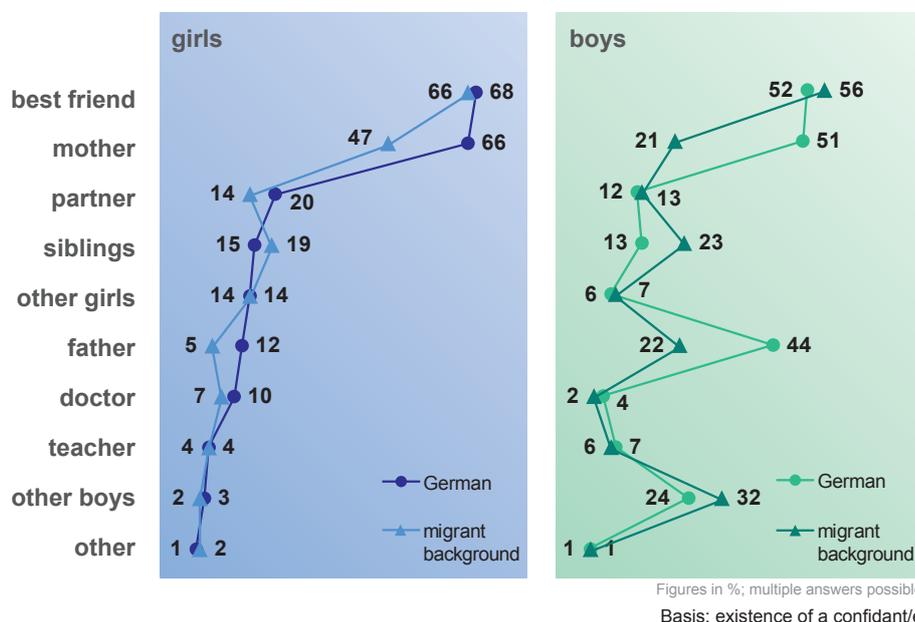
In the trend comparison of the first two measurements, 1980 and 1994, the number of girls and particularly that of boys who had a confidant/e rose significantly (by 8 and 14 percentage points respectively). Since the 1990s these percentages have stabilized for both genders at a high level with a slightly increasing trend that continues to this day. The gap between the girls and the boys varies in the long-term comparison between 8 and 14 percentage points without a recognizable tendency. It currently lies at 10 percentage points. It continues to remain the case that fewer boys have access to a confidant/e for sexual subjects than girls (“no confidant/e available”; boys: 18%, girls: 8%).

As in previous years the people most commonly named as being confidants for sexual questions for the young people are close friends of the same age (best friend) and their parents. Here too it is once again noticeable that the parents play a comparatively smaller role for the girls and boys from migrant families.

Confidants for sexual questions

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2-9-2009

Fig. 5

Using this list, can you tell us who that is?

Irrespective of gender and migrant background confidants with whom young people can openly talk about sexual questions are most likely to be found in their circle of closest friends. Around two thirds of the girls (migrant background: 66%; German: 68%) and more than half of the boys (migrant background: 56%, German: 52%) who have a confidant/e say their best friend is such a person.

The parental home also plays a significant role in this respect. Around two thirds of the German young people consider at least one of their parents to be a reference person they can talk to in confidence (girls: 67%; boys: 62%). If a distinction is made in respect of the gender of the parental reference person, the role of the mother as a confidante stands out, as it did in the previous investigations. Among the German participants girls and boys name their mother almost as often (66% and 51% respectively) as their best friend. Fathers on the other hand remain relevant only for the German boys (44%) and in this group too the significance of the mother is greater (51%). Among the girls the position of the male parent is much less important: merely 12% of them consider their father as a confidant and almost all of the girls who picked their father also picked their mother for this role.

In migrant families parents are reference people for sexual questions less often. Among the girls with a migrant background only around half (48%) say at least one of their parents is such a reference person for sexual questions and among the boys this figure is only a third (33%). Although the mother is still among the most often cited confidants among the girls with a migrant background, the percentage of 47% is very much lower than that of the German girls (the difference is 19 percentage points). Fathers are only significant for very few girls with a migrant history (5%). Among the boys from migrant families the absence of a parental confidant/e is the most evident: only just over a fifth of these participants

consider their mother and/or father as an important reference person for sexual questions (21% and 22% respectively). This gap is mainly compensated for by other people in the boys' environment. In addition to confidants from their closest circle of friends (56%) their main sources for such a person are peers (other boys: 32%) and siblings (23%). None of the other groups investigated named these two groups to such an extent.

All of the other reference people listed are less important. Doctors and teachers are important reference people for no more than a tenth of the young people, for example.

In detail

The parental role is most pronounced among the 14-year-olds, irrespective of their gender and origin. From the age of 15–16 the parents become somewhat less significant as confidants. Instead, friends and the partner become more and more important at this age. Among young people from migrant backgrounds this substitution process is even more pronounced than among the German participants. This is particularly true for boys with a migrant background: among the 14-year-olds 30% still cite their father and 28% their mother as a reference person for sexual questions; by the age of 17 these percentages have dropped to 19% and 15% respectively. At the same time the importance of the best friend rises from 41% to 64% and that of the partner from 6% to 24% over the same time span.

If young people are in a relationship the partner is often a confidant/e for sexual subjects (between 37% and 50%). It is not uncommon for the importance of the parents and other peers as reference people to decrease for boys in relationships. Among the girls in relationships at least the mother still remains the main reference person. The following is true for both genders irrespective of their background: even if they have a steady boy/girlfriend, the best friend tends to remain a confidant/e for frank conversations about sexual questions.

Four-year trend. Comparison between the current survey and that of 2005 for young people with a migrant background

Changes in the social reference system are long-term in nature. If the current figures for the boys and girls with a migrant background are compared with those of four years ago, there are only minor changes. The same-sex parent is not named by young people any more today than in 2005 for example, while the opposite-sex parent is cited somewhat less often, even, than four years ago.

Thirty-year trend. Long-term comparison for young people with German citizenship

The long-term trend illustrates how much the role of the parents has changed with regard to sexuality education: in 1980 only a minority of young people considered their parents as reference people; among the girls the percentage was 44%, while among the boys it was less than a third (28%). Since then the percentage of young people with an open, trusting relationship to at least one parent has risen continuously and is currently 23 percentage points higher among the girls than it was approximately 30

years ago. Among the boys there has even been a percentage-point increase of 34. Boys are increasingly likely to have someone in their own home with whom they can talk about sexual questions: in 1980 the boys were far behind the girls (by 16 percentage points), while the current gap for 2009 is only 5 percentage points, a clear narrowing over the past 30 years.

1.1.3 Preferred reference people

Preferred people to provide information

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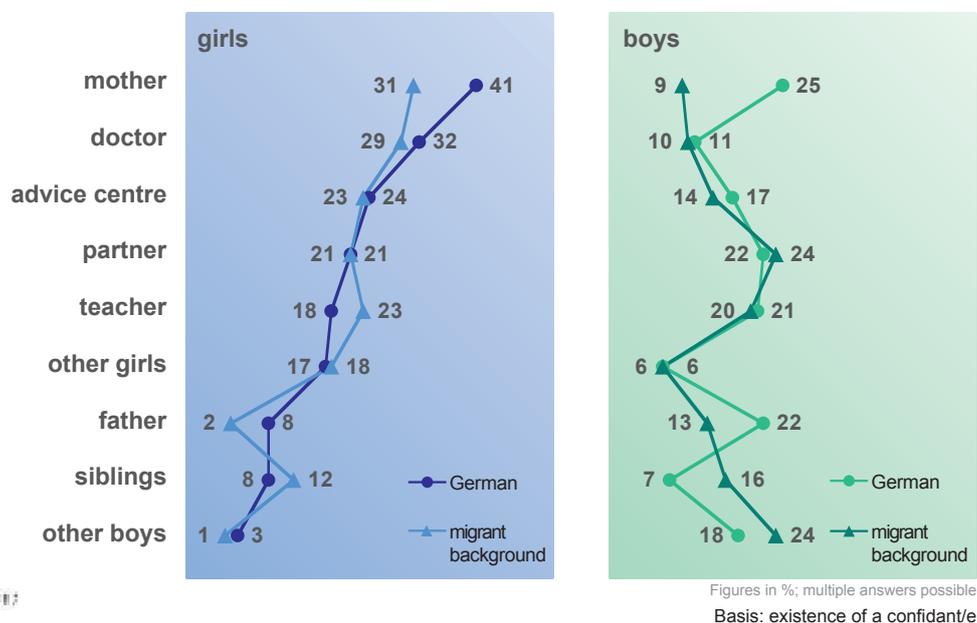


Fig. 6

From which people would you like to receive more information about the subjects you listed above?

When it comes to giving young people information about sexual subjects parents continue to be the most important people and in most cases they are also significant confidants for them. If the young people are asked which reference people they would prefer to give them information about the subjects they feel they do not yet have enough knowledge about, parents are still high up on the list, but professionals such as doctors, counselling-centre staff and teachers become more important, and sometimes very much more so.

The mother is nonetheless very important to German young people if they want to have information about subject areas where they still have gaps in their knowledge. She is the most frequently cited reference person among both the girls and the boys, but girls list their mother more frequently (41%) than boys (25%). In contrast to the mother, the father plays a split role, as was the case in the previous analyses. For sons he is an almost equally important reference person (22%), but for daughters his significance trails far behind (8%).

For young people from migrant families the parents are the preferred sources of knowledge much less often. Girls from migrant families generally show similar preferences when choosing reference people to girls with German citizenship, but when it comes to parents girls with a migrant background list them noticeably less often (mother: 31%; father: 2%). Boys with a migrant background are once again the category with the lowest figures in this regard. If they want more information on certain subjects they do not know enough about, they hardly ever turn to their father (13%) and even less often to their mother (9%).

Besides their parents the preferred reference people from whom young people would like to receive further information come from professional contexts. For girls, doctors are particularly important. For around three out of ten girls with and without a migrant background (29% and 32% respectively) doctors, most likely gynaecologists, are a preferred source of information. This means girls from migrant families list doctors almost as much as their own mother (a difference of 2 percentage points). Almost a quarter of the young women (German: 24%; migrant background: 23%) would like experts from counselling centres to fill the gaps in their knowledge. Teachers are preferred just as often (23%) by girls with a migrant background; they are a little less relevant for German girls (18%).

Regardless of the young people's background, experts are less important sources of knowledge for the boys. In addition their ranking of preferred reference people is reversed compared with that of the girls: listed by 21% (German) and 20% (migrant background) of the boys, teachers are the most important reference people from a professional context for them. Boys and girls are similar in their assessments here. Counselling centres are the next most popular category for the boys at 17% (German) and 14% (migrant background), making it somewhat less popular with the boys than with the girls (24% and 23% respectively). Only one boy in ten (German: 11%; migrant background: 10%) would like to receive more information from a doctor; the figure is three times as high among the girls.

Besides the parents other people from the young people's personal environment are also perceived as potential sources of information. First and foremost this is the partner, who is mentioned by a good fifth of all the participants. For girls (German and migrant background: 21%) the partner is thus similarly important to counselling centres and teachers. For boys the partner (German: 22%; migrant background: 24%) is one of the most important sources for information with regard to gaps in knowledge about sexuality and contraception. The situation is similar among the boys with a migrant background when it comes to other boys of the same age (24%); for German boys and for girls with and without a migrant background such peers are less important in this respect (18% and 17% respectively). Around one young person in ten would prefer to get more information from siblings; the figures are somewhat higher for girls and boys with a migrant background (12% and 16% respectively) than among the German young people (girls: 8%; boys: 7%).

Some of the young people don't give a preference when it comes to people who could provide them with information, since they do not want any further information. Among the boys this percentage (German: 26%; migrant background: 22%) is quite a bit higher than among the girls (16% and 11% respectively).

In detail

The parents' role as confidants (cf. 1.1.2) as well as their function as sources of information diminishes in significance with the increasing age of their children. While, for example, 37% of the 14-year-old German boys would like to receive more information from their mother and 34% from their father, these figures have dropped to 18% and 14% among the 17-year-olds. Only among the girls with a migrant background can no such trend be made out. All ages receive similar percentages (and for the father the comparatively lowest ones).

With increasing age the significance of the school as a place for discussing sexual subjects also decreases, more strongly among the boys (only 12%/13% among the 17-year-old boys) than among the girls (16%/20%).

The reverse is the case when it comes to doctors and to experts working in counselling centres: the older the young people, the more important these places become both to the boys and particularly to the girls. On the other hand the significance of the partner also increases with age (surely not least because with increasing age more young people are in steady relationships so that a further potential person with whom questions can be discussed is available).

Furthermore, the older the young people are, the more likely they are to say they do not want any further information. It is only again among the girls with a migrant background that this percentage is 10% for all the age groups, which suggests these young people have a particular need for information.

Four-year trend. Comparison with the previous survey

Preferred people to provide information Four-year trend of German young people

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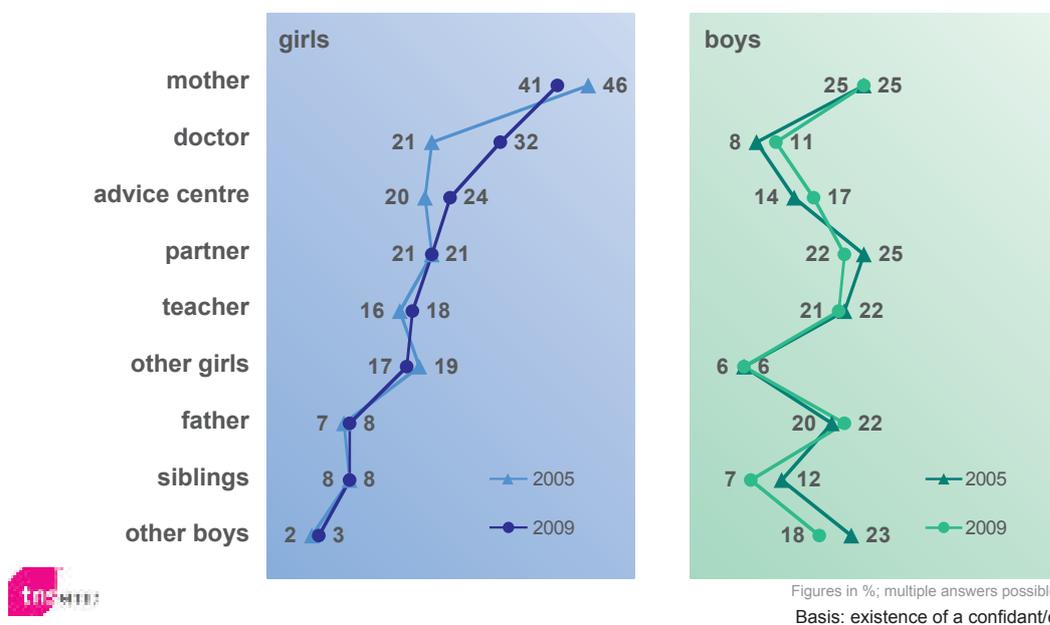


Fig. 7

From which people would you like to receive more information about the subjects you listed above?

If the young people's current preferences are compared with the previous surveys they are relatively constant throughout. There is one noticeable feature, however: the significance of doctors as sources of information has not just greatly increased among the girls over the past four years. In 2005 only 21% of the (German) girls said their preferred source of information to fill gaps in their knowledge regarding sexuality and contraception was doctors; today this figure has risen to 32% (plus 11 percentage points). A similar, albeit somewhat weaker, connexion also exists among the girls from a migrant background (2005: 24%; 2009: 29%).

Experts in counselling centres are also chosen more often as sources of information by girls now than in 2005; this trend is even stronger among girls with a migrant background (plus 7 percentage points) than among the German girls (plus 4 percentage points).

All other changes are within a margin of 5 percentage points.

1.2 The Role of the Parental Home

The previous chapters have already revealed that the parental home varies in importance with regard to sexuality education depending on whether the young people have a migrant background or whether they have German citizenship. Young people with a migrant background generally get a lot less support in the home. Among the girls the mother did play a certain role regarding fundamental sexuality education, but when it comes to being a confidante for sexual questions or for gaps in knowledge the mother is only listed as one among others at most. The boys from migrant families are on their own even more often when it comes to their need and desire for information. Other boys of the same age, or the school, were already more important (or at least equally important) with regard to general sexuality education than their own parents. Therefore it is not surprising that because of these experiences boys choose their parents as confidants less often and also do not list them among their preferred sources of information to fill their subjectively perceived knowledge deficits.

Between parents of German young people (mothers in particular) and their growing daughters and sons there is, in most cases, a good relationship of trust that also makes conversations about sexual subjects possible. Girls and boys with German citizenship say that their parents were the main sources of information for sexuality education in the past. In addition they are still accepted as confidants for sexual questions today, particularly by the younger ones, and young people positively want them to be the ones to fill any gaps in their knowledge.

In this chapter the central issue is how this sexuality education provided by the parents manifests itself. Some questions focus heavily on the role of the parents, for which both sides, that of the parents *and* that of the young people, were asked for their assessment. However, here only the German situation can be looked at since the parents of the young people with a migrant background were not interviewed.

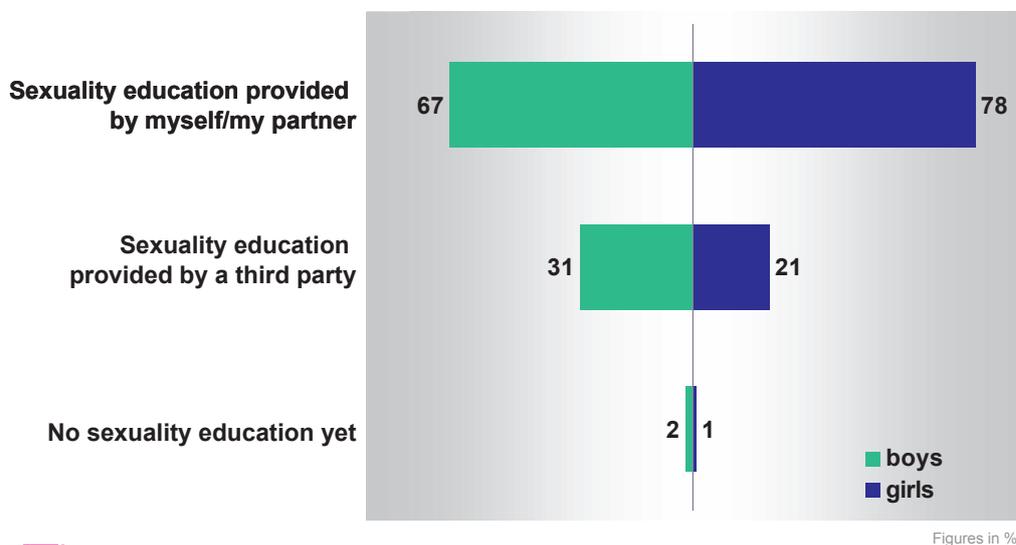
1.2.1 Sexuality education by parents in general

A good three out of four parents of German girls and two out of three parents of German boys state they provided sexuality education for their children. In those instances where this was not the case, others performed this job for them. Thus there are almost no parents whose children have not received any sexuality education (boys' parents: 2%; girls' parents: 1%).

Sexuality education provided by the parents themselves

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02.2.2009

Fig. 8

Has your daughter/son mainly received sexuality education from you/your partner or mainly from someone else?

It has now become clear to (almost) everyone that sexuality education cannot take the form of a one-off “facts of life” conversation. Instead it has to take place in successive chats. According to the parents’ statements around 90% of the (German) boys and girls (90%/93%) are constantly being informed about sexual issues as befits their age.

Even though it is now the norm for young people to get sexuality education from their parents there is still a small percentage of parents who perform this role because they know it is necessary, but who do not have an easy time doing it: 12% of the girls’ parents and 16% of the boys’ parents answer “yes” to the question whether they had a difficult time providing this sexuality education.

Whether their child’s level of sexuality education is sufficient is another issue quite a few parents remain doubtful about. The boys’ parents are more uncertain (20%) than the girls’ parents (12%), which doubtless reflects the fact that boys received sexuality education by third parties more often, meaning that such a judgement would be more difficult to make.

In detail

There is not a great difference among the different age groups in the percentage of girls and boys who have received sexuality education. Even among the 14-year-olds the young people who, according to their parents’ statements, have not yet received any sexuality education (girls: 2%; boys 4%) are a tiny minority.

There is also nothing to suggest that with increasing age of the young people the percentage of those receiving sexuality education from their own parents also increases. The 17-year-old girls are the only possible exception, where 82% of the parents choose the answer “sexuality education provided by myself/my partner”. The parents’ level of education is also only of marginal importance.

The age of the young people is the greatest influencing factor when it comes to parents’ estimations about whether they are already sufficiently sex-educated. The situation is much clearer among the 17-year-olds than it is among the 14 and 15-year-olds. The greatest uncertainty is displayed by the parents of the 15-year-old boys: in this group 26% are still in doubt about whether their sons already have enough information (to compare: parents of 15-year-old girls: 14%).

Factors other than age have a much greater impact, not regarding general sexuality education, but regarding the question to what degree the sex-education work was done by the parents themselves. In those cases where the young people feel completely taken seriously, the parent-child relationship can also successfully handle sexual questions. If this is less or not at all the case, this percentage drops significantly. The breadth is much wider among the girls than among the boys; among the boys it already has an impact if the question of whether or not they are taken seriously in the home is not answered with a wholehearted yes.

Received sexuality education from the parents
 – arranged by the extent to which the young people feel taken seriously in the home

Taken seriously at home	Completely	Fairly	Probably yes	Neutral or negative assessment
Scale value (scale 1–7)	1	2	3	4–7
Girls	83	75	75	58
Boys	70	67	57	53

Among the girls there is also a connexion between the size of the hometown and the percentage who received sexuality education from their own parents. In purely rural regions the percentage of parents who personally provided sexuality education for their daughter is 64%, which is below average; the figure increases to 71% in small towns and 75% in medium-sized town and finally to 81% in large towns and cities and their catchment areas.

Four-year trend. Comparison with the previous survey

In comparison with 2005 there have only been small changes. It is good news that the percentage of young people who have not received any sexuality education has once again dropped from 3%/5% (girls/ boys) to 1%/2%. This can be traced to changes among the 14 and 15-year-olds. In 2005 the percentage of 14-year-old boys who had not yet received sexuality education was still 9%, among the 15-year-old boys it was 7%; today these figures have dropped to 4% and 2% respectively. Among the girls the changes are smaller because of their better starting position, but the trend is the same (14-year-old girls who had not yet received sexuality education in 2005: 5%, in 2009: 2%; 15-year-old girls in 2005: 4%, in 2009: 1%).

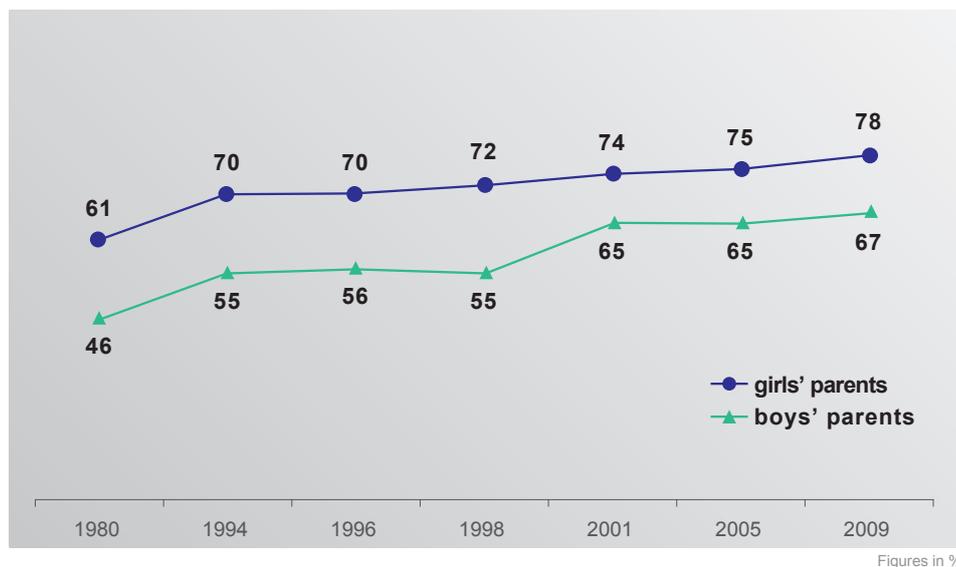
The percentage-point increase in young people who received sexuality education from their own parents is three among the girls and two among the boys. This is not a statistically significant change.

There is a greater change when it comes to the parents' assessment of the extent of their children's sexuality education. In 2005 a quarter (26%) of the boys', and a fifth (21%) of the girls' parents were not quite sure whether their child was sufficiently sex-educated. In 2009 these figures were 6 and 9 percentage points lower. This means more parents than ever before feel confident in answering the question about whether their child was sufficiently sex-educated with a clear "yes" (82% of the girls' parents and 74% of the boys' parents).

Thirty-year trend. Long-term comparison for young people with German citizenship

Sexuality education provided by the parents themselves Long-term trend of parents' statements

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Figures in %

02-2 2009

Fig. 9

Has your daughter/son mainly received sexuality education from you/your partner or mainly from someone else?

When looking at the trend over a longer period the small changes between 2005 and 2009 are representative of the overall developments: after a clear increase in the percentage of parents providing sexuality education for their children between 1980 (61%) and 1994 (70%) the percentage has increased slowly by 1 or 2 percentage points among the girls. However, over the long-term these small increases add up. The current figure of 78% is the highest ever measured in this survey series and compared with 1994 it is a clear increase of 8 percentage points.

Among the boys there was the same percentage-point increase between 1980 and 1994 from 46% to 55%, but unlike among the girls there was a second quantitative leap from 1998 (55%) to 2001 (65%). This figure of approximately two thirds has remained much the same since then; today it is at 67%, the highest percentage measured among the boys to date.

Continuous sexuality education in line with the child's development has not always been the norm. In 1980 18% of the girls still received their sexuality education in a one-time conversation and among the boys this was the case in no less than a quarter of the cases. The falling trend for the percentage of young people given sexuality education in a single conversation has continued to the present. Even in more recent years the percentages of young people given their sexuality education in such one-off conversations were still somewhat higher than they are today (girls 2001: 14%, 2005: 9%, 2009: 7%; boys 2001: 16%, 2005: 12%, 2009: 9%).

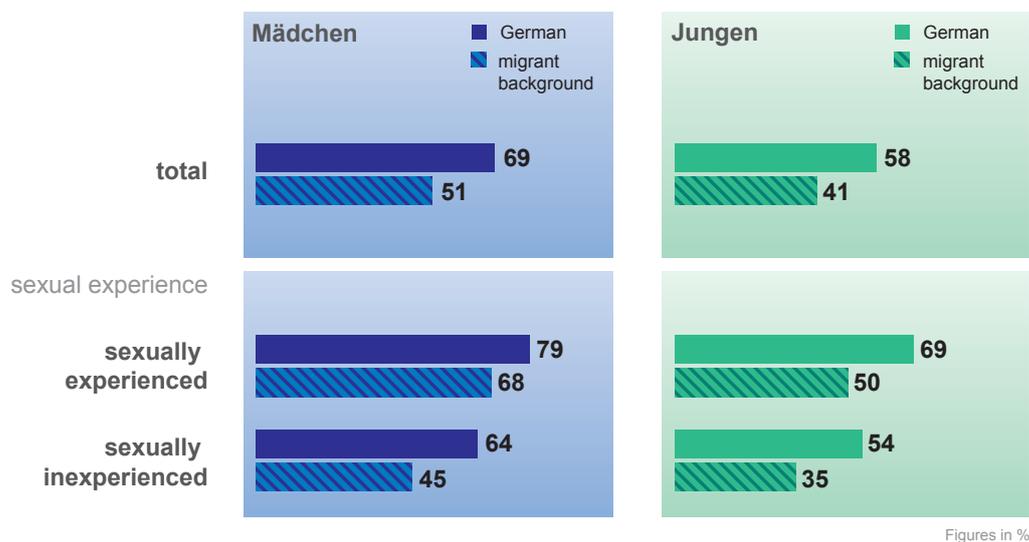
The percentage of parents who had a difficult time giving their children sexuality education has also fallen over the years. Even in comparison with 2005 the current figures are lower. Four years ago this figure was 16% for the girls' parents and 23% for the boys' parents, while today they are 12% for the girls' parents and 16% for the boys' parents. 2009 was the first time there were no differences anymore between the fathers' and mothers' answers. A close religious affiliation is also becoming less and less of a stumbling block.

1.2.2 Sexuality education by parents specifically: contraceptive advice in the home

1.2.2.1 Contraceptive advice: yes or no

Contraceptive Advice in the Home Current (Young People's Statements)

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Fig. 10

Have your parents/legal guardians ever given you in-depth information about your contraceptive options?

Around seven out of ten girls and six out of ten boys with German nationality aged between 14 and 17 state they have received advice from their parents about contraception. The figures for the young people with a migrant background are far lower: among the girls only one in two got parental advice about contraception, while among the boys the figure is another 10 percentage points lower, meaning only a minority of them have received such advice in the home.

If the young people have sexual experience they are also more likely to have received advice. The increase is around 10 percentage points in all groups, with the exception of the girls with a migrant background. Among the sexually active girls from migrant families, two out of three girls received parental advice about contraceptive issues, which corresponds to a percentage-point increase of 17. Sexually active girls with a migrant background thus receive the same amount of advice as the sexually active German boys, as in this group too a good two thirds have spoken to their parents about contraception.

Among the young people who have had sexual intercourse the boys with a migrant background receive the least amount of support in the home regarding this issue. Only half of the boys state having received advice from a parent about the contraceptive options. This fact is all the more regrettable, considering that boys with a migrant background in the age range of 14–17-year-olds surveyed are sexually active in greater numbers than German boys of the same age and particularly than girls from migrant families. They sometimes even enter sexual relationships at a younger age than German girls.

In detail

The young people's age also plays a role when it comes to contraceptive advice. Among the girls with a migrant background the number of them receiving contraceptive advice rises steadily with age: 43% of 14-year-olds have received such advice, while the same is true for 63% of 17-year-olds. Among the German girls the percentage of 14-year-olds who have received such advice is 64%, making it already as high as the percentage among the 17-year-old girls with a migrant background. This proportion of two thirds then remains constant among the 15 and 16-year-old girls. It is only the 17-year-old German girls who see another increase. In this group almost four out of every five (79%) of them are given contraceptive advice in the home.

Among the boys of German origin, as among the girls with a migrant background, there is a continuous increase with increasing age; however, unlike among the girls with a migrant background more than half of the 14 and 15-year-old boys have already received advice. Furthermore the span is not as great among the boys as it is among the girls: the figures vary from 52% among the 14-year-olds to 64% among the 17-year-olds. Among the boys with a migrant background there is no clear trend to be made out. However, in every age group only a minority have received advice.

The difference between the sexually experienced and sexually inexperienced young people was already addressed above. Generally speaking sexually active young people are also more likely to have received advice. For the boys (of German origin) it may be added that there is also a distinctive feature regarding the age at which they first have sexual intercourse: boys who had sexual intercourse for the first time at 15 are less likely to say they got contraceptive advice from their parents (59%) than boys who were either younger or older (both 73%). Among the German girls the age at which they had sexual intercourse for the first time does not have an influence on the percentages.

A crucial difference is whether or not the parents know about their children's sexual activities. Girls and boys whose parents say with certainty their children have already had sexual intercourse are significantly more likely to have received contraceptive advice than young people whose parents assume their children have not yet had sexual experiences. This is a particularly strong influencing factor among the boys. 83% of boys whose parents clearly assume their son has already had sexual intercourse received information about contraception. If the parents assume their son probably hasn't had sexual contacts yet, the percentage is only 55%. The girls' figures here are 86% and 67%.

To conclude: girls are more likely to have been given contraceptive advice "prophylactically" irrespective of their actual sexual experiences, while most boys' parents only become active when they have certain knowledge about their son's sexual activities. The problem with this is that boys' parents, compared with girls' parents, are more likely *not* to know that their child has already had sexual intercourse. A third of the parents of sexually active boys as well as almost a fifth of the parents of sexually active girls either state incorrectly that their daughter/son has not yet had sexual relationships ("definitely not"/"probably not") or they are frank about their lack of knowledge ("don't know").

The general openness towards sexual subjects in the home clearly makes the conversation about contraceptive options easier. It is not ruled out that in those families where sexual subjects do not tend to be discussed contraceptive advice was nonetheless given: the majority of the young people from these homes have not, however, received support in this area.

Another concern is that young people who have not received sexuality education in school are also less

likely to receive information from their parents about contraception. The majority of them also do not receive contraceptive advice in the home (exception: German girls, of which rather more than half say yes, they did receive contraceptive advice).

The young people's educational background plays less of a role when it comes to such advice, yet here too there is an exception: girls with a migrant background who have a higher level of education are very much more likely to have received contraceptive advice from their parents than girls with lower levels of education.

Among the young people from migrant families, and the girls from migrant families in particular, the religious affiliation makes a big difference. While among the girls with a migrant background and a Catholic or other Christian denomination at least six out of ten of them received contraceptive advice from their parents, this figure is only 31%, i.e. half as many, among Muslim girls. The figure is even lower, at 23%, among those girls who say they have a strong affiliation with their religion. If they describe their religious affiliation as "loose", this percentage rises to 39%, but still remains under the average for girls with a migrant history (51%). For Muslim boys from migrant families there are similar connections, except that the differences with boys of other faiths are less pronounced and the strength of the religious bond has no impact. Parents are less likely to have given contraceptive advice to their sons and daughters if there was a close religious bond, irrespective of the faith in question.

The same differences that can be seen regarding religious affiliation also exist when differentiating according to the nationalities of the young people with a migrant background. The largest migrant group, Turkish girls and boys, are also the most prominent, and the girls in particular: only 31% of girls with Turkish citizenship say they received contraceptive advice from their parents, while in other migrant groups the percentages are 56% and 63%, i.e. almost twice as high. The very low percentages among Muslim girls with a close relationship to their faith and among the Turkish girls are probably the result of traditional expectations to display abstinence. Their parents could consider contraceptive advice as unnecessary since they do not expect their daughter to engage in sexual intercourse. The evaluation of the young people's sexual intercourse experiences reveals that this group only rarely gathers such experiences and if they do, then it is at a late date (cf. 3.1.3).

Four-year trend. Comparison with the previous survey

The development over the past four years has been different depending on the young people's gender and background. Among the German girls the current figures are in line with the previous ones. An increase in the percentage receiving contraceptive advice does not (currently) seem possible. Among the girls with a migrant background there has been a clear change, but it only affects the group of girls who have already become sexually active. In comparison with four years ago sexually experienced girls have received more in-depth contraceptive advice; the increase is 10 percentage points. For girls with a migrant background who are sexually abstinent the percentage has remained at the 2005 level. Even though among the girls with a migrant background Turkish girls are still by far the least likely to receive advice from their parents, there has been some progress compared with the previous survey (plus 3 percentage points).

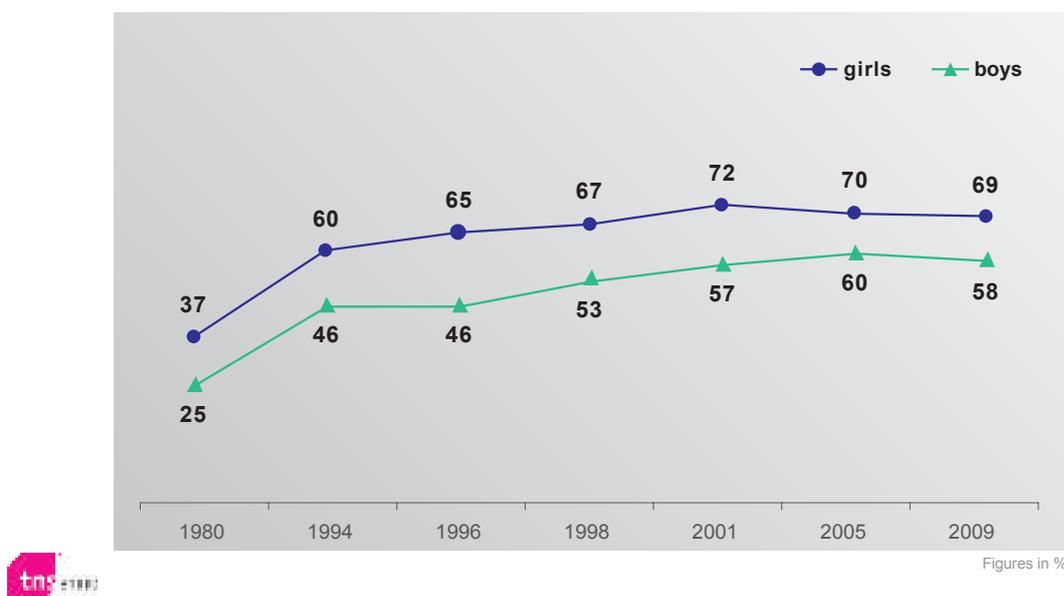
Among the boys with a migrant background, who are, in comparison with the girls and German boys, the group with the greatest need to catch up, the percentage of those who have received advice has risen among both the sexually experienced boys (plus 5 percentage points) and the sexually inexperienced boys (plus 4 percentage points). Among the German boys who have not yet had sexual experiences

there has been a slight decrease. Boys who are sexually active were also more likely to say they received contraceptive advice than they had been in the previous survey (plus 6 percentage points), while among boys who have not yet had sexual experiences there has been a decline by 4 percentage points compared with the 2005 survey.

Thirty-year trend. Long-term comparison for German young people

Contraceptive advice in the home Long-term trend

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5-1 2009

Fig. 11

Have your parents/legal guardians ever given you in-depth information about your contraceptive options?

The long-term trend shows that the big changes took place before the new millennium. The most significant leap took place between 1980 and 1994: within these 14 years the percentage of young people who received parental advice about contraception increased dramatically; among the boys it almost doubled. Over the following surveys there was a slower, but continuous rise in the figures; among the girls there was an increase of a further 12 percentage points over seven years to 72% in 2001. Among the boys the ‘peak’ value was only reached in the subsequent survey, when the figure was 60%. That was an increase of 14 percentage points from 1994 to 2005. Since then the percentages have remained more or less the same at this high level. The current figures are 3 and 2 percentage points lower than the highest values measured but there is no clear reverse to the trend so far yet.

While the 1990s were shaped by greater gender differences (girls received much more contraceptive advice at that time than boys did) the gap narrowed to 10 percentage points in 2005. This gap has remained almost unchanged (now a difference of 11 percentage points).

1.2.2.2 Comparison of the statements of (German) young people and their parents

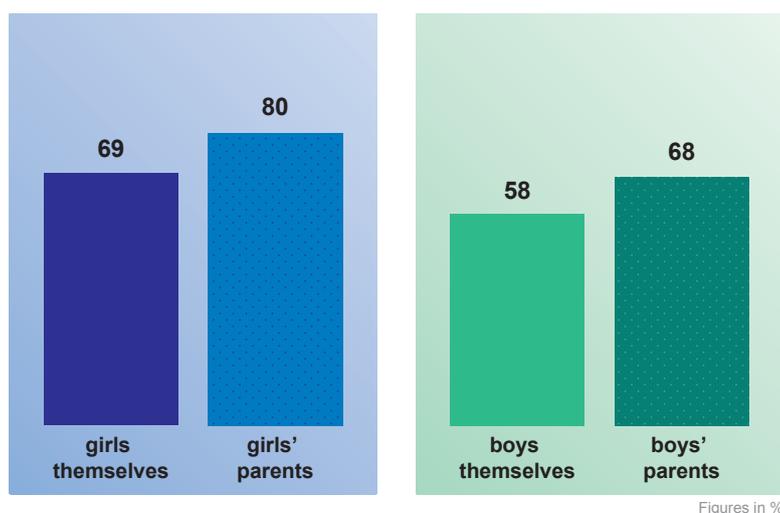
The question about whether or not the young people have already been given contraceptive advice by their parents is a good opportunity to find out more about parental efforts, since this question was asked of both the parents *and* the young people (of German citizenship).

Contraceptive advice in the home

Comparison: statements of the young people and their parents



“Yes, I have received in-depth advice about contraceptive issues before”



5-1/3.1 2009

Fig. 12

Have your parents/legal guardians ever given you in-depth information about your contraceptive options?

Have you ever given your daughter/son in-depth information about their contraceptive options?

If only the parents' figures are looked at, the percentages who claim they “have already given in-depth information about contraception” (girls' parents: 80%; boys' parents: 68%) are roughly the same as the percentages of parents who claim they personally provided sexuality education for their child (girls' parents: 77%; boys' parents: 66%).

However, if these figures are compared with the young people's statements about whether they have received in-depth information about contraception, the figures for girls are 11 percentage points lower (than among their parents) and for boys 10 percentage points lower. Whether this discrepancy is caused by the fact that young people have higher standards regarding what constitutes “in-depth contraceptive information” or by the fact that parents pick their answer to fit in with a perceived expectation concerning their role, i.e. that they naturally gave their children competent and comprehensive advice about contraception, cannot be determined from these figures.

In detail

Parents adapt their advice considerations to their child's situation: the older the child (i.e. the more likely they are to need adequate protection as a result of sexual activities), the more often they are given advice, but here the basic level is relatively high. Even the majority of the parents of the 14-year-old girls and boys state they discussed the subject of contraception in detail. However, the percentage of girls who were given contraceptive advice at this age is much higher (72%) than that of the boys (56%). The percentages then rise to reach 73% among the 17-year-old boys and 87% among the 17-year-old girls. For parents of girls such advice has a higher priority in all age groups.

Besides age, the children's actual sexual activities or the parents' presumption of sexual activities on the part of their children also has an impact. Parents of girls and boys with sexual-intercourse experience were much more likely to have brought up the subject of contraception (girls' parents: 90%; boys' parents: 80%) than the parents of sexually inexperienced young people (74% and 63% respectively). This figure rises again, particularly among the boys' parents, when they assume that their son has certainly already had sexual intercourse: in this case 89% of the parents say they have given contraceptive advice, which is a figure similar to that of the girls' parents (92%). However, even when parents only think it is a possibility that their children have engaged in sexual activities, the percentage of those giving advice goes up; at 85%/73% the figures are then above average (80%/68%).

Girls' parents whose daughters had sexual experiences at a young age are just as likely to say they gave their daughters contraceptive advice as the parents of girls whose sexual debut was relatively late. This is not the case among the boys' parents: boys whose sexual debut was at the age of 14 or younger were more likely to have received contraceptive advice from their parents (83%) than boys who first had intercourse when aged 15 or older (79%).

The differences in the parents' statements on the one hand and the young people's statements on the other hand do not just exist generally, they also exist for the subgroups of the individual ages and irrespectively of whether the young people have or have not had sexual experiences. However, boys do not follow this rule when differentiating according to the age of their first sexual activities. Among the group of boys who first had intercourse aged 14 or younger the percentage of parents and the percentage of boys who say contraceptive advice was given/received are 10 percentage points apart, which is already somewhat more than the overall gap (10 points). Among the boys who were 15 years old when they had their sexual debut there are bigger differences: 77% of the parents of these boys say they gave their son contraceptive advice, but only 59% of the boys say they received such advice. This is a sizable gap of 18 percentage points. Among the boys who were 16 or older when they became sexually active the percentages are 79% (parents) and 73% (boys), making them much closer together again. Among the girls these differences depending on when they became sexually active do not exist, the percentage gaps are always approximately the same.

Four-year trend. Comparison with the previous survey

The mismatch between the parents' statements and the children's statements is a new phenomenon. In 2005 the percentages of parents and children saying they had given/received contraceptive advice were roughly equal (girls' parents: 73%, girls: 70%; boys' parents: 63%, boys: 60%).

1.2.2.3 Satisfaction with the parental contraceptive advice

The vast majority of the young people who received contraceptive advice from their parents were satisfied with this advice. Among the German young people the percentage of those dissatisfied with the advice is in the single digits. The situation is somewhat different among the girls and boys of foreign background. 17% of the girls and 18% of the boys were not satisfied with the advice they received.

In detail

In none of the groups does age play a role when it comes to the young people's satisfaction. It is equally unimportant whether or not the young people have had sexual experiences. Boys of Muslim conviction and/or Turkish origin display an above-average frequency of dissatisfaction about the advice they received from their parents.

In families with a lack of general openness regarding sexual subjects such advice does not take place anyway in the majority of cases. In addition it is unfortunate that in those cases where the parents do still attempt to provide some contraceptive advice in spite of their general reticent attitude towards sexual topics, these attempts are not satisfactory in a relatively large number of cases. The percentage of dissatisfied young people is particularly high among young people with a migrant background (girls: 33%, boys: 26%), but 18% of the German girls and 18% of the German boys from homes with such parents also form a negative verdict and a further 10%/8% do not make a judgement: these figures are also noticeably high.

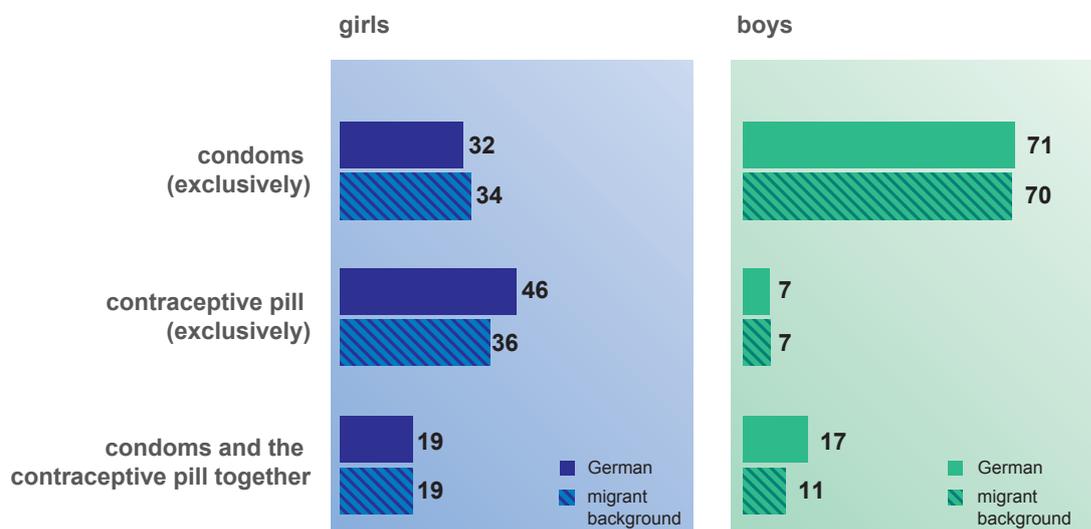
When sexuality is talked about in the home, parents' talks with their children about their contraceptive options also tend to be positive. At least 90% of the girls surveyed, irrespective of their background, as well as 90% of the German boys surveyed state they were satisfied with the contraceptive advice they received. The percentage is somewhat lower but still clearly above average among the boys from migrant families (85%).

Of course another factor that plays a role is to what extent the young people feel taken seriously at home. Dissatisfaction with the parental advice and a poor relationship of trust between parents and children go hand in hand.

1.2.2.4 Parents' contraceptive recommendations

Parents' contraceptive recommendations

Current



Figures in %, multiple answers possible

Basis: young people who received contraceptive advice from their parents

5-3 2009

Fig. 13

What did your parents recommend to you as the most suitable contraceptive option?

From the figure it becomes clear immediately that the contraceptive recommendations given by parents are gender-specific. As far as boys' parents are concerned, there is basically only one contraceptive: condoms. Whether the boys have a migrant background or not, this is the contraceptive recommended to them by their parents. The recommendation to use condoms on their own is given by 71%/70% of the boy's parents, while if we include those who recommend condoms as part of a general contraceptive plan, the percentages are 89% among the parents of German boys and 83% among the parents of boys with a migrant background.

The percentages only differ when it comes to the recommendation to combine condoms with the Pill. German boys are given this recommendation somewhat more often (17%) than boys from migrant families (11%). Even though the question asked expressly for the "most suitable contraceptive", these parents did not want to settle for just one method. Only a small minority, namely 7% of the boys' parents, recommended using just the Pill. Other contraceptive methods are not relevant; they were recommended by only 4% of the German parents and 7% of the parents of the boys with a migrant background, especially since hardly any parents recommended the exclusive use of coitus interruptus or methods involving the determination of fertile periods. If these unsafe (pseudo-) measures were recommended they were also supplemented by other recommendations.

Compared with boys' parents, girls' parents are much less focused on a specific and particularly much less on a single contraceptive in their recommendations. Two out of three German girls and 57% (i.e. more than half) of the girls with a migrant background are recommended the use of the Pill as a contraceptive (alone or in combination with another method); this means the Pill is still considered the best contraceptive for girls. However, in a fifth of cases the recommendation to use the Pill was supplemented by the advice to use a condom as well. One parent in three, regardless of background, believes the best recommendation for their daughter is the exclusive use of condoms. Therefore the exclusive focus on the Pill as the contraceptive of choice is no longer the norm.

Among the girls' parents the recommendations focus on the contraceptive pill and condoms or a combination of the two, but other contraceptives are hardly cited (other methods: 4% and 5% respectively).

1.3 Sexuality education in schools

1.3.1 Provision of sex-education classes

Young people do not really see school as a place where they have someone they can talk to about more intimate questions about sexuality and contraception; they want their parents and friends for this. For them the school's job is more about providing information: three quarters of the boys with a migrant background (75%) and more than eight out of ten girls (German: 85%; migrant background: 82%) and German boys (81%) say their knowledge about sexuality, reproduction and contraception has come at least in part from school classes. No other source of sexuality education is cited more often. That means teachers often take on the role of providers of knowledge regarding sexuality and contraception and this is a growing trend: alongside the young people's own parents (and their mother in particular) and their close circle of friends, teachers are the most important people involved in sexuality education (see 1.1.1). When it comes to young people's subjectively perceived knowledge deficits they are among the most-wanted reference people (see 1.1.3).

Schools hold a key position particularly for those young people whose personal environment is only inadequately capable of making the necessary contribution to their sexuality education. This problem especially affects young people with a migrant background: particularly among boys from migrant families whose parents do not seem to be available as reference people for sexual questions and consequently only rarely act as sex educators, teachers can somewhat compensate for this deficit. In the following discussion of the prevalence of sex-education classes and the subjects they address, particular attention is paid to the differences between the young people from different backgrounds.

Access to sexuality education in school has become almost universal and independent of the young people's gender and migrant status. Currently 94% of the German girls and 92% of the German boys state they have had sex-education classes or have discussed sex-education issues in school. The percentages are only minimally smaller in eastern Germany, where 93% of girls and 89% of boys say the same. Young people with a migrant background are not disadvantaged when it comes to accessing sexuality education in school. 90% of the girls and 89% of the boys with migrant histories say they have received such education; these figures are very close to those of the German young people.

In detail

The question of whether young people have already had sex-education classes or not depends greatly on what school year the young people are currently in. Irrespective of gender and origin around nine out of ten participants from year 8 onwards have received sex-education lessons. Only among the small group of year 7 students interviewed are the percentages noticeably lower, but no lower than two thirds (exception with a higher percentage: German girls: 89%). However, a correlation between age and sexuality education in school only exists among young people with a migrant background. 14 and 15-year-old girls are less likely (by four to 6 percentage points) to have received sexuality education classes in school than older young people. The percentage of 14-year-old boys who have had sex-education classes is quite a bit lower (seven to 9 percentage points) than those of the 15–17-year-old boys (90%–92%). Among the German young people hardly any differences can be discerned between the different ages.

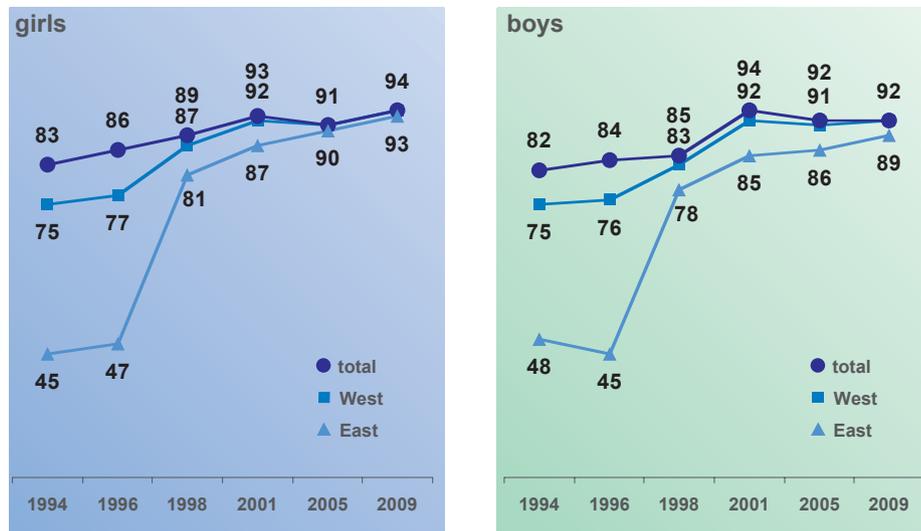
Although as in previous years students attending Hauptschule or special-needs school were somewhat more likely to say that they had not received sex-education classes in school, the discrepancy (from other schools) is currently no more than 8 percentage points. This difference can probably also be explained by the fact that students attend Hauptschule for a comparatively shorter period of time and so the students in the lower years, in which sexuality education was not currently on the curriculum, carry more weight numerically. It is now possible to say that all types of school all over Germany now provide sex-education classes.

Four-year trend. Comparison with the previous survey

One pleasing development has occurred for young people with a migrant background: just four years ago girls (79%) and boys (78%) from migrant families stated much less often than German young people that sexuality education had been addressed in class; at the time the gap was a clear 12 and 13 percentage points respectively. Here too a convergence took place in subsequent years (girls and boys with a migrant background: plus 11 percentage points), reducing the gap to 4 and 3 percentage points respectively.

Sexuality education in school

Long-term trend by region



Figures in %

4.9.2009

Fig. 14

For some years now many schools have been providing sex-education classes. Have you had sex-education classes or discussed sex-education subjects in school?

After German reunification there were significant differences between East and West regarding the provision of sex-education classes in school. Just 15 years ago less than half of the young people in eastern Germany discussed sex-education subjects in school. However, at the time there was not complete coverage in western Germany either. During the alignment of the school systems in East and West significant progress was made after 1996, whereupon the gap between the east and west German students was successively narrowed.

2005 was the first year students in eastern and western Germany had equal access to sex-education classes in school. The current data confirm this development and even indicate further positive trends: among the girls the prevalence of sex-education in school has increased somewhat over the past four years in both eastern and western Germany by 3 percentage points each. The same is true for east German boys. Only among the boys from western Germany is the percentage unchanged: it has remained at the same high level as in 2005.

1.3.2 Subjects addressed in schools' sexuality education classes

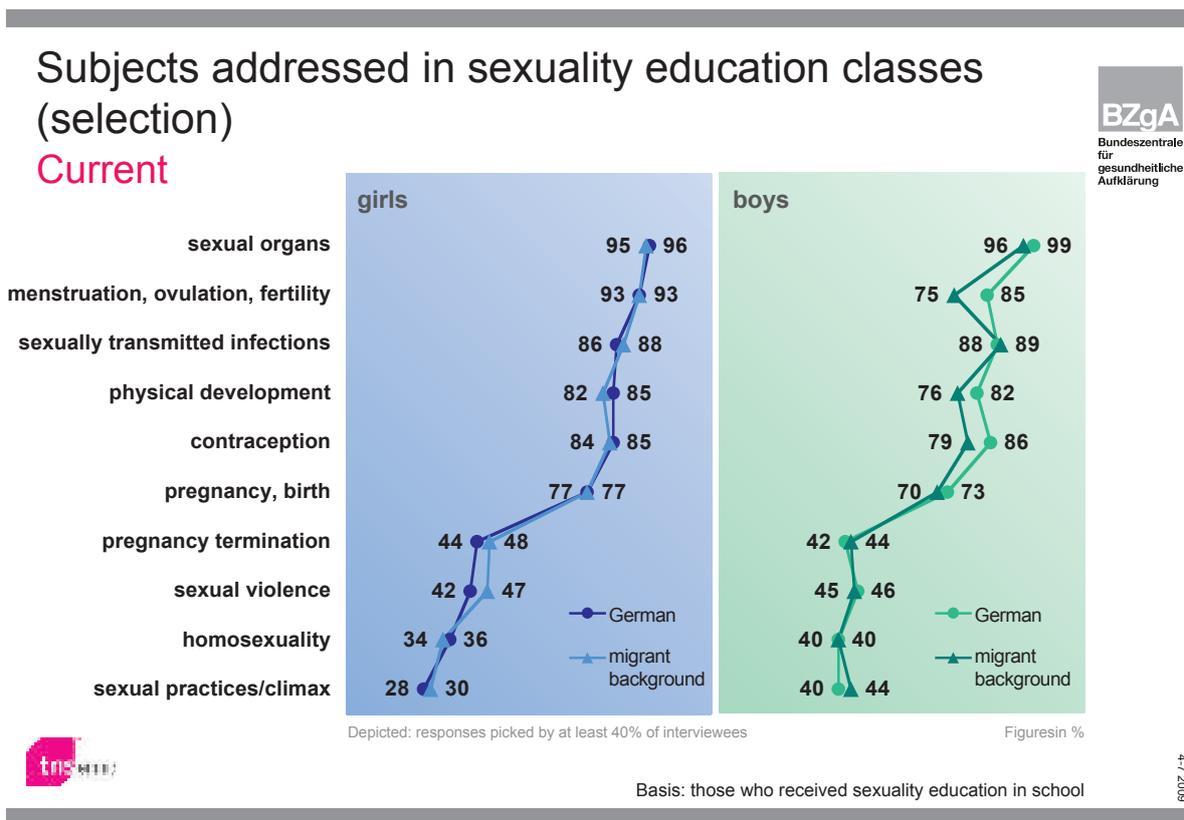


Fig. 15

Please mark the subjects that were addressed in your sex-education classes.

The young people who had already received sexuality education classes in school were able to say what specific subjects they had discussed by picking them from a comprehensive list. Two subject groups can be distinguished: six of the 18 subjects listed were cited by significantly more than half of the young people. They form the subject canon of sex-education classes in Germany. The other areas on the other hand are noticeably more marginal and are much more neglected within the context of sex-education classes in school.

Another noticeable fact is that although the frequency with which the different subjects are cited by the girls and boys varies, the frequency varies hardly or not at all between the German young people and those with a migrant background.

According to the participants' statements, anatomical knowledge is given the most importance in sex-education classes. At least 95% of the girls and boys surveyed stated they had addressed male and female sexual organs in school. There are only minimal differences with regard to the young people's gender and origin. This is not the case when it comes to the subject "menstruation, ovulation and women's fertile days", which was the second-most often cited subject of the girls at 93% (German and with migrant background). Boys with German citizenship cannot remember having addressed this subject during their sex-education classes so often (85%), while boys with a migrant background list this subject less often still (75%). Sexually transmitted infections seem to form part of the core sex-education curriculum in schools for girls and boys alike (86%–89%). The next most frequently cited sex-education subjects are young people's physical development (76%–85%), contraception (79%–86%) and pregnancy and birth

(70%–77%); boys generally achieve lower percentages than girls, and boys with a migrant background remember less often than German boys having addressed the topics in class.

