

evaluation to determine the exact cause.

## Health Conditions Related to Reproduction

The prevalence of high school students in the United States ever having sexual intercourse has been decreasing, from 54.1% in 1991 to 46.8% in 2013 ([Kann, Kinchen, Shanklin, et al, 2014](#)). The same trend was noted among students having had sexual intercourse before 13 years old (10.2% in 1991 to 5.6% in 2013) and students having had sexual intercourse with four or more people (18.7% in 1991 to 15.0% in 2013) ([Kann, Kinchen, Shanklin, et al, 2014](#)). Many serious health consequences are associated with adolescent sexual activity, including unplanned pregnancy and sexually transmitted infections (STIs); additional health problems may arise from an increased number of sexual partners over time and incomplete education regarding sexual practices in adolescents. Health professionals must understand the issues related to adolescent sexual activity and the psychosocial dynamics that influence them.

## Adolescent Pregnancy

Over the last several decades, the teenage pregnancy rate in the United States has shown a continual downward trend; however, adolescent pregnancy rates in the United States continue to rank higher than other developed nations. The 2013 teen birth rate was 26.5 per 1000 females 15 to 19 years old ([Martin, Hamilton, Osterman, et al, 2015](#)). The decline is attributed to increased condom and contraception use, as well as a delay in the initiation of sexual activity for adolescents. However, the less familiar an adolescent is with his or her partner, the less likely it is that they will use contraception during intercourse. Discontinuation of contraception is common; 30% of women age 15 to 19 years old and 47% of women age 20 to 24 years old have discontinued at least one method because of dissatisfaction ([Pazol, Whiteman, Folger, et al, 2015](#)). Teens who postpone the initiation of sexual intercourse decrease their risk for STIs, including human immunodeficiency virus (HIV).

In most cases, with early prenatal care, teenage pregnancy is no longer considered to be biologically disadvantageous to the child. However, teenage parenting is still regarded as socially,