



Precursors
of youth's sexual
and romantic
relationships

Presaj
Study

Gynecologic pain



➤ In adolescents in secondary 5
Grade 11 who participated in the
PRESAJ Study.

Inserting a tampon should
not be painful! What to do if
you are also experiencing
pain?

Pain when inserting a tampon

41.7% of individuals who had previously used a tampon
reported experiencing pain when inserting it.

41.1% identified themselves as female, **0.2%** as
male, and **0.4%** identified themselves as non-
binary or gender fluid.

Pain during sexual activities

13.9% of individuals who had engaged in sexual activities with
penetration (penetrative sex) reported experiencing pain in
their genitals.

12.3% identified as female, **1.4%** as male, and **0.2%**
identified as non-binary or gender fluid.

Average pain duration

On average, this pain during sexual
activities was present for

7.3 months for those who identified as
male

13 months

for those who identified as
female

15 months

for those who identified as
non-binary or gender fluid

Sex should not be painful!
What to do if you are also
experiencing pain?

What to do?

- Talk to a **health care professional** (doctor, nurse, sex therapist, etc.)
- Share with your **partner** what you are experiencing
- Consult **online resources** such as <https://teenhealthsource.com/blog/issex-supposed-to-hurt-going-to-the-doctor/>

The data in this infographic are derived from the third phase of the study on precursors of youth's sexual and romantic relationships (PRESAJ) conducted in Quebec in 2020-2021 among 2,418 adolescents in secondary five (grade 11). Only adolescents who reported that they had previously used a tampon (N=863) or engaged in a sexual activity with penetration (N=945) were included here.

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