All other subject areas were, according to the estimations of the young people, far less part of their sex-education classes. Although subjects such as sexual violence and pregnancy termination were listed by more than 40%, the percentages were far lower when it came to taboo subjects such as pornography and prostitution.

The sex-education core subjects addressed in schools, i.e. physical anatomy, reproduction and contraception, are taught at all types of school; no systematic subject differences are evident.

Four-year trend. Comparison with the previous survey

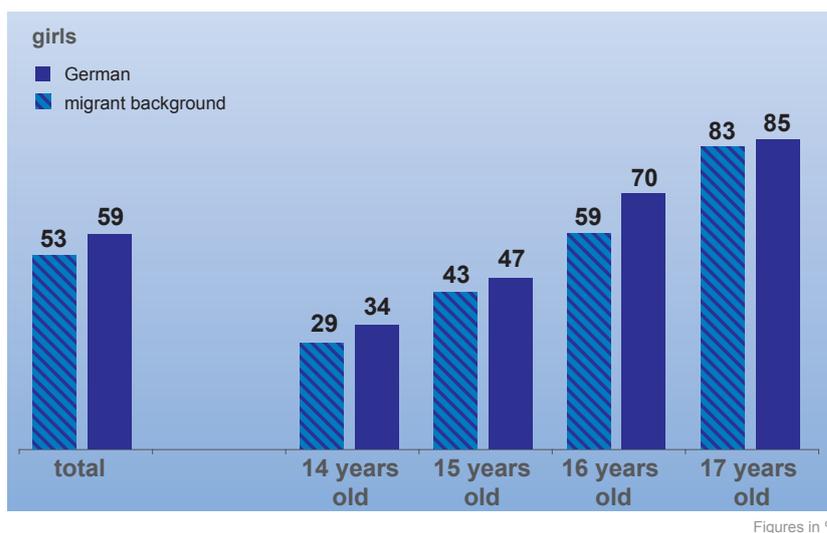
The six subjects currently listed the most often as having been addressed in school were also the main subjects of sex-education classes in the previous surveys. In comparison with 2005 all of the subjects were cited somewhat more frequently in the current survey. However, the changes were not generally greater than a few percentage points.

Bigger differences exist only among the boys: four years ago the German boys cited the subject areas “menstruation, ovulation, women’s fertile days” (75%), “young people’s physical and sexual development” (74%) and “development of the unborn child, pregnancy and birth” (66%) much less frequently than in the current survey. Since then there have been increases of 7 to 10 percentage points so that the gap between the boys and girls regarding these subject areas is lower today than it was in 2005. Similar developments can be seen among the boys with a migrant background (increases of 4 to 12 percentage points). In this group there are additional positive trends regarding the treatment of the subject of sexually transmitted infections (since 2005 there has been a rise of 9 percentage points).

1.4 Doctors

1.4.1 Visiting a Gynaecologist

Visiting a gynaecologist Current, by age



5-4 2009

Fig. 16

Here: girls who said they had visited a gynaecologist, by their current age

Between the ages of 14 and 17 the percentage of girls who have already seen a gynaecologist at least once in their lives rises steadily. In the oldest group, the 17-year-olds, the vast majority of girls have seen a gynaecologist already (80%). At this age there is also no difference between girls with a migrant background and German girls, the figures are the same for both groups.

However, this is not the case in all age groups. One third of 14-year-old girls of German nationality have already seen a gynaecologist. The figure is somewhat lower among the girls with a migrant background at 29%. The difference is similar among the 15-year-old girls: at this age 47%, i.e. almost half, of the girls with German citizenship and 43% of the girls with a migrant background have been to see a gynaecologist. Among the 16-year-olds the gap between the German girls and the girls with a migrant background is the greatest. The figures here are 70% and 59%. This doubtless has something to do with the fact that German girls enter sexual relationships more often at this age and as a result have the motivation to see a gynaecologist about contraception (cf. the following discussion about why young women go to the gynaecologist for the first time and ch. 3, Sexual Experiences).

The sexually experienced girls have generally also been to see a gynaecologist (92% of the German girls, 88% of the girls with a migrant background). For a small minority among them this is not the case (7% of the German girls, 11% of the girls with a migrant background).

In detail

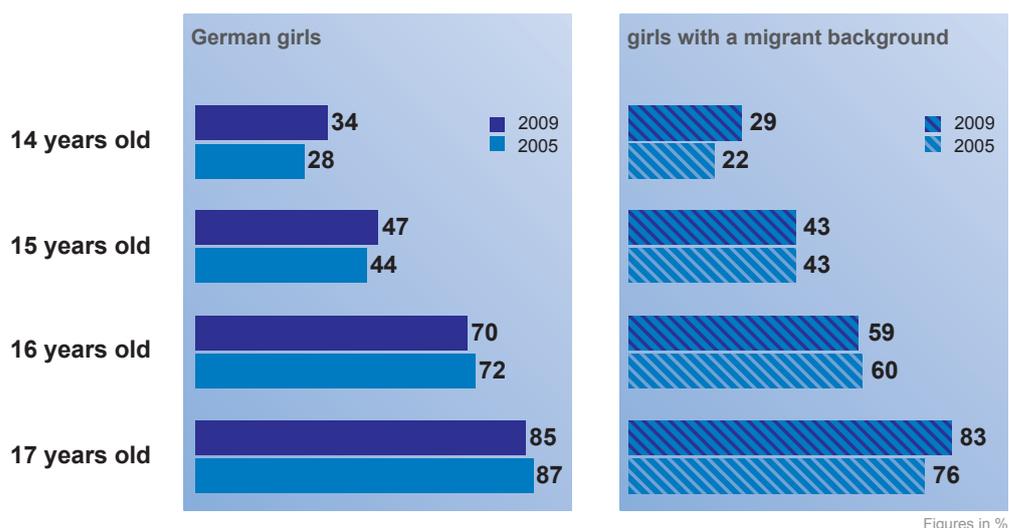
One positive development is that unlike four years ago, the percentage of sexually experienced (German) girls who have *not* seen a gynaecologist is no longer noticeably higher among the girls who had their first sexual experiences at an early age than among the girls who had their first sexual contacts at a later age. 7% of the young girls who had their first time aged 14 or younger have not yet seen a gynaecologist, among the 15-year-olds the figure is 9% and among those who were 16 or older it is 4%.

The younger the girls were when they had sexual intercourse for the first time, the lower their average age when they went to see a gynaecologist; this suggests that it is often the contraceptive issue that motivates the girls to see a gynaecologist.

Four-year trend. Comparison with the previous survey

Gynaecologist visit Girls, four-year trend

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Figures in %



5-4 2009

Fig. 17

Here: girls who said they had visited a gynaecologist, by their current age

The 15, 16 and 17-year-old girls of German citizenship are just as likely now as they were four years ago to say they had already visited a gynaecologist. Among the 14-year-olds there has been an increase: in this age group the percentage rose by six points from 28% to 34%.

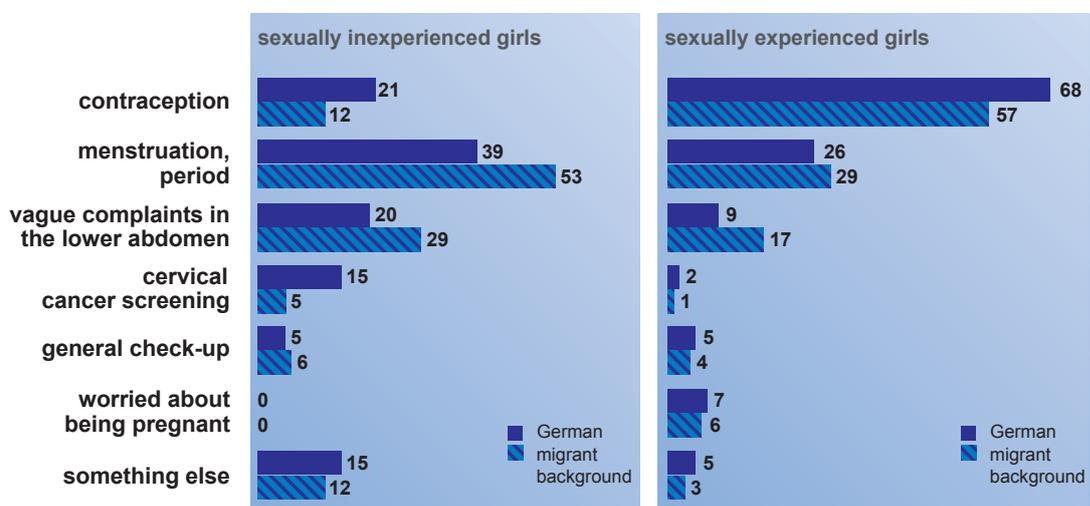
This is a trend development that the girls with a migrant background also went through; in this group the percentage of 14-year-olds who had already seen a gynaecologist also went up by 7 percentage points. However, in contrast to the German girls there was also a change among the 17-year-olds. Here too there was a rise of 7 percentage points compared with 2005 among those who said yes, they had already seen

a gynaecologist. Currently 83% of 17-year-old girls with a migrant background say they have seen a gynaecologist, which means they have almost reached parity with the German girls.

For around half of the German girls and almost a third of the girls with a migrant background the desire to learn more about the subject of contraception (and/or getting a contraceptive prescribed) was the reason why they went to see a gynaecologist. However, it makes more sense to look at the responses of the sexually experienced girls and the sexually inexperienced girls separately, since their reasons for the first time visit differ greatly.

Reason for first visit to a gynaecologist

Girls, current



Figures in %, multiple answers possible



Basis: girls who had already seen a gynaecologist

5-5-2009

Fig. 18

What was the reason you went to see a gynaecologist for the first time?

For the sexually inexperienced girls the main reason they go to see a gynaecologist for the first time is a problem with menstruation. This reason is cited by 53% of the girls with a migrant background and 39% of the German girls, making it the most frequently cited reason. The response “vague complaints in the lower abdomen” aims in a similar direction and was named by 29% of migrant girls and 20% of German girls, thus girls with a migrant background list this reason more frequently than German girls as well. However, the German girls also have other reasons. They are more likely than girls with a migrant background (12%) to be interested in the subject of contraception (21%) *without* having had any sexual experiences yet. The desire to find out more about the “cervical cancer vaccine” or to get the vaccine (this difference was not always clear from the responses and so both aspects were grouped into one category) was a reason for German girls without sexual experiences to go to a gynaecological

practice. At 15% one German girl in seven without sexual experiences cited this as a reason. This is a high percentage, partly because this reason was not listed among the multiple-choice responses; instead the girls ticked the box “other” and wrote this down as their reason. The debate about this vaccine does not yet seem to have reached the girls with a migrant background to the same extent, because only five percent of them refer to this subject.

Among the sexually experienced girls the main reason for seeing a gynaecologist is clearly contraception. Among the German girls this trend is even more pronounced (68%) than among the girls from migrant families (57%). Menstruation issues (26%/29%) and vague lower abdominal complaints are less important, but the latter is still cited as a reason more often by the girls with a migrant background (17%) than by the German girls (9%). The cervical cancer vaccine was also not the reason the sexually experienced girls went to see a gynaecologist for the first time (merely 2% and 1% respectively). The fourth most frequently cited reason was instead the worry about a possible pregnancy (7%/6%).

Some of the girls interviewed had several reasons why they went to see a gynaecologist for the first time. The average number of reasons given was 1.2.

In detail

Information about cervical cancer and/or the cervical cancer vaccine was the reason 14% of the German 14 and 15-year-old girls went to visit a gynaecologist for the first time, while this was only the case for 5% of the 16-year-olds and 4% of the 17-year-olds. With an increasing level of education both of the child and her mother, the number of responses citing this issue also rises. 11% of girls attending a Gymnasium [academic secondary school] or a comprehensive school say they went to see a gynaecologist for the first time because they wanted more information about cervical cancer or the cervical cancer vaccine, while this was only true for 4% of the Hauptschule students (average for level of education: 8%).

Among girls with a migrant background such correlations cannot be identified, either regarding age or level of education. The higher the level of education, the more likely girls with a migrant background are to cite the subject of contraception as the reason they went to see a gynaecologist for the first time. However, it is less likely that the level of education itself is the cause. It is more likely that this is because most of the Muslim girls attend a Hauptschule and that the group of the Muslim girls is also the one for whom contraception is hardly an issue (14%, average: 31%) because only a small percentage of them already become sexually active during their teenage years (cf. ch. 3, Sexual Experiences).

Among the sexually experienced girls of German nationality the subject of contraception was cited the most often as the reason why they went to see a gynaecologist for the first time if these girls were 15 years old the first time they had sexual intercourse: almost three out of four of these girls (73%) referred to contraception in their explanation of why they went to a gynaecological practice for the first time. If the girls were 14 or younger when they had sexual intercourse for the first time, the percentage citing contraception is 70%, i.e. almost as many; however, one girl in ten who became sexually active at such a young age also went to see a gynaecologist for the first time because she was worried she was pregnant. This percentage is halved to 5% among the girls who became sexually active at a later age.

Significantly more than four fifths of the girls were satisfied with the way their first consultation at the gynaecological practice went. For 47% of the German girls and 50% of the girls with a migrant background the visit went approximately as they had expected. Not a small number were even positively surprised;

among the German girls this percentage is 43%, making it almost as high as the percentage of German girls who said the visit went as they thought it would (47%). Among the girls with a migrant background 35% were positively surprised. This figure is somewhat lower but it is still a sizable number.

A small group, however, said the consultation had been less pleasant than expected. 9% of the German girls and 14% of the girls with a migrant background expressed this sentiment. The percentage is the same among the German girls who are sexually experienced and those who are sexually inexperienced. Among the girls with a migrant background there are differences: among the sexually inexperienced girls a higher percentage (17%) said they were unpleasantly surprised compared with among the sexually experienced migrant girls (10%). The percentage of girls with a migrant background stating they were unpleasantly surprised was even higher among the group where sexuality is not addressed in the home (20%).

1.4.2 Visiting a doctor for contraceptive advice

46% of the German girls aged 14–17 answered the additional targeted question whether they had already seen a doctor for contraceptive advice in the affirmative. Among the girls with a migrant background this percentage is lower at 34%.

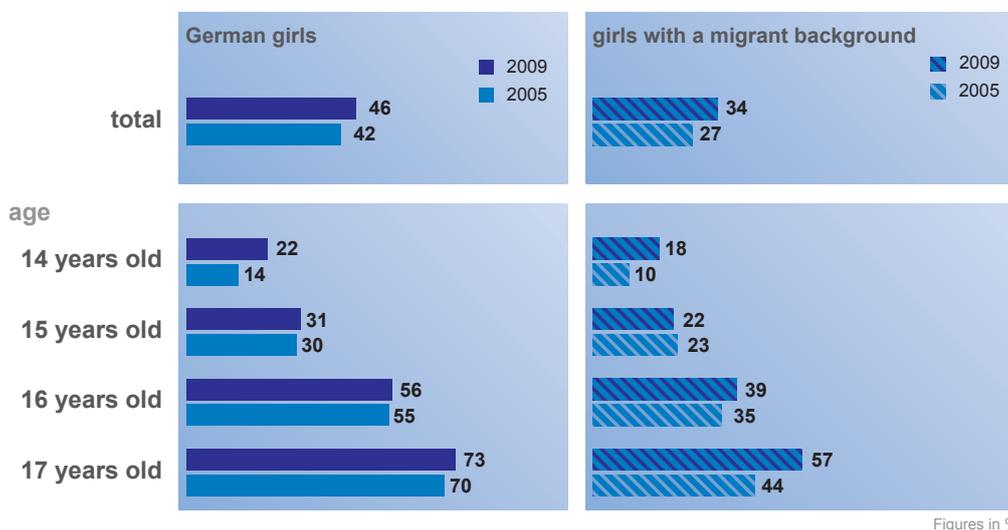
In the individual age groups the percentages vary from 22% (girls with a migrant background: 18%) among the 14-year-olds to 73% (57%) among the 17-year-olds. Here too the sexual experiences are more crucial: at 82% four fifths of the German girls who have already had sexual intercourse have sought information about contraception from a doctor, while this was only the case for every fourth (25%) girl without sexual experiences. Girls from migrant families achieve figures of 76% and 19% respectively, making them lower than the figures for the German girls, but the gaps are not as big as they were when comparing the different age groups.

In detail

Regional differences also exist. The more rural the environment, the more often contraceptive questions were addressed with expert help: among the German girls growing up in rural regions 55% sought contraceptive advice in a gynaecological practice, i.e. more than half; the same is true for 50% of the girls in small towns. In larger towns the figures are below the 50% mark (medium-sized towns: 47%, towns and cities with at least 100,000 inhabitants and their catchment area: 44%). Among the girls with a migrant background such a differentiated evaluation by size of their home town could not take place because of the smaller number of cases and the fact that most of the members of this group live in an urban environment; however, for this group too the dichotomized evaluation reveals there is a difference between the girls living in cities (32%) and the girls living elsewhere (40%).

In eastern Germany the percentage is 51%, making it somewhat higher than the west German percentage (45%).

Seeing a doctor for contraceptive advice Four-year comparison



Figures in %



5-4 2009

Fig. 19

Have you ever seen a doctor in order to get contraceptive advice?

In comparison with the previous survey the percentage of girls who have gone to see a doctor to get contraceptive advice is higher now than it was four years ago. Among the German girls there has been an increase of 4 percentage points; when breaking this figure down by age it becomes clear this rise is mainly the result of the increased number of 14-year-old girls who have done this (plus 8 percentage points). Among the girls with a migrant background the percentage increase is more pronounced (plus 7 points compared with 2005) and unlike among the German girls the percentages have substantially increased in two out of the four age groups: among the 14-year-olds (plus 8 points) and even more so among the 17-year-olds (plus 13 points). Despite narrowing the gap the percentages of girls with a migrant background seeing a doctor for contraception are lower than those of the German girls across the board.

The particularly noticeable differences among the 16 and 17-year-olds are mainly the result of the fact that German girls are sexually active more frequently at this age (cf. ch. 3, Sexual Experiences) and so have the concrete need to deal with the question of contraception.

Unlike four years ago the responses of the sexually experienced (German) girls no longer differ depending on the age at which they had their first sexual experiences. This is a very pleasing result, because in 2005 the group of girls who had had their sexual debut at the age of 14 or younger still stood out because of a significantly lower percentage (67%; compared with 83% among the girls who had been 15 or older).

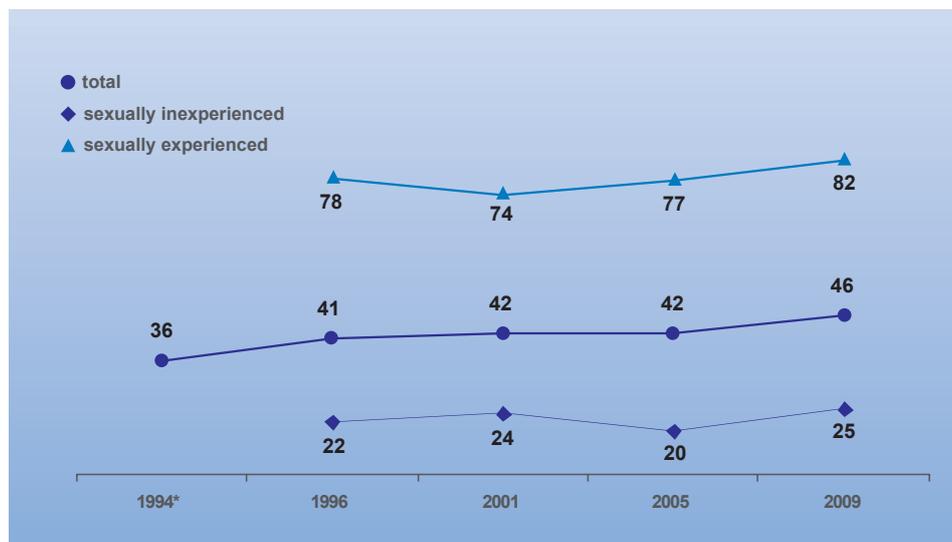
However, the trend that the girls who had become sexually active at an early age were also seeking a doctor's advice about contraception more often could already be seen in 2005, because at the time the girls who had had sexual intercourse for the first time when they were 15 had drawn level with the girls who had been older, which had not yet been the case in 2001.

15-year trend. Long-term comparison for young people with German citizenship

Seeing a Doctor for Contraceptive Advice

Girls, long-term trend

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tns

Figures in %
*1994: only total figure

4-6-2009

Fig. 20

Have you ever been to see a doctor for contraceptive advice?

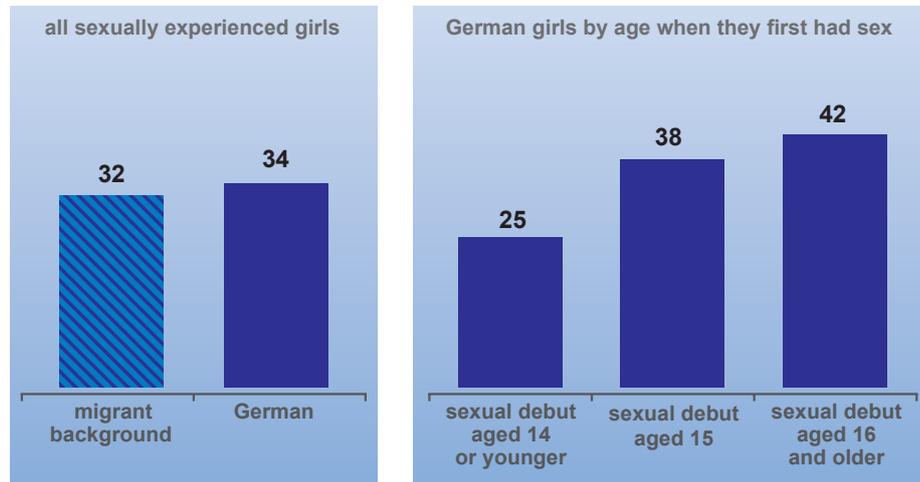
In the long-term comparison the number of (German) girls who have already been to see a doctor specifically for contraceptive advice has gone up. 1994 was the first year data were collected and in the subsequent survey in 1996 there had already been an increase of 5 percentage points. Over the next ten years the figure then remained constant at just above 40%. In the current 2009 survey there has been a slight increase once again, from 42% to 46%. This increase cannot just be seen among the sexually active girls, but also among those who have not yet made their own sexual experiences, meaning that these girls sought contraceptive advice *before* their sexual debut.

Reason for seeking contraceptive advice from a doctor

Reason for seeking contraceptive advice from a doctor Girls by age of first sexual intercourse

Percentage who said "wanted to be informed before my first time"

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Figures in %

Basis: Girls who went to see a doctor for contraceptive advice

5-9 2009

Fig. 21

What was your specific reason to get advice about contraception?

When it comes to the reasons why contraceptive advice was sought from a doctor there are differences between the sexually experienced and the sexually inexperienced girls. Among the girls who have not yet had sexual contacts general, basic information is naturally the main reason. 69% of the sexually inexperienced girls, regardless of whether they were German or had a migrant background, cited this reason.

For sexually active girls it is a different picture. The most-cited reason (by a small margin) was the desire to be informed about contraceptive options prior to having sexual intercourse for the first time. Here too the girls' migrant status did not play a role (34%/32%). For a similar number of girls (28%/30%) it was the first time that triggered their desire to get more information and advice about the subject of contraception. A third reason was cited just as often (29%/27%) by the young girls, namely that they had wanted contraceptive advice for no specific reason, instead they had just wanted quite general information.

Among the sexually experienced girls, the age at which they had sexual intercourse for the first time does play a role when it comes to the *age at which* the girls sought this contraceptive advice (data only available for the German girls).

(German) girls who had had sexual intercourse at a very young age were less likely to seek out contraceptive advice from a doctor prior to their sexual debut compared with young people who were older when they first had intercourse. Only 25% of the girls who had been 14 or younger went to see a doctor in advance to be informed about contraception, while the percentage was already 38% among the girls who had been 15 when they became sexually active, and among those who had their sexual debut at the age of 16 or 17, the percentage went up again to 42%. At the same time the number of girls who sought advice without having a specific upcoming or past event was also biggest in this group (32% compared with 27% among younger girls). It would also seem that these girls are more likely to see their doctor expressly for this purpose because they only rarely (4%) pick the option “for another reason”. Younger girls do cite other reasons (17% among the girls who had their sexual debut aged 14 and younger and 15% among the girls who were 15 when they became sexually active).

Four out of ten of the (German) girls who became sexually active in a steady relationship sought out contraceptive advice before they had sexual intercourse for the first time (40%; knew partner well: 23%; didn't know partner or didn't know him very well: 13%). Girls who said they knew the person they had first had sexual intercourse with well were more likely than the girls in the other groups to see a doctor shortly after their sexual debut (34%; steady relationship: 27%, didn't know partner well, didn't know him at all: 13%).

Four-year trend. Comparison with the previous survey

In comparison with 2005 the percentage of girls who sought information *before* their sexual debut has remained constant among the German girls who are sexually experienced. In light of the fact that more sexually experienced girls sought contraceptive advice from a doctor today than four years ago (an increase of 5 percentage points), it is positive that the percentage of girls who sought advice in advance has remained just as high. This cannot be taken for granted: from 2001 to 2005 there was also a small increase in the number of girls seeking contraceptive advice from a doctor (plus 3 percentage points among the sexually experienced girls), but the percentage of girls who went to see a doctor for advice *in advance* went down somewhat (from 40% to 34%).

Getting a contraceptive prescribed as a result of the contraceptive consultation

For three out of four German girls (74%) the consultation in the doctor's surgery resulted in having a contraceptive prescribed. The fact that older girls had a contraceptive prescribed more often than younger ones is a result of the fact that the older girls are already sexually more active. In the current study the sexually experienced girls were significantly more likely to have a contraceptive prescribed within the context of a consultation with a doctor (91%) than the girls who had not yet had sexual intercourse (41%). Fortunately it makes no difference whether the first intercourse took place very early or only later: *if* girls who had their first sexual experiences aged 14 or younger went to see a doctor for contraceptive advice, then they were just as likely as older girls to have a contraceptive prescribed.

Among the girls with a migrant background who went to see a doctor to get information about their contraceptive options, 59% were prescribed a contraceptive during this consultation. If we only compare the sexually experienced girls in these two groups, then the girls with a migrant background were equally likely to have a contraceptive prescribed as the German girls were (87% compared with 91%).

1.5 Counselling centres

14% of the boys and 13% of the girls with German citizenship have already been to a counselling centre to get information about contraception. Among the young people with a migrant background 12% of the boys and 11% of the girls have already been to a counselling centre for this reason.

In detail

Young people who have already had sexual experiences have been to a counselling centre more often than young people who have not yet become sexually active. The differences are greatest between girls with a migrant background (sexually experienced: 19%; sexually inexperienced: 9%) and smallest among the German boys (sexually experienced: 16%; sexually inexperienced: 13%).

One striking fact among the German boys is those who have sexual experiences at an early age seem to take advantage of counselling centres most often. Almost a quarter of boys who had had sexual intercourse aged 14 or younger have already been to a counselling centre (23%), while the same is true for 17% of boys who were 15 when they had their first time and 10% among those who were 16 or older when they became sexually active.

Among the girls the percentage is also highest among those who became sexually active aged 14 or younger (17%), but there is not quite such a clear connection (first time aged 15: 10%; aged 16 or older: 15%). No statements can be made about young people with a migrant background, since no differentiation can be made here regarding when they first became sexually active.

(German) girls attending Hauptschule or special-needs schools (19%) as well as comprehensive schools (17%) are also more likely to have gone to a counselling centre than girls attending Realschule (middle schools) or Gymnasium (10% and 12% respectively). Among the (German) boys the percentage is only somewhat higher among students at comprehensive school (18%) than among students of other types of school (13–14%). Among the young people with a migrant background boys and girls attending Hauptschule and comprehensive school (these figures are based on small samples however) have been to a counselling centre more often than those attending other types of schools.

10% of the German girls who have never been to see a gynaecologist have been to a counselling centre and the same is true for 6% of the girls with a migrant background.

Among the girls and boys who had sex-education classes at school the percentage who have been to a counselling centre is at least double that of the young people who have not had sex-education classes in school.

This figure illustrates what then manifests itself very clearly in the further questions regarding the reason why they went to a counselling centre: a majority of the young people visited the centre in the context of a school information event. Somewhat more than half (54%) of the German boys gave this reason, while the figures are somewhat lower among the girls with a migrant background (47%) and the German girls (48%).

Only a good third of the girls (35%/38%) and German boys (35%) cited a general desire for information as the reason for their visit.

Around 25% of the girls fall into the category where the visit to the counselling centre was self-motivated. “I had the feeling the first time was about to happen and wanted to be informed before it happened” (15% German girls; 14% girls with a migrant background), “it was shortly after my first time” (both 5%) and

“I had a new partner and needed to re-address contraception” (6% and 4% respectively). Together these percentages add up to 26% among the German girls and 23% of the girls with a migrant background. Among the German boys a fifth of the reasons given are these three and here too the focus was on the desire for more information *before* the first sexual intercourse took place (15%).

Boys from migrant families differ in their justifications from the other three groups. They refer significantly less often than the other groups to their visit having been a compulsory school event (34%; compared with 47%–54%). They also cite the vague general desire for information less often (26%; compared with 35%–38%). Instead three out of ten boys with a migrant background say it was shortly before their first time and they wanted to be informed in advance; this figure is twice as high as those of the girls and German boys. The reasons “it was shortly after the first time” (8%) and “contraception had to be re-addressed because of a new relationship” (13%) are given more often by them than by the other groups. In sum this means 51% opted for these three answer categories. It seems that boys from migrant families, who are most likely to be left alone regarding sexual subjects (because their parents do not address them and doctors take on an important role as a source of information only for girls), recognize the opportunity of counselling centres as places to obtain well-founded objective information and they want to take advantage of it.

Some young people also cite more than one reason why they went to a counselling centre (1.2 reasons on average).

It is noticeable that it is most likely boys and girls attending Gymnasium who say they went to a counselling centre because of a compulsory school event and least likely young people attending a Hauptschule. In addition visiting a counselling centre seems to form part of a school event more often in western Germany (German girls/boys: 50%/55%) than in eastern Germany (German girls/boys: 26%/41%).

Contraceptive advice from a doctor or a counselling centre Girls by age

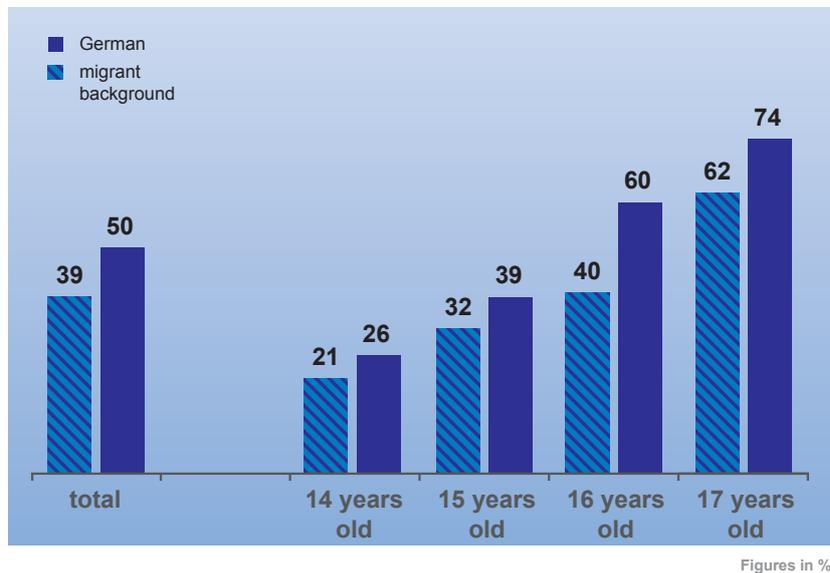


Fig. 22

a) Have you ever been to see a doctor to get advice about contraception?

b) Have you ever been to a counselling centre to get advice about contraception?

A total of five out of ten of the 14–17-year-old German girls and four out of ten of the girls with a migrant background have already received expert advice about contraception, whether in a gynaecological practice and/or in a counselling centre.

Among the 14 and 15-year-old German girls and girls with a migrant background there are already some differences, but not yet very big ones (five and 7 percentage points respectively), but among the 16-year-olds the gap is immense (20 percentage points). At this age 60% of the German girls have received expert advice compared with only 40% of girls from migrant families. The crucial variable behind these differences is the differing extent of sexual activity, since German girls increasingly plan to become sexually active at this age, while girls with a migrant background do not. Correspondingly the advice about contraception is also more or less relevant. Among the 17-year-olds the gap is narrower again, since increasingly girls with a migrant background start making sexual experiences, but not yet to the same extent as German girls.

Just looking at the sexually active girls, a total of 84% of the German girls and 78% of the girls with a migrant background have received expert advice on the subject of contraception. To compare: the figures were 82% and 76% respectively if only looking at advice from a gynaecological practice. The gap is the same if counselling centres are included, in other words counselling centres do not make up for the differences between the two groups regarding the doctor's visit.

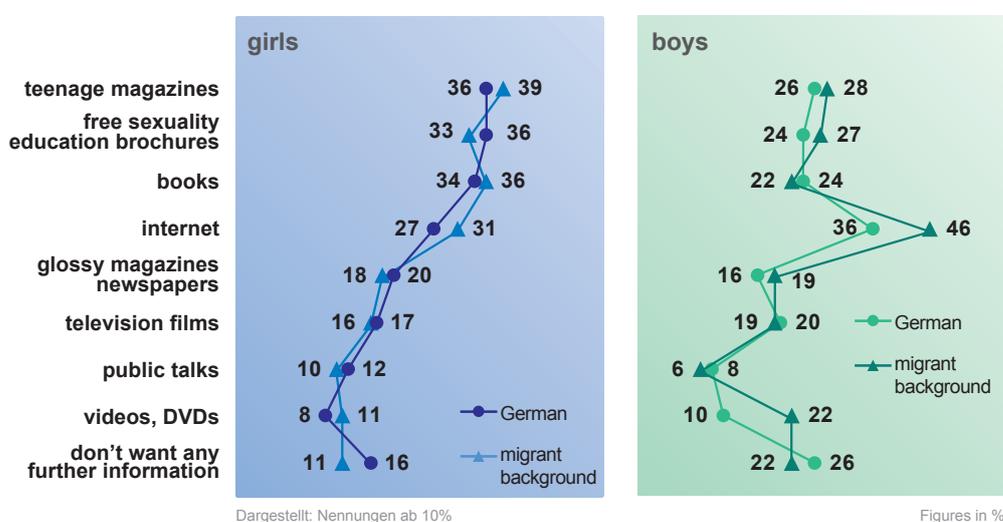
1.6 The media as sources of sexuality education

1.6.1 Preferred media in comparison

When it comes to filling subjectively perceived gaps in sexual knowledge, some of the media presented to the girls and boys as sources of sexuality education are preferred to very different degrees by the girls and boys. While print media continue to play the biggest role for girls, the internet has become the most important medium for boys.

Preferred media as sources of sexuality education

Current



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4-10 2009

Fig. 23

From what media would you like to receive more information about the subject areas you listed?

Among the **girls** none of the individual sources of information stand out, but the print media clearly dominate: at 36% (German) and no less than 39% (migrant background) the girls in the survey rely most often on teenage magazines if they want to inform themselves about sexual subjects. Only two further media types, also print publications, achieve similar figures: free sex-education brochures (36% and 33% respectively) and books (34% and 36%). The internet is just one source of information among many for the girls in the survey. At 27% (German) and 31% (migrant background) it is only in fourth place among the most preferred media as sources for sexuality education.

Boys focus very strongly on the internet. None of the media they were able to choose from was cited more often. Among boys with a migrant background the special position the internet holds is most clearly recognizable: 46% of them would prefer to get information online about sexuality and contraception; among the German boys this figure is 36%. The girls' three most-cited sources of information are generally received with little interest among the boys in the survey: some way behind the online services, teenage

magazines are the boys' second-most popular source (German: 26%, migrant background: 28%). The situation is similar with sex-education brochures (24% and 27% respectively) and books (24% and 22%). Glossy magazines and newspapers, television films, videos and DVDs as well as public talks generally play more minor roles when it comes to the young people's preferred media for filling gaps in their sexual knowledge. They are all cited by no more than around a fifth of the young people.

The young people's response behaviour is generally quite homogeneous among both those with a migrant background and the Germans. There are some differences among the boys when it comes to their interest in the internet as an information medium about sexual subjects: for boys from migrant families it is even more clearly *the* preferred medium compared with the German boys. The comparatively great interest on the part of the boys with a migrant background in videos and DVDs on this subject (22%) is also striking. Among the German boys this medium is only cited half as often (10%) and the girls also rarely consider videos and DVDs relevant (German: 8%, migrant background: 11%).

In detail

When comparing the media preferences of the individual subgroups it should always be borne in mind that the question about the preferred sources of information refers to subjectively perceived gaps in knowledge; this means that the personal information deficits that vary by the young people's age and living circumstances need to be taken into account when looking at the choice of media. It can generally be said that older and sexually more experienced young people have a lesser demand for information, meaning that despite potential gaps in their knowledge they are more likely to say that they do not require any further information.

Among those young people who cited the sex-education media they would prefer to use to get more information, the young people's age has a very different effect: teenage magazines for example are most relevant for younger participants. Irrespective of the young people's gender and origin the 14-year-olds state most frequently that they would like to get further information from teenage magazines. With increasing age this percentage drops, rapidly in some cases. One example: while teenage magazines take the undisputed top spot among the German 14-year-old girls (47%), they merely take fourth place in the list of preferred media among the 17-year-old girls (28%).

The relationship is the other way around when it comes to young people's preferences for online services. With increasing age the significance of the internet as a sexuality education medium increases. While among the 14-year-old boys teenage magazines still play a bigger role, and books still have a similar relevance, at least among the German boys, no other source of information comes close to the internet anymore among the 15-year-olds. The picture is similar among the girls, but here the print media remain the preferred sources of information throughout all the age groups.

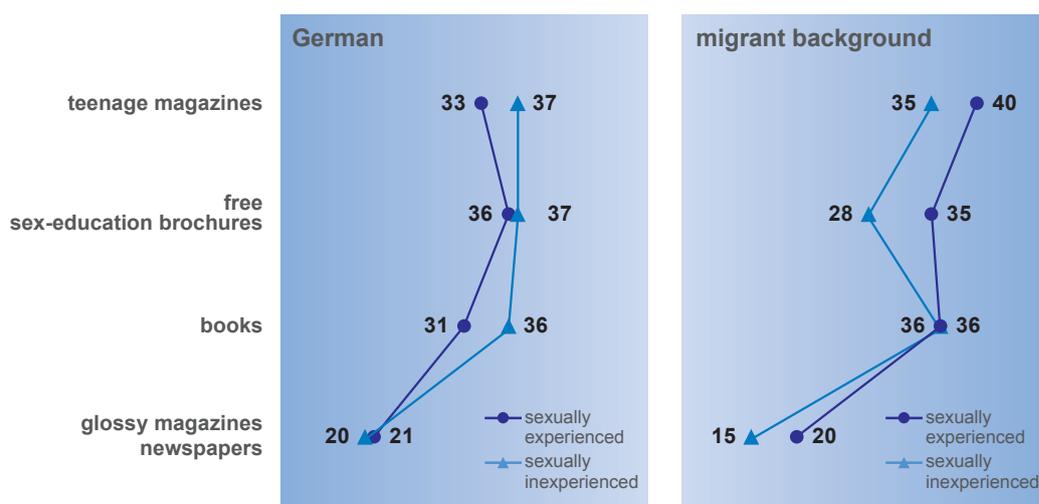
Among the remaining, comparatively frequently cited sex-education media there are no such clear connections to the young people's age. Free sex-education brochures for example are most preferred by the German boys aged 14 and 15 (both 26%), after which the interest decreases somewhat (17-year-olds: 21%). Among the boys with a migrant background it is just the 15-year-olds who stand out with 30%; the remaining age groups reach percentages of 25%–27%. Girls reach their peak interest in free sex-education brochures somewhat later, at age 16. 42% of the 16-year-old German girls would prefer to get information about sexual issues with the help of sex-education brochures for example. No other source of information is more interesting to this age group. 34%–36% of the other age groups cite free brochures, i.e. significantly smaller numbers. Among the girls from migrant families the connection

between preferred media and age is less pronounced, but here too the 16-year-olds (36%) reach the peak value (otherwise 30%–34%).

When it comes to books as a source of information to fill gaps in knowledge regarding the subject of sexuality the differences depending on the young people’s origin are particularly striking. While German boys seem most likely to be interested in books at the younger end of the spectrum and German girls in all age groups prefer books as a sex-education medium comparatively often, young people with a migrant background stand out by having a comparatively low level of interest in books among the 14-year-olds, while this interest then goes up somewhat with increasing age. Of all the comparison groups 14-year-old boys from migrant families for example are the least likely to inform themselves from books (17%, otherwise: 29%–32%). With increasing age they then catch up with their German peers. Among the girls from migrant families there is a similar rise in the interest in books, at a higher level however. One pleasing fact is that the 17-year-old girls with a migrant background would even be more likely to turn to books than all the other comparison groups (43%; otherwise: 23%–35%).

In addition to age sexual experiences also impact the preferences of the different sources of information. The following figures provide an overview.

Preferred print media Girls, by sexual experience



Figures in %



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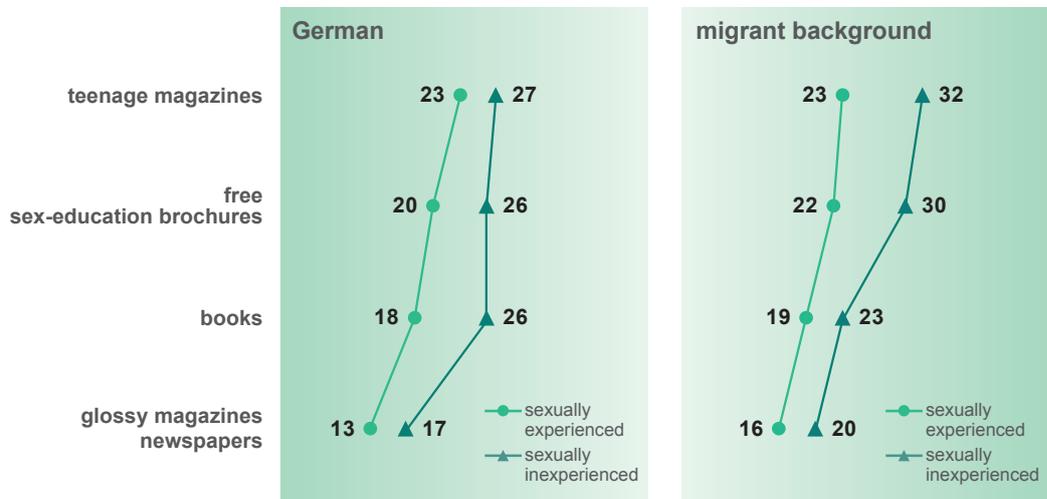
4-10-2009

Fig. 24

From what media would you prefer to receive information on the subject areas you cited?

Preferred print media Boys, by sexual experience

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Figures in %

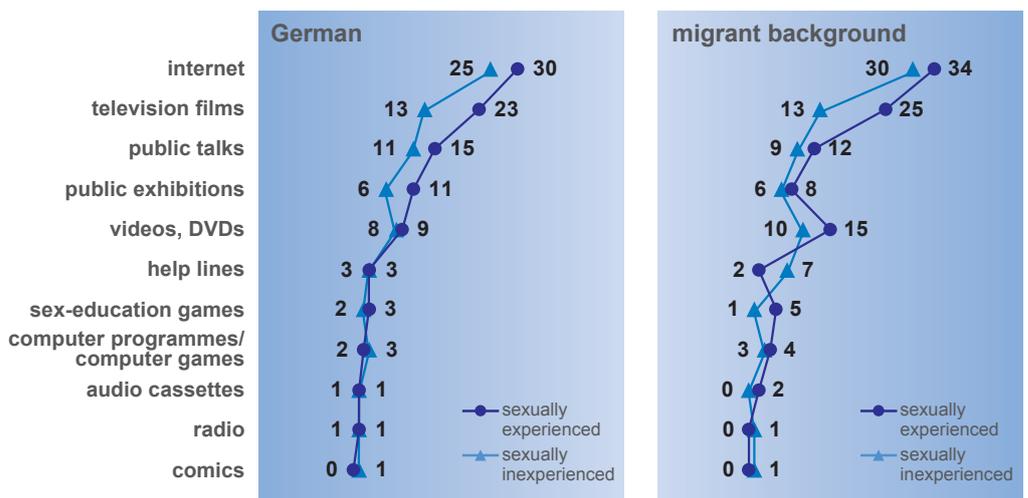


4-10-2009

Fig. 25

Other media preferences (excluding print) Girls, by sexual experience

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Figures in %



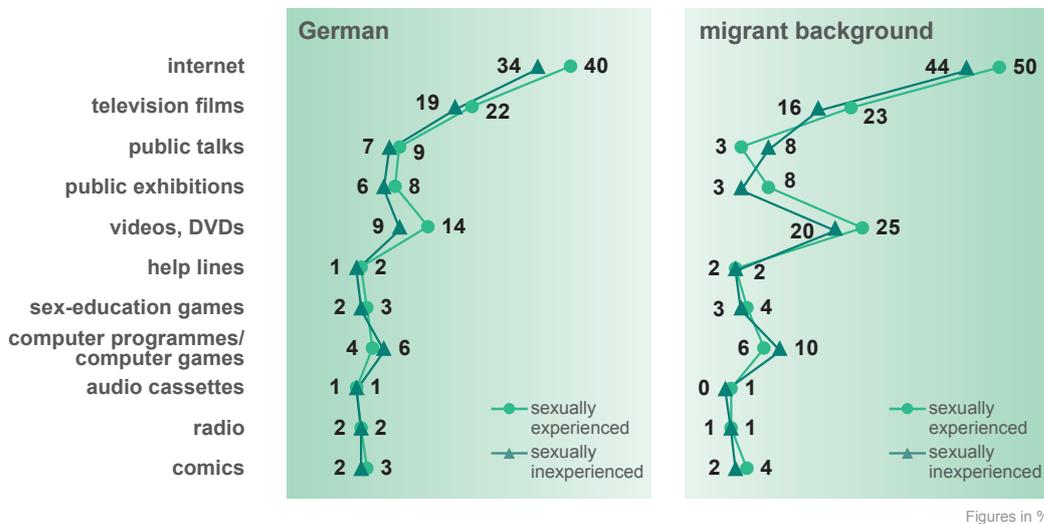
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Fig. 26

From what media would you prefer to receive information on the subject areas you cited?

Other media preferences (excluding print)

Boys, by sexual experience



4-10-2009

Fig. 27

From what media would you prefer to receive information on the subject areas you cited?

For the boys and, with limitations, also for the German girls it can be said that print media are more interesting for sexually inexperienced young people than for sexually experienced young people, but this connection is more pronounced among the boys than among the (German) girls. Whether it is teenage magazines, free sex-education brochures, books or glossy magazines/newspapers: among the male participants who have not yet had sexual intercourse these media are cited more by 4 to 8 percentage points (German) and 4 to 9 percentage points (migrant background) than by the sexually experienced boys. Among the German girls there are several exceptions where there are no differences with regard to sexual experience. This is the case regarding the sex-education brochures and the glossy magazines/newspapers (differences: one percentage point in each case).

Girls with a migrant background sometimes display the opposite trend: sexually experienced girls from migrant families use print media *more* than sexually inexperienced girls, except in the case of books.

It is also striking that there is a reverse trend when it comes to the visual technical media such as the internet, television films and videos and DVDs: these sources of information are cited more often by young people who have had sexual experiences than by those who have not yet become sexually active. The differences are 12 percentage points among the girls and up to 6 percentage points among the boys. One media category that is an exception here is the video and DVD category: the interest of German girls is similar here among both the sexually experienced and sexually inexperienced girls (difference of one percentage point).

Four-year trend. Comparison with the previous survey

The trend comparison with the survey results of 2005 mainly documents the increasing significance of the internet as a source of information for young people. Of all the media they had to choose from, the internet saw the biggest preference increase.

Preferred media as sources of information Four-year trend: German young people

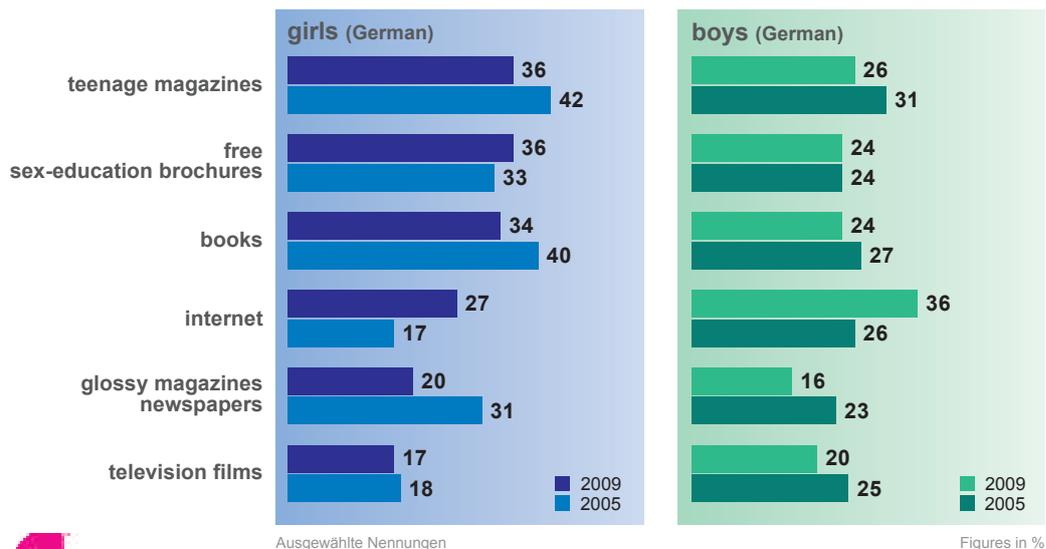


Fig. 28

From what media would you prefer to receive information on the subject areas you cited?

Among the German girls and boys the interest in the internet has gone up by 10 percentage points. This has resulted in a shift in their preferences. Almost all the other media are currently regarded with less interest than four years ago among the German young people. Glossy magazines and newspapers are most strongly affected with a decrease of 7 percentage points (boys) and 11 percentage points (girls). There has been a similar decline in interest in information about sex-education issues from teenage magazines (boys: minus 5 percentage points, girls: minus 6 percentage points) and books (minus 3 percentage points and minus 6 percentage points respectively). Among the boys the significance of television films has also decreased (minus 5 points), and as a result their percentage has converged with that of the girls.

Only the free sex-education brochures are going against the trend: the German boys' interest has remained constant at a comparatively low level (plus/minus zero percentage points), while among the girls there has even been a slight increase of 3 percentage points.

Preferred media as sources of information

Four-year trend: young people with a migrant background

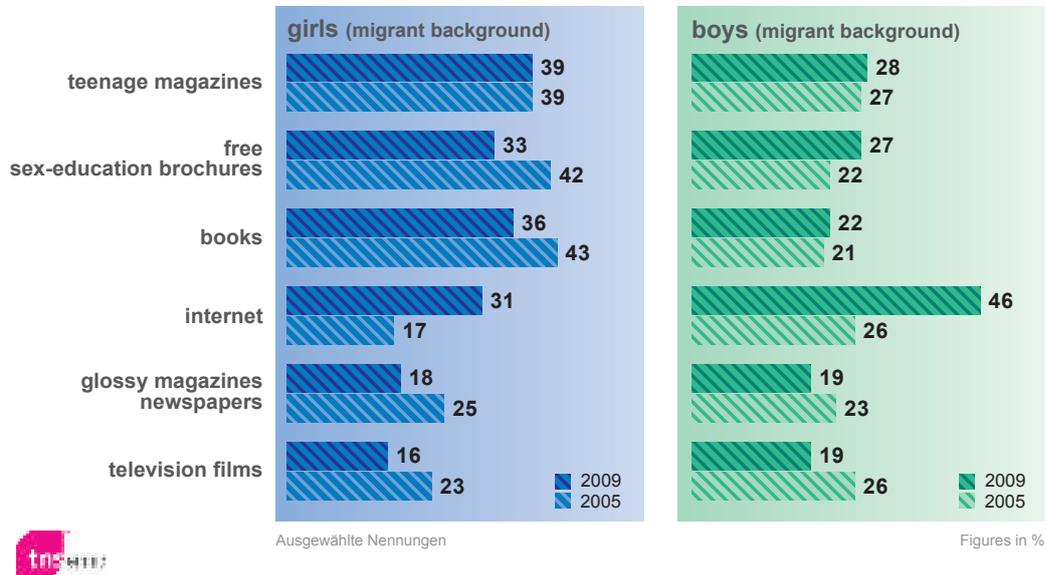


Fig. 29

From what media would you prefer to receive information on the subject areas you cited?

The internet's increase in relevance can also be seen among young people with a migrant background. The rise here is even clearer (girls: plus 14 percentage points; boys: plus 20 percentage points). Negative substitution effects can be seen in both sexes for glossy magazines / newspapers and television films. However, among the girls books (minus 7 points) and brochures were also affected by the decline. The latter in fact decreased by 9 percentage points compared with 2005. Boys with a migrant background do not display a decreased interest in these two information media. In the case of sex-education brochures there has even been a noticeable rise (plus 5 percentage points). When it comes to teenage magazines the rapid increase in the popularity of the internet among young people with a migrant background has not had any negative consequences, in contrast to their German peers. Currently teenage magazines are cited as often as 2005 (boys: plus 1 point; girls: plus/minus 0 percentage points).

Use of the internet

Trend comparison of German young people

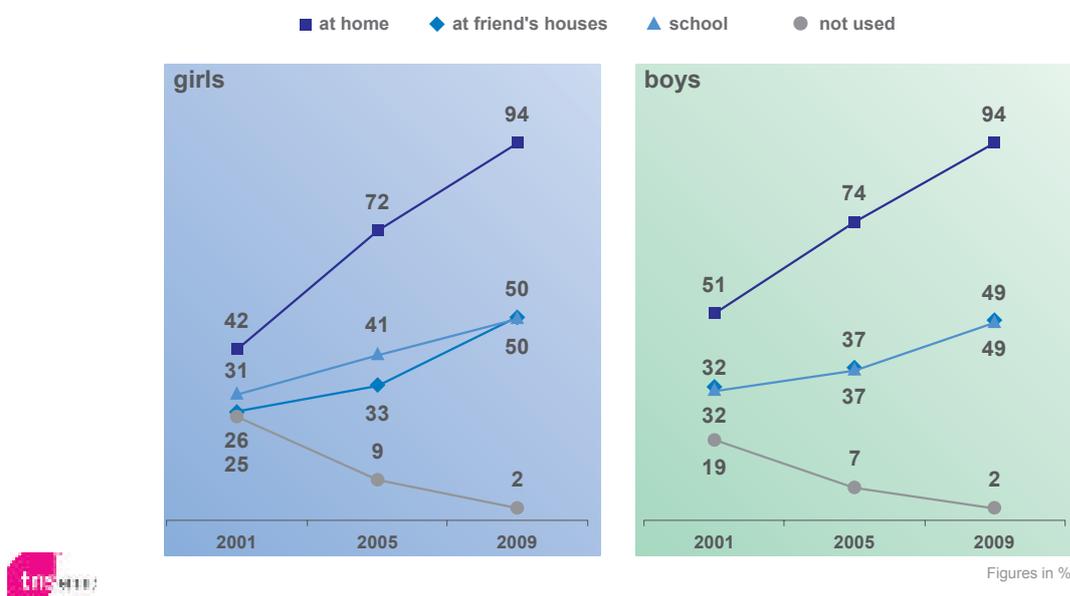


Fig. 30

Quite generally, do you personally use the internet?

The internet is competing strongly with the traditional information media used by young people; therefore the following section takes a closer look at young people's access opportunities and usage behaviour. One factor that is both a reason and requirement for the rise of the internet as a potential sex-education medium is its now comprehensive availability: almost every young person has access to the internet. Just 1%–4% of the participants stated they never used the internet.

It is not just when taking all of the places where young people could use the internet into account that far more than nine out of ten of German young people have the opportunity to go online (girls and boys: 98%); almost all private households now seem to be equipped with an internet connection. 94% of German girls and boys say they have an internet connection at home. In addition half the participants say they use the internet at school or at work (49%–50%) and the same number say they use it at friends' houses (49%–50%). Public-access places such as internet cafes (6%) or libraries or the town hall (girls: 3%; boys: 4%) are taken advantage of much more rarely by young people.

Young people from migrant families display a different usage structure when it comes to the internet. Although almost all of them use the internet too (boys: 99%; girls: 96%) the girls in particular use an internet connection in the home comparatively rarely (81%; boys: 90%). Boys with a migrant background take advantage of the access alternatives more often, which is not the case for the girls. While the male participants with a migrant background are very much more likely to use the internet at friends' houses (57%), in internet cafes (19%) and at other public-access places (7%) than their German peers, the girls from migrant families do not use these places more often compared with German young people (at friends' houses: 49%; internet cafés: 9%; public access location: 4%). Access opportunities in school or

at work are available comparably often for young people with and without a migrant background (girls with a migrant background: 44%; boys with a migrant background: 41%). It can generally be said that almost every young person between the ages of 14 and 17 has internet access today, with the exception of girls with a migrant background who are not so easily reached via the internet as the other young people.

Trend comparison

Since the question regarding internet use was first asked in the context of the Youth Sexuality survey 2001 the access figures have increased significantly. While nine years ago up to a quarter (girls: 25%) of German young people did not use the internet, this figure had already dropped to below 10% in 2005 and has now fallen even further to only 2%. The biggest increase over this period has been the use of the internet as a result of internet access in the home. In 2001 just 51% of the German boys and 42% of the German girls went online at home. Today the figure has risen to 94% for German young people, which corresponds to an increase of 43 percentage points (boys) and no less than 52 percentage points (girls). Internet access in school and in the workplace as well as the opportunity to go online at friends' houses have also become more widespread than they were nine years ago; however, the increases are somewhat lower in this category, the biggest being an increase of 24 percentage points. Public places of access and internet cafés in particular have not been able to benefit from the development of recent years, quite the opposite in fact: the percentage of young people making use of them is somewhat in decline.

Among the young people with a migrant background there is only data for 2005 but the result is similar: here too the number of survey participants who do not have access to the internet has dropped rapidly in recent years (girls: minus 14 percentage points; boys: minus 8 percentage points), while the number of young people with a migrant background who have access to the internet in their own home has increased significantly (plus 30 and 33 percentage points respectively). Even in 2005 there was still a noticeable gap between German young people and young people with a migrant background regarding internet use in the home (migrant girls: 21 points behind; migrant boys 17 points behind). Since then the figures seem to have converged, however. Currently the gap between the German girls and migrant girls is 13 percentage points and only 4 percentage points between the German and migrant boys, a significantly smaller gap than in 2005.

Increased access to the internet in private households does not just mean that young people have greater opportunities to go online in their own home, they also have greater opportunities to go online at friends' houses. At the same time internet cafés have become less attractive. This development is also true for young people with a migrant background.

In detail

As a result of near-total availability of private internet connections age, gender and educational differences among the young people tend to have little effect, although in 2005 clearer disparities still existed. Nevertheless there are still groups among the young people who are less active online. The most noteworthy here are Muslim girls from migrant families, of whom 8% do not use the internet. Among the girls who say their connection to Islam is "close", this figure is higher, at 12%.

1.7 Level of Knowledge

1.7.1 Subjective perception of being sufficiently educated about sexual matters

Level of education regarding sexual matters

Current

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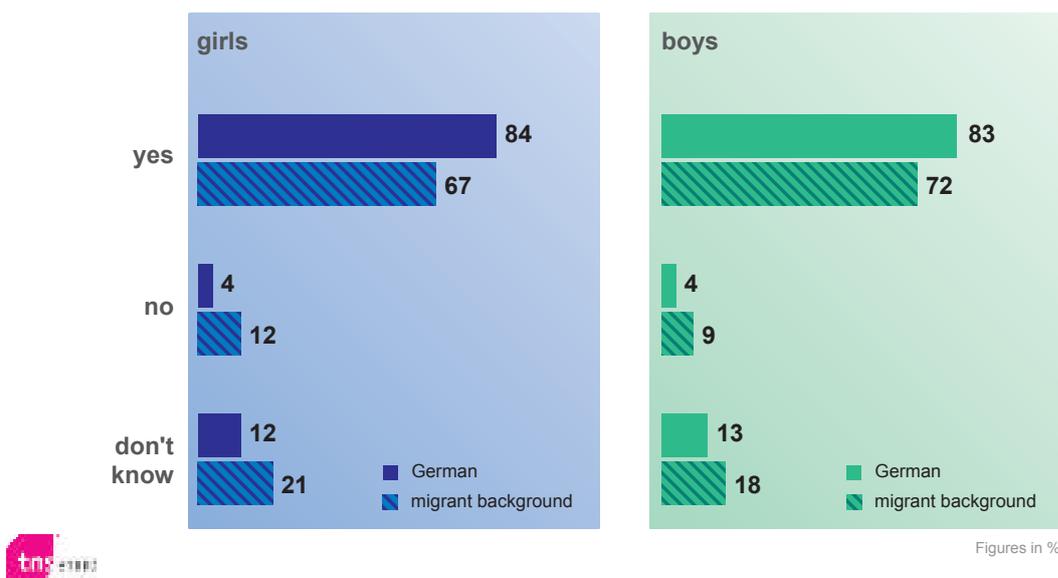


Fig. 31

Now we're going to ask you about sexuality education. The first thing we want to know is: do you consider yourself educated in sexual matters?

If 14–17-year-old German young people are asked whether they consider themselves educated in sexual matters, 84% of the girls and 83% of the boys, i.e. the vast majority, say “yes”. Merely 4% say they are not sufficiently educated in sexual matters; a further 12% (girls) and 13% (boys) say they don't know. At 72% (boys) and just 67% (girls) the figures of the survey participants with a migrant background who consider themselves educated in sexual matters are lower. Correspondingly young people with a migrant history are more frequently of the opinion they are not sufficiently sex educated (girls: 12%; boys: 9%) or they answer “don't know” or do not answer the question at all (girls: 21%; boys: 18%).

In detail

With increasing age young people expand their knowledge about sexual matters. This is also reflected in their subjective evaluation about their level of sexuality education, which differs strongly by age.

Irrespective of gender and origin the 14-year-olds said most often that they did not consider themselves sufficiently sex educated or that they did not know. The extent of the subjective knowledge deficits among the 14-year-olds differs strongly between young people with and without a migrant background,

however: while just 30% of German 14-year-old girls and 33% of German 14-year-old boys say they do not consider themselves sufficiently sex educated, 45% of the 14-year-old migrant girls and 48% of the migrant boys say the same. By age 17 almost all young people consider themselves sufficiently sex educated, but young people from migrant families still have lower figures (boys: 87%; girls: only 82%) than the German young people (both 93%). The age at which at least four out of five of the boys and girls say they have sufficient knowledge regarding sexual matters also varies in the different groups: while among the German survey participants more than 80% of the 15-year-olds already consider themselves sufficiently sex educated, this 80-percent mark is only crossed later by the young people with a migrant background: among the boys it is crossed at age 16, among the girls only at age 17.

When looking at the young people's subjective evaluation of their level of education regarding sexual matters the influence of the home and of school as important sources of sexual knowledge becomes evident. Young people who do not feel they are taken seriously or only moderately so at home ("probably yes", neutral or "no") are significantly more likely to consider themselves insufficiently educated than those young people with a good relationship of trust. This becomes most clear among the girls with a migrant background: among those who say they feel "completely" taken seriously at home eight out of ten say they are educated in sexual matters, but if they do not feel taken seriously or they are undecided, this figure drops to 45%, meaning the majority of them (55%) think they are not sufficiently educated or they do not know. Boys with German citizenship are an exception in this regard: although the percentage who consider themselves educated in sexual matters is below average (71%) when they answer "probably yes" to the question whether they feel taken seriously at home, among the boys who say their relationship to their parents is even more negative (neutral or "no"), the percentage who consider themselves sexually educated is average, 83%; it is possible these young people have other sources of information than their parents when it comes to sexual questions. Whether or not sexual issues are addressed in the home also has an impact on the young people's subjective assessment of their level of knowledge: depending on whether the subjects of sex or contraception are openly discussed with the parents, the percentages of those who consider themselves educated vary by up to 29 percentage points (girls with a migrant background).

Sexuality education in school plays a significant role: while 69%–85% of survey participants who have already received sex-education classes in school say they are sufficiently sex educated, the figures are significantly lower among those young people who have not received sex-education classes in school. There are differences depending on the young people's origin here too: among the boys and girls with a migrant background the difference is greater than 20 percentage points, among the young people with German citizenship the figures are 16% (girls) and 14% (boys).

Within the group made up of the young people with a migrant history there are further differences depending on their level of religiosity and their nationality. Once again the greatest deficiencies are demonstrated by Muslim girls with a close tie to their religion and Turkish girls in general. In comparison with the average value of the girls with a migrant background (67%) only 51% of the Muslim girls, in other words far fewer, say they are sufficiently sex educated. Among those who have a close tie to Islam this figure is in fact less than half (47%). Correspondingly there are also far fewer Turkish girls (54%) who consider themselves educated in sexual matters than there are female survey participants of other nationalities (68% and 74%). However, it can be generally said, irrespective of the young people's religion, that girls from migrant families feel the less sex educated the closer their tie to their religion is. Among the boys with a migrant background these correlations also exist but not to the same extent. One thing all of the groups have in common is that the vast majority of them consider themselves sufficiently sex educated as soon as they have gathered sexual experiences (88%–95%).

Four-year trend. Comparison with the previous survey

Among the young people with German citizenship there has been some development since 2005: the number of them considering themselves sufficiently educated in sexual matters has increased among the boys in particular (plus 11 percentage points) and among the girls as well (plus 7 percentage points). Among the boys the responses “don’t know” and “no” were given less often compared with four years ago and among the girls too the answer “don’t know” was also given less often.

The trend comparison of the young people with a migrant background reveals almost no changes. The answer distributions of 2005 and 2009 are hugely similar and sometimes even identical (maximum deviation: one percentage point).

Thirty-year trend. Long-term comparison of young people with German citizenship

Level of education regarding sexual matters

Long-term trend

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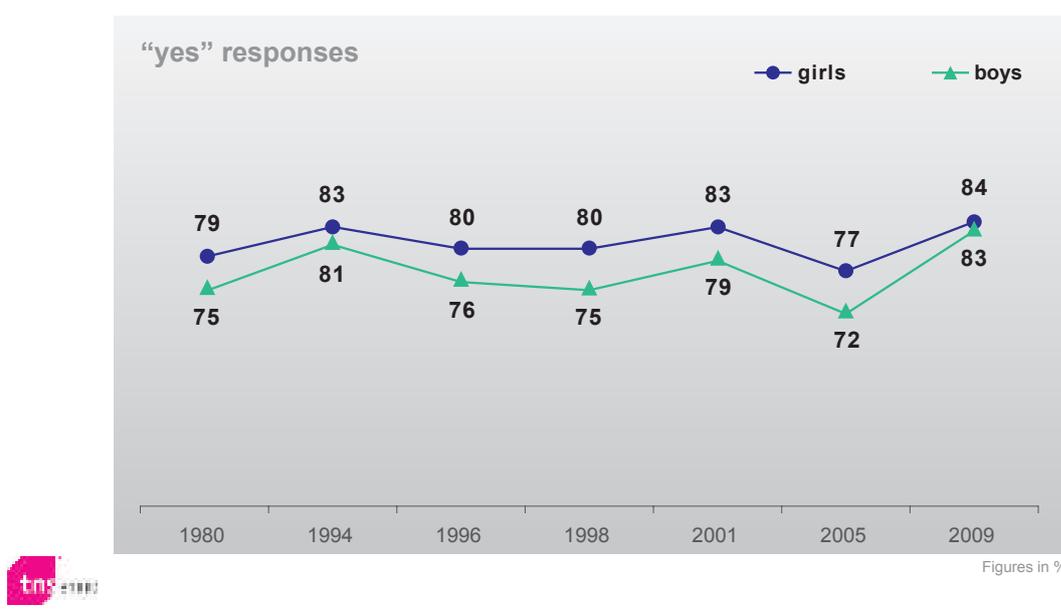


Fig. 32

Now we're going to ask you about sexuality education. The first thing we want to know is: do you consider yourself educated in sexual matters?

Unlike with many of the other questions there is no clear positive long-term trend when it comes to the young people's subjective evaluation of their sexual knowledge. Already in 1980 three quarters of the German boys and as many as eight out of ten of the German girls aged 14–17 considered themselves sufficiently sex educated. Since then the figures have been fluctuating around the 80% mark; there are always somewhat fewer boys than girls who say they are sufficiently sex educated.

The results of 2005 may be identified as statistically anomalous from the current perspective. The unusually big drop in the percentages of those who considered themselves sexually educated four years ago (by up to 7 percentage points) has not been confirmed by the current data; instead it has been reversed. When comparing the current figures with those of 2001, the development of the subjective evaluation looks relatively constant with a slight positive trend, at least when it comes to the boys: there has been a rise of 4 percentage points compared with the 2001 survey (girls: plus one percentage point). Despite only minor changes in the long-term trend the number of young people currently feeling sufficiently sex educated is higher than during any previous survey and never before have the boys' and girls' figures been so similar.

1.7.2 Subjectively perceived information deficits in detail

Even though the majority of the young people consider themselves generally educated about sexual matters, this does not automatically mean that they feel sufficiently educated about *every single* issue pertaining to sexuality. In order to get a deeper insight into their subjective level of knowledge regarding sexual issues, all of the survey participants were given a list with eighteen specific subject areas; they were then asked to state for each one of these subject areas whether they felt they knew enough about it, whether they wanted to know more about it or whether they were not interested in learning more about it.

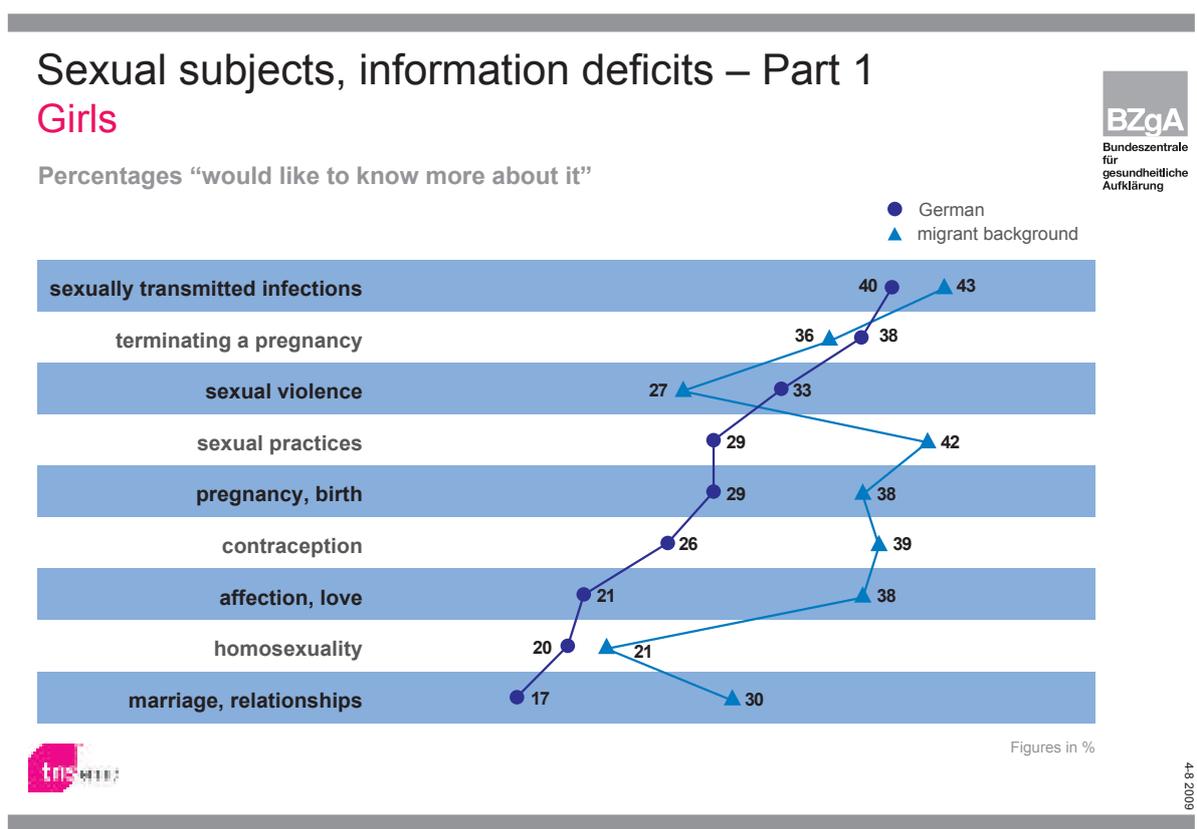


Fig. 33

The following question lists various subjects to do with sexuality. Please indicate for each one whether you would like to know more about it, whether you already know enough about it or whether the subject does not interest you.

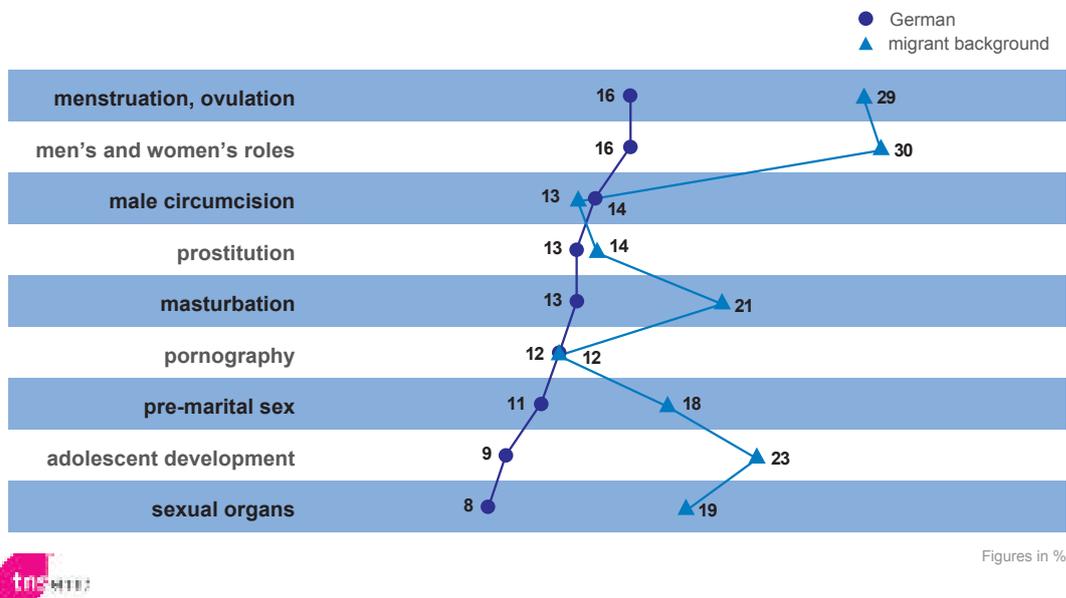
Girls differ fundamentally regarding their assessment of their information deficits depending on whether or not they have a migrant background. Female survey participants from migrant families would like to know more about individual subjects significantly more often than their German counterparts. Looking at all the subjects the participants were presented with, 27.4% of the responses from the girls with a migrant background fell into the category “would like to know more about it”, while only 20.3% of the German girls’ responses fall into this category.

There is agreement about the subject all the survey participants would like to know more about: 40% of the German girls and 43% of the girls with a migrant background would like to know more about the subject of sexually transmitted infections. When it comes to the other subjects, the answers usually differ quite markedly.

Sexual subjects, information deficits – Part 2

Girls

Percentage “would like to know more about it”



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Fig. 34

The following question lists various subjects to do with sexuality. Please indicate for each one whether you would like to know more about it, whether you already know enough about it or whether the subject does not interest you.

Girls with German citizenship are primarily interested in sexual crisis issues: after sexually transmitted infections, which takes first place, they are interested in finding out more about terminating a pregnancy (rank 2, 38%) and sexual violence (rank 3, 33%). A further important block focuses on subjects from young people’s everyday sexual experiences: it includes sexual practices (rank 4), pregnancy and birth (rank 5), contraception (rank 6) and affection and love (rank 7); between 20% and 30% of German girls want to know more about these issues.

The remaining subjects are less at the centre of the German girls' interest. Areas typically covered by sex-education classes in school, such as the female cycle, young people's physical and sexual development and the sexual organs are all areas the girls consider themselves well enough informed about ("know enough about it": 80%–88%); as a result there is little demand for more information here (8%–16%). The subject areas that come with a certain social taboo, such as homosexuality, masturbation, pornography and prostitution, are ones where sizable knowledge gaps exist (37%–52% say they know enough about them), but there is also little interest from the young people in expanding their knowledge about them ("I'm not interested in the subject": 29%–48%). It is a similar situation regarding the subject of male circumcision, which was added to the list for the first time in this study (54% uninterested). The subjects of pre-marital sex, men's and women's roles and marriage and relationships seem to be familiar enough to the girls (55%–61%) and only a few (11%–17%) want more information about these issues.

As already mentioned above the responses by the **girls with a migrant background** differ significantly from these. Even when it comes to the general assessment of their own level of education regarding sexual matters, girls with a migrant background displayed the lowest figures. When asking about specific information deficits the responses confirm this result: in a total of 11 out of 18 subjects the girls with a migrant background "wanted to know more about them" significantly more often than German girls. This mainly affects the subject areas of sexual practices and relationships but also basic anatomical knowledge.

In addition to sexually transmitted infections (43%), a subject that also takes first place among the German girls, the girls with a migrant background are particularly interested in young people's everyday subjects. Sexual practices, contraception, pregnancy and birth, and affection and love (taking ranks 2–4) were all listed by around 40% of the girls with a migrant background: in each case the figures are much higher than those of the German girls (maximum difference: 17 percentage points in the category: love and affection).

The percentages of girls with a migrant background who say they still have information deficits are similarly elevated when it comes to the subjects of marriage and relationships (30%), men's and women's roles (30%), menstruation and ovulation (29%), adolescent development (23%), masturbation (21%), sexual organs (19%) and pre-marital sex (18%); here the differences compared with the German girls are between 7–14 percentage points.

When it comes to more taboo subjects (homosexuality, prostitution, male circumcision and pornography) these two groups have similar responses: there is little interest in learning more about these issues. When it comes to the subject of terminating a pregnancy the percentages of the girls with a migrant background (36%) and the girls with German citizenship (38%) are close together but this somewhat belies the importance of this issue, which is seen differently by these two groups. There are five other subjects that girls with a migrant background are more interested in; the issue of terminating a pregnancy only takes rank 6, while among the German girls it is the second-most often cited subject.

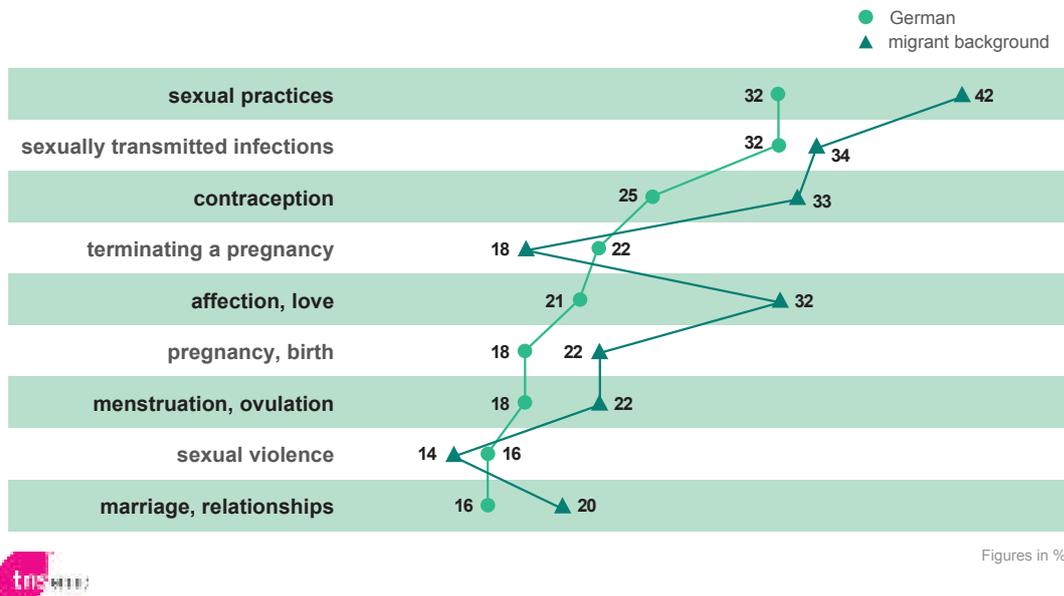
Sexual violence, a subject many of the girls with German citizenship wanted to know more about (rank 3), has a subordinate level of importance for the girls from migrant families. It is the only subject they cite significantly less often (27%) than the German girls (33%). For the girls with a migrant background it only takes ninth place.

Among the **boys** the connection with the young people's background described above is repeated but in a less pronounced manner and generally on a lower level. Boys with a migrant background say more often than German boys that they would like more information about certain subjects; in nine out of the 18 of the subjects listed the difference between the German boys and the boys with a migrant background is as much as 5 percentage points and more.

Sexual subjects, information deficits – Part 1

Boys

Percentages “would like to know more about it”



4-8 2009

Fig. 35

Sexual subjects, information deficits – Part 2

Boys

Percentage “would like to know more about it”



4-8 2009

Fig. 36

The following question lists various subjects to do with sexuality. Please indicate for each one whether you would like to know more about it, whether you already know enough about it or whether the subject does not interest you.

Boys with German citizenship report knowledge deficits the least of all the groups: on average only 16.6% say they would like to know more about a subject and there is no subject that more than a third of German boys want to know more about. The German boys are most interested in getting more information about the subjects of sexual practices and sexually transmitted infections (both 32%). There is quite an interest gap between these and the next subjects, which are contraception (25%), terminating a pregnancy (22%) and affection and love (21%); they take ranks 3–5. Around a sixth of the boys say they have knowledge deficits regarding the subjects of pregnancy and birth, menstruation and ovulation, sexual violence, marriage and relationships, and men’s and women’s roles. The subjects cited the least often by the German boys are pre-marital sex at 13% and information about physical anatomy (adolescent development, sexual organs) as well as taboo subjects (masturbation, homosexuality, prostitution, pornography, male circumcision), which are cited by a maximum of 12% of the boys.

Boys from migrant families generally seem to have greater information deficits than German boys. On average 21.3% of the boys with a migrant background say they “would like to know more” about a subject. As with the German boys the subject with the most information deficits is sexual practices. At 42% it was named by far more boys with a migrant background than all the other subjects were. In addition the boys with migrant background have a much higher need for information than the German boys. There is a difference of 10 percentage points. Around a third of the boys from migrant families say they would like more information about sexually transmitted infections, contraception, and affection and love; for these latter two subjects there once again is quite a large gap between the subjective level of knowledge of the German boys and the boys with a migrant background (difference of 8 and 11 percentage points respectively). All of the other subjects are met with far less interest by the boys with a migrant background (maximally 22%); however, their figures are often higher than those of the German boys. This affects aspects such as adolescent development (20%), pornography (21%), prostitution (18%) and sexual organs (15%); here the boys with a migrant background would like to know more about the subjects significantly more often than the German boys (differences: 7–11%). The boys with a migrant background are not very interested in getting more information about the subjects of terminating a pregnancy and sexual violence (differences: minus 4 percentage points and minus 2 percentage points respectively). There are only minor differences between the two boys’ groups regarding the other subjects.

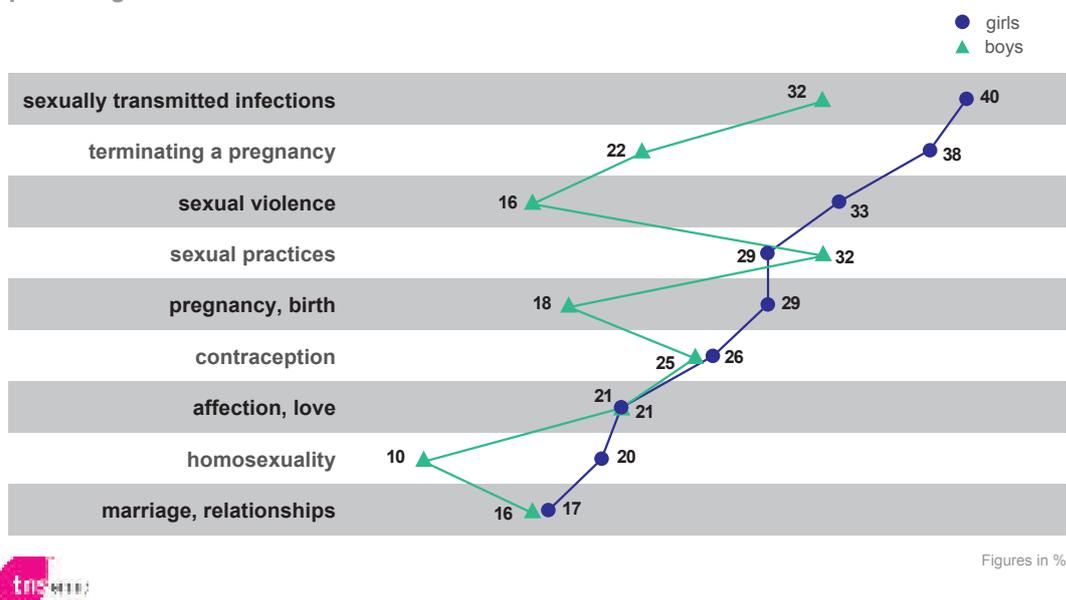
Boys and girls in comparison

When comparing the subjective knowledge deficits of the girls and boys with German citizenship one fact that stands out is that the male survey participants, with an average of 16.6%, say less often that they would like to know more about a specific subject than the female survey participants, with 20.3%. This is remarkable because around the same number of German boys and girls say they consider themselves generally sufficiently sex educated. The situation is similar among the young people with a migrant background, the only difference is that the percentages of those who say they would like to know more are higher (27.4% and 21.3%).

Sexual subjects, information deficits – selection Comparison: German girls and boys

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percentages “would like to know more”



4-8-2009

Fig. 37

The following question lists various subjects to do with sexuality. Please indicate for each one whether you would like to know more about it, whether you already know enough about it or whether the subject does not interest you.

Regardless of the young people’s origin, when it comes to the subjects of sexually transmitted infections, pregnancy, terminating a pregnancy, sexual violence, and homosexuality the girls show significantly more interest in obtaining more information than the boys.

When it comes to sexual practices, contraception, affection and love, and marriage and relationships girls and boys are more or less equally interested in learning more, at least when looking at the German young people. Among the young people with a migrant background there are more pronounced gender differences; the girls from migrant families say particularly frequently that they do not feel sufficiently well informed.

In detail

It can generally be said that with the young people’s increasing age they also become more satisfied with their own level of knowledge regarding the subjects they were presented with. There are only relatively few exceptions to this correlation. There are those subjects, for example, about which even the young survey participants say they already know enough about. This mainly affects the German young people regarding such subjects as physical development and sexual organs and also the subject of menstruation and ovulation among the girls. More young people with a migrant background still believe they have

information deficits at a young age. There are also those subjects about which many of the 17-year-olds also want to know more about. Irrespective of gender and origin this holds true for sexually transmitted infections. Comparatively many 17-year-old boys would also like to know more about sexual practices, while 17-year-old girls remain interested in the issues of pregnancy, terminating a pregnancy, and sexual violence. Boys and girls with a migrant background often do not feel sufficiently well informed about the subject of affection and love at age 17. Girls with a migrant background have the clearest need to catch up. At age 17 there are still six subjects where more than 30% of them reported gaps in their knowledge they would like to close.

Even though it is not possible to remove the general effect of age entirely, sex-education classes in school also play an important role for young people in closing gaps in knowledge. This connection is clearest with regard to their knowledge about sexual organs, about young people's physical development, the female cycle and contraception. The subject of sexual violence is an exception: young people who have already had sex-education classes in school are even more interested in learning about this subject than those who have not (a connection with their age cannot be ruled out here). It is a concern that girls with a migrant background still feel deficits comparatively often despite being given sex-education classes in school.

As is to be expected, personal sexual experiences also have a big impact on the young people's level of information about sexual practices, contraception, affection and love, pre-marital sex, and also homosexuality, masturbation, pornography and prostitution. At least the desire for further information is decreased in the sexually active group.

Even though Muslim or Turkish girls are more likely than other young people from migrant families to feel insufficiently educated in sexual matters, this does not seem to translate into an increased demand for information regarding the individual subjects. The biggest deviations from the average exist in those subjects that are strongly influenced by religious morals (such as terminating a pregnancy, homosexuality, masturbation, pre-marital sex, pornography). In these cases there is a greater lack of interest among the devout female Muslims. The religious context plays less of a role among the male survey participants with a migrant background.

Contraception in the four-year trend. Comparison with the previous survey

Generally speaking changes in young people's subjective level of knowledge are longer term in nature and thus most easily recognized over longer time spans (cf. here the thirty-year trend); however, as an example the following paragraph will describe the trend development in comparison with 2005 for the subject of contraception.

Both in the previous survey and the current survey more German young people feel sufficiently well educated about contraception (around two thirds) than young people with a migrant background (a good half). Regarding the extent of the additional need for information, there are positive trends in all four comparison groups: irrespective of gender and origin the young people said somewhat more often four years ago that they did not know enough about the subject of contraception than today; however, so far the figures are not statistically significant (a change of 2 percentage points for the boys with and without a migrant background and 3 percentage points among the girls from migrant families). There is one exception: among the German girls the percentage who said they did not yet feel sufficiently well informed fell significantly, by six points.

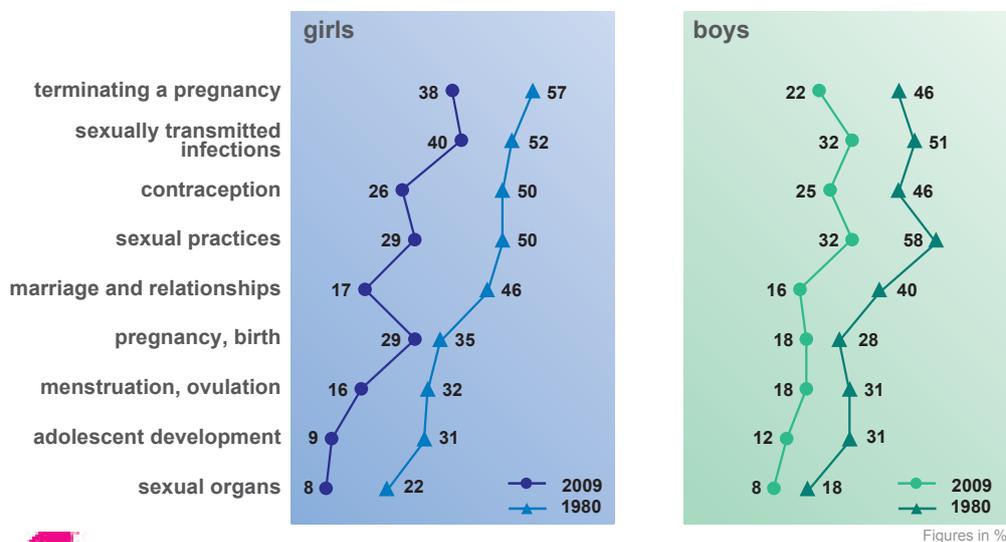
Thirty-year trend for German young people

The long-term trend confirms one thing in particular: young people feel significantly better informed today than they did thirty years ago. Clearly the sexuality education efforts of recent decades and the generally more open handling of the issue of sexuality are having an effect. Overall, the percentage of young people reporting information deficits has gone down for all subjects. The pleasing consequence is that unlike in 1980 there are no longer any subjects in which more than 50% of young people reported information deficits (1980: girls: 4 out of 9 subjects, boys: 2 out of 9).

Sexual subjects, information deficits – selection

Long-term trend

percentages “would like to know more about it”



Figures in %

4-8 2009

Fig. 38

The following question lists various subjects to do with sexuality. Please indicate for each one whether you would like to know more about it, whether you already know enough about it or whether the subject does not interest you.

There are three areas in particular where girls and boys are better informed now than 30 years ago: contraception, sexual practices and marriage/relationships. For the first two subjects the number of young people who did not feel sufficiently well informed and who wanted to know more about them almost halved, for the third subject it more than halved. The decrease was more than 20 percentage points for both the boys and the girls.

Among the boys the need for information dropped somewhat more than among the girls, because even for those subjects there was little demand for further information 30 years ago (pregnancy and birth, menstruation and ovulation, adolescent development, sexual organs) the percentage of boys who felt they had a deficit in these areas once again dropped significantly.

Among the girls sexually transmitted infections and terminating a pregnancy remain problematic subjects; even though here too knowledge deficits were decreased (minus 12 points and 19 points respectively) girls today still want more information on these subjects comparatively often. Particularly when it comes to the subject of terminating a pregnancy boys are much less interested; that was already the case in 1980. The trend development of the responses on the subject of pregnancy and birth is also a concern: within the past 30 years the percentage of girls who feel they have insufficient knowledge in this area has merely gone down by 6 percentage points; three out of ten girls still do not feel sufficiently educated about this subject.

1.7.3 Concrete knowledge (I): preparation for the first period / first ejaculation

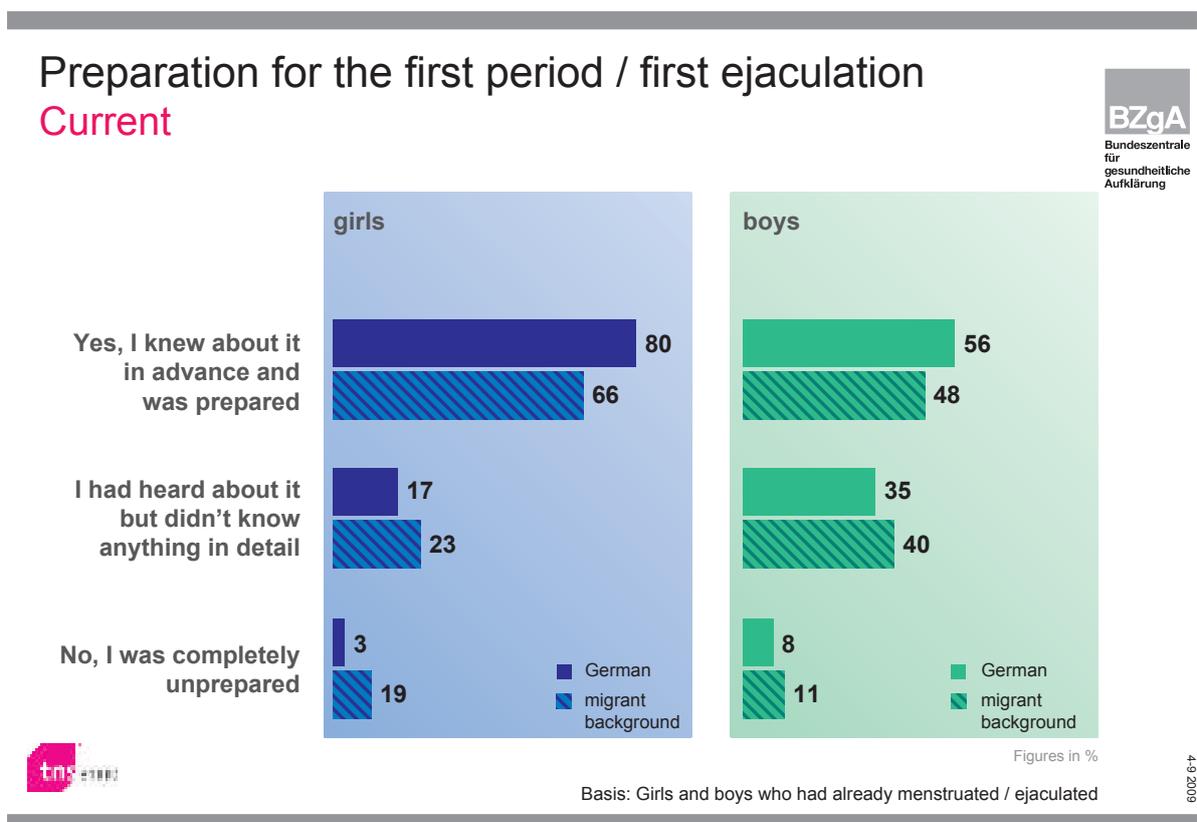


Fig. 39

*Were you prepared for your first period?
 Were you prepared for your first ejaculation?*

Girls. Four out of five girls with German citizenship explicitly state that they were informed in advance and were prepared for their first period. The figure is significantly lower among the girls with a migrant background: although the majority of them were also informed before they had their first period, the figure is quite a bit lower at 66%.

On the other hand there are few girls who received no information at all about menstruation before they had their first period. Among the girls with German citizenship the figure is 3%, among the girls with a migrant background the figure is somewhat higher: one in ten was completely unprepared. The

percentage of those who had only vaguely heard about it but who had no closer understanding of it is bigger in both groups. In the group of girls with a migrant background almost a quarter (23%) fall into this camp, while the same is true for 17% of the German girls.

Boys. Boys are prepared for the onset of physical maturity in the form of their first ejaculation very much less often than girls are for their first menstruation. Only a good half of the boys with German citizenship (56%) and almost half of the boys with a migrant background (48%) were, according to them, prepared in advance about the physical processes. The other boys either only had vague ideas (German boys: 35%, boys with a migrant background: 40%) or the event hit them completely unprepared (8%/11%). Boys with and without a migrant background differ less in their (lack of) advance knowledge about their first ejaculation than girls do in their knowledge about the first menstruation.

In detail

Young people who live in homes where sexuality is not addressed also have much poorer chances of being informed about the elementary physical processes of the first menstruation / ejaculation. There is a gap of a good 20 percentage points between those young people who live in homes where sexuality is addressed and those where sexuality is not talked about. Among the girls with a migrant background the gap is even bigger, at 30 percentage points. Of those girls who live in homes where sexual subjects are openly discussed, 83% were informed in advance. This figure is almost the same as that of the corresponding German group (86%); if sexual subjects are taboo, however, the percentage drops to 53% (German girls: 65%).

School can make up for these deficits to some extent. Among the girls with German citizenship this is more successful than among the girls with a migrant background, who report much less often that they were well prepared (68%), even if they received sex-education classes in school, than the girls who live in homes where sexual issues are discussed (83%). It is true for all young people that the percentage of those who are well prepared is higher if they received sex-education classes than it is among those who did not. The differences range from 22 to 13 percentage points. Even more striking is the fact that the number of young people who knew nothing about menstruation / ejaculation before they were confronted with these physical processes in their own body is particularly high in the group that had not received sex-education classes. This figure is around 20% among the boys (with and without a migrant background), 15% among the girls with a migrant background and 10% among the German girls. Among those who received sex-education classes in school the figures are half as much at most.

How well the young people are informed depends on what type of school they attend. Even among the quite well prepared girls with German citizenship only 66% of the Hauptschule students say they were informed and prepared in advance, while 85% of female Gymnasium students say the same. The situation is similar, just at a lower level, among the girls with a migrant background (Hauptschule students: 55%; Gymnasium students: 74%). Comprehensive school students were informed approximately as well as the girls attending Gymnasium in both groups. This is not the case among the boys: here too the differences exist between Hauptschule and Gymnasium (they are not so pronounced among the boys with a migrant background), but boys attending comprehensive school were not as well prepared as those attending Gymnasium.

The reason for this probably has more to do with the fact that the openness in the home about sexual subjects varies strongly depending on the young people's level of education than it does with the quality of the teaching. Here are the figures of the girls with German citizenship as an example: 73% of those attending Gymnasium say there is open communication in their home, 79% of those attending

comprehensive school say the same, but only 56% of those attending Hauptschule say this. The pattern here is the same as it was for the question about whether young people were prepared in advance about their first menstruation / ejaculation. The same analogy exists for the girls with a migrant background and for both of the boys' groups.

A further fact of interest exists among the German young people: of girls who are uncertain as to whether they should consider themselves educated about sexual matters ("don't know"), the majority still say they were prepared for their first period (71%); it is only among the girls who expressly say they do not feel sufficiently well educated that the figure drops significantly to 42%. Among the boys only a minority of both groups (do not feel sufficiently well educated / are not sure) say they were prepared for the first ejaculation (30%/29%; percentage among the boys who consider themselves sufficiently well educated about sexual matters: 61%).

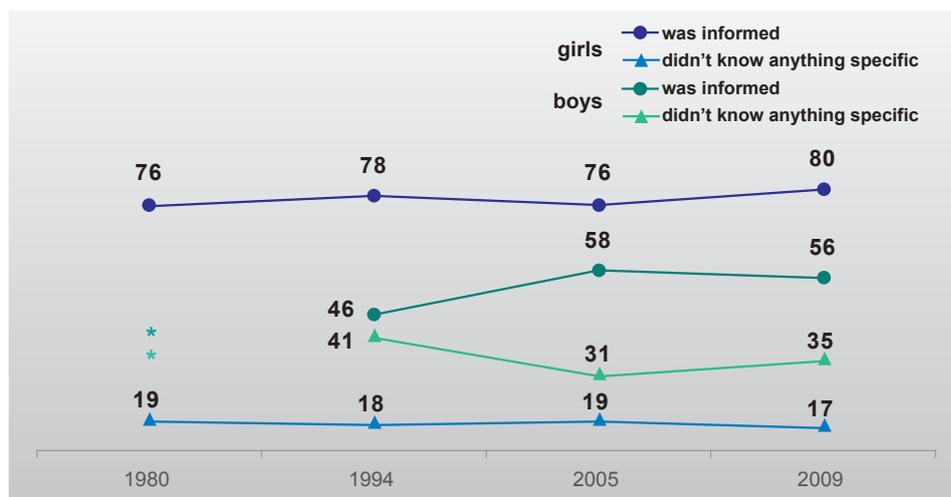
Four-year trend. Comparison with the previous survey

In comparison with the previous survey in 2005 the number of boys with a migrant background who were not informed at all in advance has gone down by three to 4 percentage points. However, there has been an increase in the number who only had a vague understanding of the first ejaculation, without having firm details. Among the girls there has been a slight increase (plus 2 and 4 percentage points) in the number who feel vaguely informed in advance.

Thirty-year trend. Long-term comparison for young people with German citizenship

Preparation for menstruation / ejaculation

Long-term trend



Figures in %
*no data for the boys in 1980



Basis: boys and girls who have already had their first ejaculation / menstruation

6-3 2009

Fig. 40

Were you prepared for your first menstruation?

Were you prepared for your first ejaculation?

When it comes to the girls, very little has changed over the past 30 years. Already in 1980 76% of the girls said they had been informed about the physical processes before they had their first period. Today's figure is 80%, so there has only been a rise of 4 percentage points. Equally little movement has taken place in the other two answer categories.

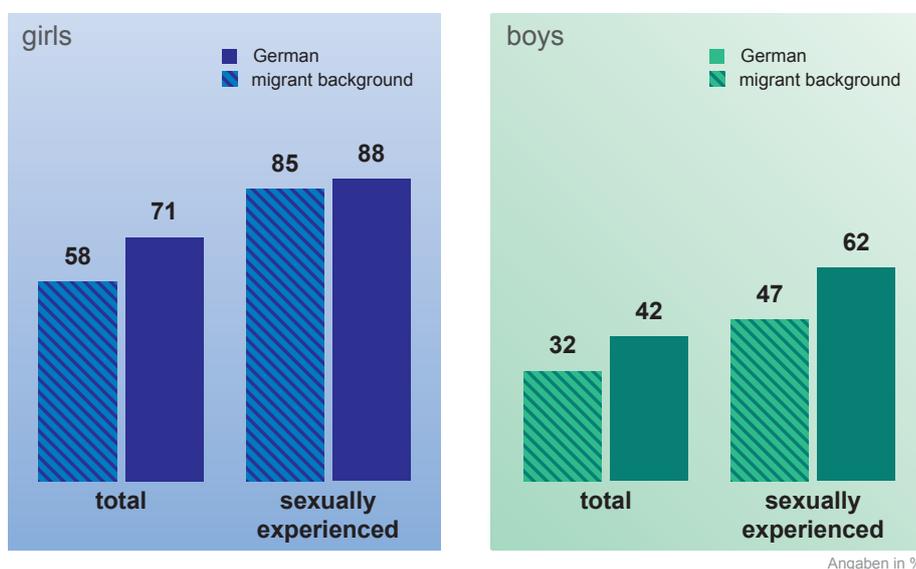
In 1980 data was only collected for the girls; it was not until 1994 that information about the boys was gathered. The boys' level of knowledge has changed comparatively more strongly for the better in the past 15 years than that of the girls. Between 1994 and 2005 the number of boys who had been prepared for their first ejaculation rose by as much as 12 percentage points from 46% to 58%. Analogously (minus 10 points) the number of boys who only had a vague understanding went down, but the number of boys who were completely uninformed remained relatively constant (1994: 12%, 2005: 11%). It is here that there has been movement in the past four years: the current figure is 8%, which means it is in single digits for the first time. As a result the increase in the number of boys who are only vaguely informed from 31% in 2001 to 35% in 2005 is not a negative sign because much of this increase comes from the group of boys who are entirely uninformed about their first ejaculation.

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

Knowledge of the free availability of the contraceptive pill

Current

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tns

5-14 2009

Fig. 41

Are you aware that the health insurance pays for the contraceptive pill for young people up until the day they turn 20?

The majority of the girls are aware of the fact that the statutory health insurance pays for the contraceptive pill; however, there is a clear difference between the German girls (71%) and girls from migrant families (58%). When only looking at the sexually experienced girls in both of these groups the differences disappear: sexually active girls with a migrant background are (almost) as well informed about the free availability of the contraceptive pill (85%) as the German girls (88%). For both groups it is the case that many more girls who have already had sexual intercourse know about this than sexually inexperienced girls.

Boys are very much less likely to know about the free availability of the contraceptive pill than girls are. Even among the German boys only a minority (42%) have heard about this; among the boys with a migrant background only every third (32%) is aware of this. As was the case among the girls, the figures go up when sexual experiences are present. Six out of ten sexually active German boys know that the contraceptive pill is freely available; among the migrant boys not quite half know about this.

In detail

In the individual age groups the knowledge of the fact that the statutory health insurance will pay for the contraceptive pill varies. It surely also plays a role that with increasing age more young people have also had sexual experiences, but even among the 14 and 15-year-olds, where only a minority of girls have become sexually active, the majority of the German girls are aware that the health insurance pays for the Pill for young people (14-year-olds: 55%; 15-year-olds: 67%). Among the 16 and 17-year-olds the percentages rise to 80% and more.

Among the girls with a migrant background the age is more significant and the span across the four age groups greater. At age 14 almost four out of ten girls with a migrant background, i.e. only a minority, have heard about the free availability and among the 15-year-olds only almost half know about this. Two thirds of the 16-year-old girls from migrant families have this information, which is the same as among the 15-year-old German girls. At age 17 78% of the migrant girls know about the free availability of the Pill, hardly fewer than among the German girls (82%).

It is pleasing that the girls who had sexual intercourse at an early age are no less likely to know about the free availability of the contraceptive pill as girls whose sexual debut came later. In fact, the opposite seems to be the case: 93% of (German) girls who had their first time aged 14 or younger said they knew about the free availability of the Pill, while only 87% of girls who were 15 and 85% of girls who were 16 when they had their first time say the same.

Irrespective of sexual activity the number of girls who already have this information is very much higher than average among those who have already been to a gynaecologist; among the German girls it is 82%, making it almost as high as the figure among the sexually experienced girls (88%). It is noticeable, however, that this is not the case to the same degree for the girls with a migrant background. Although far more girls from migrant families who have been to see a gynaecologist (71%) know about the option of getting the contraceptive Pill for free than girls who have not yet been to see a gynaecologist (43%), when comparing these figures with those of the German girls, it is 11 percentage points lower.

Among the girls with a migrant background religious affiliation has a greater effect on whether they know about the free availability of the contraceptive pill than it does among the other groups. Only 46% of Muslim girls say they have this information, while around two thirds (69% and 63% respectively) of Catholic girls and girls with another denominational background have this information. The strength

of their tie to their faith plays a role generally among the girls with a migrant background, it does not depend on their particular faith. The closer the tie, the lower the percentage of girls who know about the free availability of the Pill (“indifferent/hostile”: 72%; “close”: 46%). Among the Turkish girls the number who have this information is also noticeably below average (48%).

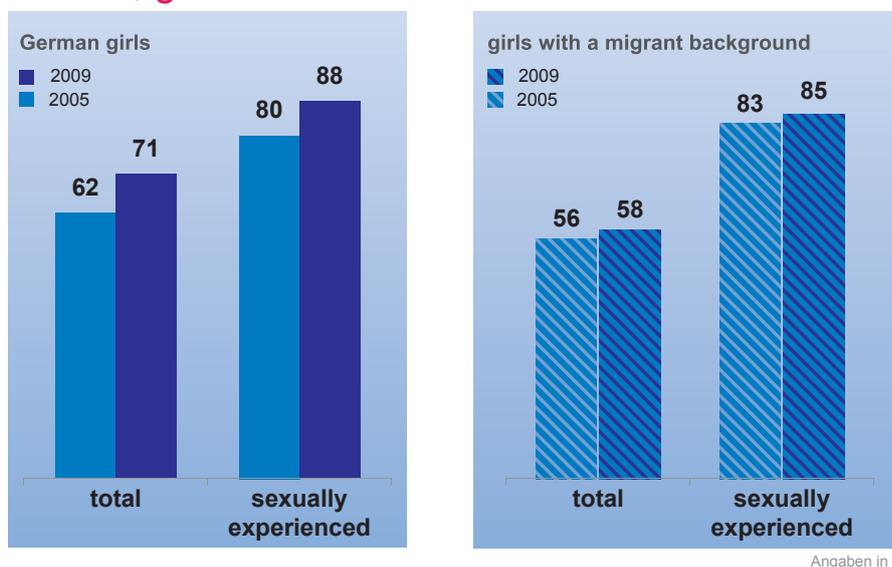
Once German boys become sexually active the majority of them know about the free availability of the Pill (62%). As was the case among the girls, those who become sexually active at age 14 or younger or who become sexually active at 15 are more likely to have heard of it (67% and 66% respectively) than those who were 16 or older (55%). The relationship to their partner is crucial: if their first intercourse was with a steady partner, 65% of the German boys know about the free Pill, while among those who are currently in a steady relationship (irrespective of whether they have already had sexual intercourse) 61% know about it.

It is still true that knowledge of the free availability of the contraceptive pill is more widespread in eastern Germany than in western Germany. There is 5-percentage-point difference (East-West) among both the German girls and the German boys.

Four-year trend. Comparison with the previous survey

Knowledge of the free availability of the contraceptive pill

Four-year trend, girls



5-4-2009

Fig. 42

Are you aware that the health insurance pays for the contraceptive pill for young people up until the day they turn 20?

Among the German girls there are clear differences between the 2005 and 2009 data. Both among the girls as a whole and among the sexually experienced ones the level of awareness has risen significantly over the past four years. Meanwhile there have been hardly any changes among the girls with a migrant background compared with 2005; we can speak of a slight trend to greater awareness at best.

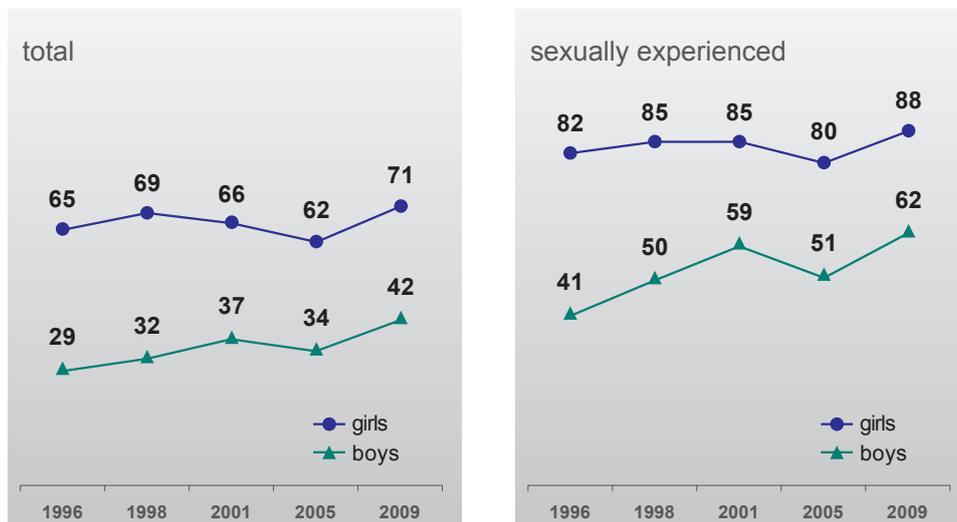
The same trend can also be seen among the boys: there has been a clear rise in the level of awareness among the German boys (in general and among the sexually experienced boys), while the increase has been modest, yet positive among the boys with a migrant background. The sexually active boys from migrant families are a special case. Their level of awareness rose more than that of the boys in general and of the girls with a migrant background (plus 7 percentage points compared with 2005), even though the increase was not so great as among the German boys.

Thirty-year trend. Long-term comparison for young people with German citizenship

The trend of less awareness about the free availability of the contraceptive pill that existed in 2005 compared with earlier surveys has not continued. In comparison with 2005 the level of awareness has clearly gone up again, by 8 to 11 percentage points depending on gender and on whether the girls and boys are looked at quite generally or whether only the sexually active ones are taken into account. The current figures do not just reach the pre-2005 levels, they even mark a slight improvement over them. The current levels of awareness are the highest ever since this question was introduced in 1996, both when all young people are taken into account (girls: 71%; boys: 42%) and when only the sexually active young people are looked at (girls: 88%; boys: 62%).

Knowledge of free availability of the contraceptive pill Trend

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Figures in %



5-12 2009

Fig. 43

Are you aware that the health insurance pays for the contraceptive pill for young people up until the day they turn 20?

One possible explanation for why there is such a big difference in the level of awareness about the free availability of the Pill among the girls and boys is provided by the young people's statements about their sources of information.

Knowledge of free availability of the contraceptive pill: sources

Current

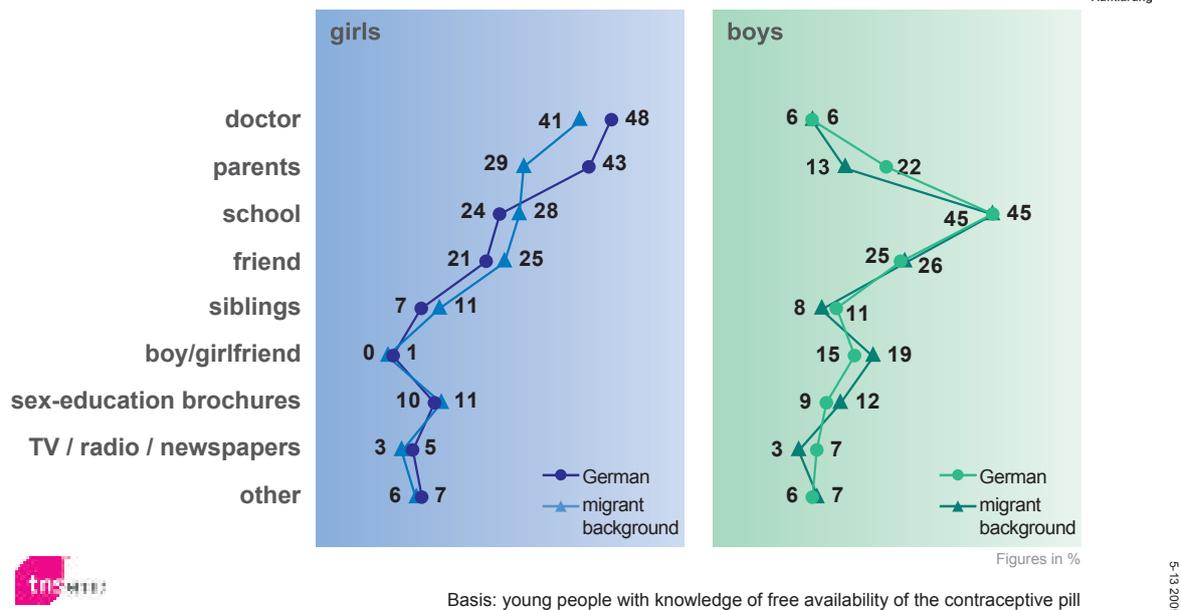


Fig. 44

How did you find out that the health insurance pays for certain contraceptives? From...

For the **girls** the doctor is the most important source of information: 41% of girls from migrant families and 48% of German girls obtained their information from a doctor. For German girls the home is almost equally important (43%); for girls with a migrant background the home is once again less relevant as a source of information (29%). “Parents” should be equated with “mother” for the girls. The father is only mentioned by 2%/3% and in general fathers are only cited in addition to mothers. After quite a gap school and the (best) friend are the next most common sources of information. They are both cited by around every fourth girl. All other sources of information are very much less significant. Besides these four main sources, the only ones achieving double figures are the sex-education brochures (10%/11%) and, among the girls with a migrant background, siblings (11%).

Aside from the role of the home, German girls and girls with a migrant background largely obtain their knowledge from the same sources.

The same is true for the boys, when comparing the sources of information used by the German boys and the boys with a migrant background. Boys, regardless of their background, generally have different ways of accessing the information about the free availability of the Pill from girls. Doctors are almost irrelevant for boys in this respect, only 6% of them cite this option. *If* boys know about the free availability of the Pill, then their primary source of knowledge here is school: almost one in two said they found out about

this through school. The same number of boys and girls say their source of information was a friend or a sibling. There is, however, one clear exception: one in six among the German boys (15%) and one in five among the boys with a migrant background (19%) obtained their knowledge from their girlfriend. This hardly ever happens the other way around. Merely 1% of the German girls and less than 0.5% of the girls with a migrant background were made aware of this possibility by their boyfriend.

In detail

For girls who have already been to see a gynaecologist this clearly becomes the main source of information. Two thirds of the German girls say they found out about the free availability of the contraceptive pill from their doctor (64%), which means doctors are more important than the home for German girls too in this respect (mother: 44%). Even among the girls with a migrant background the significance of doctors increases if they have already been to see a gynaecologist. However, at 54% doctors are not as important to them as they are to German girls.

School is an important source of information, particularly for the younger girls and those who have not yet become sexually active. 40% of 14-year-old German girls, for example, cite school, making it almost as important as their mother (46%), while doctors do not yet play a big role (24%). Among the 17-year-old German girls school is not even named half so often (15%), while the frequency with which they cite their mother remains constant (45%) and the doctors' significance shoots up (69%).

Among the boys school also decreases in importance with increasing age and with sexual experience. It does, however, remain the most-cited source of information among the 17-year-olds, even though the girlfriend becomes more significant in this group.

Four-year trend. Comparison with the previous survey for German girls

One source of information stands out above all others: today girls cite doctors even more often than four years ago (German: plus 8 percentage points; migrant background: plus 15 percentage points). All other potential sources of information are cited more or less as often as they were in 2005.

Thirty-year trend. Long-term comparison for German young people

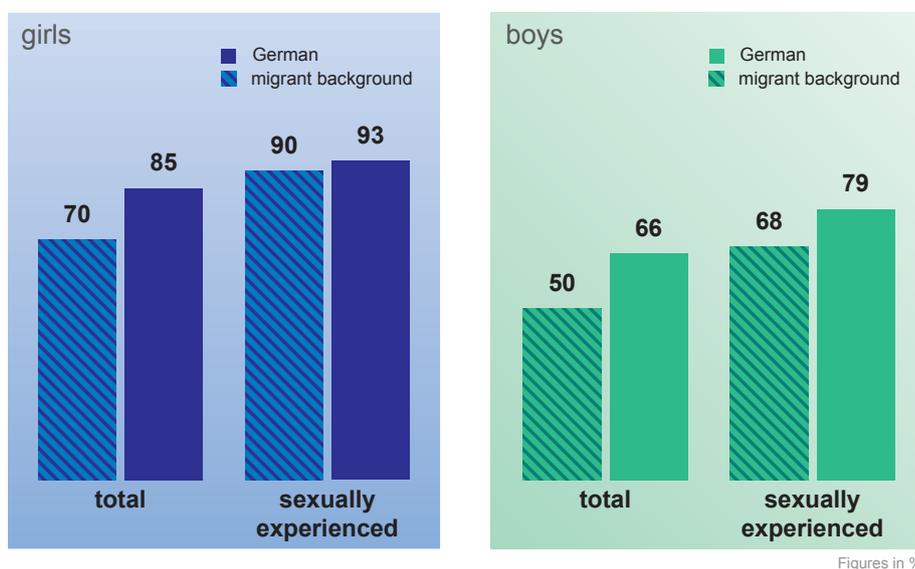
The most interesting development among the boys' sources of information has to do with school. Since 1998 school has become increasingly more significant: it was cited by 30% of the German boys in 1998, then by 40% in 2001 and by 50% in 2005. Currently the figure is 45%, i.e. somewhat lower than the figure from the previous survey, a sign that schools, as a source of information about the free availability of the contraceptive pill, are (currently) exhausted. Compared with 2005 there have not been any major changes elsewhere, movement in the sources of information cited has only been by one or 2 percentage points, which is not statistically significant. A shift from school to the media or people cannot currently be established from the reduced figure for schools.

1.7.5 Concrete knowledge (III) – the morning-after pill

Knowledge of the morning-after pill

Current

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5-14 2009

Fig. 45

After a contraceptive mishap or after unprotected sex there is the option of using emergency contraception, known as the 'morning-after pill'. The 'morning-after pill' must be taken within 12–72 hours but best of all as soon as possible after the event. It prevents the egg from implanting in the uterus. The 'morning-after pill' is not an abortion pill. It cannot be used to terminate an existing pregnancy. Were you aware that such a pill exists?

More girls and boys know that there is the option of emergency contraception if other contraceptive measures have failed or were not used than that the statutory health insurance will pay for the contraceptive pill up until they turn 20.

The girls' knowledge of this option of emergency contraception in form of the morning-after pill is good across the board. 85% of all the German girls and 70% of the girls with a migrant background, and therefore the vast majority in both groups, know about this option. The figure rises to 90% and more among those for whom it is particularly important that they know, namely among the sexually active girls (regardless of their origin).

Boys are less well informed than girls; at least among those who have already had sexual intercourse the majority know about the availability of emergency contraception (two thirds of the boys with a migrant background, four out of five German boys).

In detail

Age has a different impact among the German girls and the girls with a migrant background. German girls are informed to a high level across the board. Even among the 14-year-olds three out of four girls

know about the morning-after pill; among the 16 and 17-year-olds more than 90% are informed about this option. Among the girls with a migrant background the figures are at least 10 percentage points lower at every age. Half (52%) of the 14-year-olds know about emergency contraception, while the figure rises to 86% among the 17-year-olds.

Girls with a migrant background who have already been to a gynaecological practice are very much better informed than girls who have not yet done so (80% compared with 58%). This difference is not so pronounced among the German girls (89% compared with 80%). Their overall level of knowledge is higher.

One noticeable fact is that among both the girls (regardless of origin) and the boys the highest level of knowledge exists in the rural areas, while the lowest level of knowledge is to be found in the cities. Unlike the young people's knowledge about the free availability of the contraceptive pill through the health insurance, which is somewhat more widespread in east Germany, more young people in west Germany know about the existence of the morning-after pill than in east Germany.

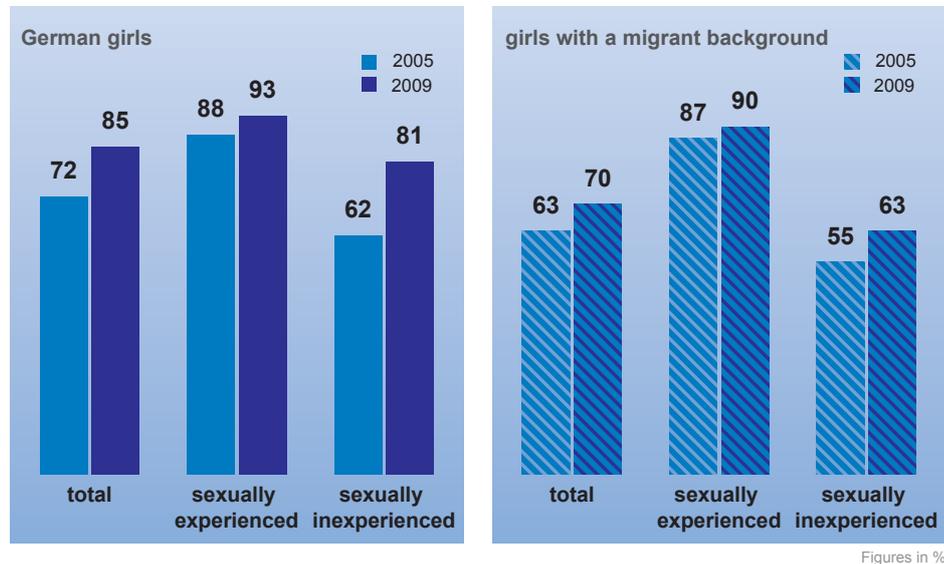
Four-year trend. Comparison with the previous survey

Over a period of just four years, young people's knowledge about the existence of emergency contraception in form of the morning-after pill has gone up significantly. Among the German girls there has been an increase of 13 percentage points and among the girls with a migrant background an increase of 7 percentage points (German boys: 12 percentage points; boys with a migrant background: 4 points).

This increase is particularly the result of the better level of information displayed by those girls who have not yet become sexually active. Among the German girls the level of knowledge rose from 62% to 81%, i.e. by 19 percentage points, while it rose by 8 percentage points among sexually inexperienced girls with a migrant background. The increases among the girls who have already been sexually active were comparatively modest: 5 points among the German girls and 3 points among the girls with a migrant background.

Among the boys, who generally have a lower level of knowledge on this subject, the increases are distributed more evenly. Here the increases were also quite high in the group of boys who have already become sexually active.

Knowledge of the morning-after pill Four-year trend, by sexual experience



5-14 2009

Fig. 46

After a contraceptive mishap or after unprotected sex there is the option of using emergency contraception, known as the 'morning-after pill'. The 'morning-after pill' must be taken within 12–72 hours but best of all as soon as possible after the event. It prevents the egg from implanting in the uterus. The 'morning-after pill' is not an abortion pill. It cannot be used to terminate an existing pregnancy. Were you aware that such a pill exists?

The information about the availability of emergency contraception spreads somewhat differently from that of the free availability of the contraceptive pill. The gender-specific differences regarding the reference people still exist, however.

For the **boys** there is one main source of information that stands out. It is cited by every second boy: school (54%/50%). Friends still play a certain role (22%/27%). All other people or media are cited by less than 20%. It is noticeable, however, that the media (TV, radio, newspapers) are irrelevant for boys regarding information about the regular contraceptive pill (7%/3%) but have a certain relevance for them regarding the morning-after pill (German: 17%; migrant background: 12%).

The same situation presents itself among the **girls**: television, radio and newspapers are cited by 14% of the German girls and 11% of the girls with a migrant background as sources of information about the morning-after pill, but only by 5% and 3% respectively as sources of information about the regular contraceptive pill. There are other more striking differences. Only three out of ten girls (30%/29%) were informed by a doctor about emergency contraception; this figure is very much lower than the number of girls who were told about the free availability of the contraceptive pill through the health insurance (48%/41%). An additional factor among the German girls is that parents, who are usually the main source of information besides the doctor's surgery, provide information about emergency contraception

less often than about the conventional Pill (33% compared with 43% for the contraceptive pill). As a result school also becomes the most important institution for girls regarding information about the morning-after pill.

Knowledge about the morning-after pill – sources

Current

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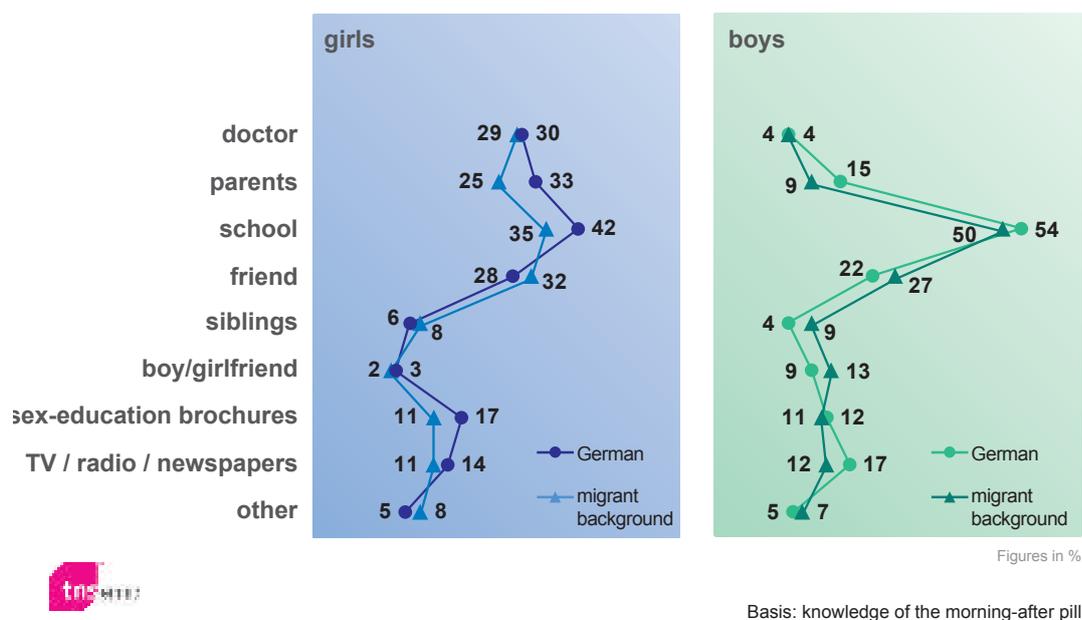


Fig. 47

How did you find out about the morning-after pill? From...

In detail

Depending on age and even more strongly on whether sexual experiences are present, individual sources vary in importance. For girls who were already sexually active school becomes less important as a source of information (28%/24%); the most important source of information in this case is a doctor, who is cited by every second girls (German: 50%; migrant background: 54%). A gynaecological consultation does not on its own lead to information about emergency contraception: 43% of girls who have already been to see a gynaecologist say the doctor was a source of information about the morning-after pill. Although that is the source cited by the highest number in this group, the gap to school (37%) and home (39%) is not very big for the German girls, unlike in the group of sexually experienced girls.

Among the sexually inexperienced girls school is the most-cited source of information. One fact of note is that the generally available media (TV, radio, newspapers) were used more often by sexually inactive girls with knowledge of the morning-after pill than by sexually active girls (among the German girls: 18%, compared with 8%; girls with a migrant background: 13% compared with 7%). Sex-education brochures on the other hand retain their function irrespective of the girls' sexual experience.

Four-year trend. Comparison with the previous survey

When comparing the 2005 and 2009 data it can be seen that the German girls are increasingly drawing on institutional sources of information. School is cited more often than four years ago with an increase of 10 percentage points, while doctors' surgeries have seen an increase of 4 percentage points. The most significant providers of information from the private environment (parents and friends) are not, as a result, cited any less often. They have remained at the same level as in 2005.

This is not true to the same extent for the girls with a migrant background. School has not become more important to them today than it was four years ago, whereas doctors have: there has been a marked increase of 9 percentage points, which is an even greater increase than among the German girls. Parents were also able to increase their significance as knowledge providers (plus 5 percentage points); however they have not been able to reach the same importance as they have for the German girls. There has been a reduction in the frequency with which friends were cited (minus 10 points); four years ago they were still the most important source of information about the morning-after pill for girls with a migrant background.

Trend comparison 2001 – 2005 – 2009 for German young people

The most striking change in the longer-term trend affects the role of the media. Television, radio and the print media were particularly a source of information for the German boys in 2001 when the question about sources of information was posed for the first time. 35% of them stated to have learned about the availability of emergency contraception through the media. Just four years later, in 2005, this percentage dropped to 22% and this trend has continued to 2009: today only 17% say the media were a source of information.

The same trend generally exists among the girls with the difference that the media were never so important to them as they were to the boys (2001: 24%, 2005: 16%, 2009: 14%).

Knowledge of the morning-after pill Comparison young people / parents

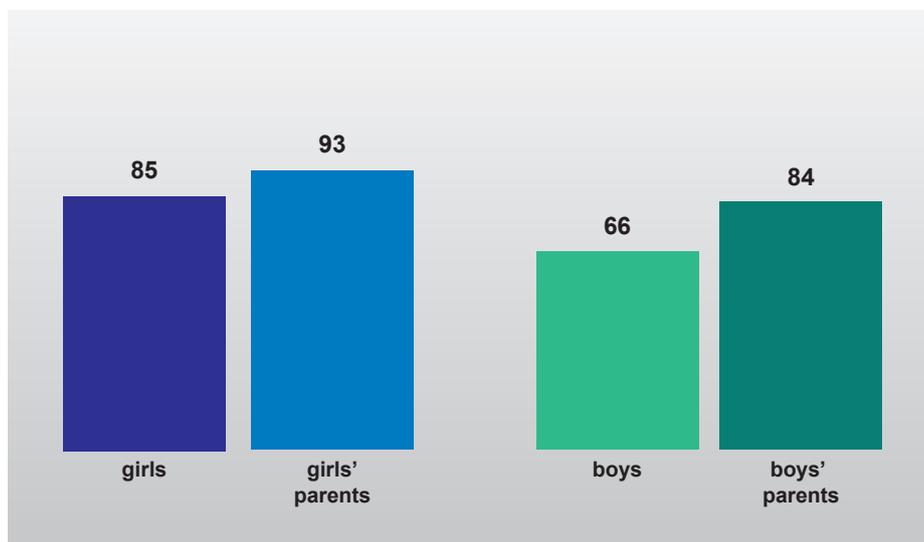


Fig. 48

After a contraceptive mishap or after unprotected sex there is the option of using emergency contraception, known as the 'morning-after pill'. The 'morning-after pill' must be taken within 12–72 hours but best of all as soon as possible after the event. It prevents the egg from implanting in the uterus. The 'morning-after pill' is not an abortion pill. It cannot be used to terminate an existing pregnancy. Were you aware that such a pill exists?

The girls already have a good level of knowledge about the availability of emergency contraception, but this is even more the case for their parents: 93% of the parents of the 14–17-year-old German girls (93% of the girls' mothers and 82% of the girls' fathers) know about this option. The boys' parents are not quite so well informed at 84% (89% boys' mothers and 80% boys' fathers) but they are still quite a lot better informed than the boys themselves, who are quite a bit less well informed compared with the girls.

Four-year trend. Comparison with the previous survey

As was the case among the young people themselves the level of awareness about this last-resort option went up again among the parents in the past four years. The increase from 2005 to 2009 was 8 percentage points for both the girls' parents and the boys' parents. At the same time the parents' knowledge is now broadly based: unlike four years ago the parents' level of awareness exists to the same extent regardless of whether their children have already become sexually active and regardless of whether or not the parents know about this.

2. Young People's Experiences with their Own Bodies

2.1 Bodily awareness

Puberty and the concomitant changes necessarily force girls and boys to develop a new perception of their bodies and to confront their own bodies. This occurs on the one hand through the physical processes (developing sexual characteristics, first period), while on the other hand the norms affecting appearance become particularly significant during puberty.

For this reason the questions about the young people's sexual experiences with the opposite sex were preceded by a set of questions about their bodily awareness. Using six statements different dimensions of physical awareness were surveyed. The young people's subjective perception was explicitly the focal point. An objectification of the perceived statements (through BMI and similar tools) was deliberately avoided because the main factor allowing the young people to display a positive attitude to their own bodies and letting them confront the norms of appearance is their subjective bodily awareness.

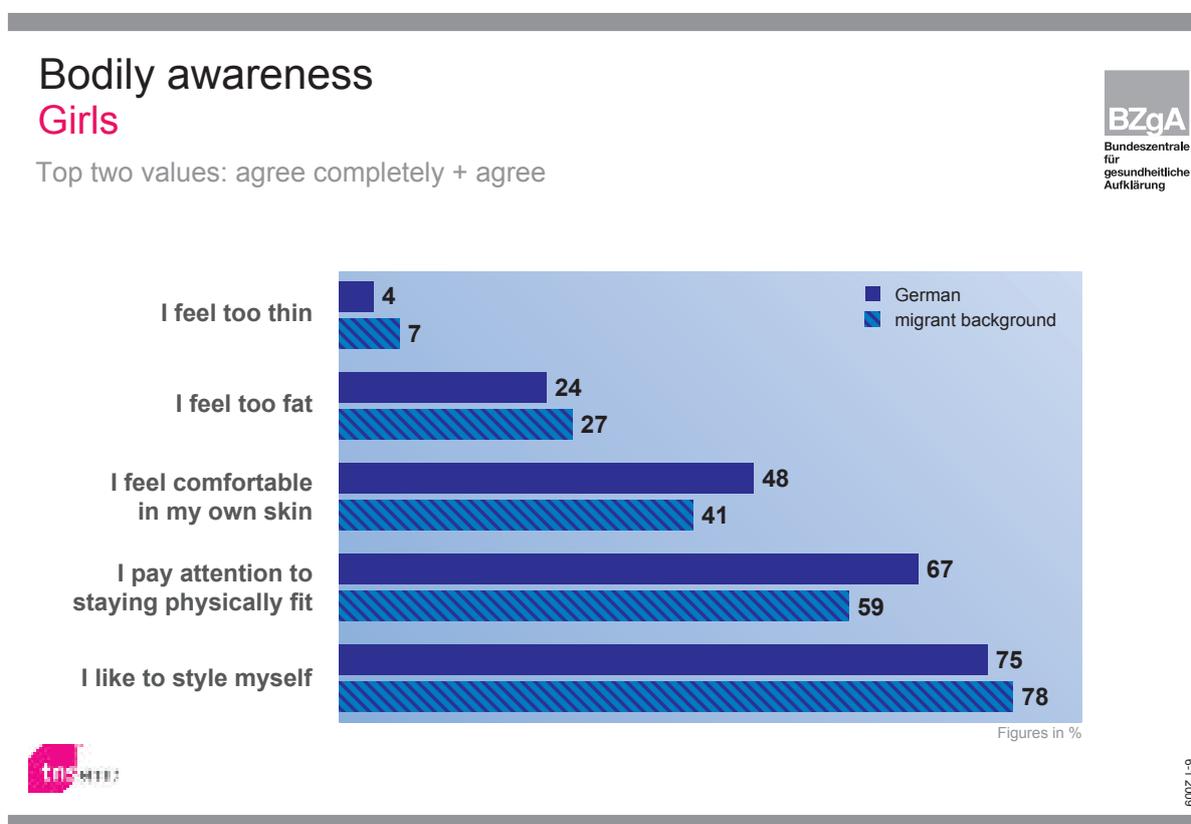


Fig. 49

First, a question about you and how you see yourself. We all have a different relationship to our body. Here is a list of several statements. Please indicate for every statement how much it applies or doesn't apply to you personally.

Girls. The German girls and girls with a migrant background largely share their feelings about their bodies. The fear of not measuring up to the beauty norm of being (overly) slim affects quite a few of them. Around one in four girls conclude that their own weight does not correspond to this norm: they feel too fat (24%/27%). On the flipside, only a small minority feel they are too thin (4%/7%). Styling is given a lot of importance. Three quarters of the girls like to occupy themselves with their bodies in

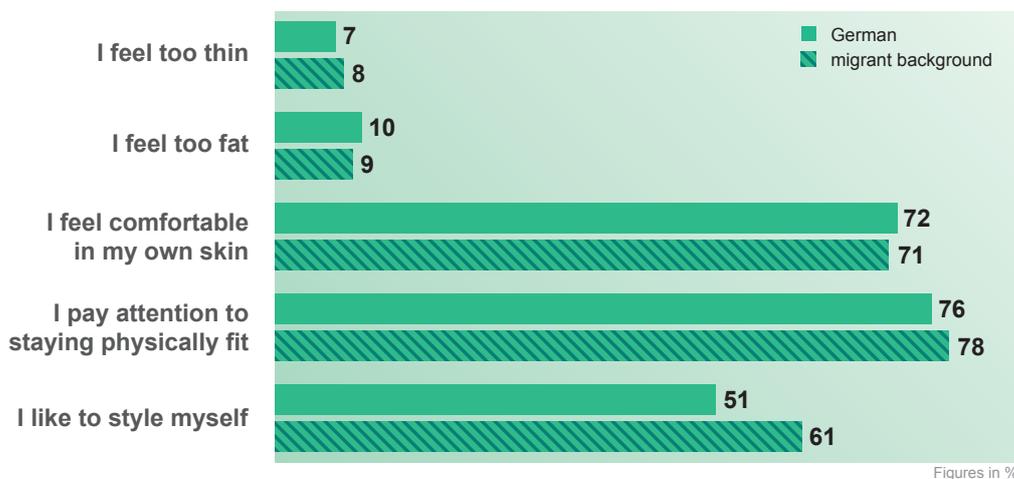
this way (75%/78%). Thus appearance is more important than physical fitness. Although the majority of the girls agree with the statement “I pay attention to staying physically fit”, the number is not so high as the number of girls who care about styling. The aspect of physical fitness is the one that reveals the biggest differences between the German girls and the girls from a migrant background: for German girls physical fitness is more important. Two thirds of them say they agree or agree completely that they pay attention to their physical fitness (67%), while the figure is 8 percentage points lower among the girls with a migrant background at 59%.

In both groups only a minority say they feel comfortable in their own skin. Among the German girls almost half say they do (48%), while the positive acceptance of their own body is less widespread among the girls with a migrant background (41%). However, it cannot be concluded from this result that the majority of the girls feel uncomfortable in their own skin. Instead many have an ambiguous relationship: 38% of the German girls and 37% of the girls with a migrant background chose the response “so-so”. Only a minority have an overall negative perception, the percentage being somewhat higher among the girls with a migrant background at 19% than among the German girls at 13%.

Bodily awareness

Boys

Top two values: agree completely + agree



6-1 2009

Fig. 50

First, a question about you and how you see yourself. We all have a different relationship to our body. Here is a list of several statements. Please indicate for every statement how much it applies or doesn't apply to you personally.

Boys. The German boys and the boys with a migrant background also share their feelings regarding their own body. There is just one aspect where the opinions diverge somewhat: personal styling. Boys with a migrant background pay significantly more attention to their appearance (10 percentage points more) than German boys of whom only half (51%) are interested in this. The differences are marginal for all other aspects. They are no more than one or 2 percentage points.

Even at first glance it becomes clear that boys have different preferences and make different assessments from the girls. The fitness aspect is the most important for the boys: at 76%/78% almost four out of five boys pay particular attention to this. They feel much less pressure to be thin than the girls, very likely also because this pressure does not exist so strongly for the boys as it does for the girls. In any case few boys concluded their weight did not match up to what was socially expected. Only 10%/9% consider themselves “too fat”, hardly more than consider themselves “too thin” (7%/8%).

Unlike the girls the boys also have a more positive attitude towards their own body: a good seven out of ten boys, and thus a vast majority, agree or agree completely with the statement “I feel comfortable in my own skin”. At 5%/7% not even half as many boys opt for one of the negative answer categories (disagree or disagree completely) as the girls (13%/19%).

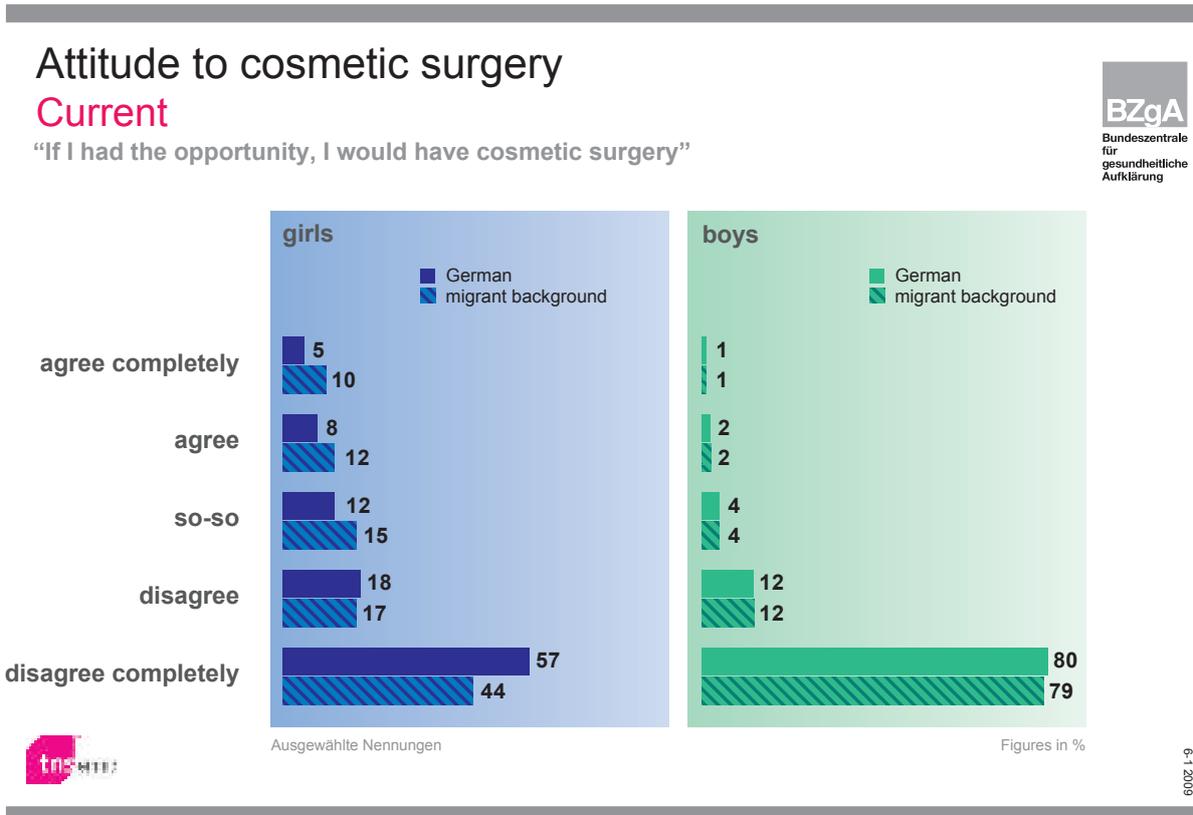


Fig. 51

First, a question about you and how you see yourself. We all have a different relationship to our body. Here is a list of several statements. Please indicate for every statement how much it applies or doesn't apply to you personally. (here: attitudes to having cosmetic surgery)

Only a minority of the young people expressly say they could take drastic action in the form of surgery in order to achieve a better appearance. Boys are strongly against this option (“disagree completely”: 80%/79%), but most girls also have a very negative attitude (“disagree completely”: 57%/44%). Among the boys only a very small number say they agree or agree completely with the statement “I would have cosmetic surgery if I had the chance” (merely 3%). Comparatively more girls favour this option. Particularly among the girls from migrant families there is a certain potential here: 10% say they “agree completely” with this statement and a further 12% say they “agree” (German girls: 5% and 8% respectively).

In detail

Only among the girls with a migrant background is there a correlation between a positive attitude towards their own bodies and their age. Here it is the case that the older they are, the more they agree or agree completely with the statement “I feel comfortable in my own skin”. 36% of the 14-year-olds agree with this statement while the percentage goes up to 48% among the 17-year-olds. This increase is mainly the result of a shift from the response “so-so” towards agreement. Up until age 16 the percentage who disagree or disagree completely with this statement remains at the same high level (between 21% and 24%). It is only among the 17-year-olds that it drops significantly to 9%.

Among the boys and German girls no direct correlation between their age and perception of their bodies can be made out. Among the German girls it is more the sexual age that has an impact on how comfortable they are in their own skins. Although this is not expressed in an increase of the response “agree completely” or “agree”, there is a significant decline in negative responses from 17% among the girls who had their first period no more than a year ago to 10% among those who had their first period at least five years ago. Among the boys the sexual age has no influence.

Age does not alter the perception of every aspect of young people’s feelings about their own bodies. There are hardly any differences regarding the statement about feeling too thin. There is also little change to whether young people feel too fat with increasing age. The percentage fluctuates by a quarter among the German girls in both cases; among the boys the figures are not even half these. The only exception is the girls with a migrant background. Among the 14–16-year-olds 27%–31% feel too fat, while among the 17-year-olds this figure goes down to 20%.

The negative attitude towards cosmetic surgery also remains relatively constant through all the age groups. Here too the girls with a migrant background are an exception: among them a greater than average number of 14-year-olds consider cosmetic surgery an alternative way to improve their own appearance (“agree” or “agree completely”: 30%). With increasing age this percentage drops to 16%–22%, but still remains higher than the figures for the German girls (12%–14%).

The atmosphere in the home does have an effect on young people’s perceptions of their bodies. Clearly feeling good in their own skin is connected to self-confidence, because it is striking in all four groups that girls and boys with and without a migrant background have a more positive feeling about their own body the more they feel taken seriously in their home. This connection is expressed most strongly among the girls with a migrant background. Girls who feel completely taken seriously by their parents (highest figure on a seven-figure scale) pick an affirmative category in 51% of cases and a dissenting category in only 16% of cases. Among the girls who at best give a neutral judgement in describing their relationship to their parents (scale value 4 or lower) only 31% have a positive attitude towards their own bodies and for 34% their attitude is negative. These connections also exist among the German girls, and the boys with and without a migrant background. The range of differences always reaches at least figures in double digits (with one exception).

Four-year trend. Comparison with the previous survey

Girls. The most interesting aspect among the girls is their attitude towards cosmetic surgery. Among the German girls there has been a decrease in favourable attitudes since 2005. This is primarily expressed in an increase in the rejecting stance (plus 6 percentage points), but also in a decreased accepting stance (minus 4 percentage points). Among the girls with a migrant background the negative attitude towards

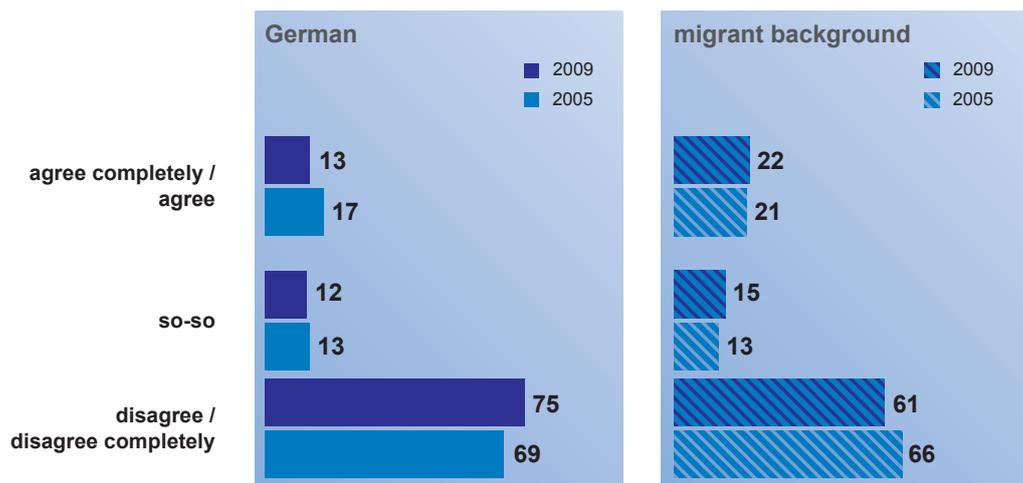
having cosmetic surgery is less pronounced today than it was four years ago (61% compared with 66% in 2005) without there being a noticeable increase in those who explicitly approve of such procedures (one percentage point difference compared with 2005).

Attitude to having cosmetic surgery

Four-year trend, girls

“If I had the chance I would have cosmetic surgery”

BZgA
Bundeszentrale
für
gesundheitliche
Aufklärung



Figures in %



6-1 2009

Fig. 52

First, a question about you and how you see yourself. We all have a different relationship to our body. Here is a list of several statements. Please indicate for every statement how much it applies or doesn't apply to you personally. (here: “If I had the chance I would have cosmetic surgery”)

There has not otherwise been much change among the girls compared with 2005. The biggest discrepancy concerns the aspect “I pay attention to keeping physically fit”, a statement 59% of girls with a migrant background currently answer in the affirmative, while 63% did so in 2005. The statement “I feel comfortable in my own skin” is also of interest. Although the changes are individually marginal in both girls' groups (a mere 2 percentage point difference compared with 2005), there has been a change of *plus* 2 points among the German girls and *minus* 2 points among the girls with a migrant background, resulting in a bigger gap between the two groups (agreement: 48% and 41%), which did not yet exist in this way in 2005.

Boys. Among the boys the opinion trend regarding how they feel about their own bodies is not so constant as among the girls. There has been movement in different directions. There has been a clear increase in agreement regarding the statement “I feel comfortable in my own skin” (9 percentage points more for boys with a migrant background and 10 percentage points more for German boys compared with 2005).

The styling aspect was less relevant in the 2009 survey than it had previously been. Both boys' groups display a decline in their affirmative percentages, a decrease of 5 percentage points among the boys with a migrant background and a decrease of 6 percentage points among the German boys. The gap that existed four years ago regarding the importance of styling (for boys from migrant families styling was a very important aspect) has not changed (11 percentage points in 2005 and 10 percentage points today).

There has also been a decrease in the number of boys (both with a migrant background and German boys) who consider themselves "too thin". Among the German boys the decrease has been more significant, down 6 percentage points (from 13% to 7%), compared with a drop of 3 percentage points (from 11% to 8%) among the boys with a migrant background.

2.2 Sexual maturity

2.2.1 Time of the first period

At least four out of five girls between the ages of 14 and 17, regardless of their origin, had their first period before turning 14 (girls with a migrant background: 80%; German girls: 86%). Only a very small number of girls have their first period before the age of 11 (3% and 5%); most girls say they were either 11, 12 or 13 years old. Most of the other girls say they were 14 when they had their first period (13% and 9%). Only a small minority were older when they had their first period (15 and older: 4% and 3%) and some (3% and 2%) have not yet had their period. However, most of the girls making up this latter statistic are 14-year-olds; 9% of the 14-year-old German girls and 8% of the 14-year-old girls from a migrant background say they have not yet had their period. All of the 17-year-old girls without exception have already had their first period.

The figures for when the German girls and girls with a migrant background first had their period are very similar, even in the details, apart from one striking exception: girls from migrant families are more likely by 10 percentage points (38% compared with 29% of German girls) to say they had their first period at age 12, a gap German girls make up again at age 13 (37% compared with 30% of girls with a migrant background).

In detail

Early sexual maturity cannot be equated with early sexual activity, but a certain connection cannot be denied. This becomes clear when comparing sexually experienced girls and sexually inexperienced girls with the percentages of girls who reached their sexual maturity early (age 11 or younger). Among the sexually active girls there are a greater number who reached their sexual maturity at an early age than among the sexually inexperienced girls (19% compared with 11% among the German girls and 24% compared with 16% among the girls with a migrant background).

Among the German girls an even more detailed comparison is possible: a third of the German girls who were 14 or younger when they had sexual intercourse for the first time had their first menstruation before turning 12 (34%), while the same is only true for 7% of those girls who were 16 or older when they made their first sexual experiences.

Thirty-year trend. Long-term comparison for girls with German citizenship

First menstruation aged 11 or 12

Long-term trend

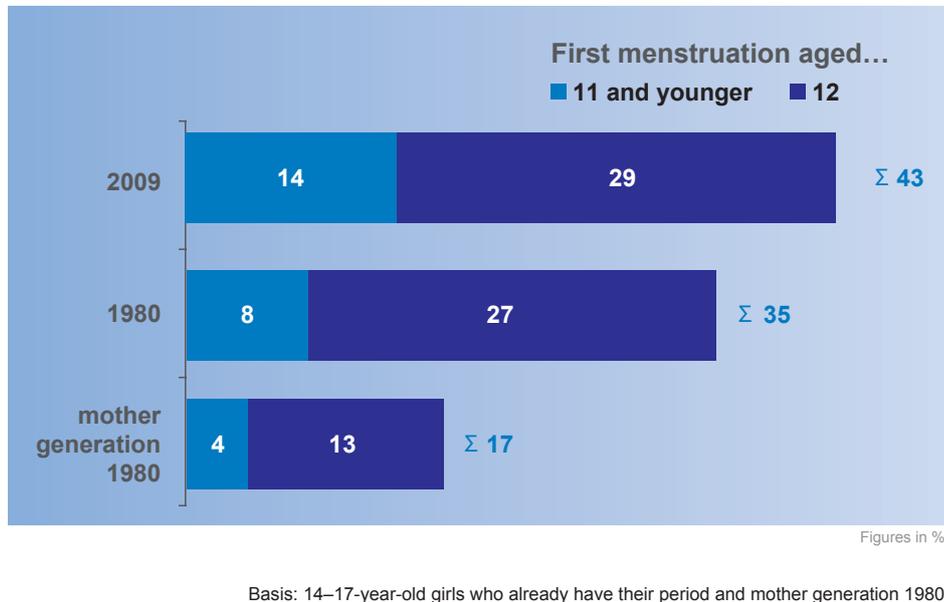


Fig. 53

*A question about your physical development.
How old were you when you had your first period?*

The long-term trend shows how many more girls are getting their period at a younger age today than in their mother's generation. The percentage of 14-year-olds who said, for example, that they had already had a period was 82% in 1980, compared with 91% today. The figures are similar when comparing the girls who reached their sexual maturity at a young age. Of all the 14–17-year-old girls 8% of the 1980 survey said they got their first period aged 11 or younger, 27% said they were 12. The equivalent 2009 figures are 14% and 29% respectively.

By surveying the mothers, who were asked the same question about the onset of their period in 1980, the study has the opportunity to investigate this issue by a further generation, making it even clearer how great the changes have been in just a few decades. Among the mothers of the girls surveyed in 1980 only 4% said they had their first period aged 11 or younger, a further 13% said they were 12 (total: 17%). This means at the time not even one in five of them experienced her first period aged 12 or younger, while the percentage is now 43%, two and a half times as high.

2.2.2 Time of the first ejaculation

89% of the 14–17-year-old boys surveyed indicated they had already had an ejaculation. As was the case among the girls the responses about when this happened for the first time mainly say 12 and 13 years of age, followed by the adjacent age groups of 11 and 14 years of age. 77% of German boys and 74% of boys with a migrant background had their first ejaculation during this four-year span. Only a minority (German boys: 5%, boys with a migrant background: 10%) said they were 10 or younger when they ejaculated for the first time. Only 6% in both groups say they were older than 14.

Only 8% and 9% of the 14–17-year-old boys, i.e. somewhat more, say they have not yet ejaculated, while only 3% and 2% of the girls of the same age have not yet had their first period. The higher numbers of boys remain clear in the detailed comparison, with 20%/18% of the 14-year-olds, 7%/10% of the 15-year-olds and a small percentage of the 16 and 17-year-olds (3–5% in both cases) explicitly negating the question, while the percentage among the 14-year-old girls regarding whether they had not yet experienced a period is only half as great and among the 17-year-old girls all of them without exception have already had a period.

Thirty-year trend. Long-term comparison for boys with German citizenship

It is as true for boys as it is for girls that sexual maturity (age of first ejaculation / first period) is coming about earlier and earlier. In 1980 69% of the 14-year-old boys said they had already ejaculated. Almost 30 years later this percentage has risen to 80%. In 1980 the percentage who had their first ejaculation before turning 12 was 7%; in 2009 it was almost twice as high, at 13%.

In detail

As was the case among the girls, the boys who reached their sexual maturity at an early age were also more likely to already have had sexual experiences, but the connection here was not so pronounced.

3. Sexual Experiences

3.1 Forms of sexual contacts

German young people differ noticeably from their peers with a migrant background regarding their sexual experiences. While among the 14–17-year-old Germans the girls are more experienced than the boys across the board, the situation is exactly opposite among the young people with migrant background. Muslim girls generally and Turkish girls in particular prove to be particularly restrained.

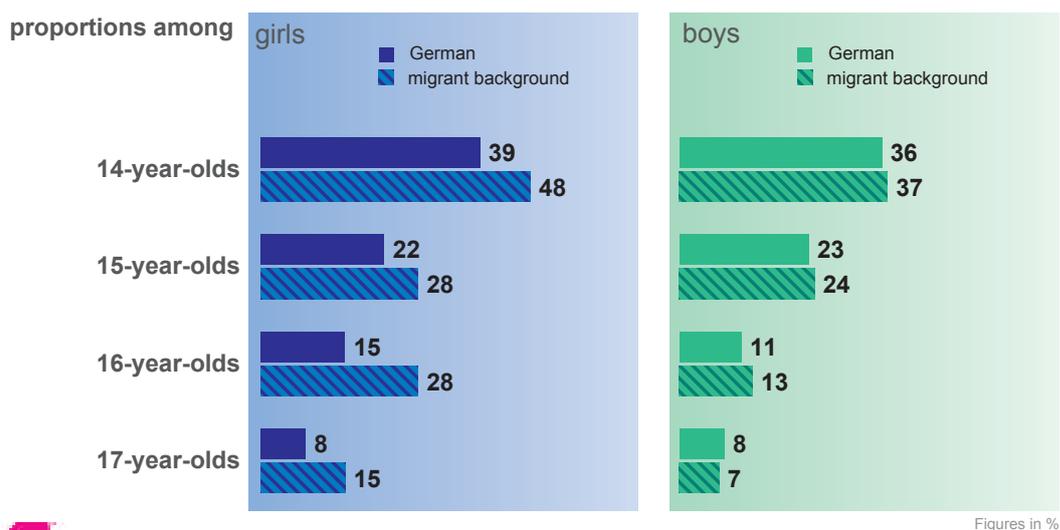
3.1.1 Sexually inexperienced young people and their reasons

Among the 14–17-year-old German girls and boys the proportion who have not yet had any physical contact with a member of the opposite sex is roughly one fifth. Among the boys with a migrant background the situation is similar. The percentage is only higher, at 29%, among the girls with a migrant background.

It is more crucial to look at the individual age groups, since sexual activities develop very strongly between 14 and 17.

No sexual experiences yet

Current



6-4 2009

Fig. 54

There are different ways in which men and women can exchange intimacy. Please indicate on the list which of these things you have done or experienced personally (kissing / a boy strokes a girl's breast / a boy touches a girl's genitals / a girl touches a boy's genitals). Here: none of these.

When looking at the individual age groups it can still be said that the sexual contacts develop very similarly among the German girls, German boys and boys with a migrant background. Among the 14-year-olds 36%–39%, i.e. a relatively large proportion, say they have not yet had any physical contact with the other sex. Among the 15-year-olds this percentage has already dropped significantly to just under a quarter (depending on the group between 22% and 24%). From age 15 to 16 the number halves among the boys (11%/13%), while among the girls it remains at a slightly elevated level at 15%. Among the 17-year-olds the genders achieve equality again (7%/8%). Only a minority of less than 10% have still not had any physical contact with the opposite sex at this age.

Girls with a migrant background are more restrained across the board. Among the 14-year-olds half have not yet had any physical contact with the opposite sex. From age 14 to 15 this percentage also drops significantly in this group down to 28%, but then remains unchanged among the 16-year-olds. Among the 17-year-olds 15% still have not had any physical contact with boys, twice as many as in the other three groups.

In detail

Among the girls from migrant families Muslims are particularly abstinent. 47% of them have not yet had any sexual experiences with boys: that is 18 percentage points more than the average for girls with a migrant background (29%) and no less than 26 points more than among the German girls (21%). The strength of their tie to their religion generally seems to have an impact on the young people's degree of restraint. This becomes clearest again, however, among the female survey participants of non-German origin: among those who say their relationship to their faith is "close", half are completely sexually inactive; if the bond is "more casual" only 23% do not have any sexual experiences and among those who have an indifferent or even hostile attitude towards religion the percentage drops once again to 17%. Analogously to the Muslim girls there is a high percentage of Turkish girls who have so far abstained (46%), particularly among those who were born outside Germany (58%), however, the sample is very small here, with n = 33 interviews.

When asked about their reason for abstaining the young people cite at least two reasons on average. Top of the list is the absence of a suitable partner. This is the main argument for the German girls. Two thirds of them pick this response. In addition every second girl cites her own shyness as a reason. For boys, both German boys and boys with a migrant background, these two reasons are of approximately equal importance (both around 50%).

The responses by the girls from migrant families are somewhat different. Although here too the lack of a suitable partner and their own shyness are the most-cited reasons, they cite three other reasons too: the girls consider themselves too young, they think close contact to the opposite sex is wrong before marriage, and they are scared their parents could find out. Given by between 32% and 36% of the girls, these five reasons are all of similar importance.

Indications of parental pressure and internalized expectations of pre-marital abstinence exist most strongly among the devout girls with a migrant background (45% and 50%), and particularly among Muslim girls (52% and 55%) as well as among Turkish girls (48% and 43%).

Hardly any of the German young people share the fear of being found out by their parents (7%/3%) and moral considerations are even less common (5%/3%). Apart from the reasons already listed, the fear of behaving clumsily is another relevant reason (20%/27%).

With increasing age the focuses of the reasons shift. Among the German young people the absence of the right partner moves further into the foreground the older the girls and boys become. The argument "I feel too young" decreases in relevance. It has the most relevance for the 14-year-olds and among the boys still for the 15-year-olds. The fear of behaving clumsily worries boys regardless of their age while girls only start worrying about this with increasing age.

3.1.2 Sexual experiences without intercourse and reasons for abstinence

Kissing is the most common form in which intimacy is exchanged. On average almost four out of five German young people and boys with a migrant background have already kissed someone (between 77% and 79%). Girls with a migrant background are already more restrained in this regard (69%).

Experiences with non-penetrative sex Girls, by age groups

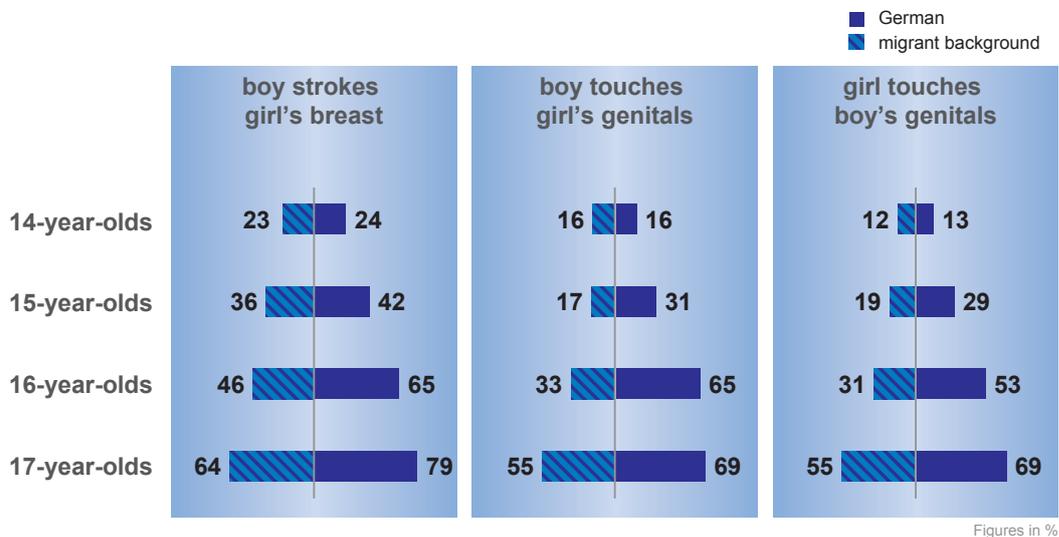


Fig. 55

There are different ways in which men and women can exchange intimacy. Please indicate on the list which of these things you have done or experienced personally (here: a boy strokes a girl's breast / a boy touches a girl's genitals / a girl touches a boy's genitals).

Girls. The differences between the German girls and the girls with a migrant background only become clear from age 15 onwards. There are almost no differences among the 14-year-olds regarding their experiences with the different forms of physical contact. The relatively greatest differences can be found among the 16-year-olds. Here the German girls have a lead of 20 percentage points for all the three different forms of physical contact (boy touches girl's breast, male and female non-penetrative genital contact). From age 16 onwards the majority of the German girls are familiar with all three of these; among the 17-year-olds a good two thirds have experience with non-penetrative genital contact and the figure for those who have experience with a boy touching a girl's breast is another 10 percentage points higher. Among the girls with a migrant background it is only the 17-year-olds where more than half have experience with these three forms of physical contact.

Experiences with non-penetrative sex

Boys, by age groups

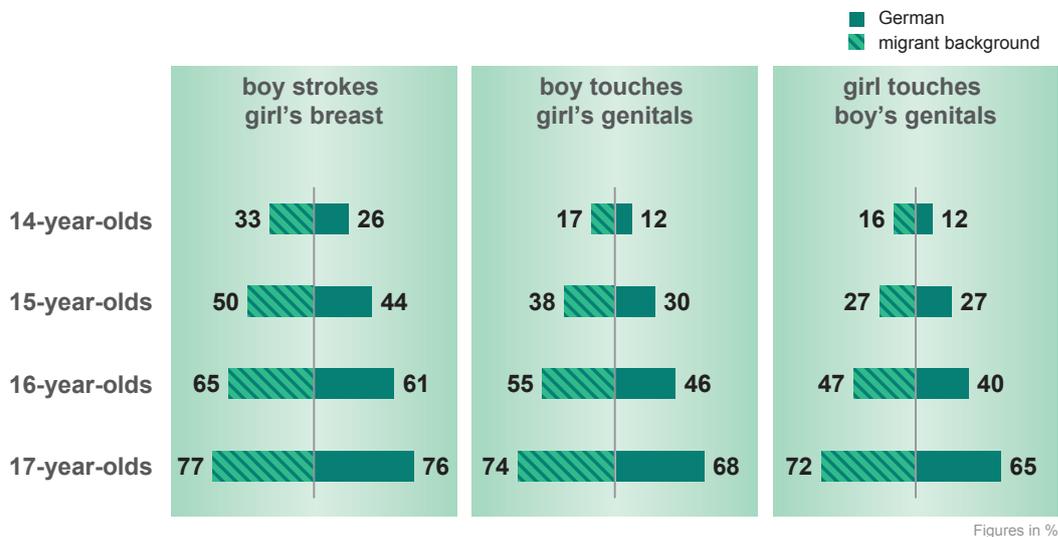


Fig. 56

There are different ways in which men and women can exchange intimacy. Please indicate on the list which of these things you have done or experienced personally (here: a boy strokes a girl's breast / a boy touches a girl's genitals / a girl touches a boy's genitals).

Boys. When comparing German boys and boys with a migrant background it becomes clear that the situation here is reversed compared with the girls: the boys *with* a migrant background have more experience with physical contact than German boys of the same age across the board. The differences are not, however, as pronounced as among the girls; the differences are usually between 4 and 7 percentage points, in certain cases more (boy touching girl's genitals, among the 16-year-olds: 9 percentage points) or less (girl touches boy's genitals, among the 15-year-olds: both groups 27%). At age 17 at least two thirds of both the German boys and the boys with a migrant background have had experiences with all three of these forms of sexual intimacy.

When making a direct comparison between the sexes the influence of gender among young people from migrant families becomes even clearer. The responses of the boys with a migrant background approximately correspond to those of the German girls and sometimes (non-penetrative genital contact among 17-year-olds) the percentages are slightly higher. The gaps between boys with a migrant background and their female counterparts, who are extremely restrained, are as much as 22 percentage points from age 15 onwards.

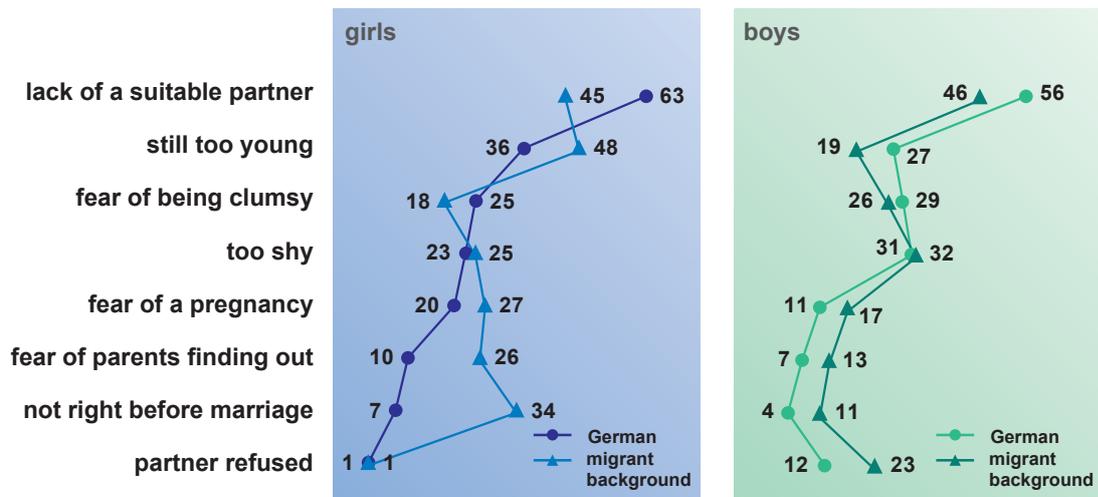
When comparing German boys and girls their behaviours are very similar regarding boys touching girls' breasts (differences of merely 2 to 4 percentage points depending on the age group). When it comes to non-penetrative genital contact age becomes a factor: among the 14 and 15-year-olds the German boys and girls have had similar experiences, but among the 16 and 17-year-olds the girls have had more experience than the boys, both regarding boys touching girls' genitals and girls touching boys'

genitals. The biggest difference exists among the 16-year-olds regarding girls touching boys' genitals (13 percentage points).

The reasons why young people did not go further when exchanging intimacies are diverse and depend on the young people's gender and on whether they have a migrant background or not.

Reasons for not abstaining from further contact

Selection



Figures in %

Basis: exchange of intimacies but only to a limited extent (no sexual intercourse)



6-6-2008

Fig. 57

Here is a list of reasons many young people gave about why they didn't go further with their partner. Please indicate the reasons why you didn't go further.

The boys and girls with and without a migrant background have in common that one of their main reasons is that they had not yet found the right partner for further sexual contacts. German young people emphasize this aspect more strongly. For them the absence of a suitable partner is by far the main reason for their restraint. Among the girls with a migrant background the justification "I'm still too young" is given even more often and is thus their main argument.

There are clear differences among the girls regarding the fear of their parents finding out (girls with a migrant background: 26%; German girls: 10%) and regarding a related moral motive "I don't think it's right before marriage", which bears little relevance for German girls (7%), but is quite important to migrant girls (third-most frequently cited reason at 34%). Neither of these two reasons are anywhere near so important to boys with a migrant background as they are to girls with a migrant background, but the boys with a migrant background still give them two to three times as often as the German boys.

“I’m still too young for that” is a reason given a lot more often by the girls than by the boys. Particularly the boys with a migrant background do not see this as a reason (19%, German boys: 27%, German girls: 36%, girls with a migrant background: 48%). One main problem for boys with a migrant background is that their chosen partner refuses to go further sexually (23%). It is a problem German boys also encounter from time to time (12%), but nowhere near so much; for girls this reason is irrelevant (the reason “the boy refused” was given by merely 1% of the girls).

In detail

The frequency with which the reason “I’m still too young for that” was given is interesting when looked at by age. As is to be expected it is given less often with increasing age, but there is a difference between the various groups regarding at what point this argument loses its significance.

The majority of the German girls (54%) still feel too young at age 14, by age 15 only 41% of German girls give this reason until finally the frequency with which it is cited drops significantly among the 16 and 17-year-olds (16%/14%). Among the 15-year-old girls with a migrant background the majority still feel this reason applies to them, they feel too young for further sexual activities (54%) and among the 16 and 17-year-olds every third girl with a migrant background still gives this reason (35%/36%). Among the 14-year-old German boys the situation is similar to that of the German girls: around one in two boys says he is still too young (46%), but among the 15-year-olds this percentage drops to 29%, thus falling to a significantly lower level compared with that of the German girls (41%). Among the 16 and 17-year-old German boys the responses are very similar to those of the German girls. Boys with a migrant background already give the reason “I’m still too young for that” very much less often at age 14 and 15 (only 20% and 23% respectively), while the 16 and 17-year-old boys with a migrant background hardly differ in their responses compared with the German boys (13%/14%). One thing all the 17-year-olds have in common (irrespective of gender and origin) is that besides the growing desire to stand on their own two feet they give more importance to the moral aspect (“I think it’s immoral”, “I don’t think it’s right before marriage”) than their younger counterparts. This can be seen most clearly among the 17-year-old German girls. 19% of them justify their restraint in sexual issues with the argument “I don’t think it’s right before marriage” (average: 7%). Since many of the other reasons become less important at this time (“too young” has become almost negligible, as have the reasons of being too shy, worrying about being clumsy and worrying about the parents finding out) the moral concerns become the second-most frequently cited reason after the absence of a suitable partner. Among the girls with a migrant background it does in fact become by far the most important argument (48%, no suitable partner: 40%), but the sample is so small (n = 42) that these results only have limited significance.

Among the young people with a migrant background the reason “I don’t think it’s right before marriage” is primarily given by those of Muslim faith, especially by girls (59%), but also by a quarter of the Muslim boys (23%; other/no religion: 5%, Catholic: 0%).

Thirty-year trend. Long-term comparison for young people with German citizenship.

The different forms of non-penetrative sexual contact were experienced in a more strongly graduated form 30 years ago compared with today: between experiencing / performing male-active genital contact (boy touches girl’s genitals) and experiencing / performing female-active genital contact (girl touches boy’s genitals) there was a difference of around 10 percentage points. When comparing the 14–17-year

olds of today with those of 30 years ago, the following developments stand out:

- A boy touching a girl's breasts was just as common in 1980 as it was in 2009 among the boys. The same was true for the girls between 1980 and 2005, but today this form of intimacy is somewhat less widespread among all the age groups than it was 30 years ago.
- The experiences in male-active genital contact are more widespread today compared with 1980 among the 15–17-year-old boys. Among the girls there has been an increase among the 16-year-olds in particular (plus 8 percentage points).
- The experiences with female-active genital contact are significantly higher today compared with 1980 in *all* age groups. The greatest increase from 1980 – 2009 was 22 percentage points, recorded among the 17-year-old boys.
- Today female-active genital contact is approximately just as common as male-active genital petting in all age groups and for both genders. Exception: 16-year-old boys, among whom female-active genital contact has not yet become so prevalent as male-active genital contact.

Forms of non-penetrative sexual contact – trend analysis

- by age -

Age	Boy touches girl's breasts				Boy touches girl's genitals				Girl touches boy's genitals			
	Girls		Boys		Girls		Boys		Girls		Boys	
	1980	2009	1980	2009	1980	2009	1980	2009	1980	2009	1980	2009
14 years	32	24	23	26	17	16	12	12	8	13	4	12
15 years	49	42	43	44	28	31	21	30	15	29	14	27
16 years	67	65	59	61	47	55	40	46	38	53	28	40
17 years	85	79	73	76	73	69	60	68	62	69	43	65

The step from female-active genital contact to sexual intercourse is only a relatively small one today for both genders (a difference of 5 and 6 percentage points between the percentages of those who have experienced these); this too is a more recent development.

3.1.3 Sexual intercourse

With the exception of the 16-year-olds the German boys and girls of the same age are similarly experienced in sexual intercourse. The different levels of experience among the 16-year-olds mean that the percentage of 14–17-year-old boys with sexual intercourse experience is *overall* somewhat lower (at 31%) than that of the girls (at 37%). Boys with a migrant background are generally more active than German boys. The situation is reversed among the girls: far more German girls than girls with a migrant background are sexually active.

Sexual intercourse experience Current

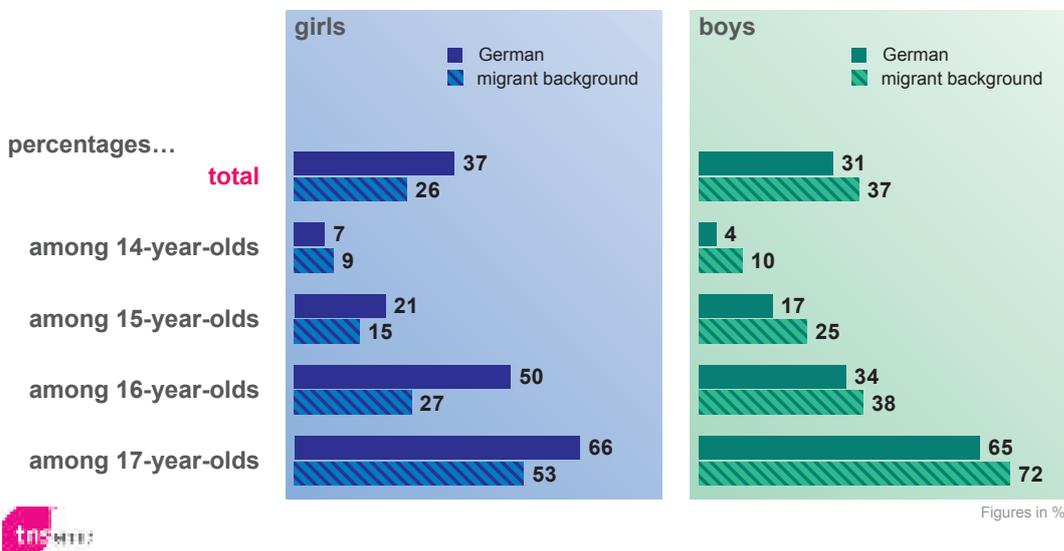


Fig. 58

There are different ways in which men and women can exchange intimacy. Please indicate on the list which of these things you have done or experienced personally. (here: sexual intercourse)

Girls. Among the 14-year-old girls fewer than 10% have already had sexual intercourse. There is no difference between girls with and without a migrant background in this group (German girls: 7%, girls with a migrant background: 9%). By age 15 the German girls have become the more active (21% compared with 15%). The biggest gap exists among the 16-year-olds, of whom half of the German girls (50%) but only a good quarter of the girls with a migrant background (27%) have had sexual intercourse. The biggest increase from one age group to the next is between the ages of 15 and 16, with an increase of 29 percentage points. A similar leap (plus 26 percentage points) only occurs among the girls from migrant families from the 16–17-year-olds. Among the 17-year-old girls with a migrant background somewhat more than half have had sexual intercourse (53%). Among the German girls there is another increase from age 16 to 17; the percentage of 17-year-old German girls with sexual intercourse experience is 66%.

Boys. The German 14 and 15-year-old boys are almost as experienced as the German girls of the same age; at 4% compared with 7% (14-year-olds) and 17% compared with 21% (15-year-olds) the percentage point differences of those with sexual intercourse experience are very small. This is not the case among the 16-year-olds: although there is a significant increase in the number of boys with sexual intercourse experience from age 15 to 16 (from 17% to 34%) it is very much smaller than among the girls (from 21% to 50%). By age 17 both genders have converged again. The boys have caught up. Two out of three

girls and boys at this age have had sexual intercourse experience. At every age more boys with a migrant background than German boys have become sexually active. Depending on the age they lead by four to 8 percentage points. Among the 17-year-olds almost three out of four boys with a migrant background have already had experience with sexual intercourse.

In detail

For German girls and boys it is true that young people from eastern Germany (girls: 46%, boys: 35%) are somewhat more experienced with sexual intercourse than young people from western Germany (girls: 35%, boys: 30%). Statements about a connection between the age of first sexual contacts and education must be made with care. The direct comparison between type of school attended and age of first sexual contacts cannot be made because the students' age structure varies greatly in the different school types. Among the Gymnasium students for example there are far more 16 and 17-year-olds than among the Realschule students and even more so the Hauptschule students. However, age and sexual experience are closely connected, as we have seen. If the different school types are compared in detail, it can be seen, however, that a higher percentage of girls attending a Hauptschule or special-needs school have had sexual experiences than girls of the same age attending a Gymnasium. Especially the 15 and 16-year-old Gymnasium girls show more restraint.

Religiously oriented young people are sexually abstinent more often than young people who do not have a close tie to any religion. This is equally true for German young people (for Catholics and Protestants) and for young people with a migrant background (here mainly Muslims, but also Catholics). Among the girls with a migrant background it furthermore becomes clear that only a very small number of the young Muslim women in general and correspondingly also those with Turkish citizenship engage in sexual activities during their teenage years. Only 6% of these groups said they had already had sexual intercourse. In comparison: among the girls with a migrant background who were brought up Catholic or without a religion the percentages are 40% and 36% respectively. If these figures are compared with those of the German girls there are hardly any differences (German girls overall: 37%).

Sexual intercourse experience

Four-year trend, girls

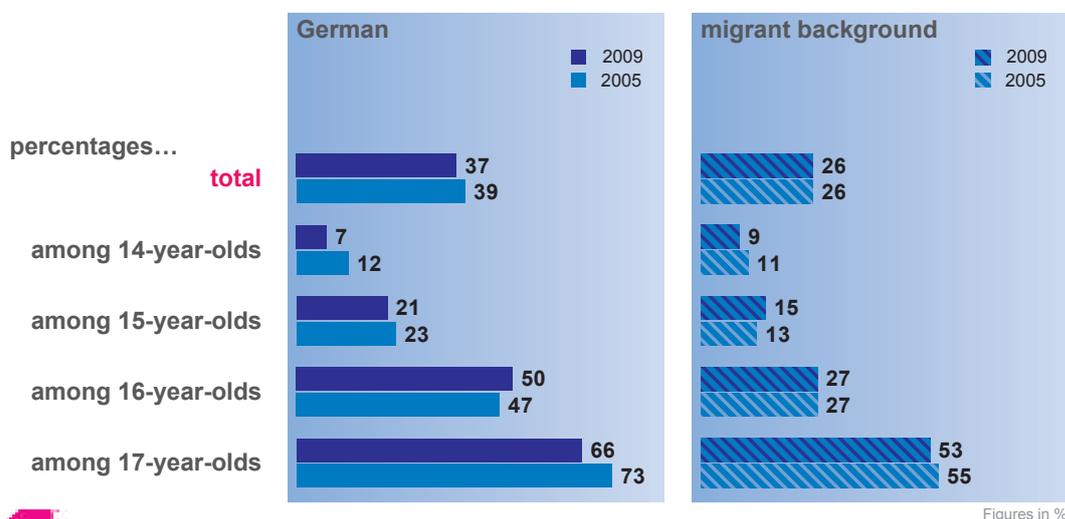


Fig. 59

There are different ways in which men and women can exchange intimacy. Please indicate on the list which of these things you have done or experienced personally. (here: sexual intercourse)

Girls. While the percentages of sexually experienced girls with a migrant background have hardly changed at all over the four-year period, there has been a falling trend among the German girls. On average (looking at the German girls as a whole) this trend cannot be seen with a percentage point difference of just 2 points, but when the individual age groups are looked at, the differences become clearer. Among the younger ones in particular, i.e. the 14-year-old girls, as well as among the oldest ones, the 17-year-olds, the percentages of those who have had sexual experience are lower than in 2005. Among the 14-year-olds there has been a decrease of 5 percentage points, among the 17-year-olds a drop of 7 percentage points.

Boys. Among the German boys there has also been a slight drop in the number who have already become sexually active. On average there has been a decrease of 2 percentage points, just as was the case among the girls, but unlike among the girls this change is solely the result of decreased figures among the younger boys. The decline can be seen most clearly among the 14-year-old boys (minus 6 percentage points), but the trend still exists among the 15-year-olds (minus 3 percentage points), while among the 17-year-olds there has been no change from 2005 to 2009, the figures have remained at two thirds.

Among the boys with a migrant background there has been a lot more movement. The number of sexually active boys has fallen more clearly here (on average minus 7 percentage points) than among

the German boys. The biggest drop exists among the 14-year-olds, where figures fell from 29% to 10%. However, the exceptionally high 2005 figure is probably a statistical anomaly in the data. Nevertheless the percentage of 14-year-old boys with a migrant background who have already become sexually active remains higher than that of the German boys in 2009. Among the 16-year-olds (minus 14 points) and the 17-year-olds (minus seven points) the percentages of sexually active boys from a migrant background have also fallen. Some of decline is balanced out by a shift to the 15-year-olds because in contrast to the trend there has been an increase of 13 percentage points here from 12% to 25%. Whether this is because the boys are becoming sexually active later (at age 15 instead of 14) or earlier (at age 15 instead of 16) cannot be determined from the data at hand.

Sexual intercourse experience

Four-year trend, boys

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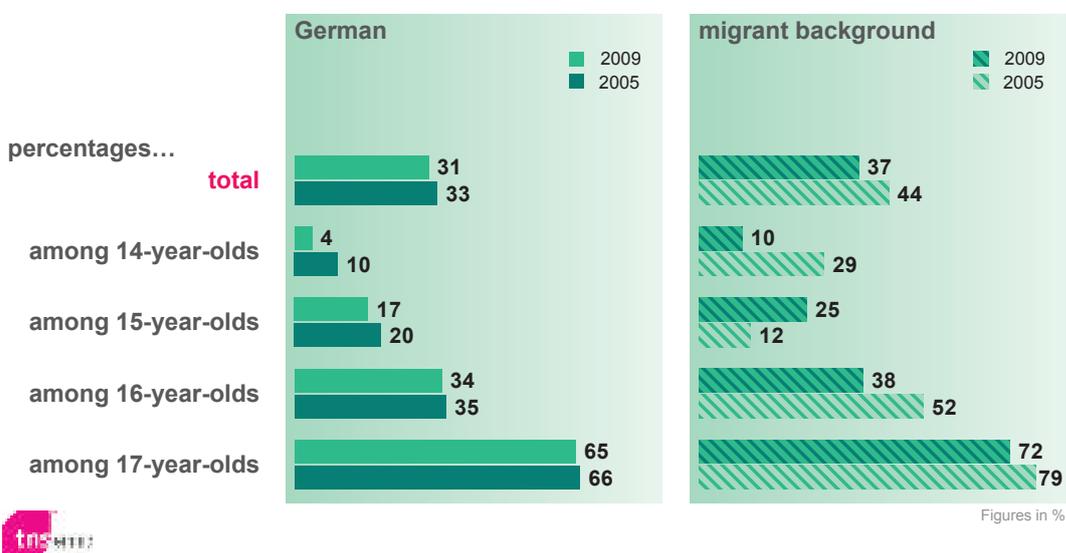


Fig. 60

There are different ways in which men and women can exchange intimacy. Please indicate on the list which of these things you have done or experienced personally. (here: sexual intercourse)

Thirty-year trend – Long-term comparison for young people with German citizenship

The long-term comparison of the (German) girls and boys confirms that there has been a major convergence between the two genders regarding their sexual activities over the past 30 years. Today it is merely among the 16-year-olds that there is any kind of noteworthy discrepancy in the behaviours. At this age the number of sexually active boys is clearly lower than that of the girls of the same age, after a convergence was suggested here too by the 2001 data.

The general increase in the number of sexually experienced young people over the past 30 years has not been the same in every age group and although the two genders have undergone the same development they did not necessarily do so at the same time. The following figure depicts the trend for the individual age groups in detail.

Sexual intercourse experience Long-term trend by age group

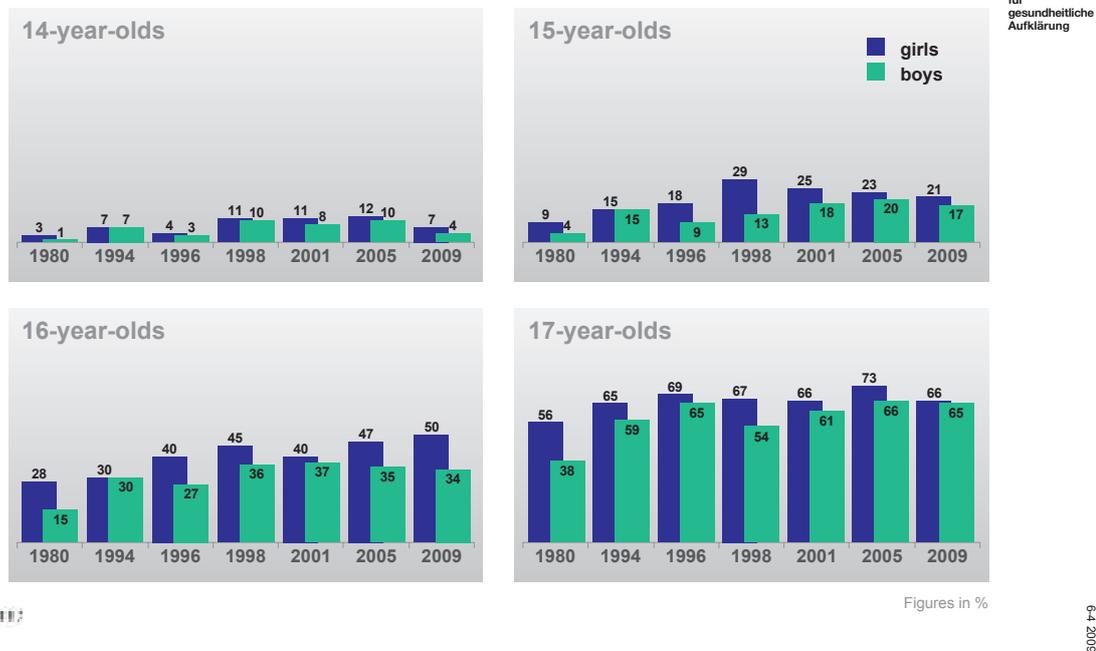


Fig. 61

There are different ways in which men and women can exchange intimacy. Please indicate on the list which of these things you have done or experienced personally. (here: sexual intercourse)

In comparison with 1980 the numbers of 15, 16 and 17-year-olds with sexual intercourse experience have gone up. Girls and boys are becoming sexually active at an earlier age today than in 1980. Since the new millennium the development of rising figures seems to have slowed down and the most recent data even show a trend reversal. The 14-year-olds follow this overall trend, but comparisons with the other age groups are limited because of the overall very low level and comparatively very much smaller increase over the years.

The biggest jump over the past 30 years has been by the 17-year-old boys. Today 65% of them, as many as the girls (66%), have had sexual intercourse, while in 1980 the figure was 38% compared with the very much bigger one of 56% among the girls.

3.1.4 Digression: estimated number of peers with sexual intercourse experience

Young people often have incorrect beliefs about how widespread sexual relationships really are in their age group. Among the 14 and 15-year-olds the girls in particular (but boys too) tend to *overestimate* the number of peers who have already become sexually active, while 17-year-olds tend to *underestimate* the actual figure (exception: girls with a migrant background).

In fact only 4%–10% of the 14-year-olds have already become sexually active. Around half of the 14-year-old girls with and without a migrant background (48% in both cases) and approximately as many boys from migrant families (52%) make the realistic judgement that only “a few” girls / boys of their age have already had sexual intercourse. Conversely, these figures also mean that every second 14-year-old assumes sexual activities are more widespread than they actually are. German boys assess the actual situation (somewhat) better. 61% of them believe only a minority have already had sexual intercourse.

Among the 15-year-olds unrealistic estimates are even more widespread. Between 15% and 25% have actually had sexual intercourse. The correct response by this age group would therefore also have been “few”, because the actual figure is still far below the next possible option “approximately one in three”. However, only between 22% and 39% choose the right answer; many even assume that at least half of their peers have already had sexual intercourse (between 21% and 42%).

Among the 17-year-olds two thirds of the German young people have already become sexually active, as have almost three quarters of the boys with a migrant background. The correct response for this age group would therefore have been “most of them”. Among the 17-year-old German young people less than one in two picked this category, which means that the beliefs are trailing the actual situation. The majority of the boys with a migrant background (57%) pick the correct response “most of them”.

Among the 17-year-old girls with a migrant background the situation is somewhat different. In this group around half of them have actually had sexual intercourse. Three out of ten of them picked the correct category “probably half”, but more (47%) overestimated the actual figure, while fewer (21%) underestimated it. It is not clear, however, which peers the young people with a migrant background had in mind; they need not have thought exclusively about other girls with a migrant background.

Peers with sexual intercourse experience Estimates of the 16-year-olds

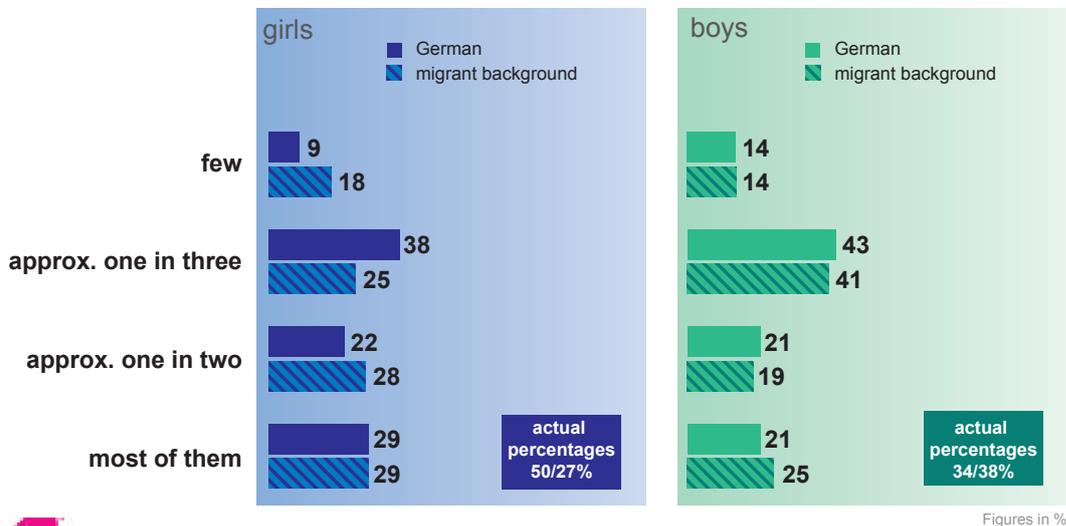


Fig. 62

What do you think, how many girls / boys the same age as you have already had sexual intercourse?

The 16-year-olds make up a particularly interesting group because two of the answer categories correspond pretty exactly to the actual percentages of the German young people. Among the 16-year-old German girls 50% have sexual experiences (corresponds to the answer “around half”), among the boys 34% (corresponds to the answer “around one in three”).

43% of the 16-year-old German boys picked the correct category (“around one in three”) when estimating how many of their peers had already had sexual intercourse. However, the same number (42%) overestimate the figure and a small percentage (14%) assume the figure is lower than it actually is. 22% of the 16-year-old girls pick the correct answer (“around half”), somewhat more (29%) overestimate the number; 47%, i.e. almost half, assume that fewer 16-year-old girls have had sexual intercourse than actually have.

Among the 16-year-olds the beliefs of the boys and girls diverge from the reality in different directions: boys overestimate the figure, while girls underestimate it. This trend is also true for the boys with a migrant background. Their beliefs generally correspond to those of the German boys, but the actual percentage among the 16-year-old boys with a migrant background is 38% and does not quite correspond to the answer category “around one in three”.

For the girls with a migrant background a different reference point is needed than for the German girls because merely 27% of them have had sexual experiences. None of the answer categories correspond

well to the reality, since the percentage lies between the category “few” and “around one in three”. What is noticeable, however, is that the 16-year-old girls with a migrant background also tend to overestimate the actual figure rather than underestimate it, because 28% choose the answer “around half” and just as many (29%) pick “most of them”.

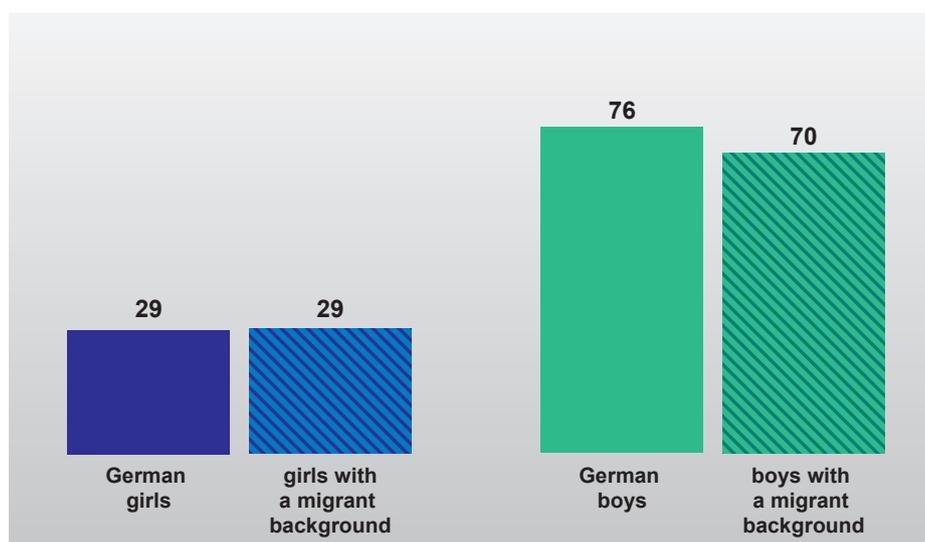
As already mentioned regarding the girls with a migrant background, the figures can only be used as an indicator. It is highly likely the answers of the girls and boys do not just refer to other young people exactly the same age as them. Many probably thought of their own group of friends, while others thought of young people as a whole, giving an average for young people as a whole. Nevertheless it is undoubtedly relevant if girls and boys wrongly assume that sexual contacts among their peers are common or widespread.

3.1.5 Experiences with masturbation

Masturbation is a widespread practice among the boys, while only a minority of the girls have experience with this. Foreign roots do not seem to have an influence among the girls, but among the boys they do have an effect on the percentage who confirm they have experience with masturbation.

Experience with masturbation in the past twelve months “Yes” percentages

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Figures in %

6-7/2009

Fig. 63

There is also the option of masturbation. Is that something you have done in the past 12 months?

In detail

Boys. Even among the 14-year-olds two thirds confirm they have masturbated in the past twelve months. At this age the figures for the German boys (65%) and boys with a migrant background (67%) are very similar. Among the German boys the percentage rises with increasing age, however: from 14 to 15 there is a significant increase of 12 percentage points to 77%, after that the figure seems to level off at around 80% (16-year-olds: 82%, 17-year-olds: 79%). Among the boys with a migrant background the percentages of the 15 and 16-year-olds, at 70%/69%, are not very much higher than those of the 14-year-olds (67%). It is only at age 17 that it crosses the 70% mark (73%), but the figure does not reach the same dimension as that of the German boys. On average across all age groups the percentage of the boys with a migrant background who say yes, they have masturbated in the past twelve months, is somewhat lower (70%) than that of the German boys (76%).

Girls. According to their own statements not quite three out of ten girls have masturbated in the past twelve months, and this is true for the German girls and girls with a migrant background. There are also no differences between the two groups in the various age groups. Among the 14-year-olds one in five say they have masturbated in the past twelve months. With increasing age the percentage also grows; among the 17-year-olds it has reached 40%, almost twice as high as that of the youngest age group, but it is still only a minority.

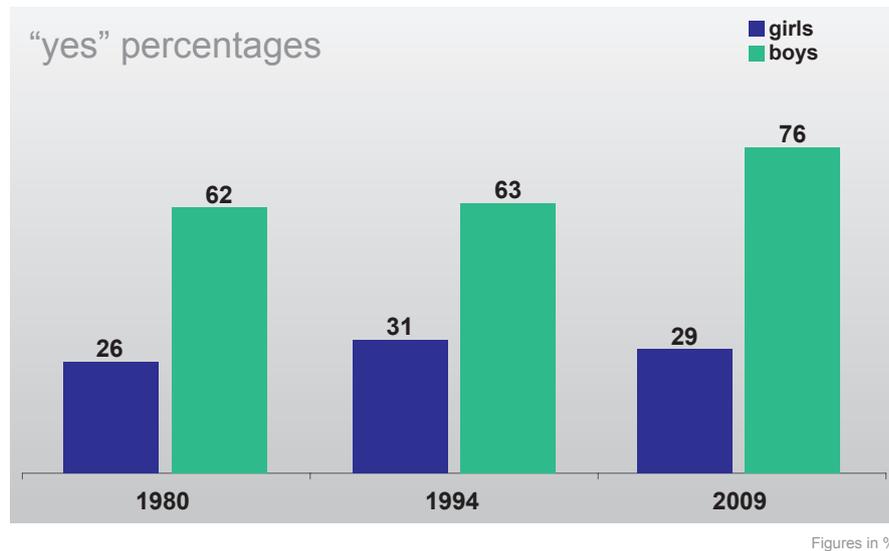
There are differences among the girls depending on their educational background. More girls with a higher level of education claim that they have (or admit to having?) masturbated (e.g. German girls attending Gymnasium: 35%, other secondary schools: 16% and 22% respectively). Girls with sexual intercourse experience also have more experience with masturbation than sexually inexperienced girls, according to their own statements.

Among the boys education does not play a role and sexual experiences with the other gender also have a far smaller correlation than among the girls with whether or not they have masturbated in the past twelve months.

Experiences with masturbation in the past twelve months

Long-term trend

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6-7 2009

Fig. 64

There is also the option of masturbation. Is that something you have done in the past 12 months?

There is only trend data from 1980 and 1994 since the question about masturbation was not asked in every survey. Instead it was asked in every second survey, alternatingly with other “taboo” subjects such as homosexual contacts and sexual violence. In addition the 1980 and 1994 responses are not directly comparable since two questions were asked about this subject in the earlier surveys: “first masturbation and at what age” and (for those with masturbation experience who age an age) “masturbation in the past 12 months”. In 2009 only the direct second question was asked. In order to make a comparison the data of the earlier surveys for the question “masturbated in the past 12 months” was converted to the totality of the boys and girls.

The trend comparison shows that the percentage of boys who have masturbated in the past twelve months has increased in the past 15 years from almost two thirds in 1980 and 1994 to three quarters of the boys in the current survey (62% / 63% / 76%). Among the girls there has been a slight increase from 1980 to 1994 (plus 5 percentage points from 26% to 31%), but unlike their male counterparts the girls’ current percentage has stagnated on the 1994 level at 29%.

3.2 Sexual debut

3.2.1 Age at first sexual intercourse

The answers to the question regarding the age at which young people have their first sexual intercourse are in the nature of things greatly affected by the age of the young people at the time of the survey. It therefore makes sense to only look at the age at which the sexually experienced 17-year-olds first had sex, since the experiences of the younger sexually active boys and girls can necessarily only refer to a significantly shorter period of time. And even if the analysis is limited to the young people who were 17 in the survey it should be kept in mind at all times that there are also many boys and girls in this group who have not yet become sexually active, as the following figure illustrates:

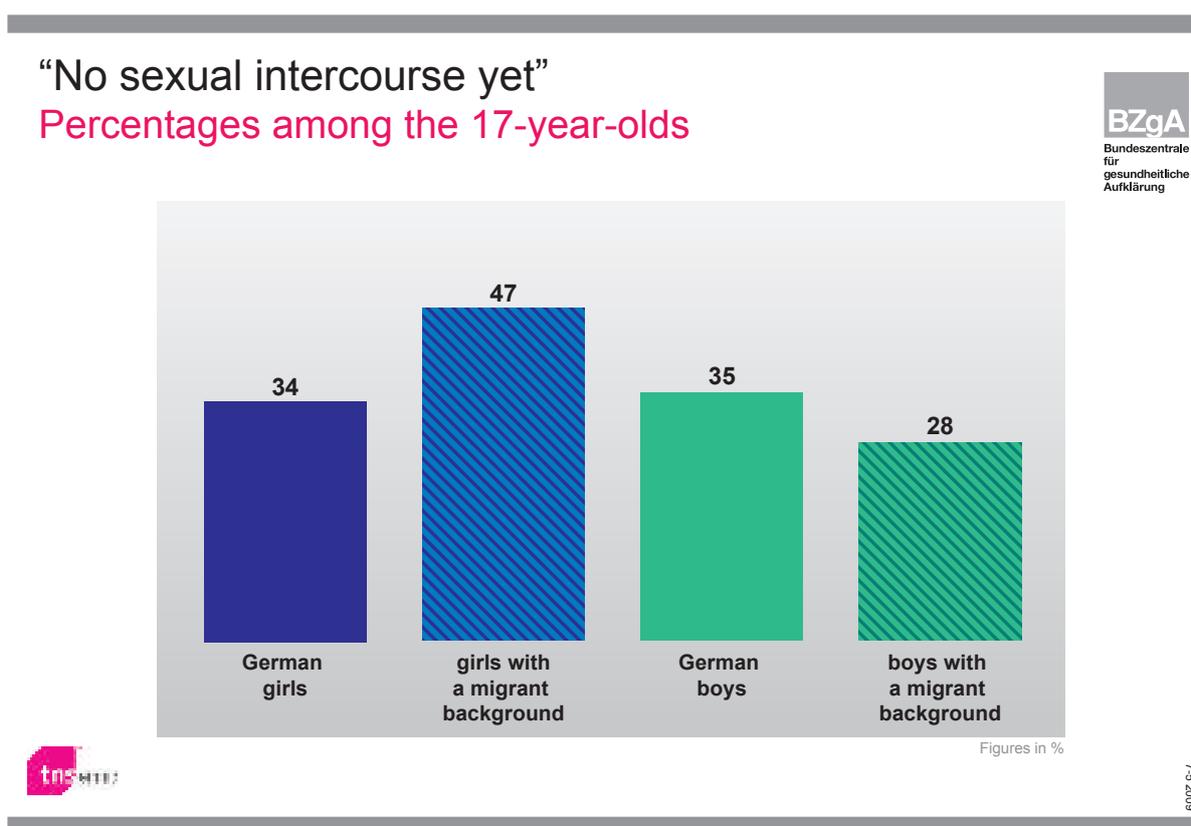


Fig. 65

Among the German 17-year-old girls and boys, one in three has not yet engaged in a sexual relationship. Girls from migrant families are even more restrained. Among them almost half are still sexually inexperienced, whereas the boys with a migrant background are generally more often sexually active already at this age: the percentage of those who have not yet had sexual intercourse at age 17 is 28%, a smaller percentage than among the German boys and girls; the gap to the girls with a migrant background is even greater.

Already in this regard there are significant differences among the four groups. If this is disregarded and the analysis only includes those 17-year-olds who have already had sexual intercourse, further differences become clear.

Age at first sexual intercourse
– sexually active 17-year-olds –

First sexual intercourse at age...	Girls		Boys	
	German	Migrant background	German	Migrant background
13 or younger	4	4	8	11
14	19	12	8	14
15	25	22	27	26
16	39	51	42	37
17	13	12	15	12

It is clear that the group of the girls with a migrant background is not just generally the most restrained group by far (see above), even *when* the (here) 17-year-old girls have become sexually active, they often did so later than their German peers. Although the numbers of girls who became active at an early age, i.e. 13 or younger, is small in both groups (4%) and the numbers of girls in the groups at the opposite end of the spectrum, i.e. those who only became sexually active aged 17, are of similar dimensions (13%/12%), there is a clear shift to a higher age among the girls with a migrant background between these fringe ages. Every second sexually active girl from a migrant family was 16 when she had sexual intercourse for the first time, while the percentage of German girls who became sexually active at this age is 39% (boys: 37%/42%) Among the German girls there is a higher percentage who became sexually active as 14-year-olds in particular (19%; remaining groups: 8%–14%).

Among the sexually active 17-year-old boys, it is noticeable that more boys than girls say they entered a sexual relationship aged 13 or younger (boys with a migrant background: 11%, and German boys: 8% compared with 4% among the girls) and this is true for boys with a migrant background and German boys alike. 14% (boys from a migrant background) and 8% (German boys) say they became sexually active at age 14, which is fewer than the German girls (19%). If, however, the figures of “aged 13 and younger” and “aged 14” are taken together, the differences decrease. The distributions look similar in all three groups regarding the responses “aged 15”, “aged 16” and “aged 17”. All things considered it is the 17-year-old boys with a migrant background who on average became sexually active the youngest.

In detail

If young people attending Hauptschule, Realschule and Gymnasium are compared the last are, on average, the oldest when they enter a sexual relationship for the first time. There is also a connection between the relationship they have with their first sexual partner: those who experience their first time in a steady relationship are also older on average than those whose first time was not experienced with a steady partner. Whether or not the subject of sexuality was openly addressed in the home and the subject of contraception was discussed does not have an effect on the age at which young people engage in sexual activities for the first time.

3.2.2 Planned or spontaneous

First time: planned / spontaneous

Current

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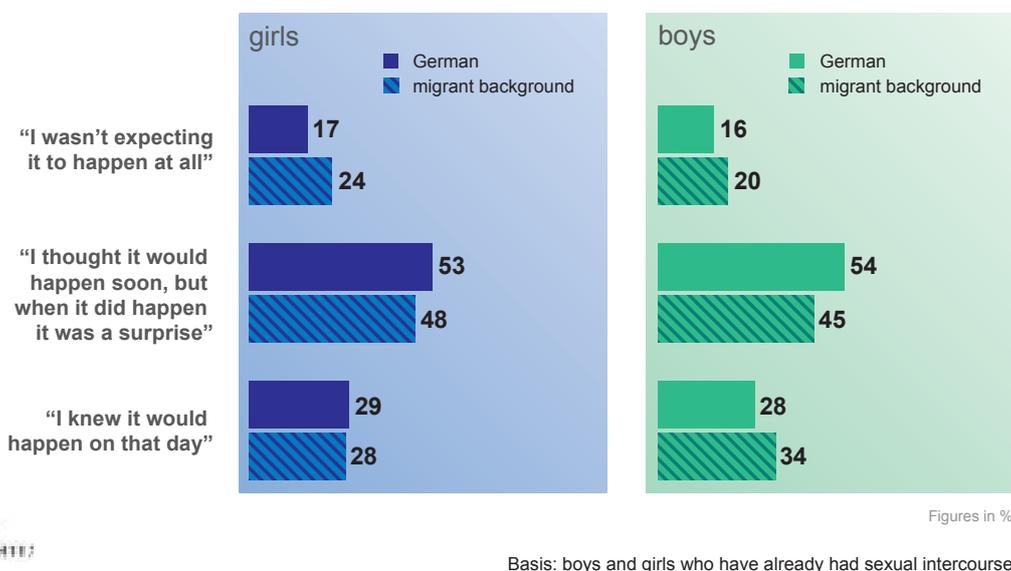


Fig. 66

Which of the following statements best describes your situation the first time you had sex? (I wasn't expecting it to happen at all / I thought it would happen soon, but when it did happen it was a surprise / I knew it would happen on that day)

For a small percentage of the young people the first time was an unplanned event that surprised them when it happened; 17% of the German girls picked this response and almost as many (16%) of the German boys did too. The figures for the young people with a migrant background are quite a bit higher, at 24% for the girls and 20% for the boys.

The group of young people who knew exactly on what day they would have their first time is significantly larger. Here too the German boys and girls display hardly any differences. Almost as many girls with a migrant background as German girls pick this category, while boys with a migrant background even pick it somewhat more often (34%) than German boys (28%).

The bulk of the young people, however (among the German young people the percentages are just above the 50% mark, among the young people from migrant families they are a few percentage points below the 50% mark), had a vague idea but were ultimately surprised by the development of events.

In detail

No differentiated statements can be made for young people with a migrant background, since the total number of sexually experienced young people in this category is already relatively small.

For the German girls and boys it is clear that the age at which they first had sexual intercourse has a big impact on whether the young people were completely surprised by and therefore unprepared for their first time or whether they at least had a vague feeling it would happen soon. The age of 14 or younger is critical: girls and boys who had their first sexual contacts at this age were more likely to be completely surprised by the events than those young people who were at least 15 when they had their sexual debut. 23% of the girls and 27% of the boys, i.e. a quarter of the young people who had their first time aged 14, were completely surprised by the event; far fewer, namely 15% and 14% respectively, chose this answer if they were 15 when they had sexual intercourse for the first time.

A smaller percentage of young people who were completely surprised by what happened cannot be equated with a corresponding larger percentage who knew exactly when they would have their first time. Among the boys the percentage of those who planned their first time increases to a similar extent as the percentages of those who were completely surprised by the event decreases from age 14 to 15, but among the older boys the figure drops again to the level of those who became sexually active at an early age. Among the girls it cannot be said that the more they knew that it would happen soon, the older the girls were when they had sexual intercourse for the first time. The differences (by age at which the girls first became sexually active) regarding the percentages who consciously chose a specific day for the event are marginal.

Answer “I knew it would happen on that day”

– by age at which young people first had sexual intercourse –

	German girls	German boys
First sexual intercourse aged		
14 or younger	27	23
15	30	38
16 or older	30	25

A further characteristic is that the level of familiarity with the first sexual partner strongly correlates with the degree to which the debut was planned. Young people who experienced their first time in a steady relationship (“steady partner”) were rarely surprised by the event (only 11% of girls and boys). This percentage rises to 24% among the girls and 19% among the boys when the sexual partner was classed as a “good acquaintance”. The percentages then experience another significant increase among the (small) number of young people who did not know their first sexual partner or did not know him / her well: 53% among the girls and 35% among the boys.

The entire home environment has an impact on how prepared the young people approach their debut. Girls who live in a home in which sexuality and contraception are openly addressed and who feel taken seriously are less likely to say that they were completely surprised by their first time. Among the boys the effect of this home environment (sexuality / contraception are addressed, feel taken seriously at

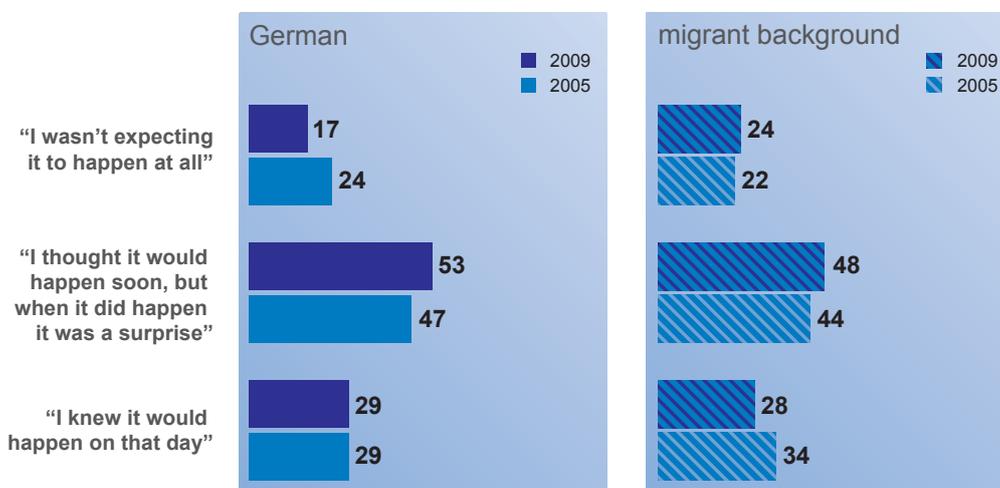
home) is rather that they are more likely to plan an actual day for their first time. This is particularly true for the relationship of trust to the parents. 35% of boys who feel completely taken seriously at home (point 7 on a 7-point scale) say they knew when the first time would happen, while 25% of those who feel fairly taken seriously at home (point 6) say the same. If the relationship is not described quite so positively, the percentage drops to below 20%.

Four-year trend. Comparison with the previous survey

Girls. Among the German girls there have been different changes over the past four years than among the girls with a migrant background. It is pleasing that the percentage of German girls who were completely surprised by their first time has dropped by 7 percentage points from 24% to 17%. The development among the girls with a migrant background is different. Here the percentage of those who were completely surprised has remained relatively constant and there has even been a slight increase (plus 2 percentage points compared with 2005). This trend is emphasized by the change in the percentage who knew exactly when their first time would happen: in 2005 it was 34% among the girls with a migrant background, 5 percentage points above the German girls' percentage (29%), whereas today these two groups have all but closed this gap (28%/29%).

First time: planned / spontaneous

Four-year trend, girls



Figures in %



Basis: girls who have already had sexual intercourse

8-1 2009

Fig. 67

Which of the following statements best describes your situation the first time you had sex?

Boys. Among the boys, both those with a migrant background and German boys, the same development away from a completely unexpected debut has taken place as among the German girls. The changes are actually far more pronounced because the starting points of the boys were significantly worse; in the

past they were far more likely than the girls to be taken by complete surprise. More than every third boy still said they were “completely surprised” by their first time in 2005 (37%/38%). Today the figure has dropped to approximately the same level as the (German) girls (17%). Among the German boys the figures have aligned completely (16%), among the boys with a migrant background the figure is 20%, still somewhat higher than that of the German boys, but below the current percentage for the girls with a migrant background (24%). Parallel to the clear decrease in the percentage of those who were completely surprised, there was an increase in the percentage of those who had a vague idea it would happen soon (16 percentage points among the German boys, 15 percentage points among the boys with a migrant background).

First time: planned / spontaneous

Four-year trend, boys

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Figures in %

Basis: boys who have already had sexual intercourse

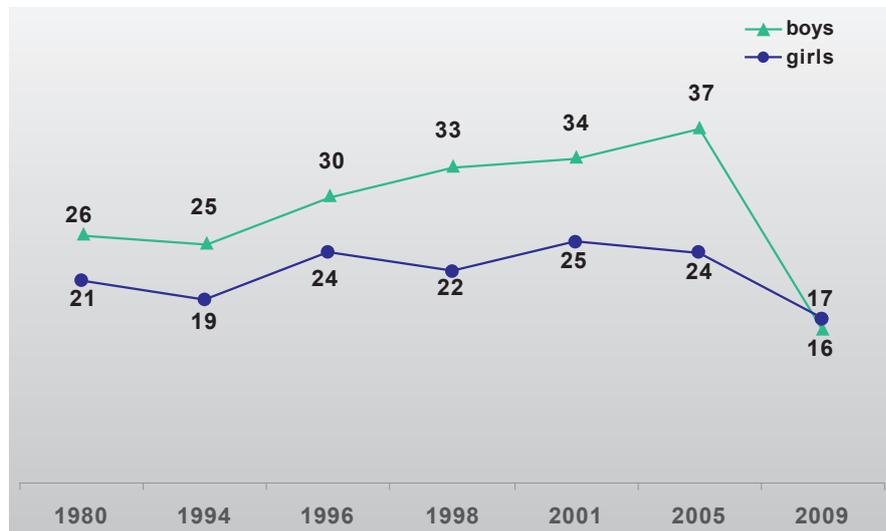


8-1-2009

Fig. 68

Which of the following statements best describes your situation the first time you had sex?

First sexual intercourse – planned / spontaneous
 Long-term trend for “completely unexpected”



Figures in %

Basis: Girls and boys with sexual intercourse experience



7-5-2009

Fig. 69

Which of the following statements best describes your situation the first time you had sex?

The long-term trend reveals that there has been a fundamental change in two respects compared with previous surveys:

Firstly, the trend among the boys towards a steadily increasing percentage who said they were completely surprised by their first time has been broken. The figure, which had been rising since the mid-nineties, reached its peak in the last survey (2005) at 37% and has since fallen significantly to its lowest value ever of 16%.

Secondly the behaviours of the two genders have converged because among the girls the proportion who were completely surprised by the events had been at roughly a quarter since 1996, whereas in the current survey the figure of those acting completely spontaneously is for the first time clearly lower. The current percentage is 17%; this value too is the lowest ever measured in this series of surveys.

There has not, however, been a trend reversal when it comes to the numbers of young people who have planned their first time. The percentage of those who had a fixed date for it (“I knew it would happen on that day”) has remained relatively constant since 2005; it continues to be around 10 percentage points lower than the figure of the first survey in 1980. The number of young people who felt it would happen soon, but who were surprised on the day, has gone up.

3.2.3 Initiative for the first sexual intercourse

Becoming sexually active is a step most often taken when there is a mutual desire for it by both parties. However, a certain vagueness is almost as widespread (“it just happened in the moment”). The dominance of one partner is much rarer and if it does occur, then it is predominantly the boy who takes the initiative.

Initiative for the first sexual intercourse

Current

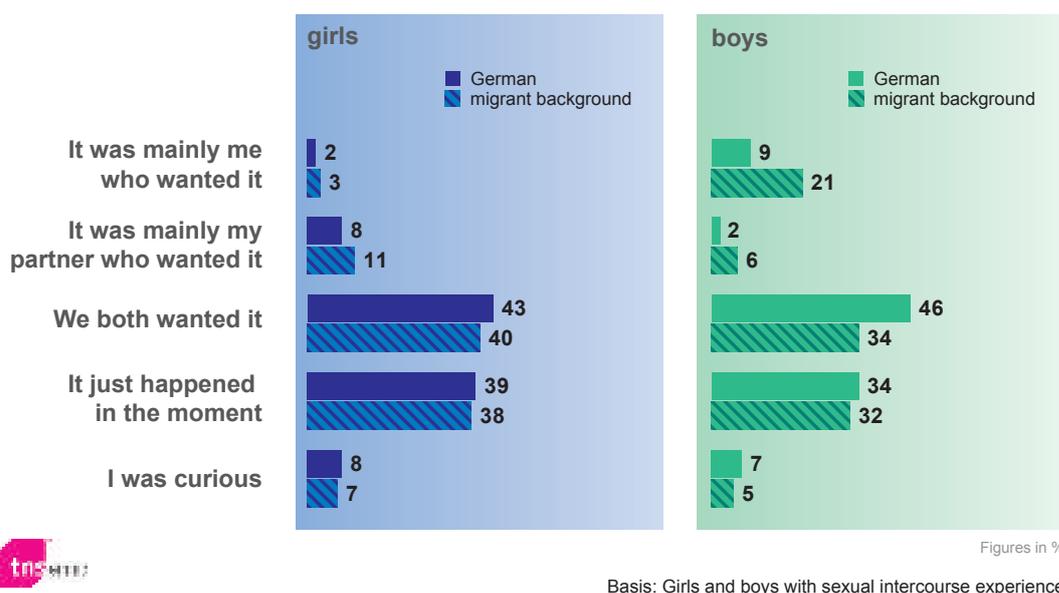


Fig. 70

What made you have sex for the first time?

In the majority of cases the young people chose to have sex for the first time because both they and their partners wanted it. When comparing German girls and girls with a migrant background there are only minor differences (43% v. 40%) and the same is true when comparing German girls and German boys. Here approximately the same number (43% and 46% respectively) chose the category “we both wanted it”.

However, the next most frequent category, chosen almost to the same degree by the German girls and the girls with a migrant background as the category “we both wanted it”, expresses a lack of an express desire from either side. “It just happened in the moment” is an answer chosen by almost four out of ten girls (39%/38%), while a third of the boys pick this response (34%/32%).

It is not common for the one-sided desire of one of the participants to be the trigger for having sexual intercourse for the first time. However, there are some clear gender-specific differences here. While among the girls it was more likely to be their partner who expressed a desire for sexual intercourse (8%/11%) rather than the girls alone (2%/3%), the situation is exactly reversed among the boys. 9% of

German boys reported that it was mainly them who had wanted it, only 2% say their partner was the driving force.

Boys with a migrant background display a different behaviour from the other three groups. In this group in particular their own wants are much more in the foreground: for one fifth of the boys with a migrant background it was their own desires that triggered the developments that led to sexual intercourse (21%); this figure is very much higher than that of the German boys (9%). 6% said it had mainly been their partner who had wanted it (German boys: 2%).

As a result fewer boys with a migrant background picked the category that it had been a mutual desire. Merely a third say both they and their partner had wanted to take this step (34%); this figure is significantly lower than those of the girls (40%/43%); the gap to the German boys is even greater (46%).

For another third of the boys from migrant families their debut just happened in the moment; in this respect they are no different from the German boys.

In detail

The older the young people were when they had sexual intercourse for the first time, the more likely they were to have had a mutual desire for it. 49% of the girls and 51% of the German boys who were 16 or older when they had their sexual debut stated that they had both wanted it. Correspondingly the number of young people who said “it just happened in the moment” drops with increasing age.

Initiative for the first sexual intercourse			
Girls by age at first sexual intercourse			
Age at first sexual intercourse	14 and younger	15	16 and older
We both wanted it	34	47	49
It just happened in the moment	49	36	31

There are gender differences among those who were 15 when they had sexual intercourse for the first time. While the (German) girls who had been 15 resemble the older ones more in their behaviour, the responses of the (German) boys who had been 15 resemble more those of the boys who had been 14 or younger when they had their first time.

As is to be expected the level of familiarity with the partner with whom the young people experienced their debut also plays a role. If it was a steady partner the first sexual contact was a mutual decision in at least half of the cases. In those cases where the young people had sexual intercourse for the first time with a stranger the impetus came from the boy alone in almost every case: among the German boys who did not know or barely knew the partner with whom they had sexual intercourse for the first time 15% said it had happened upon their initiative (girl wanted it: 3%). Among the girls the figures are reversed (20%: boy wanted it; 1%: it was mainly me who wanted it).

Initiative for the first sexual intercourse Trend comparison 1994 – 2009

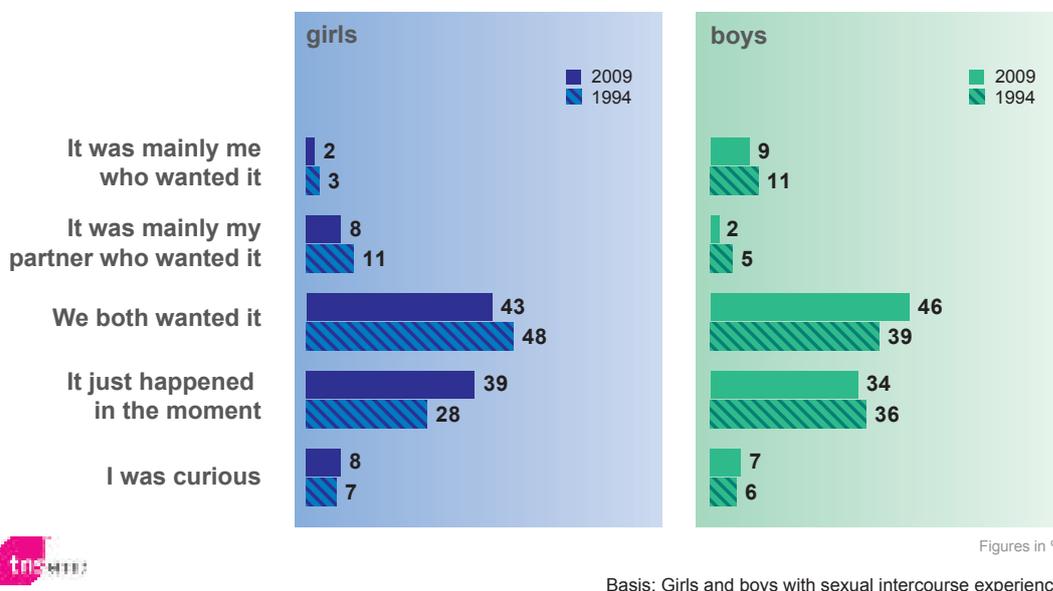


Fig. 71

What made you have sex for the first time?

The trend development has been different for the boys and girls. Among the girls the response “it just happened in the moment” has become more common (plus 11 percentage points). The percentages of girls saying that it had been a mutual desire or that the initiative had come from just one of them have both decreased.

Among the boys there was an increase in the option “we both wanted it” from 1994 – 2009 (plus 7 percentage points). Correspondingly there was a slight decrease in the number of boys who said they had had sexual intercourse for the first time because of a one-sided initiative. The number of boys who said it had just happened in the moment hardly changed between 1994 and 2009 (34% compared with 36%). In 1994 this percentage had been quite a bit higher than that of the girls, who have since narrowed the gap and in some instances even overtaken the boys.

The gender-specific differences between the girls and boys regarding one-sided initiatives have remained stable. *If* one of the two participants was dominant with her/his desire, the boys said and continue to say it was their desire, rarely that of their partner, while the girls’ situation remains exactly reversed.

3.2.4 Partner behaviour

Level of familiarity with the first sexual partner

Current

BZgA
Bundeszentrale
für
gesundheitliche
Aufklärung

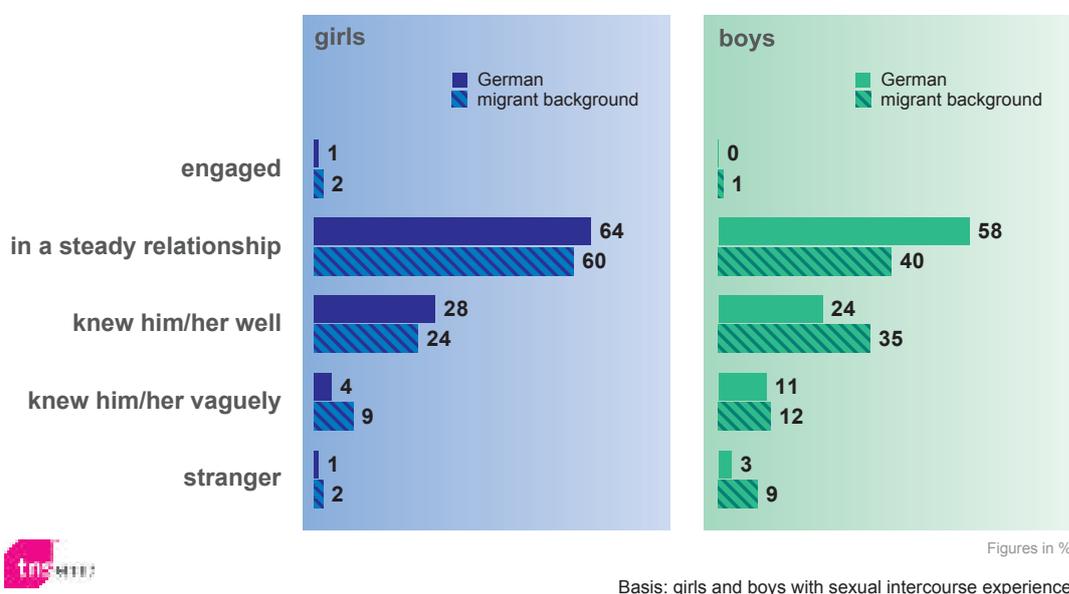


Fig. 72

How well did you know the person with whom you had sex for the first time?

Generally speaking girls are more likely to be more targeted in their choice of partner when it comes to their sexual debut than boys. A good six out of ten girls (German girls: 65%; girls with a migrant background: 62%) said they experienced their first time in a steady relationship (or with their fiancé). German boys come close to this percentage; 58% said they had experienced their first time in a steady relationship.

Apart from the percentages who were in a steady relationship, there are gender-specific differences among the German young people. At 11% almost three times as many boys as girls (4%) experienced their sexual debut with a vague acquaintance or with a stranger (boys 3%; girls 1%).

Young people with a migrant background differ in their behaviour from German young people, especially the boys. In contrast to the other groups boys with a migrant background who experience their debut within a steady relationship are in the minority (41%). Almost as many (35%) and therefore significantly more than among the German boys chose the response “knew my partner well”. However, the difference in the percentage that did not know their partner in advance, meaning the sexual contact occurred by chance, is equally striking: this applies to 9% of the boys with a migrant background, but only to 3% of the German boys.

Girls with a migrant background (2%) are just as unlikely as German girls (1%) to experience their first time with a stranger, but here too the number of girls who only knew their partner vaguely beforehand is higher at 9% than it is among the German girls (4%).

In detail

It is true for both the German boys and girls that the older they are when they become sexually active, the more likely they are to be in a steady relationship when they have sexual intercourse for the first time. Among the girls who had their debut aged 14 or younger, 58% said their sexual partner was their steady boyfriend, while the same thing is true for 72% of the girls who were 16 and older when they experienced their first time. The difference is the same among the boys, just at a slightly lower level: the percentage is 51% when the first sexual intercourse took place at age 14 or younger, while it rises to 64% when the boys were 16 or older. It cannot, however, be said that many more of the younger ones got involved with a complete stranger or a vague acquaintance. This figures does not differ so much by age.

Among the young people with a migrant background it is mainly the boys but also the girls who were not born in Germany and who still possess a non-German nationality who did not have their first sexual experience within a steady relationship.

Four-year trend. Comparison with the previous survey

Among the girls the percentage who had their sexual debut in a steady relationship has remained constant since 2005 (girls with a migrant background: 60%; German girls: 64%).

The situation is different among the boys. More German boys (plus 7 percentage points) and boys with a migrant background (plus 12 percentage points) are currently experiencing their first time within a steady relationship than four years ago. Among the boys from migrant families the number of those who did not know their first sexual partner at all (minus 5 percentage points) or who only knew her vaguely (minus 11 percentage points) has fallen markedly. Among the German boys the shift has mainly been from the category “I knew my partner well” to “I was in a steady relationship”. However, in this group too the number who said their partner was merely a chance acquaintance has also declined (2005: 7%; 2009: 3%).

Level of familiarity with the first sexual partner Four-year trend, boys

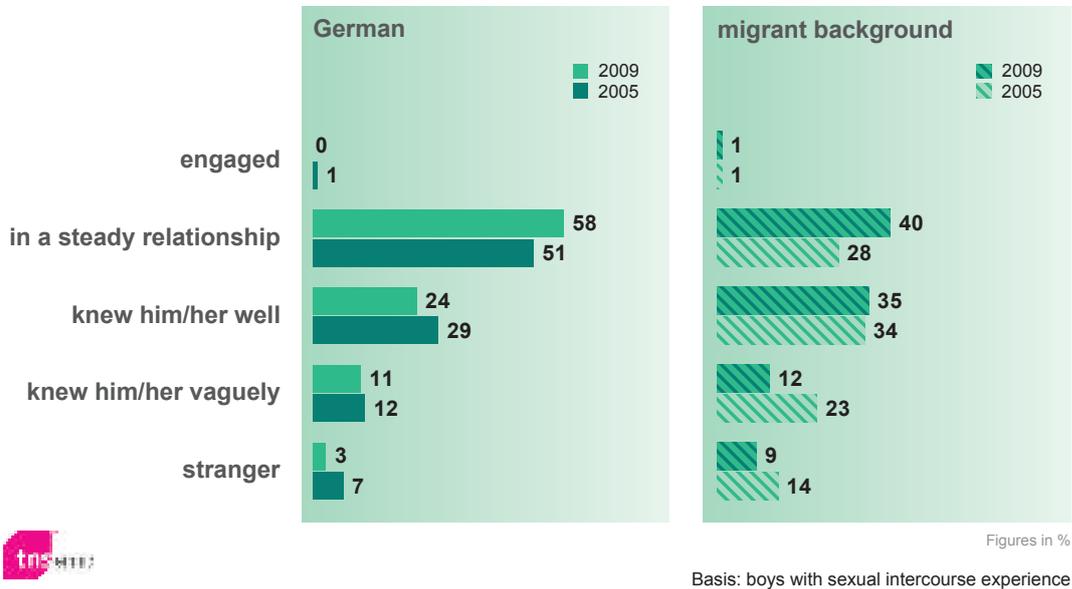


Fig. 73

How well did you know the person with whom you had sex for the first time?

Thirty-year trend – Long-term comparison for boys with German citizenship

Looked at over a period of 30 years the percentage of boys who experienced their first time in a steady relationship has increased. With the exception of 1998, which saw a temporary drop to 40%, the percentage has continuously risen from 41% in 1980 to 58% in 2009. The 50% mark was crossed for the first time in 2005 (51%). The current figure, at 58%, is well above this, but it is still behind that of the (German) girls (64%).

3.2.5 Feelings

Experience of the first time

Current

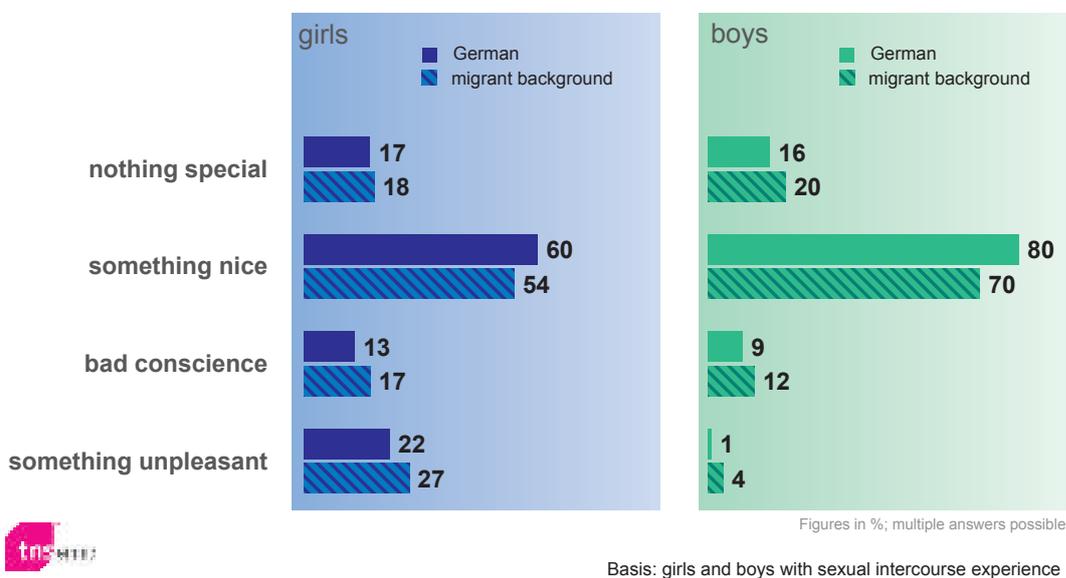


Fig. 74

How did you feel about your first time?

The majority of the young people experienced their first time as “something nice”. Among the boys this experience is very dominant (German boys: 80%, boys with a migrant background: 70%). If it was not perceived as a positive experience, boys tend to describe their first time as “nothing special” (16%/20%). Only around one in ten of them have a bad conscience (9%/12%) and it was an unpleasant experience for almost none of them (1%/4%).

Girls are more ambivalent in their assessment. 22% (German girls) and 27% (girls with a migrant background) experienced their first time as something unpleasant, often coupled with other emotions, and it was also more often associated with a bad conscience (13%/17%). The percentage of girls for whom the first time was nothing special is similar to that of the boys (17%/18%).

In detail

Close familiarity with the partner is extremely important to girls in order to make the first time a nice experience. If (German) girls experienced their first time with a steady boyfriend more than two thirds of them say it was something nice. If the first sexual partner was “only” well-known to them this percentage already drops to below the 50% mark (45%) and in the small group of girls who had their sexual debut with someone who was (almost) completely unknown to them the percentage drops once again to 25%. Instead of having been a nice experience the dominant response here is that it was nothing special (43%;

only 13% of girls who had their first time with a steady boyfriend say this). Explicitly negative emotions (“something unpleasant”) were also expressed twice as often in this group than by the girls who were in a steady relationship at the time. However, whether or not girls have a bad conscience does not depend on the intensity of their relationship with their partner.

Unlike the girls the vast majority of the boys felt their first time had been a nice experience, even when the relationship to their first sexual partner had only been extremely casual or non-existent (64%). The percentage of (German) boys who felt their first time was something nice was also highest among those who had their debut in a steady relationship (86%). The less familiar they were with their partner, the more likely it was that the act became “nothing special”. One boy in three who did not know his partner very well or at all expressed this sentiment, while the same is true for 23% of boys who experienced their debut with someone well-known to them and for only 10% of boys who were in a steady relationship at the time.

Four-year trend. Comparison with the previous survey

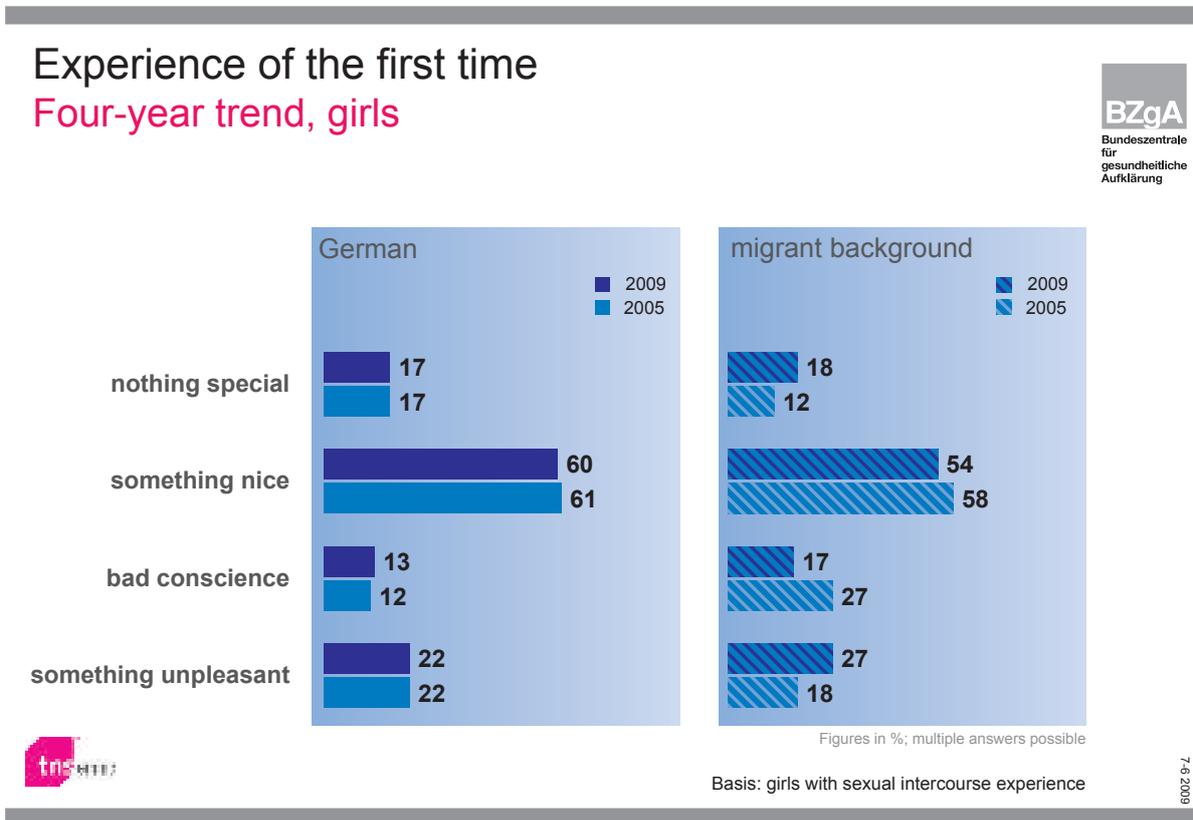


Fig. 75

How did you feel about your first time?

Girls. The German girls’ statements about their feelings regarding their sexual debut have remained almost unchanged between 2005 and 2009, while the responses of the girls with a migrant background have undergone somewhat larger fluctuations. In this group the negative emotions (plus 9 percentage points) and a certain amount of detachment from the events (“nothing special”: plus 6 percentage points)

have increased since 2005, while the number of them who said they felt guilty decreased (minus 10 percentage points).

Experience of the first time

Four-year trend, boys

BZgA
Bundeszentrale
für
gesundheitliche
Aufklärung

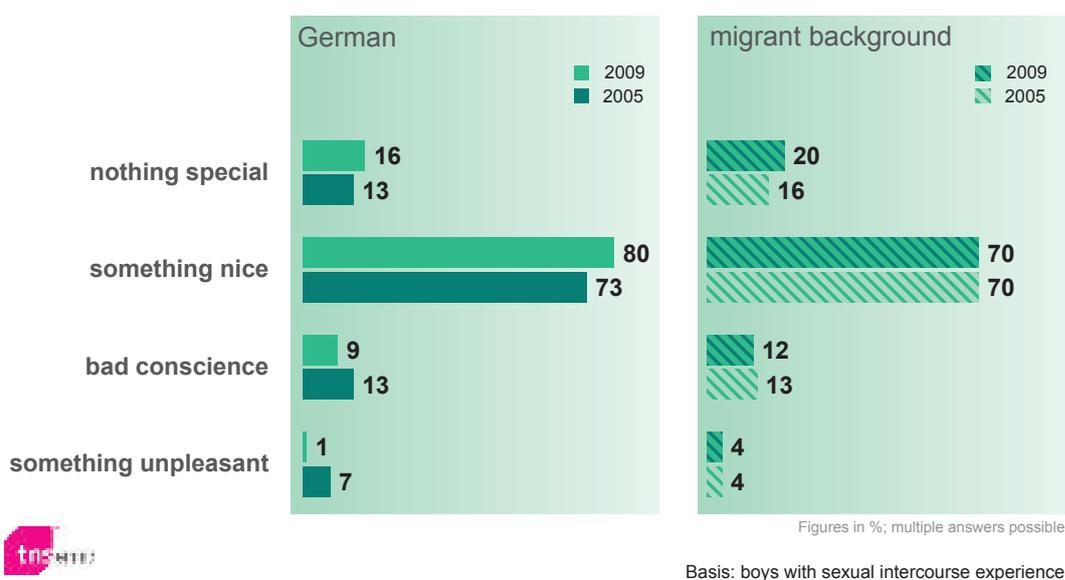


Fig. 76

How did you experience your first time?

Boys. Among the male young people the group with fewer changes over the past four years is that of boys with a migrant background. The only change was that there was a slight increase in those who said their first time had been nothing special (plus 4 percentage points). This is a trend that could also be observed among the German boys (plus 3 percentage points). What is more striking among the German boys is that the already highly prevalent emotion that the first time had been “something nice” has increased again (from 73% to 80%) and that the number of boys with a bad conscience and with negative experiences (“something unpleasant”) has decreased.

Long-term trend comparison 1994 – 2009

If the young people’s responses from the past 15 years concerning how they felt about their first time are compared, then it can be seen that there have been few changes among the German girls and boys. There has only been an increase in one of the answer categories among both the girls and the boys: more young people now pick the response “nothing special” (plus 5 percentage points compared with 1994). In contrast to 1994 multiple answers were allowed in 2009, an option the young people took advantage of.

3.2.6 Subjective assessment of timing of the first sexual intercourse

Girls and boys reach different conclusions when they assess the timing of their first sexual intercourse in retrospect. Gender is a bigger influencing factor here than background, even though there are differences here too, particularly among the girls.

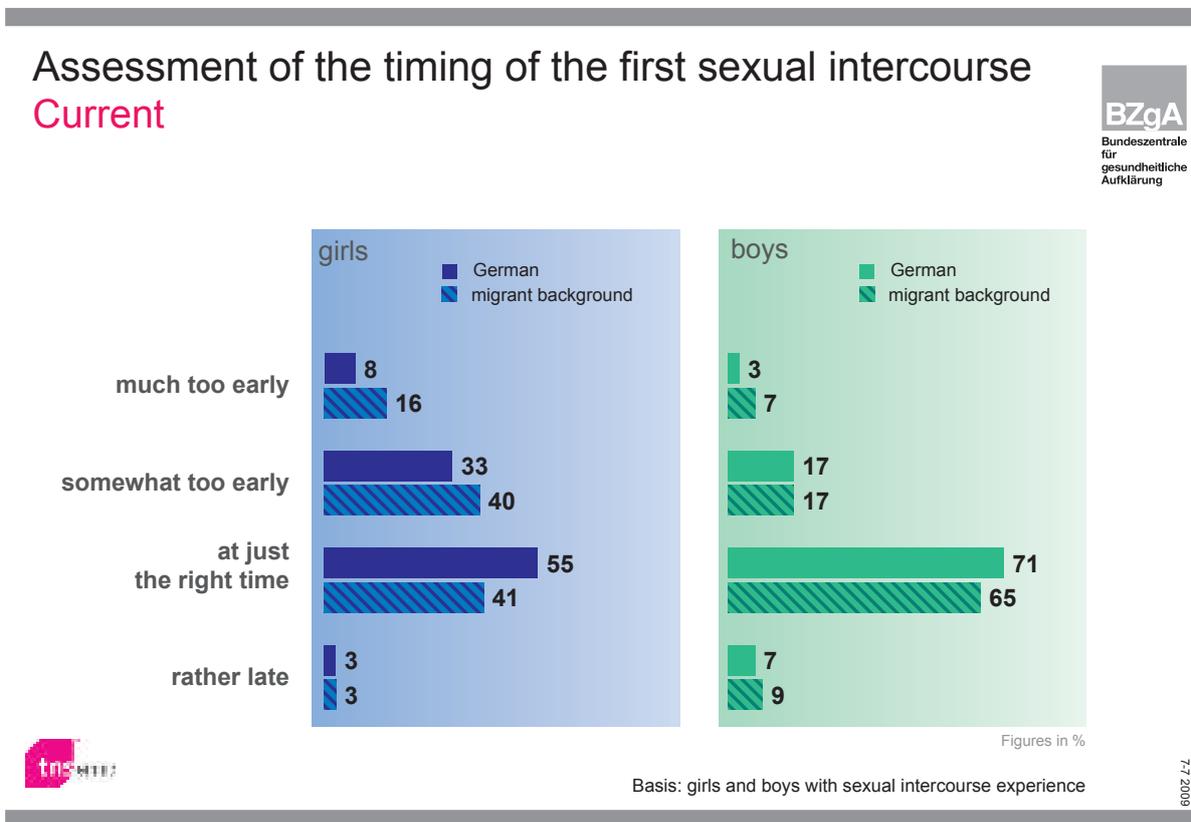


Fig. 77

If you think back to your first time now, would you say it happened much too early, somewhat too early, at the right time or quite late?

At least two thirds of the boys are of the opinion that they had their first sexual intercourse at the right time. Every fifth German boy says it happened somewhat too early (17%) or much too early (3%). Among the boys with a migrant background the percentage who said it happened much too early is somewhat higher at 7%. A small number of the boys also felt it had happened rather late (German boys: 7%; boys with a migrant background: 9%).

The majority of the German girls also conclude that they experienced their first sexual intercourse at the right time (55%), the percentage is not, however, so high as that of the boys (71%). One girl in three also thinks it happened somewhat too early (33%); this figure is double that of the German boys. While German boys are more likely to pick the answer category “rather late” (7%) than “much too early” (3%), this relationship is reversed among the girls (3%: “rather late”; 8%: “much too early”).

Girls from migrant families draw other conclusions. They are more critical about the time when they first had sex than German girls. At 41% only a minority say it had been the right time. Instead the dominant

opinion is that they had their sexual debut too early: 40% say it happened “somewhat too early”, while 16% say it had been “much too early” (German girls: 8%).

In detail

Among the (German) girls there is a strong correlation between the age at which they had sexual intercourse for the first time and their assessment of the appropriateness of the timing. The majority of those who had their first sexual contacts aged 14 or younger retrospectively considered it to have been too early (40%: “somewhat too early”; 18%: “much too early”). The answer “much too early” is then only given rarely by those who were 15 when they had sexual intercourse for the first time (3%), whereas the percentage who say it had happened “somewhat too early” still remains high in this group (35%). The majority of those who were 15 pick the answer that it happened “at the right time” (58%). This is even truer for those girls who became sexually active aged 16 or 17: in these groups two thirds considered the time to have been right in retrospect (69%) and correspondingly fewer pick the answers “somewhat too early” (23%) and “much too early” (2%).

Regardless of the age at which they became sexually active the majority of the (German) boys say it was the right time for them to have had sex for the first time. Only very few of them, including those who were 14 or younger when they had their sexual debut, conclude that it had happened “much too early” (depending on age, between 5% and 2%). However, as was the case among the girls, there is a significantly elevated percentage of boys who say the timing had been “somewhat too early” (25%) in the group that had been 14 or younger when they experienced their debut, compared with the boys who had been older (12% and 15%). The boys who were 15 when they had their first time are the most convinced that they had chosen the right time (79%: “at the right time”); while the number judging the timing to have been “quite late” increases among those who were 16 or 17 when they had sexual intercourse for the first time (12%; among those who became sexually active at a younger age: 3–5%).

3.2.7 Other people’s knowledge of the first time

The vast majority of girls have at some point spoken to someone about their experiences of their sexual debut. This is not the case for only around every tenth girl (German girls: 9%, girls with a migrant background: 12%). Boys are still less communicative in this regard. The percentage of boys who have not talked about it is twice as high (23%/24%). Boys and girls also display different behaviour regarding their confidants.

Other people's knowledge of the first time

Girls

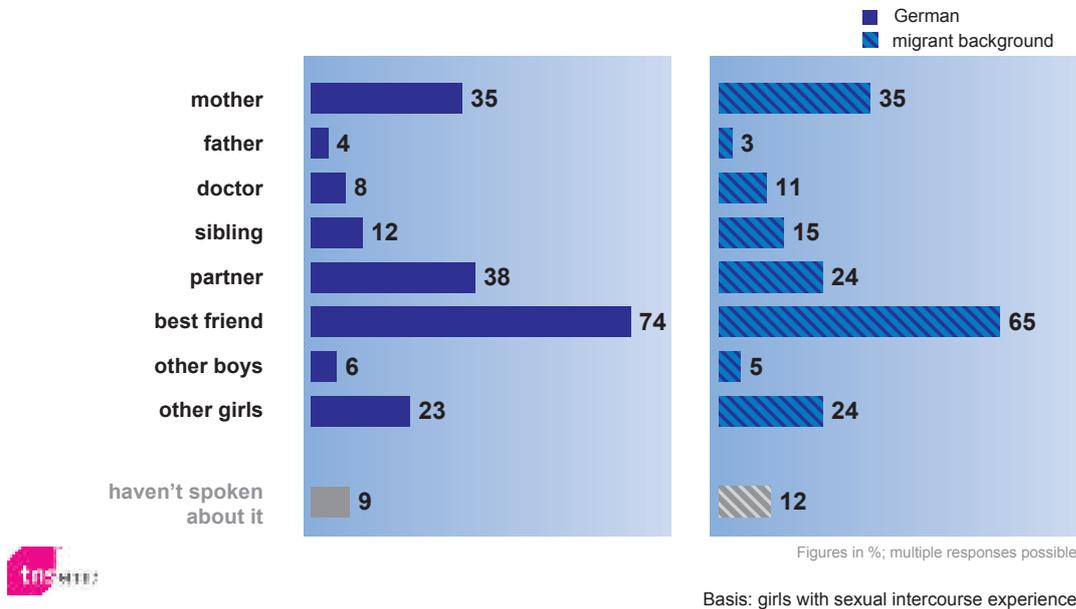


Fig. 78

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

Girls. German girls and girls with a migrant background are very similar in their behaviour. In both groups the best friend is the major confidant(e) when it comes to their first time (74%/65%). Every fourth girl also says she talked to other girls about it, but their mother is more important. She was informed by around one in three girls, whereas fathers are only rarely informed by the girls directly (4%/3%). The role of the partner is different in the two groups: German girls talked to him about their first time relatively often (second-most common answer at 38%), while girls with a migrant background did this significantly less often (24%).

Other people's knowledge of the first time

Boys

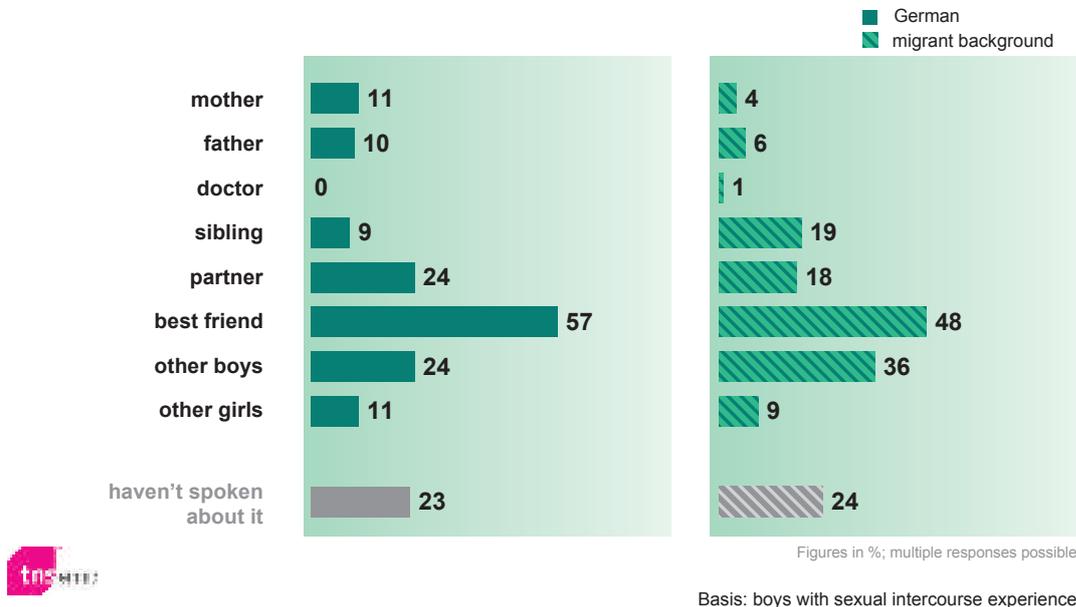


Fig. 79

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

Boys. As was the case amongst the girls the best friend was also given most often as the person who was told about their first time, but he/she was not listed anywhere near as often by the boys (57%/48%) as by the girls (74%/65%). An even more striking point is the different significance of the parents: although German boys (10%) in particular are more likely than the girls (4%) to list their father, i.e. the same-sex parent, but only 11% of them confide in their mothers (girls: 35%). Boys confide in their parents significantly less often than girls. The parents play an even smaller role for boys from migrant families (mother: 4%, father: 6%).

As was the case amongst the girls, though less pronounced, German boys also list their partner more often (plus 6 percentage points) than boys with a migrant background. This does not mean boys from migrant families are less communicative. They have other reference people. They are more likely to talk to siblings (plus 10 percentage points) and also with other boys (plus 12 percentage points) so that the percentage who have not spoken to anyone about their first time is no bigger than that of the German boys.

In detail

It is clearly not easy for the young people to talk about their first time and how they feel about it. Even if they made their sexual debut with a familiar, steady partner, it does not follow that young people talk to him/her about it: 45% of (German) girls do, as do 31% of (German) boys. And yet these figures are a

fair bit higher here than amongst the group who experienced their first time with someone they just knew well. In this case only 24% of the girls and 11% of the boys spoke to their partner about it. The role of the best friend remains unaffected by the sexual partner’s level of familiarity, while acquaintances and other friends (other boys, other girls) are more significant in those cases where young people had their sexual debut with someone they only knew vaguely or not at all.

As similar as the girls and boys are in these regards, they differ in another area. The less well the girls knew their first sexual partner, the more likely they were not to talk to anyone about their experience. Only 7% of the girls who experienced their first time with a steady partner did not talk about it to anyone, while the same is true for twice as many, 14%, if the sexual partner was someone they knew well, but if they had sex for the first time with a (near) stranger the percentage rises to 23%. Amongst the boys it is more the opposite that is the case: 26% of those who became sexually active with a steady girlfriend did not talk about it. This is the highest percentage (otherwise 19%–20%).

Another surprising finding, which again is true for both sexes but more so for the boys, is that those who were 16 or 17 when they made their sexual debut were less likely to communicate about their experience than their younger counterparts.

**Answer “haven’t talked to anyone about my first time”
Girls and boys by age at first sexual intercourse**

Age at first sexual intercourse	14 or younger	15	16 or older
Girls	8	6	13
Boys	19	19	29

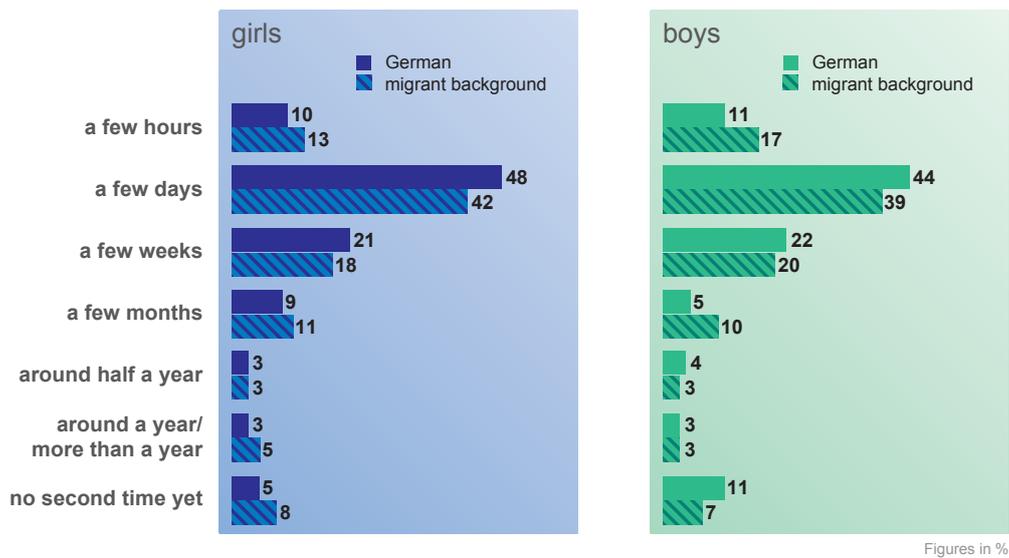
This is expressed both in the percentage who did not talk to anyone about it (see table above) and in the frequency with which reference people were given. 16 and 17-year-old boys confide less in their general circle of friends (best friend, other boys, other girls) about this event and for boys this is also true for their parents.

3.3 Increasing sexual experience

3.3.1 Time-span until the second sexual intercourse

Time-span between the first and second sexual intercourse

Current



BZgA
Bundeszentrale
für
gesundheitliche
Aufklärung



Basis: girls and boys with sexual intercourse experience

7-9-2009

Fig. 80

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

For the majority of the young people their first sexual intercourse is the start of a regular sex life. More than half of the boys and girls had sexual intercourse for the second time within hours or days of the first time. A further fifth said the second time had happened a few weeks after the first. This is not just true for the German boys and girls. It is equally true for the young people with migrant roots: once they have become sexually active, they do not generally stop again.

In detail

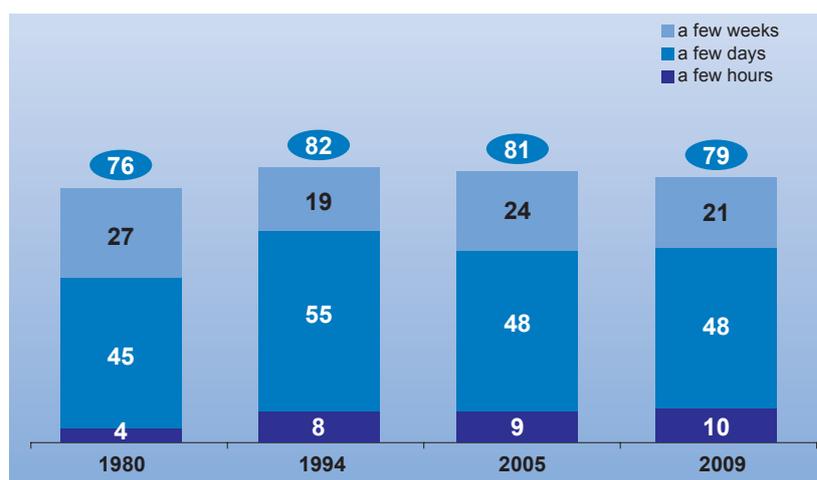
The less familiar they were with their sexual partner, the more often it was the case that the first sexual intercourse was a one-off event for the time being. Four in ten German girls and boys who did not know their partner well or at all said a few months passed before they had sex a second time. When they did, this probably involved a different partner; this figure includes the 15%/22% who have not yet had a second time. However, if the first time happened within a steady relationship the percentage of young people who have since not experienced a second time is only 3% for the girls and 6% for the boys. In this respect the relationship with the partner is more relevant than the age at which the young people made their sexual debut.

Thirty-year trend. Long-term comparison for young people with German citizenship

The figures for the girls shown below are representative of all the interviewees.

Time-span until the second sexual intercourse Long-term trend, girls

Development of the percentages “a few hours / a few days / a few weeks”



Figures in %

Basis: girls with sexual intercourse experience



7-8-2009

Fig. 81

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

The number of girls who started a regular sex life after experiencing their first time, defined here by having sexual intercourse for the second time maximally a few weeks later, has remained relatively constant over the past 30 years at four in five girls. There have merely been slight shifts in the percentages in the different subcategories of “a few hours”, “a few days” and “a few weeks”, particularly compared with the first survey in 1980. At the time there was a bigger gap between the girls’ first and second sexual intercourse; they frequently waited a few weeks (27%; today: 21%). Only half as many girls had sex a second time within a few hours in 1980 as in 2009 (1980: 4%; 2009: 10%).

3.3.2 Quantity of sexual intercourse so far

Quantity of sexual intercourse so far

Current

BZgA
Bundeszentrale
für
gesundheitliche
Aufklärung

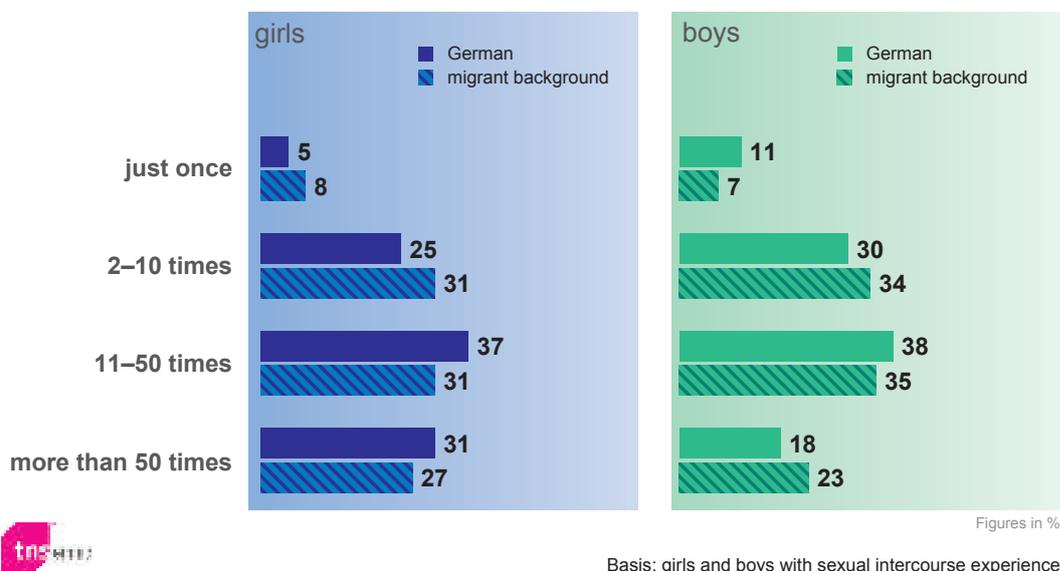


Fig. 82

How often have you had sex in your life?

Although the percentage of sexually experienced boys has converged with that of the girls (cf. 3.1.3), the detailed analysis reveals that girls are still the more sexually active ones. Compared with the boys the German girls in particular have had sexual intercourse more often than the German boys. This can be seen in the answer category “more than 50 times” (girls: 31%, boys: 18%), but also in the fact that for 11% of boys, i.e. for more boys than girls (5%), it has remained at just the one time.

In detail

The younger the young people were when they had sexual intercourse for the first time, the more often they have had sex since then. Another result that was to be expected is that those young people who are currently in a steady relationship have also on average had more sexual intercourse than young people without a steady partner.

3.3.3 Number of sexual partners so far

Girls and boys continue to differ significantly in the number of sexual relationships they have had. While there are no differences between the sexually active German girls and the sexually active girls with a migrant background, background does make a difference among the boys.

Number of sexual partners so far

Current

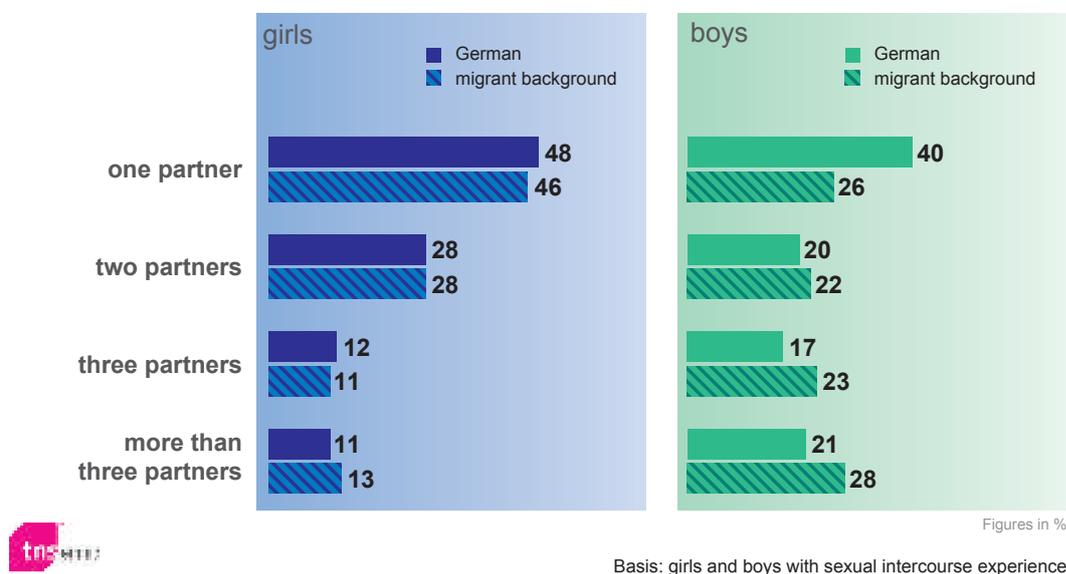


Fig. 83

With how many people have you had sex so far?

Girls. One in two sexually active girls have only been in a single sexual relationship so far. 28% say they have only had two partners, while 11%/12% say they have had three partners and approximately as many say they have had more than three sexual partners. The figures for the German girls and the girls with a migrant background are almost identical.

Boys. There is a markedly different distribution amongst the boys and here a distinction also has to be made between the German boys and the boys with a migrant background: 40% of the German boys have also only been in one sexual relationship so far. However, twice as many boys as girls have already had more than three sexual relationships (21% compared with 11%: German girls). The percentage of boys who have already had three sexual partners is also higher than that of the girls. The picture is quite different for the boys with a migrant background. They tend to change partners more often. According to their own statements 28% (a figure 9 percentage points higher than that of the German boys) have already had more than three sexual partners. Approximately the same number say they have only had one sexual relationship so far (26%). 23% say they have had three sexual partners. This figure is 6 percentage points higher than that of the German boys. The larger number of partners fits in with the findings that boys with a migrant background become sexually active at a younger age compared with German boys and that they are more likely to experience their first time with a partner they do not know (very well).

In detail

One of the clearest relationships exists between the age at which the sexual debut took place and the number of partners to date: the younger the young people were, the more likely they are to have had many different partners. The older they were, the greater the number who have stuck to a single partner. A quarter of the girls and more than a third of the boys of German nationality who had sexual intercourse for the first time aged 14 or younger reported having already had more than three partners. If they became sexually active aged 16 or 17 the same is true for merely 7% of the boys and 2% of the girls.

This is also connected to the fact that those who become sexually active at a younger age have also (naturally) had more time for sexual experiences. As a result the picture is similar when looking at the quantity of sexual intercourse the young people have had.

Nevertheless it would be wrong to make the quantity of sexual experiences alone the measure for the number of partners. Even though the samples become very small, further differentiation shows that girls who made their sexual debut comparatively late, i.e. aged 16 or older, were significantly more likely to stick with one partner even when the quantity of their sexual activities increased compared with those girls who have had the same amount of sexual experiences but who became sexually active at a very young age.

This in turn is connected to the fact that young people who become sexually active later are more likely to do so within a steady relationship than young people who have sexual intercourse for the first time aged 14 or younger. Those who did not know their first sexual partner very well also display a less constant relationship behaviour. This does not just refer to the fact that fewer young people from this group stick to just one partner. That would not be so surprising. They have changed partners more often overall: 37% of the girls and 40% of the boys whose first sexual partner was (almost) completely unknown to them have had sexual experiences with more than three different partners (amongst those who experienced their first time in a steady relationship: 7%/14%).

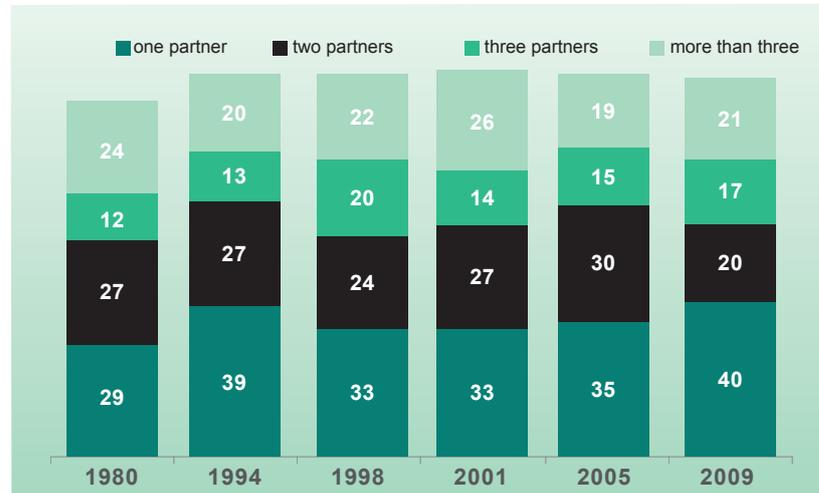
Thirty-year trend. Long-term trend for German young people

Girls. The tendency to have had more than one partner, which seemed to stand out with some clarity in the 2005 survey, seems to have been broken again in the current survey. As was the case in all previous surveys with the exception of 2005 (44%) around half of the girls have not had more than one sexual partner (responses between 48% and 51%). Everywhere else the statements about the number of partners have fluctuated slightly without a clear direction.

Boys. 40% of boys in the current survey said they had only had one sexual partner so far, making this the highest percentage for this answer since 1980. The figure is higher than those of the past three surveys (between 33% and 35%) and also quite a bit higher than that of the first survey, in which only 29% said they had only had sexual intercourse with a single partner so far. In 1994 however the figure was almost as high as today. For that reason no statements can be made about a clear trend towards a smaller number of partners; the remaining response distribution also gives a mixed picture.

Number of sexual partners so far

Long-term trend, boys



Figures in %



Basis: boys who have had sexual intercourse several times

7-10-2009

Fig. 84

With how many people have you had sex so far?

4. Contraceptive behaviour

4.1 The first time

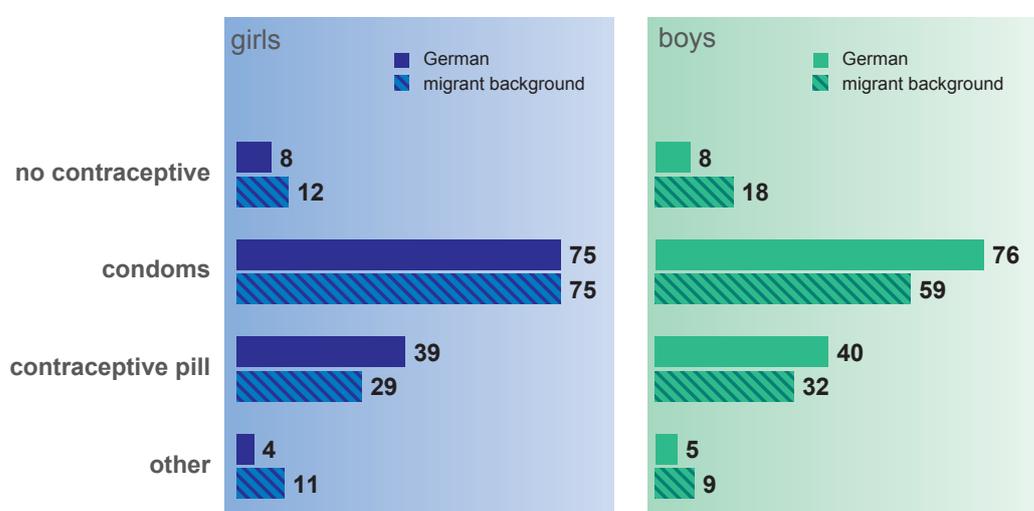
4.1.1 Use of contraceptive methods

In 2009 condoms were again by far the most used contraceptive ahead of all other methods for both boys and girls. Among the German young people the two genders' contraceptive behaviour is very similar today, which is not the case for young people from a migrant background.

Contraceptive behaviour during the first time

Current

BZgA
Bundeszentrale
für
gesundheitliche
Aufklärung



Figures in %; multiple answers possible

Basis: girls and boys with sexual intercourse experience

8-1 2009

Fig. 85

What did you and / or your partner use in order to prevent a pregnancy when you first had sex?

It is pleasing that since the start of the surveys in 1980 the German boys' contraceptive behaviour, which had to date always been worse (exception: 1996), has converged with that of the German girls. The percentage of those who do not use contraception the first time is currently 8%. It is not just here that the boys' and girls' statements have increasingly converged (for more details, see below: Contraceptive behaviour: trend analysis).

A more worrying finding is, however, that boys with a migrant background in particular, but also girls from migrant families display a worse contraceptive behaviour than German young people. Firstly, the sexual debut takes place more often without contraception, and secondly they are more likely to use very different methods (higher percentage "other contraceptives"), including not infrequently unsafe methods such as coitus interruptus and the temperature method.

When it comes to the two main contraceptives used, condoms and the Pill, young people with a migrant background again behave differently from German young people. The Pill is used by fewer boys (i.e.

their partners) and girls from migrant families for the first time than by German young people (minus 10 percentage points among the girls, minus 8 percentage points among the boys). Condoms are used just as often by *girls* with a migrant background as by German girls (both 75%). Amongst the boys with a migrant history the use of condoms is less (59%) than it is amongst the German boys (76%). This means there are gender-specific differences amongst the young migrants that do not exist amongst the German young people.

In detail – German young people

On average 8% of the girls and boys did not use contraception for their first time; when looking at the individual sub-groups the percentages are still higher.

Girls. The circumstances of the first time play a big role for the girls who did not use contraception. Those who were very young when they made their sexual debut (14 and younger) were particularly unlikely to pay sufficient attention to contraception. 12% of them said they did not use contraception. Amongst the girls who had sexual intercourse relatively late, aged 16 or older, the figure is less than half that (5%). Contraception the first time is also more successful when the first sexual partner is also a steady partner (5% “no contraception”). If the sexual partner was “well known” the percentage of girls not using contraception is 16%. In the small group of girls who experienced their first time with a relative stranger, the percentage not using contraception is lower, at 8%, however, the number using coitus interruptus as “last-minute contraception” is higher (6%).

There are also differences when it comes to the girls’ educational background. Girls attending Hauptschule (13%) are twice as likely not to use contraception as girls attending Gymnasium (6%). However, it is not likely that their education is the (sole) decisive factor. It is more likely that these differences are connected to the fact that girls attending Hauptschule also engage in sexual relationships much earlier than girls with higher levels of education, meaning they are younger when they make their sexual debut (see 3.2.1 Age at first sexual intercourse). Taking the mother’s educational background into account, it is the girls whose mothers have an average level of education who are the most likely to use contraception (only 5% did not use contraception), while daughters of women with a high level of education (18+ school-leaving certificate or university) are more likely to make do without contraception (14%).

It is not just in the percentage of those who did not use contraception that the various subgroups differed. They also made different contraceptive choices. The older the girls were when they became sexually active, the more likely they were to use the Pill. This does not mean condom use went down very much; these girls are very likely to use both condoms and the Pill.

Chosen contraceptive method for the sexual debut

Girls by age at first sexual intercourse

Age at first sexual intercourse	14 and younger	15	16 and older
Condoms (total figure)	76	80	72
Contraceptive pill (total figure)	27	36	55
subgroup: Pill + condoms combined	18	25	32

Basis: girls with sexual intercourse experience

If the first sexual contact took place in a steady relationship the use of the contraceptive pill was also higher (43%) than if the first sexual partner was merely well known to them (33%); if there was almost no relationship to this partner, the Pill was rarely the contraceptive of choice (11%).

Boys. When it comes to the boys, their age at their sexual debut does not play such a big role in the fundamental question of whether to use contraception or not. The percentage of boys not using contraception is significantly higher amongst those who were 14 or younger when they became sexually active compared with those who had their first time at a later age. Younger boys were not so likely to use the contraceptive pill (35%) as older boys (44%).

The level of familiarity with the sexual partner is more relevant for the boys than for the girls. Only those who were in a steady relationship when they became sexually active were extremely likely to use contraception (similar to the girls: 5% “no contraception”). As soon as the relationship to the sexual partner becomes more casual the percentage of boys not using contraception goes up significantly. The Pill is used less often, the combination of the Pill and condoms is used less often and worryingly condoms are generally used less often:

**Chosen contraceptive method for the sexual debut
Boys by familiarity with their first sexual partner**

Familiarity with the first partner	Steady girlfriend	Well known	Hardly/not known
Condoms (total number)	83	75	61
Contraceptive Pill (total number)	44	34	27
subgroup: Pill + condoms combined	34	22	9
no contraception	5	13	15

Basis: boys with sexual intercourse experience

Parental support has a much bigger impact on the boys than on the girls. In those homes where contraception and sexuality is addressed and the boys feel completely or mostly taken seriously, they use contraception more often their first time: the percentage of boys not using contraception is half that (between 5% and 8%) of the group that does not have this openness in the home (between 11% and 18%).

As among the girls there are **regional differences** amongst the boys. Condoms are used more often in western Germany than in eastern Germany (girls: plus 7 percentage points, boys: plus 15 percentage points). However, this does not have anything to do with a *shift* towards an increased use of the Pill in the East (any more) because the Pill is cited to approximately the same extent in both parts of the country today. Instead it can be said, at least for the boys, that it is more likely in eastern Germany that no contraception is used (percentage of those not using contraception West: 7%, East: 18%). This difference is not so pronounced amongst the girls (8% and 10% respectively). However, east German girls are more likely to use an unsafe method of contraception (East: 6% temperature method and / or coitus interruptus; West: 3%).

There is also a difference between young people from urban and rural regions. The more urban the environment, the less contraception is used. In cities and their catchment area the percentage of young people not using contraception is 10% for both girls and boys, while the same is true for 0% and 2% respectively in rural areas and 4% and 6% in small towns.

In detail – young people with a migrant background

It is difficult to go into further detail amongst the young people with a migrant background because of the relatively small number of girls and boys who have already had sexual intercourse (girls: n = 130, boys: n = 191).

It can be said for the girls that openness in the home is very significant for their contraceptive behaviour. If contraception is addressed by the parents the percentage of girls not using contraception is only 8%, which, by the way, corresponds to the average for the German girls. If contraception was not addressed in the home this figure rises to 22%. The relationships are similar depending on whether sex in general was addressed in the home.

The overall much worse contraceptive behaviour of the boys with a migrant background does not improve (significantly) alone from sexuality and contraception being addressed in the home. Only when the boys feel completely taken seriously, i.e. have a good relationship of trust with their parents, does the percentage of those not using contraception appear to fall. However, the numbers are too small to see any significant differences.

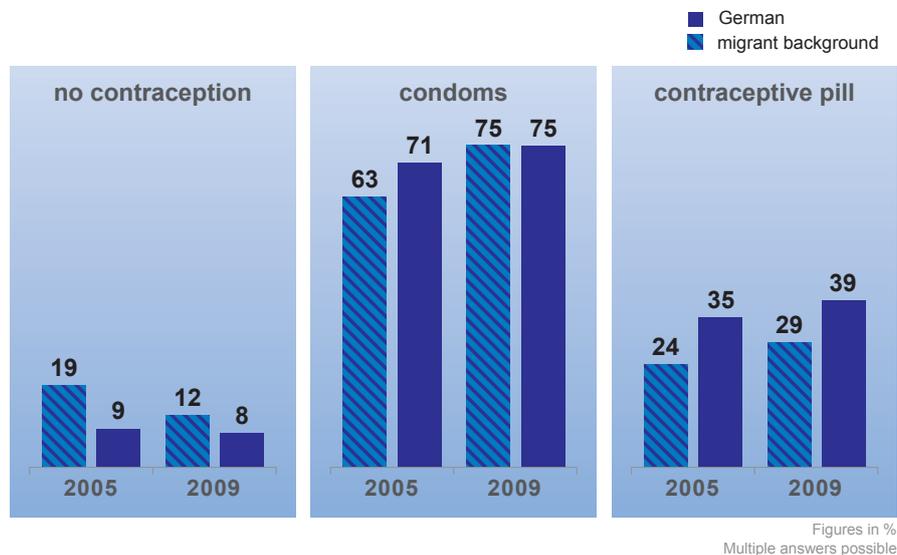
Four-year trend. Comparison with the previous survey

Girls. Over the comparison period of four years the biggest change in the figures affected the increasing significance of condoms as a contraceptive method. Girls with a migrant background showed a particularly strong increase in condom use compared with just four years ago (plus 12 percentage points), but even among the German girls the already high value of 71% increased once more by 4 percentage points. The girls with a migrant background have now drawn level with the German girls.

Use of the contraceptive pill also increased over this period. This is not just true for the German girls (plus 4 percentage points 2005–2009); the same trend can be seen for the girls with a migrant background (plus 5 percentage points), only from a lower initial value.

The percentage of young girls not using contraception for their first time has dropped. Amongst the German girls there is only a slight decrease of one percentage point, but amongst the girls with a migrant background the reduction is quite significant, from 19% to 12%. Nevertheless it remains the case that girls with a migrant background are less likely to use adequate contraception than German girls.

Contraceptive behaviour during the first time Four-year trend, girls



Basis: girls with sexual intercourse experience

6-1-2009

Fig.86

What did you and / or your partner use in order to prevent a pregnancy when you first had sex?

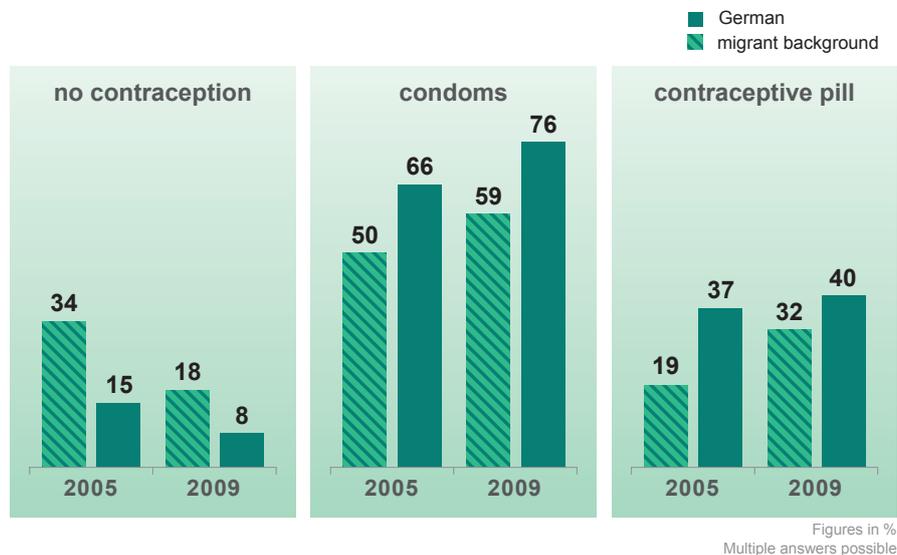
Boys. Overall the changes are clearer amongst the boys than among the girls and again they are greater amongst the boys with a migrant background than among the German boys. Certainly the most pleasing change is in the percentage of boys not using contraception: amongst both boys from migrant families and German boys the number has almost halved over the past four years from 34% to 18% (boys with a migrant background) and 15% to 8% (German boys). Although the number of boys with a migrant background not using adequate contraception is still twice as high (18%) as that of the German girls (8%), in view of the significantly worse starting position of the boys with a migrant background, their improvement is nevertheless immense.

In both groups condom and contraceptive-pill use have gone up. The percentage point increases are very similar for the condoms (boys with a migrant background: plus 9 percentage points; German boys: plus 10 percentage points). The situation is somewhat different for the contraceptive pill: there was a greater increase in its use among the (partners of) boys with a migrant background (plus 13 percentage points), while there was only a slight increase amongst the German boys (plus 3 percentage points). Boys with a migrant background have caught up over the past four years regarding the use by their partners of the Pill as a contraceptive method.

As a result of the significantly lower starting level of the boys with a migrant background the gap between the two groups remains. The number of German boys using condoms and the Pill is still higher than that of the boys with a migrant background.

Contraceptive behaviour during the first time

Four-year trend, boys



Basis: boys with sexual intercourse experience

6-1-2009

Fig. 87

What did you and / or your partner use in order to prevent a pregnancy when you first had sex?

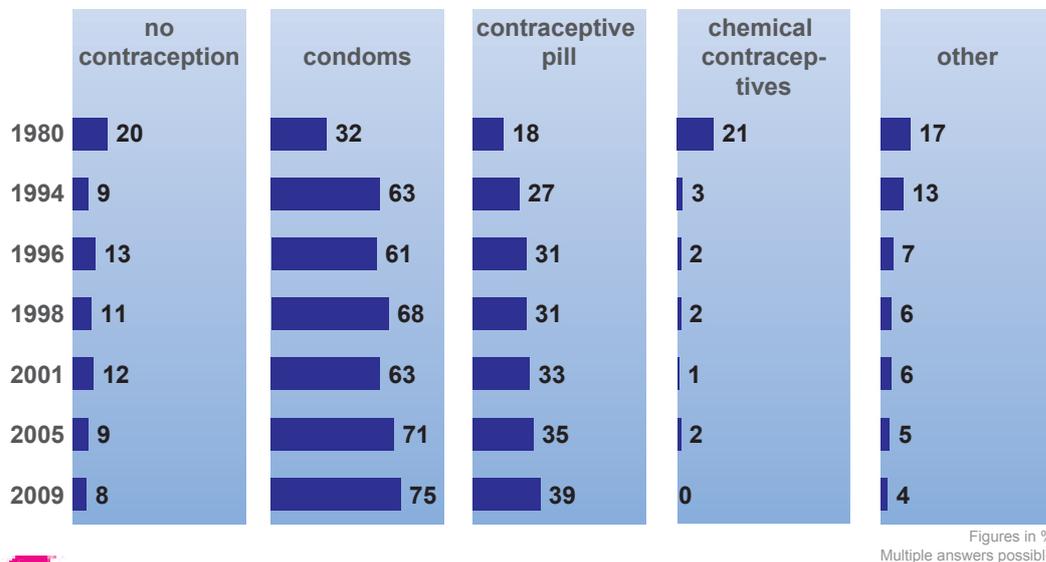
Thirty-year trend. Long-term comparison for young people with German citizenship

In three in four cases condoms are now the contraceptive of choice for German young people when they first have sex. 75% of the girls and 76% of the boys who have had sexual intercourse say they used the condom the first time. These are the highest values measured to date. 30 years ago condoms were only used by around a third of the girls and by even fewer boys. 15 years later, in 1994, the percentage had doubled. Throughout the 1990s the proportion then stagnated at around two thirds with smaller fluctuations in both directions depending on survey date and gender (exception: boys 1998: 55%).

However, the percentage of young people who used the contraceptive pill for their sexual debut has also risen steadily from survey to survey. The current figure is now almost 40%. The option of using two contraceptives is increasingly taken advantage of: the *majority* of girls on the Pill now combine it with condom use.

Contraceptive behaviour during the first time

Long-term trend, girls



Basis: girls with sexual intercourse experience

8-1-2009

Fig. 88

What did you and / or your partner use in order to prevent a pregnancy when you first had sex?

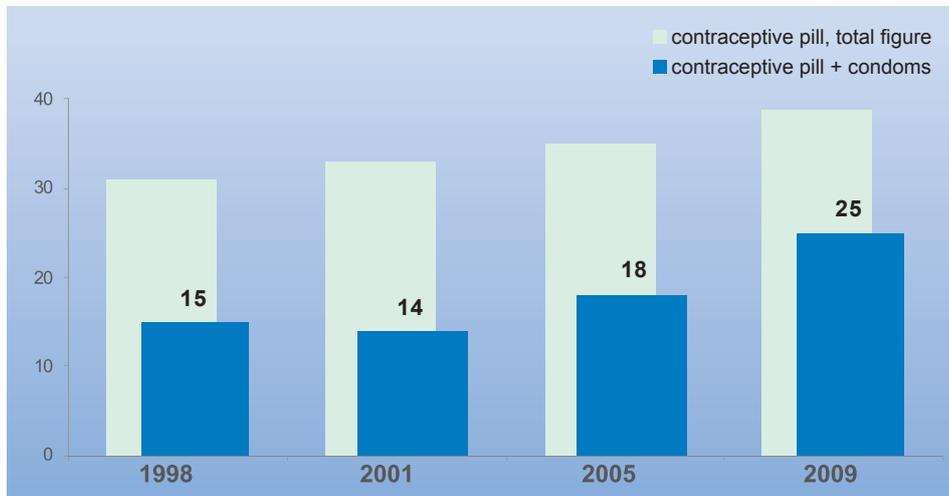
Girls. The number of girls not using contraception is currently 8% compared with 9% in 2005, making it similarly high. Looking back over the past 30 years the current value, the lowest to date, is far away from the starting value. In 1980 the figure was 20%, two and a half times what it is today.

Apart from condoms and the Pill all other contraceptive methods are now insignificant (4%). The situation was still somewhat different in the mid-1990s when 16% still used alternative contraceptive methods. The comparison with the first survey results of 1980 is even more striking. In that year 38% used other contraceptives, the bulk of this figure being due to the relatively widespread use of chemical contraceptives (21%) at the time. Overall the percentage of girls in 2009 not using contraception or using unsafe methods (temperature method and coitus interruptus, on their own or combined) is 9%. That means there is a falling trend (2001: 16%; 2005: 12%). The decreasing percentage of girls not using contraception is therefore not linked to an increase in the use of unsafe methods of contraception.

The more common use of both the Pill and of condoms (there was a particularly significant increase here from 2001 to 2005) was confirmed and has continued with the current survey. As already described above, the combined use of these contraceptives in particular is becoming more and more common, which suggests that in addition to the desire to prevent a pregnancy the desire to prevent AIDS is also taken into consideration more often:

Contraceptive behaviour during the first time combined use with condoms compared with the contraceptive pill overall

Ten-year trend, German girls



Figures in %
Multiple answers possible

Basis: girls with sexual intercourse experience

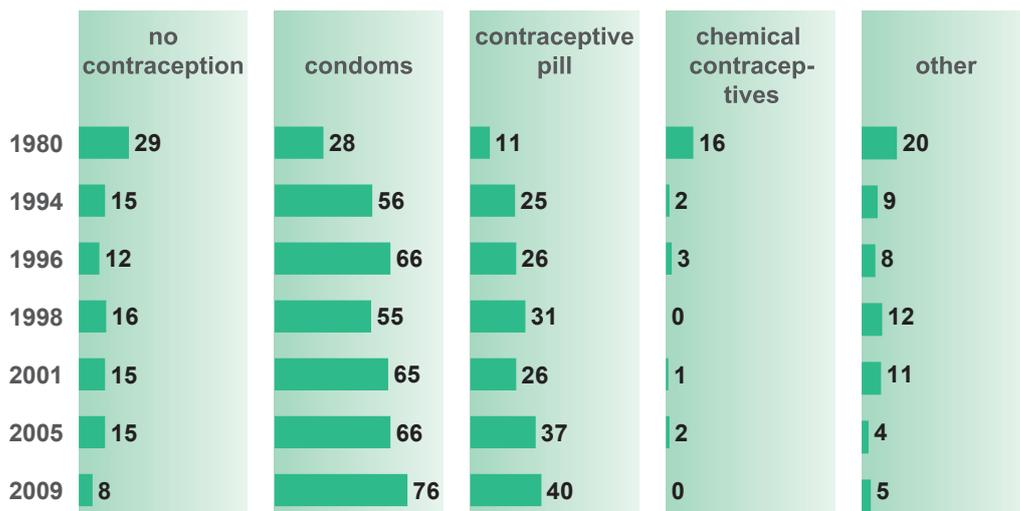
8-1-2009

Fig. 89

What did you and / or your partner use in order to prevent a pregnancy when you first had sex?

Contraceptive behaviour during the first time

Long-term trend, boys



Figures in %
Multiple answers possible

Basis: boys with sexual intercourse experience

8-1-2009

Fig. 90

What did you and / or your partner use in order to prevent a pregnancy when you first had sex?

Boys. The most interesting and at the same the most pleasing result amongst the boys is the percentage of those not using contraception. Since the mid-1990s this percentage had been approximately 15% in all of the surveys. Now this figure has dropped to below 10% for the first time. It has almost halved from 2005 (15%) to 2009 (8%). In comparison with 1980 (29%) the decrease has been immense.

The decreasing percentage of boys not using contraception has also not led to an increase in unsafe contraceptive methods. Questionable methods (temperature method, coitus interruptus, on their own or combined) are currently used by 2% of the boys the first time they have sex; this figure is no higher than that of 2005.

This change has primarily been to the benefit of condoms, which have experienced a percentage point increase of 10 since the last survey in 2005. The Pill is also used somewhat more often (plus 3 percentage points compared with 2005). The greatest increase here took place between 2001 and 2005, when the use of the contraceptive pill went up by 11 percentage points.

By 2005 the boys' and girls' contraceptive behaviour had largely equalized; the biggest differences four years ago were in the percentages of young people not using contraception. Today, in 2009, the gaps have narrowed once again and have almost been eliminated.

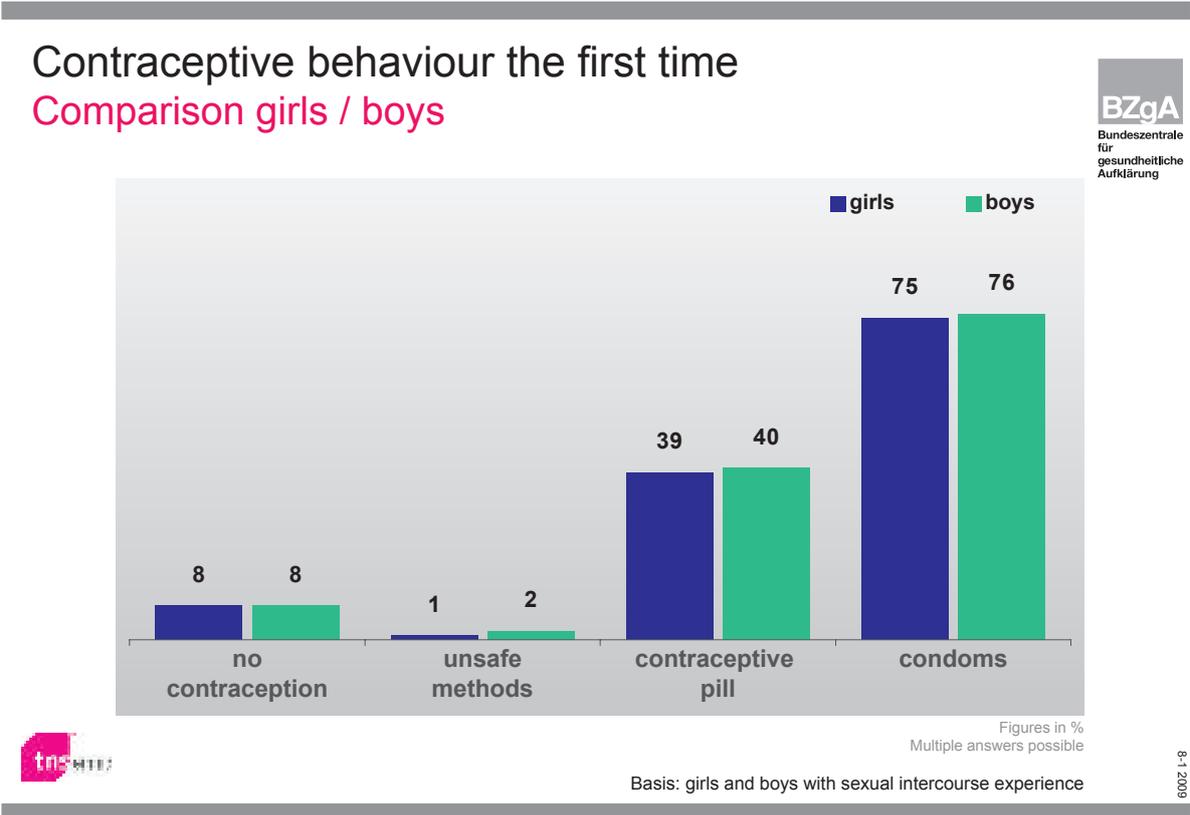


Fig. 91

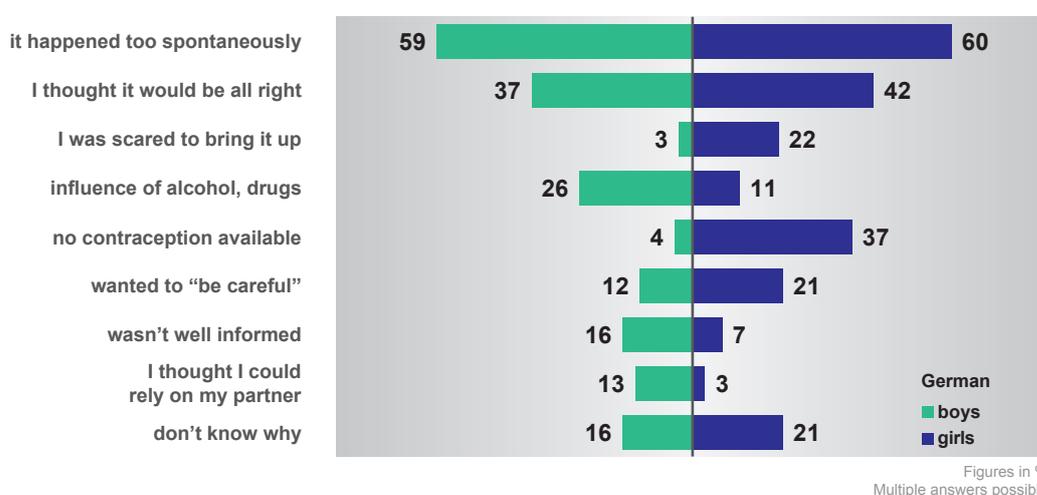
What did you and / or your partner use in order to prevent a pregnancy when you first had sex?

4.1.2 Reasons for not using contraception the first time

The number of girls and boys with a migrant background who did not use contraception when they had sexual intercourse for the first time (n = 16 and n = 34 respectively) is so small that it is not possible to analyse the reasons why no contraception was used. The sample-size problem also exists amongst the German girls and boys (n = 49 and n = 55 respectively). The small quantity of data does not permit analysis in any further detail. Therefore the following figure and text refers to the *total* results for the German young people.

Reasons for not using contraception during the first time Selection

BZgA
Bundeszentrale
für
gesundheitliche
Aufklärung



Basis: boys and girls with sexual intercourse experience,
who did not use contraception for their first time

8-7-2009

Fig. 92

Why didn't you use contraception when you had sex for the first time?

Boys give 1.9 reasons on average why they did not use contraception, while girls give 2.5. The two most common reasons by far are given by both sexes to roughly the same extent. Firstly they were unprepared for the situation ("it happened too spontaneously": girls 60%, boys 59%) and secondly a naïve optimism overrode their knowledge about the necessity for contraception ("I thought it would be all right": girls 42%, boys 37%).

The girls and boys differ in their other reasons. Girls tend to say they did think about contraception but none was available (37%), while more than 20% of girls who did not use contraception said they were too scared to bring it up even though they were aware of the contraceptive issue (22%). Neither of these reasons was important to boys (4%/3%); instead they were twice as likely as the girls to say they "weren't well informed" (16%) Every fourth boy also said alcohol or drugs had been involved ("had consumed alcohol or drugs, so I didn't have a clear head anymore": 26%).

The responses of the few boys and girls with a migrant background generally fit into this answer distribution with the same dominant reasons.

4.2 Contraception with increasing experience

4.2.1 Contraceptive behaviour – comparison of concrete instances

The percentage of girls and boys not using contraception for their second time is already much lower. Condoms remain the most used contraceptive. At the same time the Pill becomes more popular, however, significantly more so amongst the girls than amongst the boys (i.e. their partners). The contraceptive behaviour changes again with increasing experience. The use of condoms goes down and the Pill is now used more often. This is true for both boys and girls but there are bigger gender-specific differences in the extent of this shift than there were during the first time the young people used contraception. Amongst the girls the preferences shift strongly from condoms to the Pill, while for boys condoms were used more than the Pill for the last sexual intercourse they had prior to the survey.

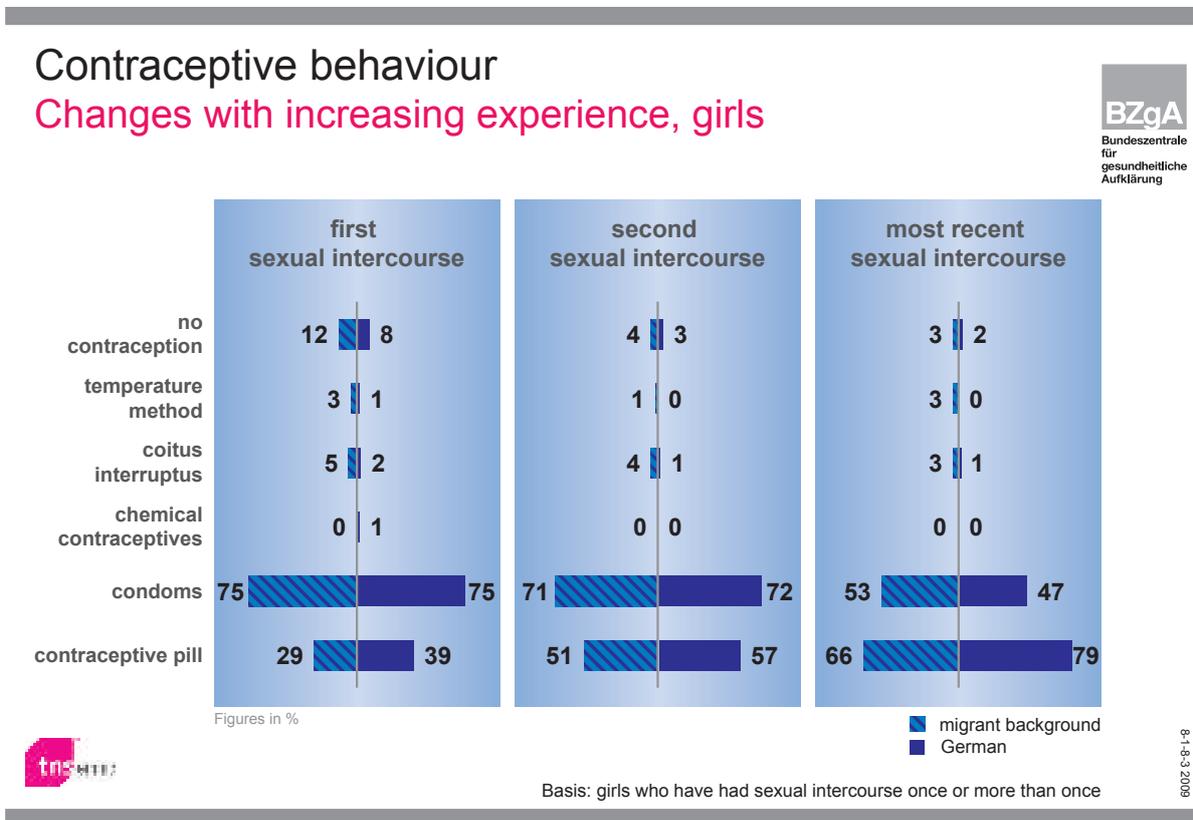


Fig. 93

What did you and / or your partner do to prevent a pregnancy the first and second times you had sexual intercourse?

What contraceptive measures did you and / or your partner use the last time you had sexual intercourse?

Girls. Girls are already more conscientious about using contraception the second time they have sexual intercourse compared with their first time and this improved contraceptive behaviour continues during their subsequent sexual activity, at least regarding the percentage who do not use contraception at all or

who rely on unsafe methods. This is true for both German girls and girls with a migrant background. The latter do not, however, reach the same positive level as the former group, because when the figures of those not using contraception or using unsafe / questionable methods (coitus interruptus and temperature method) are taken together, the percentage of girls with a migrant background falling into this camp is still 9% compared with 3% of German girls.

Already for the second time the girls had sexual intercourse more than half of them used the contraceptive pill. Amongst the German girls the percentage is 6 percentage points higher than that of the girls from migrant families; however the somewhat greater *increase* was to be seen in this group (plus 22 percentage points compared with 18 percentage points amongst German girls), because more German girls were already using the contraceptive pill for their first time. Condoms remain almost as important the second time the girls have sexual intercourse; this response is still given by more than 70% of them.

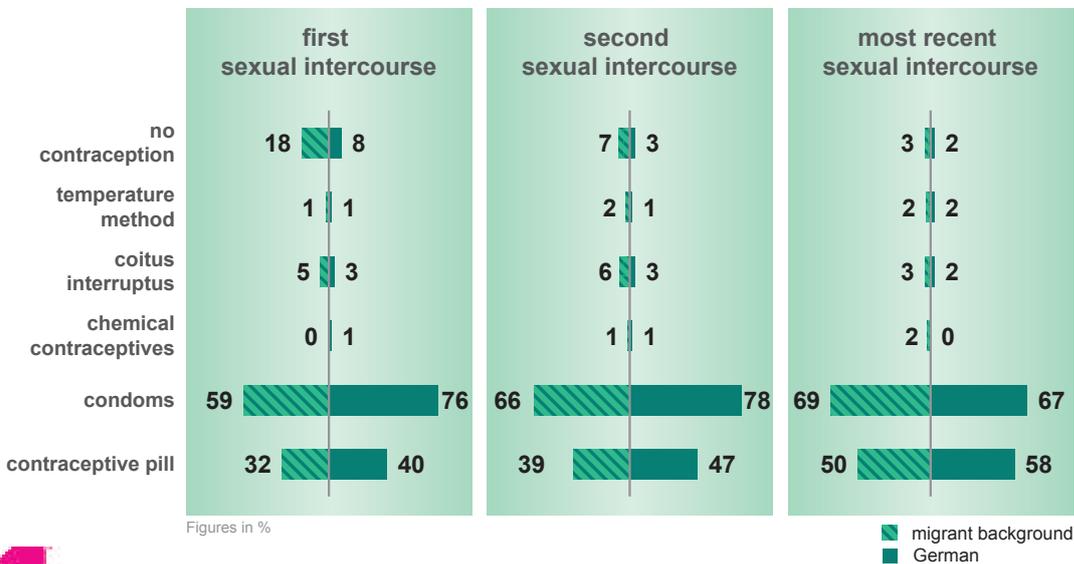
During their subsequent sexual lives condoms become far less important. The vast majority of girls then rely on the contraceptive pill. Girls with a migrant background are the same as the German girls in this respect, albeit to a lesser extent. The Pill is not so important for them. The contraceptive behaviours of girls with a migrant background and of German girls are most similar for the second sexual intercourse. After that the development diverges again somewhat because of their differing attitudes towards hormonal contraception (Pill).

The double strategy of using condoms *and* the contraceptive pill is most commonly used for the second sexual intercourse; a third of the girls used both of these contraceptives together the second time they had sexual intercourse. The popularity of this option subsequently remains constant or decreases slightly.

Boys. The boys' contraceptive behaviour with increasing experience follows the same trends as that of the girls.

Contraceptive behaviour

Changes with increasing experience, boys



Basis: boys who have had sexual intercourse once or more than once

8-1-8-3-2009

Fig. 94

What did you and / or your partner do to prevent a pregnancy the first and second times you had sexual intercourse?

What contraceptive measures did you and / or your partner use the last time you had sexual intercourse?

Then number of boys using no contraception or questionable methods decreases significantly after the first time; condoms are most significant for the second sexual intercourse. The more their sexual experience grows, the more condoms are replaced by the Pill. This shift towards the Pill is not so pronounced amongst the boys as it is amongst the girls and therefore condoms continue to be quite important for them in their subsequent sex lives. Two thirds of the boys but only roughly half of the girls used a condom for their most recent sexual intercourse.

Boys with a migrant background differ from German boys in that they are also more likely to use the contraceptive pill (as well), but in contrast to the German boys the percentage using condoms does not drop. 66% used condoms for their second time, 69% for their most recent time. The figures for the German boys are as follows: 78% of the second time and significantly less, namely 67%, for the most recent time. However, this 67% is much the same as for the boys from migrant families. The behaviour of the boys with a migrant background increasingly converges with that of the German boys with growing sexual experience. The biggest differences exist for the first time, the smallest for the most recent time.

The double strategy, using both condoms *and* the Pill as contraception, is most common for the second time (33%) amongst the German boys, as it was amongst the girls. Exception: boys from migrant families; far fewer of them use both condoms and the Pill for the first and second times (17% / 20%) than girls and German boys, however, this option becomes more popular with growing experience and reaches almost the same extent as that of the other groups for the most recent sexual intercourse (26%).

Details

Girls and boys with a migrant background cannot be analysed in any further detail because of the small number of sexually active young people; the following will therefore only look at the German boys and girls.

At 2% the number of those who did not use contraception for the most recent time they had sexual intercourse prior to the survey is very low amongst the German girls. When looking at the figures in detail, three groups stand out where the percentages are far above this average at 10–12%: the small group of girls who do not consider themselves sex educated or who are uncertain about this despite existing sexual contacts, those who did not know their first sexual partner or did not know him well, and those who have a bad relationship to their own body. These results cannot be applied to the boys, where none of these groups stand out (here however the number of those who do not consider themselves sufficiently educated about sexual matters is too small to interpret).

Increasing sexual experience, measured by the frequency of sexual intercourse, is one variable that also has a big impact on young people's contraceptive behaviour, however, not in the sense that with a lower (or greater) number of contacts they are more likely not to use contraception. Those boys who already have a lot of experience (had sexual intercourse more than 50 times) are more likely to list methods like exploiting the infertile days (4%) and coitus interruptus (5%) than those who have not yet had as many sexual contacts (up to ten times; both methods together: 2%). However, the significance of condoms during the sexual debut phase is once again confirmed, as is the dominance of the Pill as a permanent contraceptive solution: amongst those boys (and girls, the development is the same here) with a small number of sexual contacts (have had sexual intercourse up to ten times) condoms are listed by 83% (girls: 68%), while amongst those who have had extensive sexual experience (more than 50 times) it is only cited by 39% (girls: 31%). Amongst the group of the more sexually experienced the Pill has replaced condoms over time, almost throughout with few exceptions: 87% of the boys and 90% of the girls who have already had sexual intercourse more than 50 times in their lives used the contraceptive pill for their most recent sexual intercourse. Some of them are still using it in conjunction with condoms (34%/27%), but the majority of them rely on the Pill alone. Condoms as the *sole* contraceptive becomes a very uncommon option amongst those with extensive sexual contacts: only 3% of the girls and 5% of the boys in this group used just a condom as a contraceptive during their most recent sexual intercourse.

It should also be noted that girls with a more basic level of education (Hauptschule or special-needs school) were much more likely to have used condoms during their most recent sexual experience (71%) than girls attending other types of school (between 41% and 45%). Analogously, the Pill is used less often. The percentage is not, however, lower to the same extent, because the combination of these two contraceptives is also more widespread in this group than in the others.

Four-year trend. Comparison with the previous survey

Girls. Amongst girls from migrant families different developments have occurred over the past four years than amongst the German girls. The most striking finding amongst the girls with a migrant background is the shift from using condoms to using the Pill. Four years ago the percentage using condoms during the most recent sexual intercourse (61%) was still higher than the percentage using the Pill (55%). This situation is now reversed (condoms: 53%; Pill: 66%). Part of this strong increase in use of the contraceptive pill is down to the double use of the Pill *and* condoms: the combined use has also gone up by 4 percentage points from 25% to 29% in recent years.

The changes in the German girls' behaviour focus on one issue: more German girls used the Pill *and* condoms together, not just for their sexual debut but also during their most recent sexual intercourse

prior to the survey. The number of girls in this group rose from 22% to 31%. The difference of 9 percentage points is exactly the figure by which Pill users have increased overall, while the percentage using condoms has remained unchanged at 47%.

Chosen contraceptive method during the most recent sexual intercourse Trend comparison, girls, 2005 – 2009

Contraceptive method	Migrant background		German	
	2005	2009	2005	2009
No contraception	4	3	2	2
Unsafe methods*	2	1	2	1
Condoms (total)	61	53	47	47
Pill (total)	55	66	70	79
Pill + condoms combined	25	29	22	31

Basis: girls who have had sexual intercourse several times

*alone or combined

Boys. Amongst the boys the simultaneous use of condoms *and* the Pill has been the most striking change between 2005 and 2009. The percentage increase amongst the German boys was from 27% to 32% and 16% to 26% amongst the boys from migrant families here. The starting situation in these two groups was different and consequently led to increases in different areas: amongst the German boys the use of the contraceptive pill during the most recent sexual intercourse has remained constant over the four-year period (58%/58%); only the (additional) use of condoms has increased (plus 7 percentage points).

Amongst the boys with a migrant background on the other hand the use of the Pill was not yet so widespread in 2005 (34%) as it is today (50%). This is an increase of 16 percentage points; the changes regarding condoms are more moderate (plus 6 percentage points).

Chosen contraceptive method during the most recent sexual intercourse Trend comparison, boys, 2005 – 2009

Contraceptive method	Migrant background		German	
	2005	2009	2005	2009
No contraception	11	3	7	2
Unsafe methods*	4	3	1	2
Condoms	63	69	60	67
Contraceptive pill	34	50	58	58
Pill and condoms combined	16	26	27	32

Basis: boys who have had sexual intercourse several times

*alone or in combination

In addition, there has been a noticeable drop in the number of boys with a migrant background not using contraception during their most recent sexual intercourse experience. In 2005 the number was still in the double digits at 11%. Today it is 3%, bringing it down to the same level as that of the German boys.

Thirty-year trend. Long-term trend for young people with German citizenship

Just as young people's contraceptive behaviour during the first time has changed fundamentally over the past 30 years, the same is also true for their contraceptive behaviour with increasing experience. The most pleasing change must be that contraceptive awareness is now shaped by a stronger sense of responsibility throughout young people's sex lives and not just at their sexual debut.

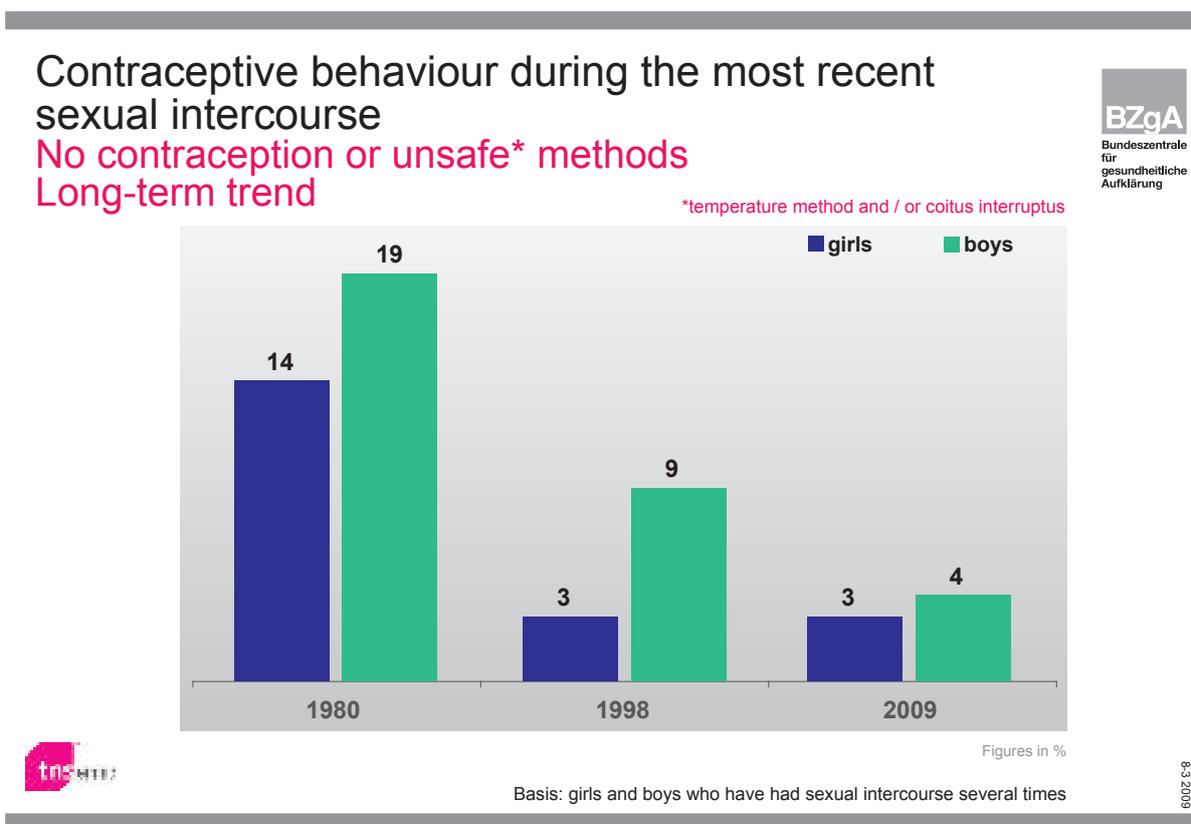


Fig. 95

What contraceptive measures did you and / or your partner use the last time you had sexual intercourse?

In 2009 unsafe or questionable methods or even no contraception were only used by a tiny minority of the girls and boys for their most recent sexual intercourse. 30 years ago this was still true for almost every fifth boy and every seventh girl!

Otherwise the changed behaviour that could already be seen for the sexual debut continued. The Pill increasingly becomes the dominant contraceptive with increasing sexual experience; in addition condoms are used much more than they used to be. Other contraceptives only play a marginal role in comparison.

The chemical contraceptives that were still widespread particularly in the early 1980s (1980: 15% boys; 13% girls; today: both less than 0.5% girls and boys) have lost their earlier significance almost completely.

4.2.2 Experiences with different contraceptives

The young people's experience spectrum regarding contraceptive methods is greater than the responses about individual, concrete contraceptive instances would suggest. Unfortunately the young people have also had experience with contraceptives that must be classed as unsafe or very questionable.

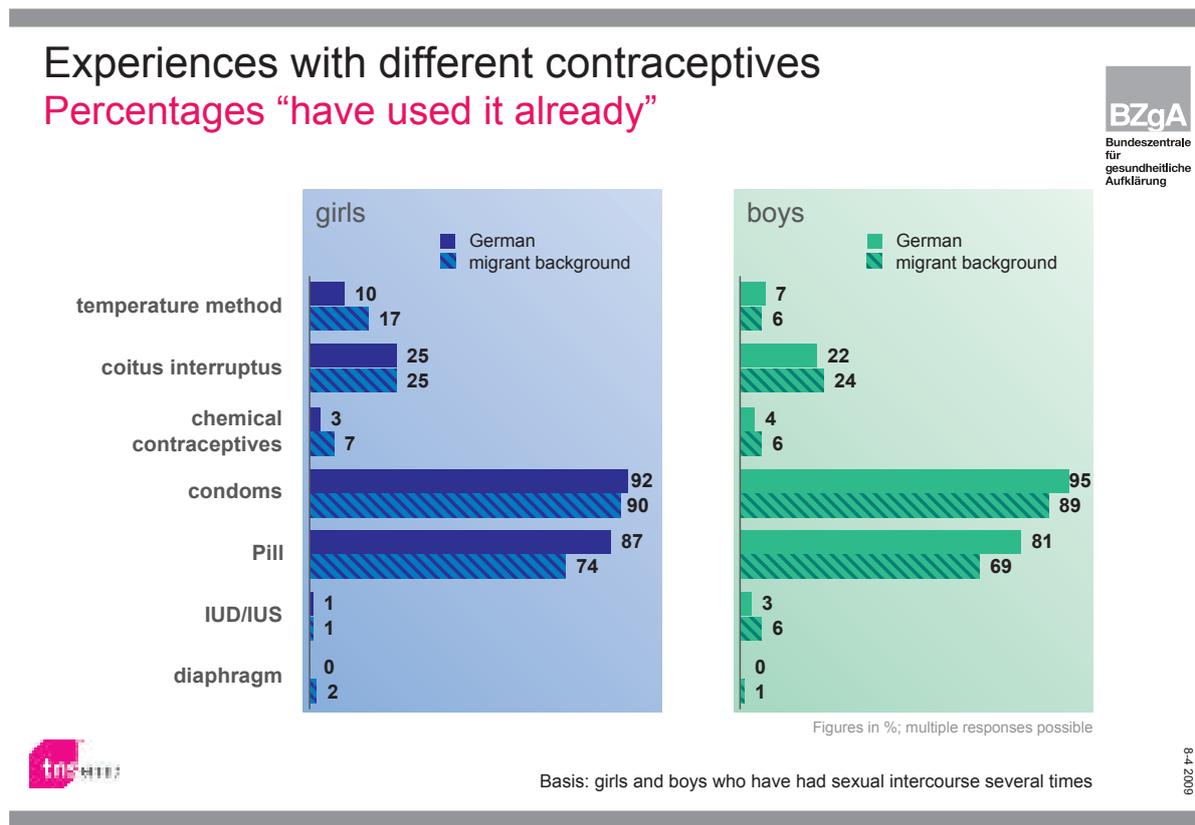


Fig. 96

From the following list, please indicate for every contraceptive method whether you personally or your partner have used it before.

Practically every sexually active German young person has experience with condoms (boys: 95%; girls: 92%). At least four out of five have also relied on the Pill as a form of contraception. While the knowledge of young people from migrant families regarding condoms is not far behind that of the German young people (89%/90%) they do not have so much experience with the Pill as a contraceptive, however, it is still a large majority that do.

Unfortunately the young people also have experience with contraceptives that must be seen as unsafe or very questionable. Coitus interruptus was used by almost a quarter of young people, both girls and boys and regardless of their migrant background, presumably as a "last resort". The differences between the groups are marginal, the figures are no more than 3 percentage points apart.

Keeping track of fertile days and the temperature method seem to have been used by a somewhat greater number of girls with a migrant background (17%) than German girls (10%).

Chemical contraceptives such as foam and the like play almost no role anymore today and the IUD/IUS and diaphragms are also used by hardly any of the young people aged between 14 and 17. All of these rarely used contraceptives tend to be used somewhat more by the young people with a migrant background; however, they do not play a big role in this group either.

In detail. The following results only apply to young people with German citizenship since the numbers of young people from migrant families are too small to make any statements about individual sub-groups.

A closer analysis of those contraceptive methods that do not provide adequate protection during sexual intercourse is particularly necessary. These methods include awareness of fertile days, the temperature method and coitus interruptus. The percentage of young people using these methods is higher the more sexual experience they have had. Those who have had sexual intercourse 50 times or more are also the most likely to have taken advantage of these methods: 29% of the girls and 31% of the boys say they have used coitus interruptus, while 17% of the girls and 16% of the boys said they have used the temperature method and other similar options. The numbers in the counter group, those young people who have only had sexual intercourse a few times, are as follows: coitus interruptus: girls 15%, boys 17%; temperature method: girls 4%, boys 2%.

In addition the parents' level of education seems to have an impact. This could have something to do with parents' recommendations/tips. Coitus interruptus is used more frequently by young people whose parents have a basic level of education. A third of the boys whose mother or father graduated from Volksschule or Hauptschule have experience with this contraceptive "method" (34% and 32% respectively). If the parents' level of education is high (Gymnasium to 18 or higher education) this percentage is significantly lower (14% and 12% respectively). Such a connection is not so pronounced among the girls as it is among the boys; if it does exist, it is mainly with the mother's level of education; that of the father does not play a role.

When it comes to the fertility awareness and temperature methods a certain preference for these methods amongst the girls is also connected to their mothers' level of education; however, here it is the daughters of highly educated mothers who are more likely to have had experience with this method of birth control (18%), while daughters of women with a medium level of education use this method to a less than average extent (7%).

Four-year trend. Comparison with the previous survey

The three contraceptives that underwent the biggest changes over the four-year period are displayed in the following diagram. The data refers to the *boys*, since the changes are more pronounced here than amongst the girls. The statements are, however, equally true for the girls in their tendency.

Experiences with different contraceptives

Four-year trend, boys

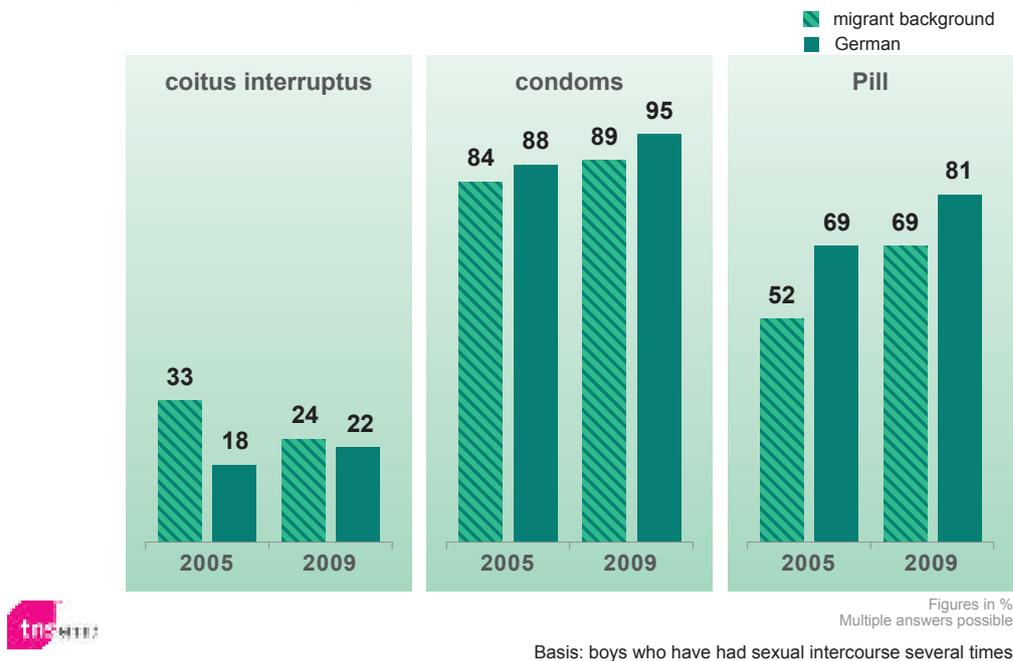


Fig. 97

From the following list, please indicate for every contraceptive method whether you personally or your partner have used it before.

While the start of this chapter talked about the fact that still (too) many young people tried to prevent a pregnancy with questionable methods, at least occasionally, then the trend comparison to the previous survey demonstrates that there have been significant improvements in this regard, at least for the young people with a migrant background. In 2005 a third of them had still used coitus interruptus at least once; while the current figure is much lower at 24%. German boys on the other hand have not used this method of birth control less; quite the opposite in fact. Their figure has increased somewhat over the past four years (plus 4 percentage points).

Condoms are of interest because despite a high starting level they are even more widespread amongst boys today than they were four years ago. There has been an increase of 5 percentage points amongst the boys from migrant families and 7 percentage points up to 95%, an almost unbeatable value, amongst the German boys.

The situation for the contraceptive pill is similar: even though more than two thirds of the German boys had already had experience with the Pill as a form of birth control in 2005, the percentage of them who have used this method has risen again. The 2009 figure is 12 percentage points higher than that of four years ago (10 percentage points higher amongst the girls). Boys with a migrant background have undergone this same trend and even to a greater extent (plus 17 percentage points). Nevertheless their current figure is still lower than that of the German boys at 69% because of their lower starting figure of 52% in 2005. Their current figure corresponds to that of the German boys four years ago.

A long-term comparison is not possible because the question about experiences with different contraceptives in general was not asked in the first few surveys.

4.2.3 General contraceptive behaviour

In general it can be said that young people are aware of the need for birth control. At least two thirds of the young people and no fewer around three quarters of the German girls chose the highest level of a five-point scale, stating that they “always pay close attention” to trying to prevent a pregnancy (exception: boys with a migrant background, of whom only 49% chose this response). Similarly, it is only a minority who are completely carefree, who rarely or never think about contraception (3%–5%); even amongst the boys with a migrant background this percentage is no more than 12%.

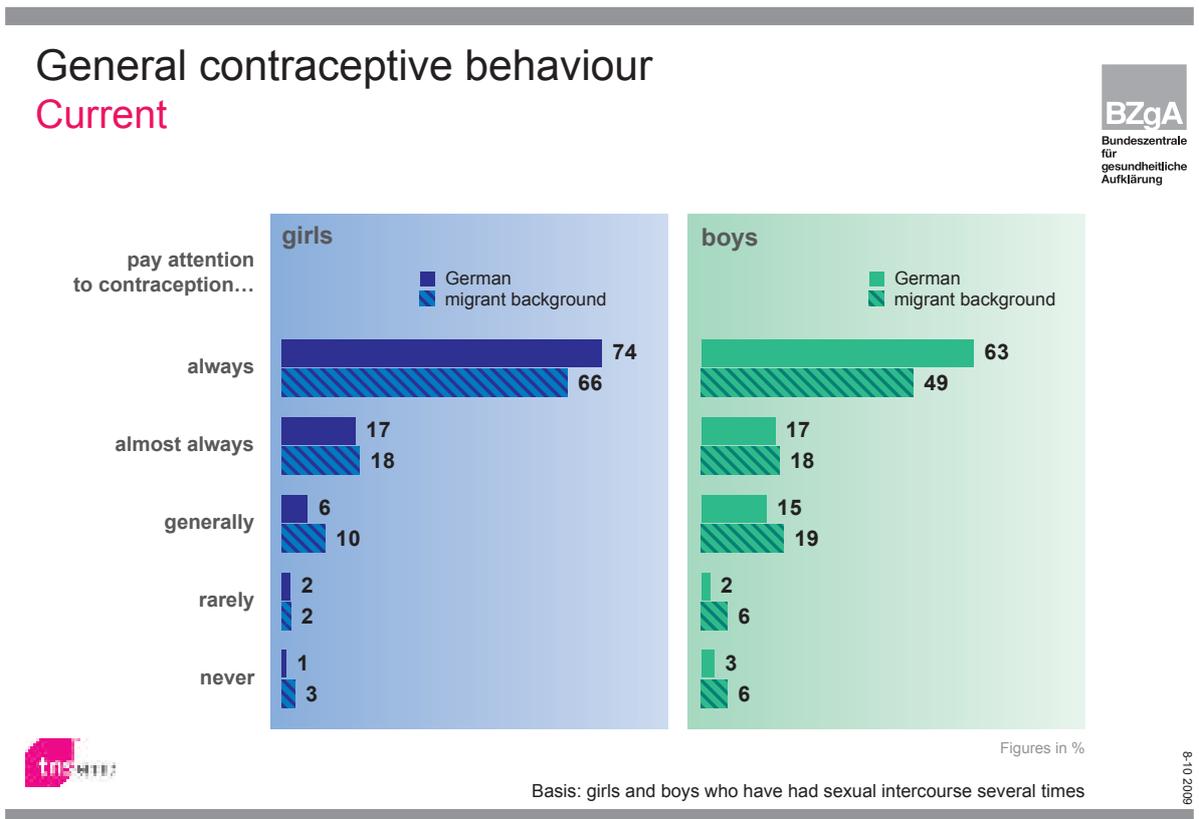


Fig. 98

Which of the following statements best describes your behaviour towards preventing pregnancy?

Two things become clear from this figure at first glance: *firstly* there is a clear difference between the genders: girls are much more conscientious about contraception than boys are. There is a difference of 11 percentage points amongst the German young people who said they “always” paid attention to contraception. The gap between the genders is even greater amongst the young people with a migrant background; here the girls’ figure is 17 percentage points higher than that of the boys.

Another striking fact when comparing the sexes is that the boys’ answer behaviour does not just express an extremely meticulous attitude towards the subject of birth control with regard to the top category (“always” pay attention to contraception). The number of boys picking the second-highest category

(“almost always”) is no higher than that of the girls, the numbers here are approximately the same. Instead boys are more likely than girls to say their contraceptive behaviour is characterized by the statement that they “generally” pay attention to contraception.

When interpreting this difference between the sexes it is important to take the use of the contraceptive Pill into account, which has been used more and at an earlier age for years. The reason why this is important is because this method of birth control puts the direct responsibility into the girls’ hands.

Secondly the contraceptive awareness of the young people with a migrant background is not so strongly developed as that of the German young people, and this is true for both the girls and the boys. However, the gap between the German boys and boys with a migrant background is greater at 14 percentage points (girls: difference of 8 percentage points).

In detail

The following statements refer exclusively to the German young people, since the number of sexually experienced young people with a migrant background is so small that it does not permit a more detailed analysis of the subgroups.

The first sexual experiences German young people make are clearly formative. Those who became sexually active aged 14 or younger are less likely to say they “always” pay close attention to preventing a pregnancy. Amongst the girls the figure always using contraception is 19 percentage points lower in this group than in the group of girls who were 15 or older when they made their sexual debut. The number of girls who experienced their first time with a steady partner who say they always pay close attention to contraception is above average at 80%, while the figure is 65% for those who knew their first sexual partner well and it is once again significantly less (45%) amongst those who experienced their first time with someone they did not know (very well). This trend is also true for the boys. However, the differences are not so pronounced here as amongst the girls.

The more extensive their sexual contacts, the more the danger exists that they did not use adequate protection every single time. At 77% and 72% respectively the answer “I always pay close attention to contraception” is given the most often by those girls and boys whose number of sexual partners is still very manageable (have had sexual intercourse up to ten times). Amongst those who have had sexual intercourse more often (up to 50 times) the high percentage drops somewhat amongst the boys (by 10 percentage points to 62%), whereas it remains almost constant amongst the girls (76%). However, it then also drops amongst the girls if they have had sexual intercourse more than 50 times: 69% still say their behaviour is still in the top category; amongst the boys the number drops to 54%.

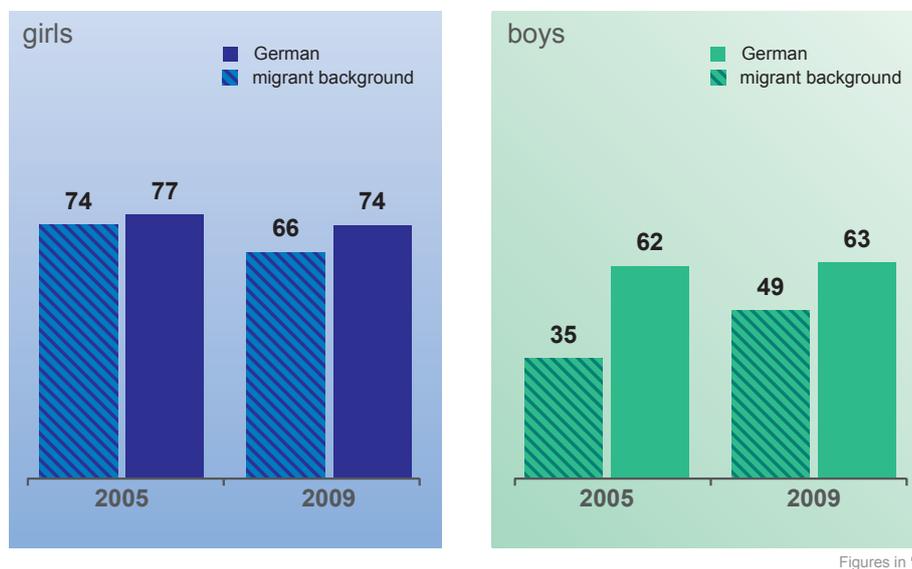
For young people of both sexes the family background also has an impact. If contraception was addressed in the home, their general contraceptive behaviour is also better than where this was not the case. Amongst the boys the difference is 10 percentage points, amongst the girls it is 14 percentage points. However, the pronounced differences among the boys depending on whether sexuality in general was addressed in the home do not exist in the same way among the girls.

General contraceptive behaviour

Four-year trend

Percentages who said: “always pay close attention” to contraception

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für
gesundheitliche
Aufklärung



Basis: young people who have had sexual intercourse several times

8-10-2009

Fig. 99

Which of the following statements best describes your behaviour towards preventing pregnancy?

In recent years the four comparison groups have undergone different developments. The biggest improvement has taken place amongst the boys with a migrant background: they are careful about birth control far more often today than four years ago (plus 14 percentage points from 2005 to 2009). The German boys' behaviour has changed the least: amongst this group the percentage saying they “always” pay close attention to birth control has remained almost unchanged (2009: 63%; 2005: 62%).

The girls are displaying the opposite trend. Particularly the girls with a migrant background are being less careful about always using contraception (minus 8 percentage points compared with 2005). The same is true for the German girls, but not to the same extent (minus 3 percentage points). However, three in four German girls still say they “always” pay close attention to contraception; this figure is still by far the highest amongst the four comparison groups.

General contraceptive behaviour

Long-term trend

Percentages who said: “always pay close attention” to contraception

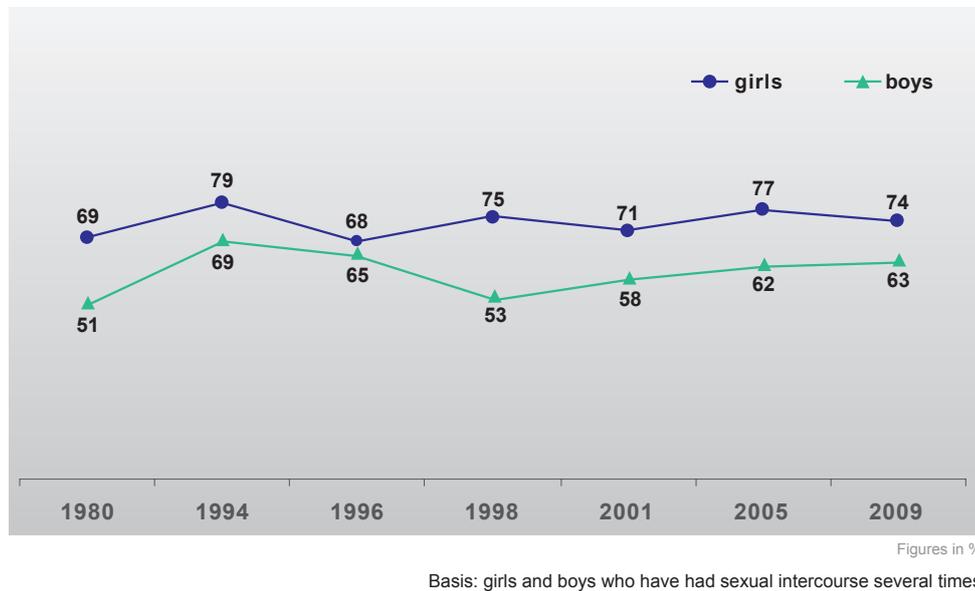


Fig. 100

Which of the following statements best describes your behaviour towards preventing pregnancy?

Girls. The long-term trend analysis reveals that the girls’ contraceptive behaviour has always fluctuated somewhat. The current figure of 74% of girls who “always” pay close attention to contraception is 3 percentage points lower than the 2005 figure, but if 2001 is taken as the reference point the current value is 3 percentage points higher (2001: 71%). In general it can be said that the girls’ figure has been fluctuating around 75% since 1998. Two years earlier, in 1996, the girls’ figure was 68%, revealing less conscientious contraceptive behaviour that was at approximately the same level as the figure of the first survey in 1980 (69%), while the highest value measured so far was 79% and that was in 1994. This high percentage has never been reached again.

Boys. The overall development amongst the boys is similar. The percentage of them saying they always paid close attention to birth control was also highest in 1994; however, the decline from this percentage took place more gradually and did not reach its lowest value in 1996, but only in 1998 at 53% (close to the 1980 value). Since then the number of boys using birth control conscientiously has risen again too. In contrast to the girls, whose current percentage is somewhat lower again than it was in 2005, the boys’ percentage who always pay attention to contraception is 63% today and therefore no lower than the 2005 figure (in fact an increase of one percentage point).

Throughout the 30-year survey history the girls have been more conscientious than the boys, but both sexes have improved their contraceptive behaviour compared with the first survey in 1980.

4.2.4 General reasons for not using contraception

General reasons for not using contraception Current

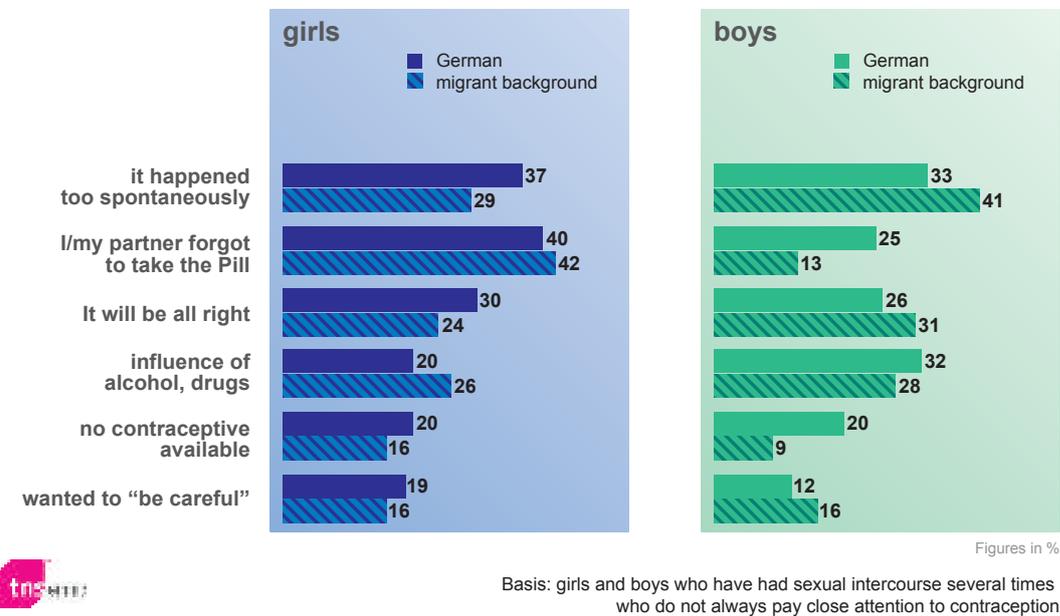


Fig. 101

What were the reasons why you did not always use contraception?

When asked why the young people did not “always” pay close attention to contraception during sexual intercourse many of them said “it happened too spontaneously”; among both the boys and the girls at least every third gave this reason. Girls with a migrant background have a lower percentage here. However, so few of them were asked that their data cannot be interpreted any further; for that reason the percentages are only depicted in grey in the figure and will not be discussed further in the text.

In addition to the spontaneity of the situation other reasons were also given more often.

The most noticeable of them is that one of the main reasons for an occasional lack of contraception is that the girl/girlfriend forgot to take the Pill, which is not surprising, given its increased use. Amongst the girls this reason is now the most common at 40%. Four years ago this figure was only 25%. Amongst the boys there has also been a big increase in this reason (from 9% to 25%). For boys with a migrant background this aspect has remained at the same low level of relevance; they probably often do not even know about the corresponding problems.

The influence of alcohol and drugs continues to be a reason why young people occasionally do not use birth control. Every third German boy (32%) explains his inadequate contraceptive behaviour with this reason (amongst others); while 28% of boys with a migrant background do, as does every fifth German girl (20%).

Unfortunately naïvely hoping that it will be all right despite lacking contraception is still a widespread attitude (German girls: 30%, German boys: 26%, boys with a migrant background: 31%). At least these figures are lower for the German young people than they were when they were asked why they did not use contraception the *first* time they had sexual intercourse (girls: 42%, boys: 37%).

4.3 A close look at the main contraceptives, condoms and the Pill

4.3.1 Problems using condoms and the Pill

Condoms and by now the Pill too have become very popular methods of birth control for the 14–17-year-olds, but do they also know how to use them properly?

The results show that both methods have their own specific application problems. One fact that stands out is that more problems are reported for the most reliable method of birth control, hormonal contraception by means of the Pill, than for condoms. Since the Pill and condoms are gender-specific in their use the bars in the following figures relate to the percentages of the actual users, i.e. for the Pill the girls' percentages and for condoms the boys' percentages. However, both sexes were *asked* about their experiences with these contraceptives (insofar as relevant experiences with the Pill and condoms existed) and for that reason the percentages of the other gender are written as numbers next to the bars in the coloured boxes.

Three in four boys say they have had **problems using condoms**. On average they list slightly more than one problem (1.3). Every fourth boy did not comment, which is most likely because this group has not yet had any specific problems using this form of contraception.

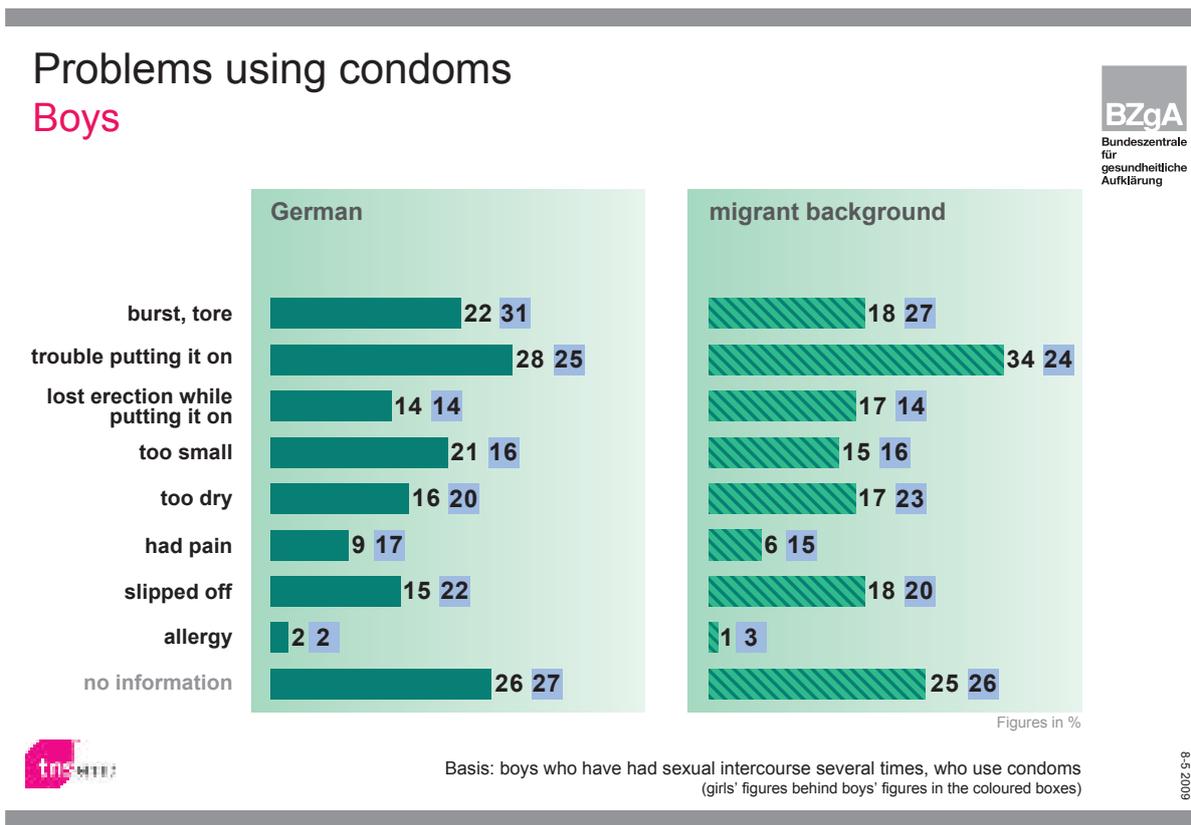


Fig. 102

Have you or your partner ever had any of the following problems when using condoms?

The biggest issue for the young people is putting the condom on; more than one in four (28%) German boys have struggled with this problem and amongst the boys with a migrant background this figure is even one in three (34%).

Every fifth boy says he has had a condom tear or burst (22%/18%).

Similarly many also take issue with the size of condoms: German boys were more likely to find them too small (21%) than boys with a migrant background (15%). It is the other way around when it comes to the category “it slipped off”: 15% of German boys list this problem, while 18% of boys with a migrant background do.

16% and 17% respectively complain about the feeling of dryness. One in seven and one in six respectively also say they lost their erection when they were putting the condom on (14% and 17%).

Three in four girls and therefore just as many as boys also say they have had problems using condoms. In contrast to the boys the girls list more problems, around 1.5 on average. The responses by the girls from migrant families are almost identical to the ones by the German girls.

These two groups’ statements are more similar to each other than they are to the statements made by the opposite sex. However, here too there are concordant responses, such as regarding the loss of an erection.

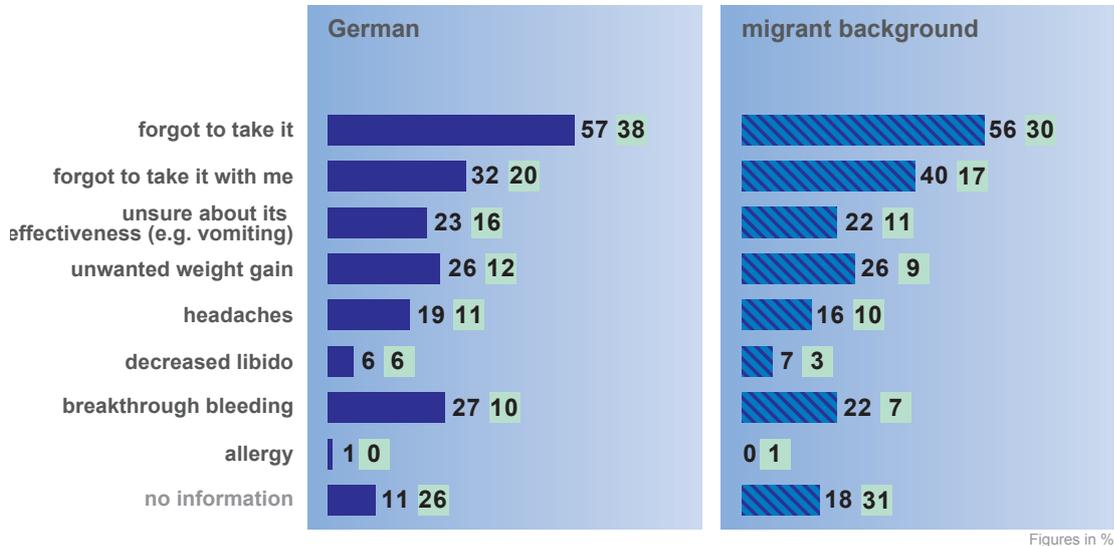
More girls than boys mention burst or torn condoms (plus 9 percentage points). The group of German girls are also more likely than their male counterparts to mention problems with condoms slipping off (plus 7 percentage points). “Had pain” was another problem listed by more girls than boys (German girls: plus 8 percentage points; girls with a migrant background: plus 9 percentage points), but this answer could refer to their personal experiences with condom use rather than those of the boys, so on this issue the two sexes’ responses are not so easy to compare.

The analysis of **problems using the Pill** reveals that the boys’ and girls’ responses are further apart here than they were regarding condoms. The two comparison groups, German girls and girls with a migrant background, are, on the other hand, very similar in their responses, just as the responses of the German boys and boys with a migrant background were when listing problems with condoms.

The girls as the active users make more reports of different problems. Only a small number say they have not had any of the listed difficulties. Here girls with a migrant background were more likely not to provide any information (18%, German girls: 11%). On average both groups listed 1.9 different problems.

Problems using the Pill

Girls



Basis: girls who have had sexual intercourse several times who use the Pill
(boys figures behind girls' figures in the coloured boxes)

8-6-2009

Fig. 103

Have you or your partner ever had any of the following problems when using the Pill?

The Pill's clear main problem is the fact that it has to be taken on a regular basis. More than half of the Pill users (57%/56%) have forgotten to take the Pill on time at least once and at least every third German girl and 40% of girls with a migrant background have forgotten to take the Pill with them when spending the night elsewhere.

However, roughly a quarter of the girls also list three other problems, one of which regards the Pill's effectiveness and the other two undesirable side-effects: 23% of the German girls and 22% of the girls with a migrant background were not certain about the Pill's effectiveness because of vomiting or diarrhoea, while 27%/22% had breakthrough bleeding and 26%/26% attributed (unwanted) weight gain to their use of the contraceptive pill. 19% of the German girls and 16% of the girls from migrant families also reported headaches. A decrease in libido on the other hand is hardly an issue for girls (6%/7%).

Girls know more about the difficulties that can occur with condoms than boys do about the problems that can occur with the contraceptive pill. This conclusion was drawn from the differences in the answer frequencies. This would be a particular worry when the contraceptive's effectiveness was in doubt but this problem remained uncommunicated: only 38% of the German boys reported experience with their partner forgetting to take the Pill. This figure is 19 percentage points lower than the girls' figure (57%). The gap is even greater amongst the young people from migrant backgrounds: 56% of the girls with foreign roots, but only 30% of the boys from a migrant background, say they have experience with personally/their partner's forgetting to take the Pill.

Furthermore, boys know less about problems when it comes to forgetting to take the Pill when spending

the night away from home. Here too the gap between the girls and boys from migrant families is quite a bit higher than that between the German girls and boys (gap of 23 percentage points compared with gap of 12 percentage points).

When it comes to experiences with physical side effects (weight gain, breakthrough bleeding) the figures are similar to those discussed above.

The fact that boys are less familiar with the difficulties that can arise from using the contraceptive pill than the girls themselves is confirmed by two further results: more boys than girls do not provide any information regarding possible problems with the contraceptive pill (26%/31% compared with 11%/18%) and when they do list problems, then on average they give fewer than the girls themselves (only 1.2/1.0 compared with 1.9 for the girls).

4.3.2 Evaluation of condoms and the Pill

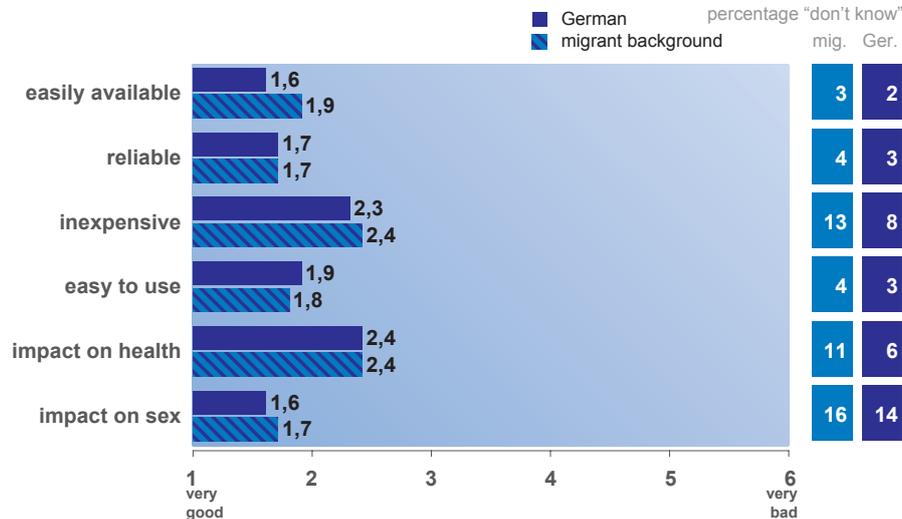
Condoms and the Pill are gender-specific contraceptives and for that reason the girls' assessment of the Pill and the boys' assessment of condoms are of particular interest; it is these two assessments that will be presented in this chapter (however, both the boys and the girls were asked about their evaluation of both contraceptive methods).

It becomes clear at first glance that both contraceptive methods receive a very positive overall evaluation. Regardless of the concrete aspect, the majority of the evaluations are positive. There is one exception: the evaluation of condoms in their impact on the sex act.

Evaluation of the Pill – various criteria

Girls, current

Averages, assessment scale from 1 (“very good”) to 6 (“very bad”)



Basis: girls who have had sexual intercourse several times

8-10 2009

Fig. 104

In the following questions we want to know how you evaluate certain qualities of contraceptive methods, for example, whether a contraceptive is easily available in shops, whether they are safe and what kind of an impact they have on the sexual experience. Please use a scale from 1–6 in your evaluation. 1 stands for “very good” and 6 for “very bad”, while all the numbers in between are gradations. Please now evaluate the contraceptive pill.

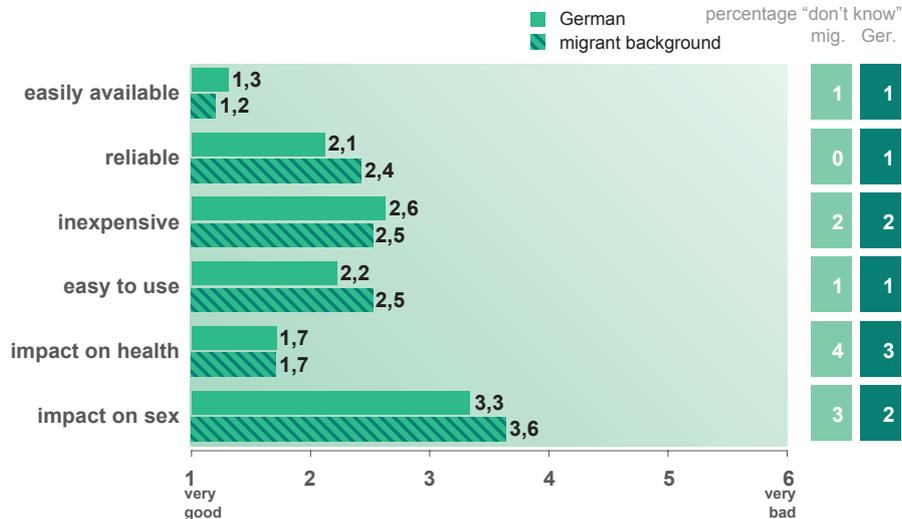
The evaluation of the Pill was given an above average score of better than 2 in four categories: reliability, ease of use, availability and impact on sexual experience (on a scale of 1 = very good to 6 = very bad). Girls with and without a migrant background are completely agreed in their positive evaluation of the Pill’s reliability (both an average of 1.7). Amongst the German girls two other categories get an even better evaluation: the impact of the Pill on the sexual experience and its easy availability (both 1.6). This latter point is also the one where the German girls differ the most from the girls with a migrant background: girls from migrant families give an average evaluation of 1.9 for the category “easily available” (plus 0.3 compared with the German girls). Otherwise all the other evaluation differences are no more than 0.1.

This is also true for the two categories that were given more critical evaluations compared with the other four, receiving average evaluations of 2.3 (price) and 2.4 (impact on health), however, these evaluations are still quite good.

Evaluation of condoms – various criteria

Boys, current

Averages, assessment scale from 1 (“very good”) to 6 (“very bad”)



Basis: boys who have had sexual intercourse several times

8-5-2009

Fig. 105

Now please evaluate condoms.

The boys' **evaluation of** condoms overall, putting all aspects together, is not quite so positive as the girls' evaluation of the Pill. The breadth of evaluations is greater for condoms. The great advantage of condoms is that they are available everywhere. The average evaluation for this category is 1.3 and 1.2 for German boys and boys with a migrant background respectively, meaning condoms clearly win out over the Pill (1.6/1.9) in this respect. Their low health impact is also a big benefit, all boys are agreed (1.7) and here too condoms do much better than the Pill, whose impact on health the girls tend to evaluate as more of a weak point compared with the other categories (both 2.4).

However, reliability and ease of use do not receive such positive evaluations. The Pill is judged to be superior in these respects. One fact that stands out is that boys with a migrant background have a more negative attitude towards these two aspects of condoms (2.4 / 2.5) than German boys (2.1 / 2.2). The price on the other hand receives a similar average evaluation from both groups 2.6 / 2.5. These figures are also somewhat worse than those of the girls about the price of the Pill (2.3 / 2.4).

The great failing of condoms is their impact on the sexual experience. The average evaluations of 3.3 (German boys) and 3.6 (boys with a migrant background) are much worse than those for any other category. Another fact worth mentioning is that almost all of the boys are confident enough to evaluate condoms, regardless of the aspects (maximum “don't know” figure 4%).

Trend comparison with 1996 – German young people

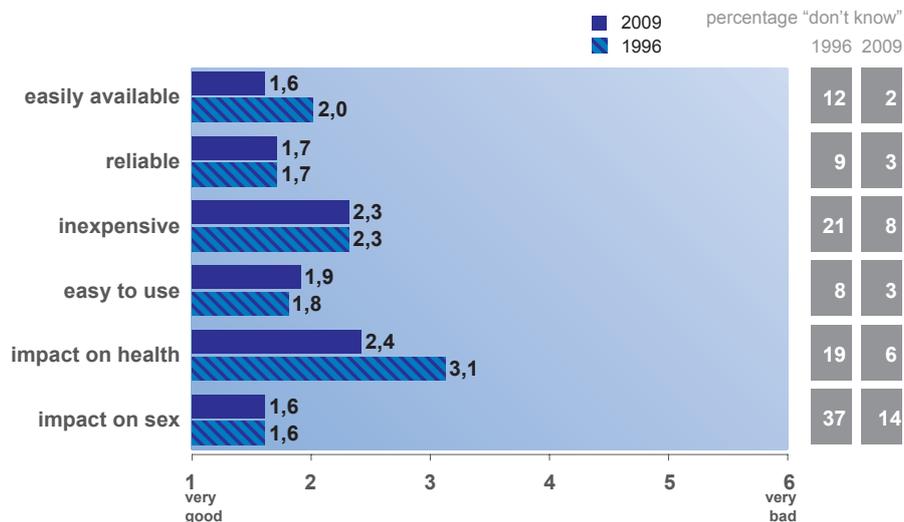
Once before, in the 1996 survey, the young people were asked to assess the two main contraceptives. The comparison can only be made for the sample of young people with German citizenship, since no comparison data are available for the young people with a migrant background.

The most striking result of the trend comparison relates to the “don’t know” percentage: in 1996 far fewer girls and boys had the confidence to make a detailed evaluation of the two most common forms of birth control; the percentages varied depending on what exactly was asked. A further result of the trend comparison is that while the Pill is evaluated much more positively today in two of the six aspects (availability, health impact) than it was 13 years ago, the boys only gave one aspect an improved evaluation (ease of use).

Evaluation of the Pill – various criteria

Girls, trend

Averages, assessment scale from 1 (“very good”) to 6 (“very bad”)



Basis: girls who have had sexual intercourse several times

8-10-2009

Fig. 106

Please now evaluate the contraceptive pill.

The girls’ current **evaluations of the Pill** are largely remarkably similar to those of 1996 regarding price, reliability, ease of use and its impact on the sexual experience. In 2009 the girls gave the Pill a better evaluation for its availability than in 1996, while the evaluation of its impact on health has seen an even greater improvement in its evaluation from 3.1 in 1996 to 2.4.

There is a further difference that cannot be seen by looking at the average figures: in the mid-1990s more girls were not confident enough to make detailed evaluations of the Pill. Although most of the sexually experienced girls made judgements about the Pill’s reliability and ease of use, one in five did not know what to say about the Pill’s price and impact on health. Even fewer girls felt they could make

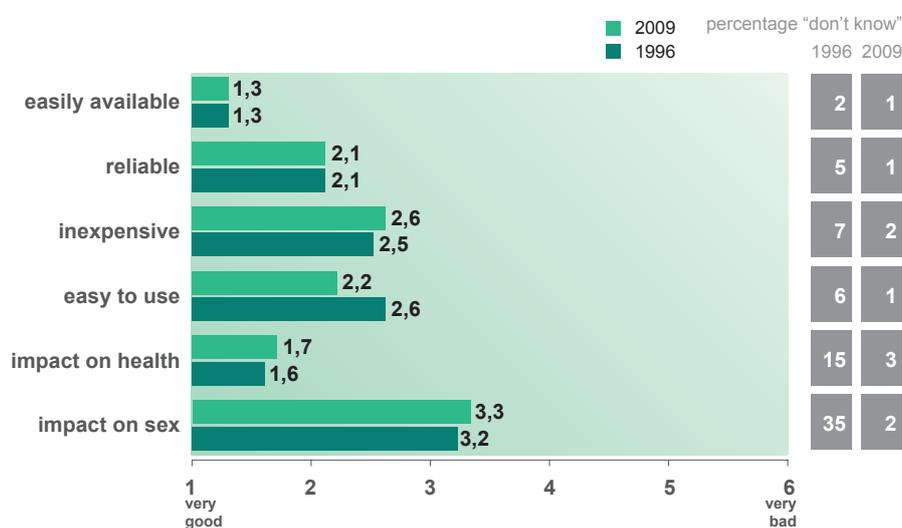
an evaluation of the Pill's impact on the sexual experience (37% "don't know"). The "don't know" percentage has greatly decreased in the current generation. In five of the six detailed categories it is in the single digits (between 2% and 8%). It is only with regard to the Pill's impact on the sexual experience that 14% of girls still do not know what to say. However, this figure is also very much lower than that of 1996. One of the factors surely contributing to the increased number of girls considering themselves capable of making evaluations about the Pill is that more girls start using the Pill early on in their sex lives, meaning that they have had more personal experience of it. However, the increased sexuality education efforts and the easier availability of information (nationwide sexuality education classes, internet) very likely also play a role.

Evaluation of condoms – various criteria

Boys, trend

Averages, assessment scale from 1 ("very good") to 6 ("very bad")

BZgA
Bundeszentrale
für
gesundheitliche
Aufklärung



Basis: boys who have had sexual intercourse several times

8-11-2009

Fig. 107

And now please evaluate condoms.

What is true for the girls and the Pill is also true for the boys and their **evaluation of condoms**: the evaluation of almost all individual aspects has remained surprisingly constant over the years; just in one issue has there been a change and a change for the better. The category "ease of use" is now given an average evaluation of 2.2 by the boys, which is better than the figure of 13 years ago (2.6).

Unlike the girls the sexually experienced boys of 1996 were already confident enough to make evaluations. The maximum "don't know" percentage was already in the single digits for four of the six aspects (values between 2% and 7%). Only for the categories "health impact" (15%) and especially "impact on the sexual experience" (35%) were similarly many boys unwilling to make judgements about condoms as the girls were about the Pill.

4.4 Emergency solution – experiences with the morning-after pill

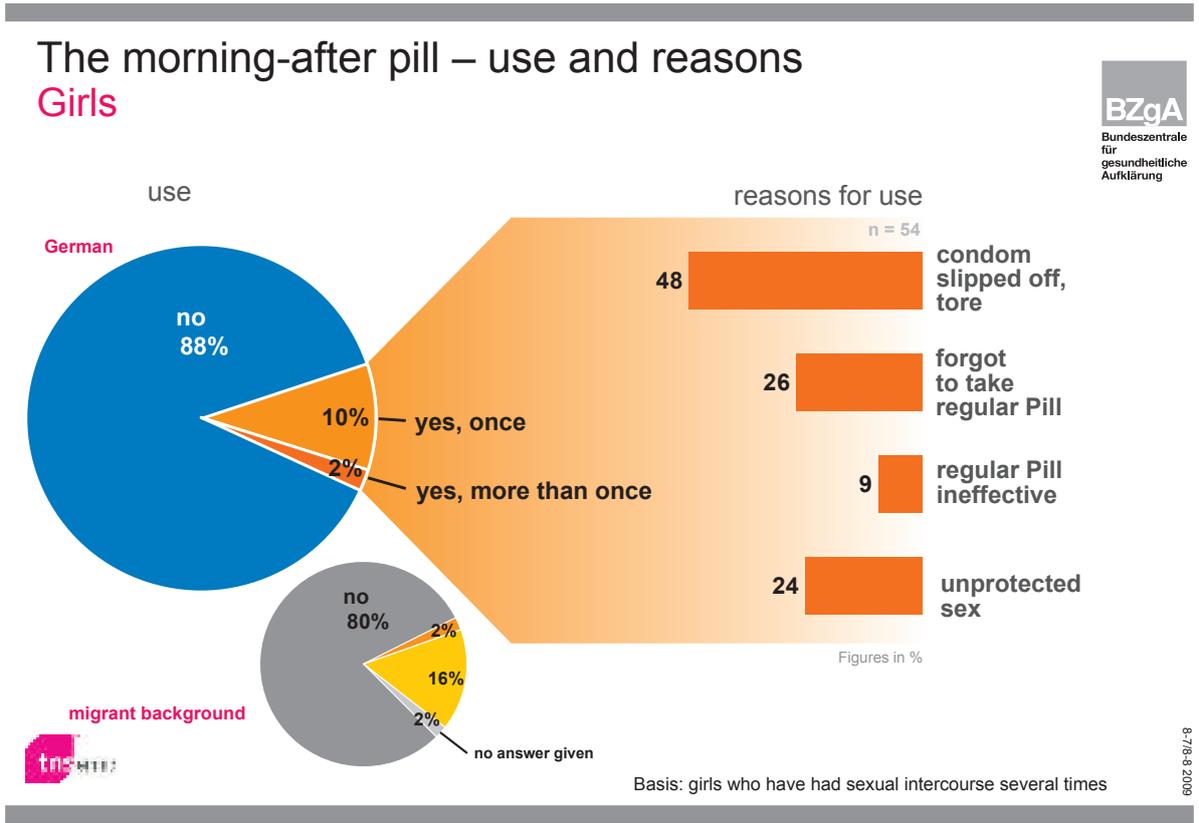


Fig. 108

You have already been asked about the 'morning-after pill', a method of emergency contraception that allows you to prevent a pregnancy after having had sex if you take it within 12–72 hours afterwards. Have you personally used the 'morning-after pill' before?

10% of the German girls who have had sexual intercourse several times have already been in a situation in which they have had to make use of emergency contraception. A small percentage (2%) have even had to use emergency contraception more than once (total: 12%). Amongst the girls from migrant families surveyed the figure is 18%, making it higher than that for the German girls. 16% said they had used emergency contraception once and a further 2% said they had used it more than once already.

If the morning-after pill was used, then it was generally because there had been a problem with the regular method of birth control. Almost every second girl said the condom slipped off or tore (48%). A good third of the answers referred to the contraceptive pill: 26% said they had forgotten to take it and a further 9% said they were worried its effectiveness could have been impaired (vomiting, diarrhoea). A small percentage also make more than one of these answer choices. Around a quarter of girls, however, also said they used emergency contraception because they had had unprotected sex. This data has come from the German girls' responses, because the absolute case number of the girls with a migrant background (n = 21) was too small to permit analysis.

In detail

Amongst the German girls the morning-after pill seems to be establishing itself as a form of emergency contraception for the more highly educated in particular. There are several indicators suggesting this: girls attending Gymnasium have already used it a lot more often (17%) than girls attending Hauptschule or Realschule (7% and 9% respectively); furthermore the morning-after pill is used even more often

the more educated the mother is (mother with basic level of education: 6%; average education: 12%, 18= school=leaving certificate or university degree: 21%) and it also tends to be used more by girls whose parents talk openly about sexuality (13%; if there is not such an open environment: 8%). Such a connection to the educational background did not exist in the previous surveys; instead it had looked as if its use was unaffected by the educational background.

These statements are also true for girls with a migrant background.

With increasing sexual intercourse the probability that young people find themselves in a situation in which they have to use emergency contraception naturally also goes up. As a result the age at which they made their sexual debut also plays a role: the younger the girls were when they had sexual intercourse for the first time, the more experience they have had with the morning-after pill.

Trend comparison 2001 – 2005 – 2009

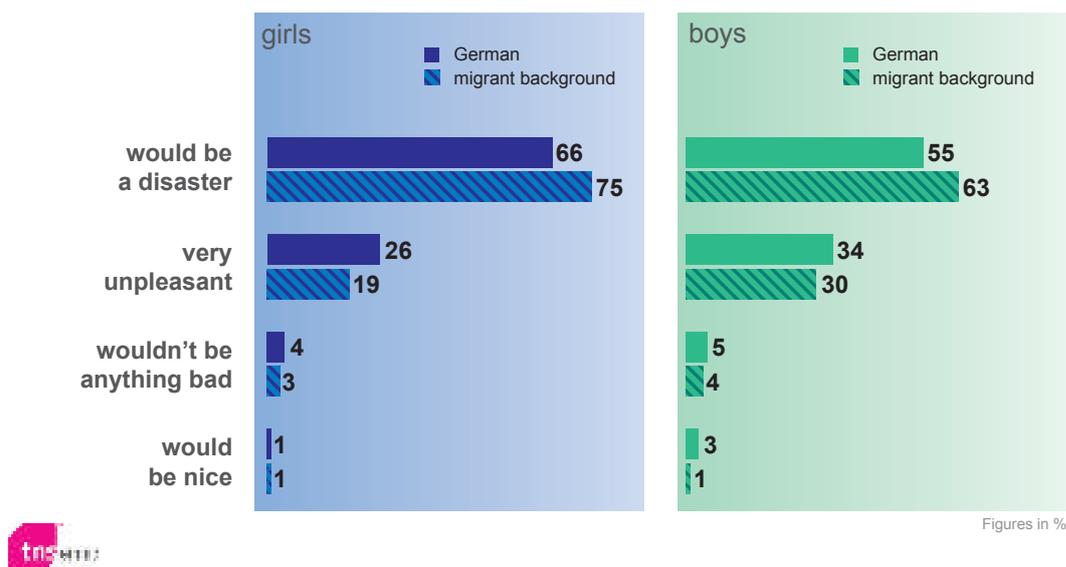
Over the past eight years there has been a slightly increasing trend: in 2001 and 2005 8% of the German girls had taken the morning-after pill once, a further 1% more than once (total: 9%). For the girls with a migrant background, there is only comparison data for 2005. Four years ago the percentages of them who had used the morning-after pill once was 5% and several times was 1%, meaning the number of girls with a migrant background who had already used emergency contraception was lower than that of the German girls. Since the samples of sexually active girls with a migrant background in 2005 and 2009 (n = 95 and n = 119 respectively) were small, fluctuations in their answer behaviour are to be expected. It is best to wait for a further survey before making statements about trends.

5. Pregnancy and the Desire to Have Children

5.1 Potential and actual pregnancies

Attitudes to an unexpected pregnancy

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Fig. 109

*What if you got pregnant now (you got a girl pregnant now)?
Would that be a disaster for you, something very unpleasant, nothing bad or something nice?*

Pregnant now? For the majority of the 14–17-year-olds this would be “a disaster” and most of those who did not pick this answer picked the next one: it would be at least “very unpleasant”. The girls are more negative in their judgements than the boys, who are a bit more casual about getting a partner pregnant. Depending on whether there is a migrant background or not the numbers of girls saying a pregnancy now would be a disaster are 11 and 12 percentage points higher than those of the boys saying the same thing.

At the same time there are also general differences between German young people and young people from migrant families, irrespective of gender. Young people with a migrant background are more negative about an unplanned pregnancy than German young people. There is a difference of 9 percentage points amongst the girls and 8 percentage points amongst the boys.

Overall the girls with a migrant background are the most negative about a potential pregnancy now (75%) and within this group this judgement is made particularly often by those with close ties to religion (85%) and Turkish citizens (84%). Only 55% of German boys come to this conclusion, but they have the highest percentage of all the groups saying that if they got a partner pregnant now it would be very unpleasant (34%).

“A pregnancy now would be a disaster”

Four-year trend

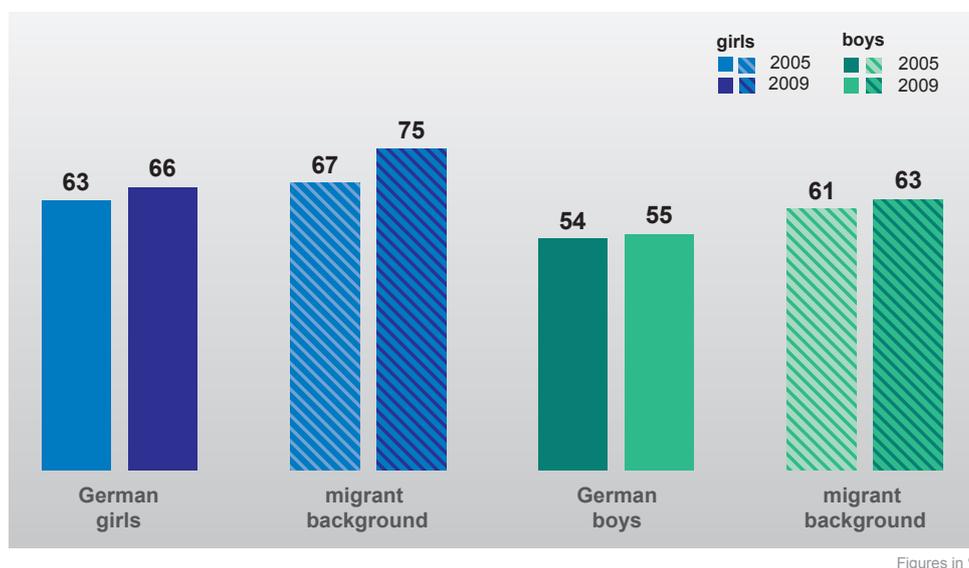


Fig. 110

What if you got pregnant now (you got a girl pregnant now)?

*Would that be a disaster, something very unpleasant, nothing bad or something nice **for you**?*

The trend comparison shows that the number of young people saying a pregnancy at this young age would be a disaster has continued to increase. The changes over the four-year period are not big. The increases range from 1 to 3 percentage points. The girls from migrant families are an exception. Here the number of those who say getting pregnant now would be a disaster has gone up more markedly (plus 8 percentage points).

In detail

The attitudes of the 17-year-olds are different from those of the 14-year-olds. 72% of German girls aged 14 said it would be a disaster to get pregnant now, while the same is true for only 60% of the 17-year-old German girls. The gap is even greater amongst the girls with a migrant background. 80% of the 14-year-olds compared with 60% of the 17-year-olds share this attitude. Another factor besides age influencing the young people's attitudes to a potential pregnancy is sexual experience. For those who have not yet become sexually active the idea of an unwanted pregnancy is naturally even more stressful than for those girls who have already had sexual intercourse. The difference between the German girls and the girls with a migrant background in this regard is particularly striking. The numbers of German girls saying a pregnancy now would be a disaster differ by 6 percentage points depending on whether

the girls have already become sexually active or not, while the numbers differ by 27 percentage points amongst the girls with a migrant background! This big gap is caused by two factors: firstly, an unwanted pregnancy would be a disaster for a greater number of sexually inactive girls from migrant families (82%) than German girls (68%) and secondly, *if* the girls with a migrant background have become sexually active, they are no longer so negative about a pregnancy (55%) as the German girls are (62%). This gap is doubtless also partly due to the fact that the girls from migrant families tend to be older than German girls when they become sexually active.

The statements made here about the girls also hold true for the boys in a similar way but to a lesser degree and with different starting levels.

Trend comparison to 1994 for the German young people

Compared with 1994 the number of German girls and boys (it is only for them that this longer-term data is available) who would consider an unexpected pregnancy to be a “disaster” has risen by more than 10 percentage points.

Actual pregnancies – pregnant young people in the sample

In all four sample groups, boys and girls with and without a migrant background, there are a few young people who say they are currently pregnant or have a pregnant partner: five girls and two boys from the German group and two girls and one boy with a migrant background (Polish, Croat, Spanish) are in this position. Four girls and two boys are 17, one girl is 16 and two girls and one boy are 15 years old. For these ten young people the question about their attitude towards a pregnancy was not asked in the abstract, they were asked to say how they felt about the actual pregnancy.

The reactions upon discovering the pregnancy ranged from “a disaster” to “something nice”. The 17-year-olds in particular are largely relaxed about the pregnancy. Two said it was something nice, two more said it was nothing bad. One 17-year-old boy, however, said it was a disaster and that attitude was shared by a 15-year-old girl with Polish roots. The others said it was a very unpleasant development for them to have to confront a pregnancy.

All of the young people affected are currently in a steady relationship. The majority of them already have graduated from Hauptschule (n = 3) or from Realschule (n = 3) and are now attending a vocational school, but the sample also includes two girls attending Hauptschule and two boys going to Gymnasium.

Almost all of them had sexual intercourse for the first time at a relatively young age (13 or 14, one girl was only 12); only one girl in the German group was 15. All of them experienced their sexual debut with someone of a similar age (partner’s age between 15 and 19). None of them felt pushed into it by their partner at the time and in many cases personal curiosity played a role.

There is a noticeable fact amongst the group of German girls: three of the five girls are also in the group of girls who have experienced sexual violence that led at least to forced intimacy, but in two cases it resulted in further sexual activity or sexual intercourse.

5.2 Desire to have children

Desire to have children

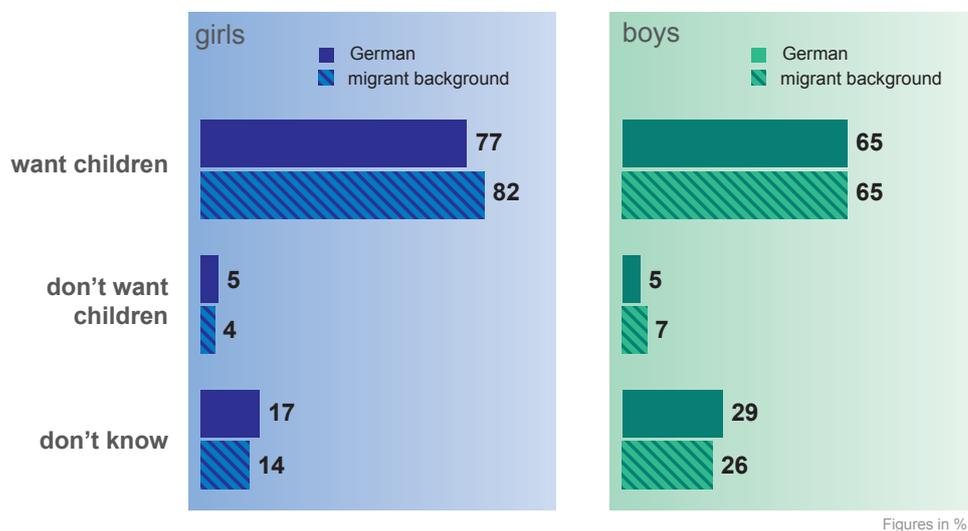


Fig. 111

Would you like to have children one day or are you/your partner currently pregnant or do you already have a child?

The overwhelming number of girls are already certain during their teenage years that children are definitely part of their life plan. More than three in four girls from migrant families chose the explicit answer category “I want to have children one day”. Only a minority of 5% and 4% respectively gave a clear “no”, and quite a few more (17%/14%) were still undecided about this matter.

Such considerations still seem to be further away for the boys. Almost twice as many boys as girls had not yet made up their minds about this, answering the question of whether they wanted children one day or not with “don’t know”. It is because of this and not because of a fundamentally more negative attitude towards children that fewer boys than girls picked the response “I would like to have children one day”. If the girls’ and boys’ percentages for the “no” category are compared, they are approximately the same size. Boys with and without a migrant background are largely agreed in their evaluations.

In detail

The differences that existed in the past between the (German) young people from west Germany and east Germany, which at times reached double digits regarding the pro-attitude towards having children, have become smaller. The gap between the girls and boys saying they wanted children one day is currently only 3 percentage points. The converging trends did not just take place at the expense of the percentage of undecided young people. The stronger negative attitude towards children in western Germany, expressed by the firm response “I don’t want to have children”, has decreased.

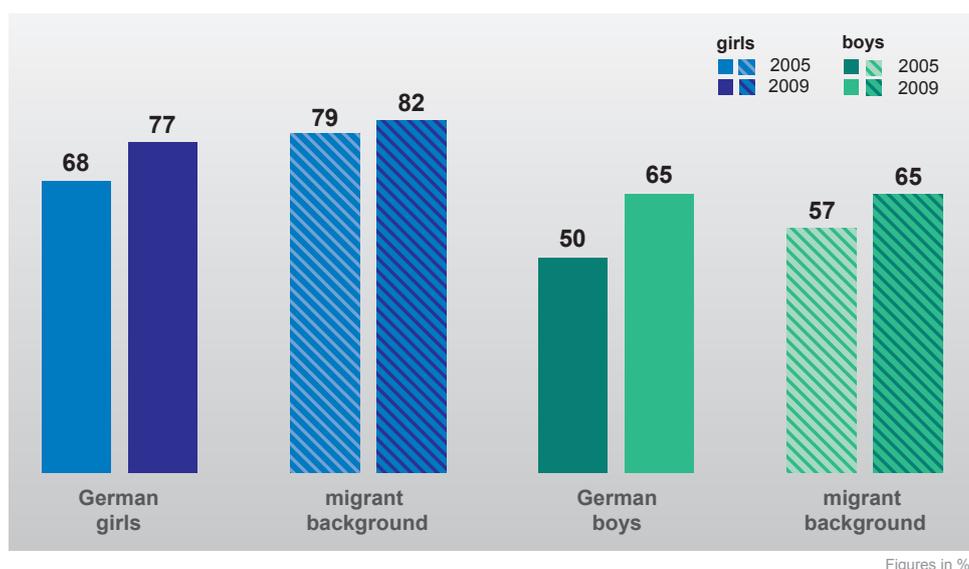
The young people's family circumstances do not seem to be entirely without effect. Girls and boys growing up with their biological parents are the most likely to say they do want to have their own children one day. If the German young people have a step-parent, the percentage is 7 (girls) and 13 percentage points (boys) lower compared with those of the young people with two biological parents. The boys on the other hand express a strong insecurity about whether they want children or not, because the boys who have a step-parent are more likely to answer "don't know". Among the girls the number who reject the notion of having children rises from 3% to 7%.

Among the boys and girls with a migrant background the number of those in favour of having children is also greater in the group who grew up with two biological parents (plus 10 and 9 percentage points respectively compared with young people living in other family configurations). In this group too there is a slight tendency to have a more negative attitude towards children.

Four-year trend. Comparison with the previous survey

The desire to have children – percentages “want children” Four-year trend

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Figures in %



9-1-2009

Fig. 112

Would you like to have children one day or are you/your partner currently pregnant or do you already have a child?

If the current results are compared with those of four years ago it can be seen that there is a stronger positive attitude towards having children. There have been increases in the number of young people saying they wanted to have their own children in all four groups, most noticeably amongst the German boys (increase of 15 percentage points). Analogously the number of undecided young people has

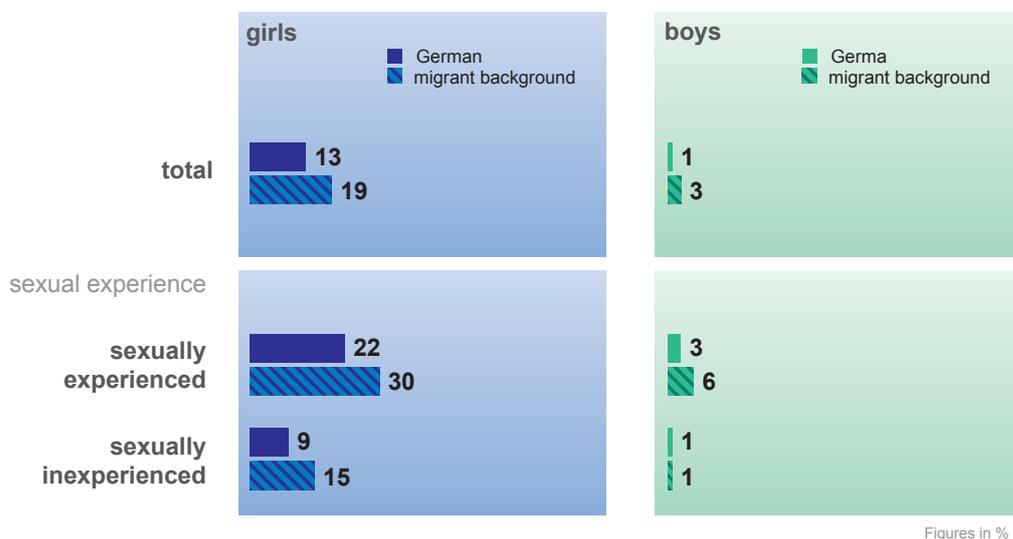
decreased and amongst the German young people so too has the number who have a negative attitude towards having their own children.

6. Sexual Violence

Experience with sexual violence

Current

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6-8-2009

Fig. 113

Has a boy/man [boys' questionnaire: another boy or a man] ever tried to force you into performing intimacies or sexual intercourse by pressuring you?

Girls are faced with sexual pressure far more often than boys of the same age; that much is clear from the figures at first glance. While 13% of the German girls and 19% of the girls with a migrant background reported already having been forced into sexual activities, the corresponding figures for the boys are only 1% and 3% respectively.

German girls with sexual experience in particular have found themselves in a situation in which they had to fend off unwanted sexual overtures. Among the sexually active girls the figures are a shocking 22% (German) and 30% (migrant background). However, even girls without sexual intercourse experience are not immune: one in eleven German girls and one in seven girls from migrant families have experienced such sexual pressure.

Among the boys the numbers also go up when looking just at the group of sexually active boys (3% and 6% respectively). However, the level remains much lower here than among the girls.

Four-year trend. Comparison with the previous survey

Compared with 2005 the number of girls who have experienced sexual violence has remained constant. In 2005 and 2009 the figures were 13% for German girls and 19%/18% for girls with a migrant background.

Trend comparison 1998 – 2001 – 2005 – 2009 – German girls

The data obtained for the first time in 1998 and obtained again in 2001 and 2005 show the figures have remained constant until today. However, a slightly decreasing trend can be made out rather than an increase (1998: 16%, 2001: 15%, 2005: 13%, 2009: 13%).

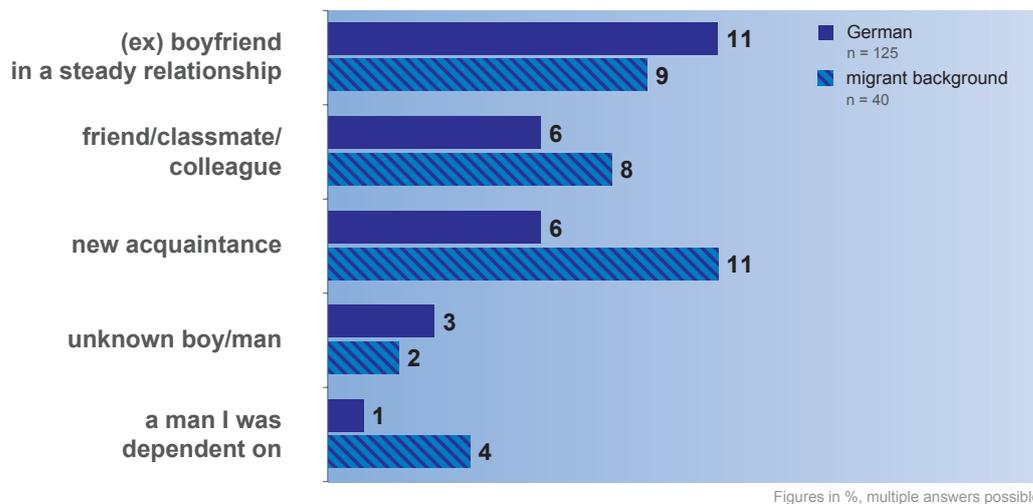
In detail

Girls. German girls (no more detailed differentiation is possible for the girls with a migrant background) have to confront the phenomenon of sexual violence more often if they were 14 or younger when they became sexually active. In this case 28% of them have already experienced sexual violence. If the girls entered a sexual relationship aged 15 or 16, the percentage drops to 20% and 17% respectively. The amount of sexual intercourse the girls have had also plays a role. The more experience in total they have, the more likely they are to have faced sexual pressure in their lives.

Experience with sexual violence – perpetrators

Sexually experienced girls

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Basis: girls who have experienced sexual violence

6-9-2009

Fig. 114

Has a boy/man ever tried to force you into performing intimacies or sexual intercourse by pressuring you?

Among the girls without sexual experience the circle of perpetrators cannot be identified clearly. They could have been unknown men/boys or steady partners. If sexual experiences are present the German girls' answers focus on the (ex) boyfriend (11%; otherwise 1% to maximally 6%). Such a focus cannot be attested for the sexually active girls from migrant families. The responses "my (ex) boyfriend", "a friend / classmate / colleague" and "a new acquaintance" were all given to approximately the same extent (9%/8%/11%).

Kind of sexual violence experienced

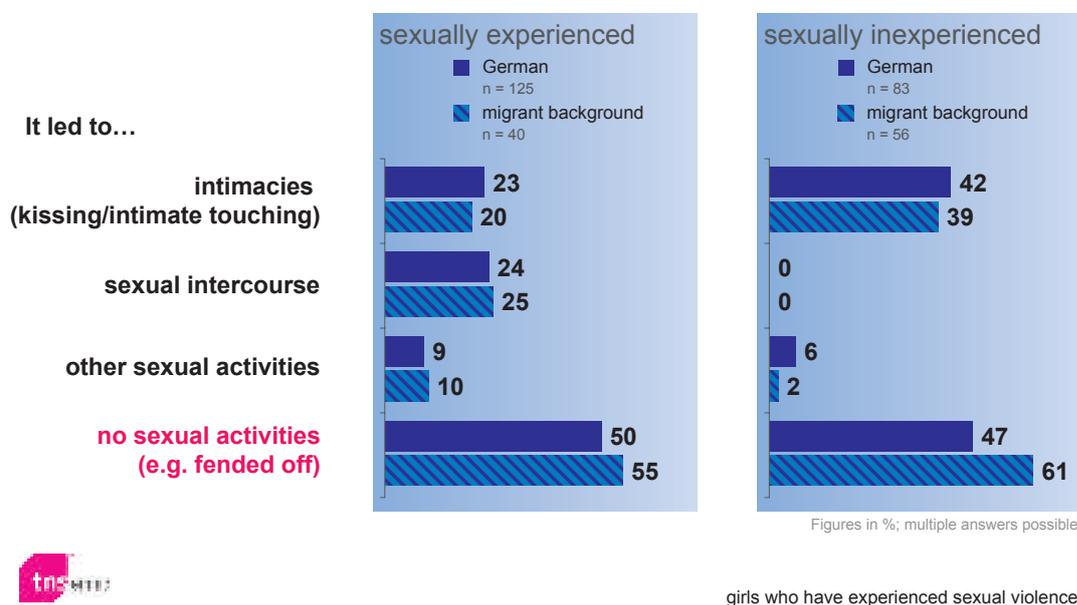


Fig. 115

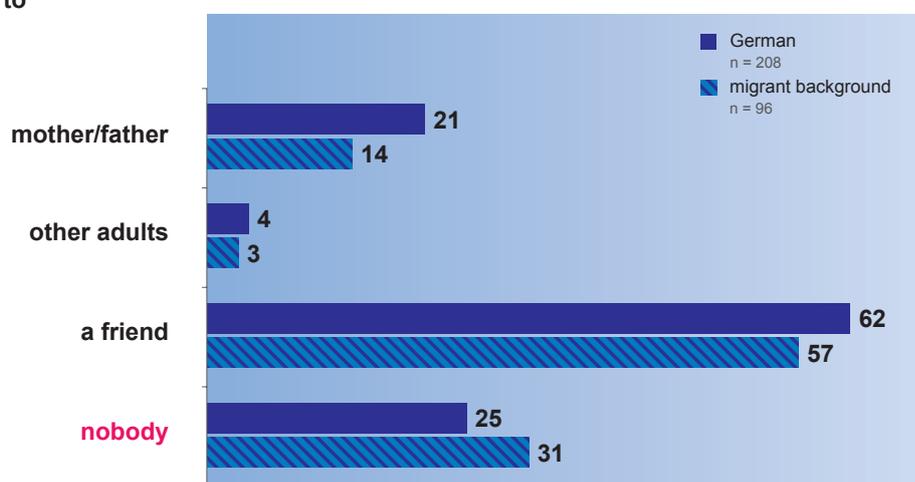
How did the situation end? Did you manage to avoid sexual activities, did it lead to intimacies (kissing, intimate touching), sexual intercourse or other sexual activities?

In half of the cases the German girls manage to fend off the assaults, meaning no sexual activities took place. This is true for both the sexually experienced (50%) and the sexually inexperienced girls (47%). Every third (sexually active girls: 23%, sexually inexperienced: 42%) girl was forced into kissing or intimate touching. In every fourth case the sexually experienced girls engaged in sexual intercourse (24%/25%).

Girls with a migrant background seem to resist male pressure more strongly: 58% say they fended off the assaults. Otherwise their statements correspond to those of the German girls.

Communication about the sexual violence experienced

talked about the
experience to



Figures in %; multiple answers possible

Basis: girls who have experienced sexual violence



6-10-2009

Fig. 116

Have you told anybody about this experience?

The majority of the affected girls are relatively open about their experience and confide in another person, typically a friend (German girls: 62%; girls with a migrant background: 57%). German girls are more likely to confide in their parents (21%) than girls with a migrant background (14%). It is, however, crucial for both groups whether there is a generally open atmosphere in the home about sexual questions and whether the girls feel fully taken seriously. If these requirements are met, then the mother or father are also more likely to be informed (up to 32%), whereas if they are not met the percentage drops almost always to below 10%.

Nor is absence of trust and openness in the home really compensated for by these girls' turning to their peers. Instead, this group is much more likely to cope with what happened alone, without confiding in anyone (up to more than 40% amongst the girls with a migrant background). On average 25% of the German girls and 31% of the girls with a migrant background say they have not spoken to anyone about what happened.

The figures from the small number of German girls (n = 35) who did not know their first sexual partner (well) are shocking: 43% of them said they had already been a victim of sexual violence. The perpetrators were (ex) boyfriends, a new acquaintance or an unknown man/boy. Even though the database is small and is for that reason not statistically reliable, there are several factors indicating that some of those girls did not experience their sexual debut of their own volition because half of the girls with an unknown first sexual partner who reported sexual violence said that the pressure exerted on them ended in sexual intercourse.

Boys. In the boys' case, none of the possible forms of perpetrator-victim-relationship stand out. German boys are more likely than boys from migrant families to say that they were able to fend off unwanted sexual advances. For both groups it is the case that they are less likely than the girls not to have had someone they were able to confide in about their experience (German boys: 47%; boys with a migrant background: 38%). These statements cannot however be generalized because of the small number of boys affected (n = 26 German boys, n = 16 boys with a migrant background).

Trend comparison 2001 – 2005 – 2009 – German girls

When it comes to how the girls handle sexual pressure, there has been a negative development. Although the percentage of girls who have been pressured sexually has remained constant or only decreased very slightly, *if* the girls found themselves in such a situation, then such an encounter is now less likely to remain without consequences for the girls. Half of the girls in 2009 (49%) reported they had successfully fended off sexual advances, while in 2005 and 2001 the figures were 62% and 65% respectively. The unwanted sexual activity that followed is also more likely now to end in sexual intercourse than in previous years. Of the sexually experienced girls who became victims of sexual violence, 24% currently report the attack having led to sexual intercourse. In 2005 and 2001 only 14% said the same.

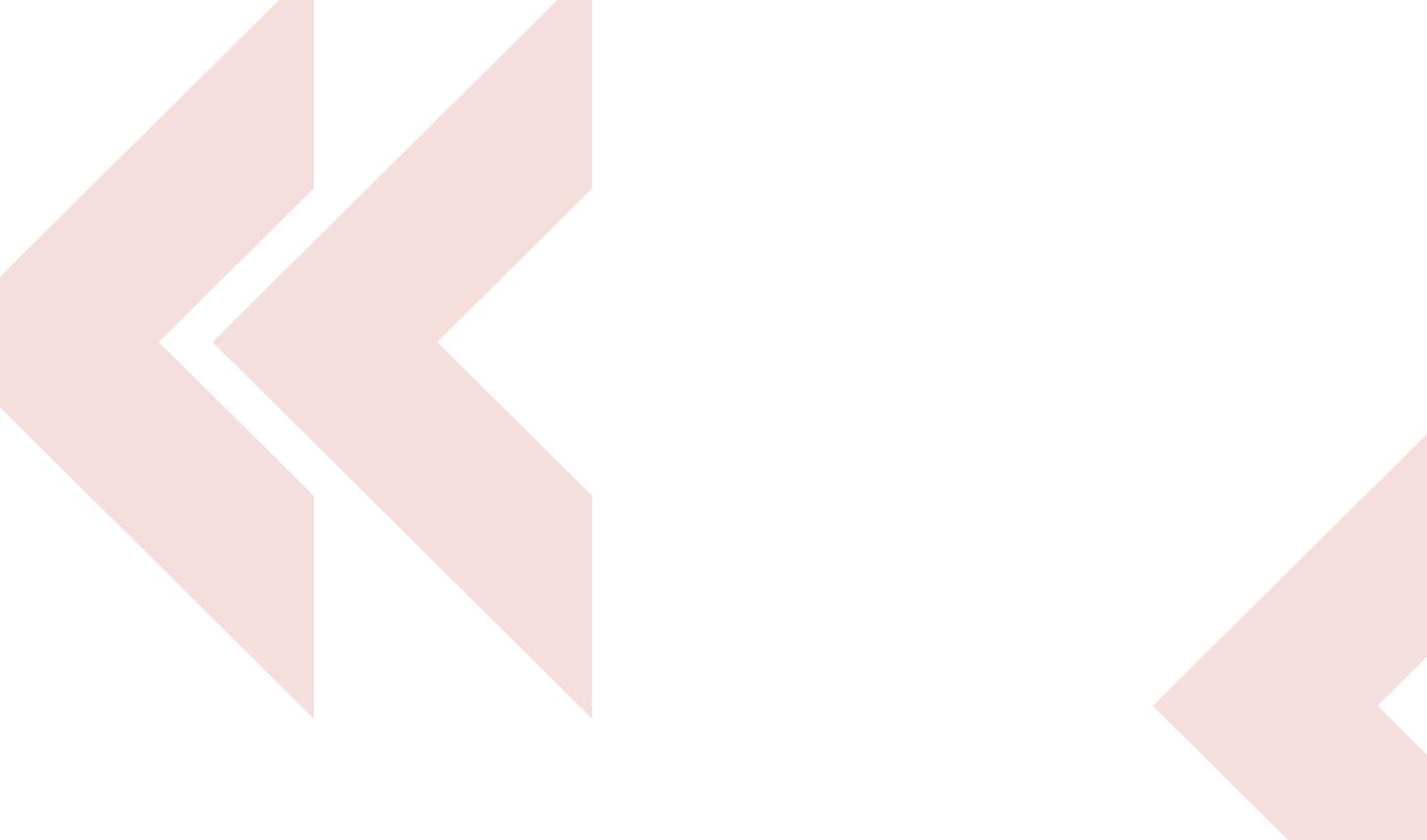
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