



Discussion Guide for

TEEN PREGNANCY: CHILDREN HAVING CHILDREN

Having a baby can be a beautiful, healthy experience but only when you are Physically, Financially, & Emotionally mature enough to handle it.

This prevention-education program is intended to show young people the realities of "Teen Pregnancy: Children Having Children"

NEW RELEASE INFO

From the producers of the critically acclaimed and award winning programs, "Drugs Don't Make It!" And "Just Say Know To Aids!"

Their new release, "Teen Pregnancy: Children Having Children" is a one of a kind prevention/education tool.

Created, written, and produced by internationally lauded medical communication specialist, LYNNE D. KITET, M.D., this comprehensive tasteful, and non-controversial video & workbook package will touch the viewer's heart and mind.

THROUGH THE TRUE STORIES OF TEEN PARENTS, YOUNG PEOPLE WILL SEE FIRTHAND THE REALITIES OF WHAT IT MEANS TO BE A TEEN MOM OR DAD.

The financial burdens, psychological and physical changes, new pressures and responsibilities of parenting, are clearly illustrated through the powerful yet touching words of teen parents.

Caring experts in the field substantiate the facts.

With a strong plea for abstinence, until one is mature enough to handle the responsibilities of child rearing, this unique program also includes popular celebrities such as:

Luke Perry ('Beverly Hills 90210'), David Faustino ('Bud Bundy' in 'Married with Children'), Paula Abdul, Elizabeth Berkley ('Saved by the Bell'), Jennie Garth ('Beverly Hills 90210'), Wil Wheaton ('Star Trek: The Next Generation'), Robert Picardo ('China Beach' and 'The Wonder Years') plus many more luminaries who appeal to the viewer through poignant and heartfelt messages.

Your students will appreciate the frankness and honesty of this powerful teen pregnancy program. They will realize that the consequences of their actions can last a lifetime. they do have a choice!

RESULTS OF A 1993 GOOD HOUSEKEEPING AND CBS THIS MORNING Poll: *** YOU MAY CHOOSE TO TAKE YOUR OWN***

Over 100 boys & girls ages 12-17, living in urban & rural areas, proportional numbers of whites, blacks & hispanics - 97% of those polled say they are aware of sexual activity among their peers, a majority don't think premarital sex is morally wrong,

they believe schools should distribute condoms, they pay more attention to friends' views than parents' views when it comes to sex, their strongest reason for not having sex is the risk of aids (60%); fear of pregnancy is a distant second (25%). With this in mind, we must stress the importance of sex as a normal part of life, but something to be evaluated seriously as a decision that could change one's lifetime.

1. Where Did You First Learn About Sex?

FROM PARENTS, 32%; FRIENDS, 24%; SCHOOL, 23%; READING AND OTHER MEDIA, 17%.

2. Should High Schools Distribute Condoms?

YES, 73%; NO, 23%.

3. When It Comes To Sex, Teens Pay More Attention To:

Parents, 8%; friends, 89%.

4. What Proportion Of The Teenagers You Know Are Having Sex?

Nearly all, 13%; more than half, 22%; nearly half, 21%; a few, 20%; hardly any, 21%; none, 2%.

5. Do Those Teens Having Sex Have It With:

Different partners, 29%; the same person, 59%

6. Is Sex Before Marriage.. always Wrong:

30%; sometimes wrong, 55%; never wrong, 13%.

SUGGESTED ACTIVITIES

The following activities have been included to assist you in your lesson plans.

DISCUSSION QUESTIONS

- What would it mean to you & your family if you or your friend got pregnant?
- How long are you legally bound to your child? list some of your responsibilities.
- What are some of the things you need for a newborn baby (ie. blankets, diapers, formula, clothes, etc.), for a toddler, for a child, for a pre-teen, for a teen?
- What happens when you want to go out but you don't have a baby sitter?
- In what way does your social life change once you are a teen parent?
- What will others think of you if you become a teen parent?
- Is it easy or difficult to finish school if you have the responsibilities of a child and why?
- Do boys have as much responsibility to their child as girls and should they?
- What changes happen to a girl's body when she becomes pregnant?



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DID YOU KNOW ... ?

(word scramble)

- Directions: unscramble the following phrases

1. MATERNAL MORTALITY IS DOUBLE FOR MENOW UNDER 20 YEARS OF AGE.

2. 80% OF GNANTPREGNANTS UNDER 15 RESEMBLE EREWSELVESTHEM BORN TO TEEN MOMS.

3. TEEN PARENTS HAVE AN CREASINED SKIN OF PINGDRO OUT OF SCHOOL.

4. 2/3 OF TEEN FAMILIES LIVE BELOW THE POVERTY LEVEL AND MOST ARE DEPENDENT ON PUBLIC ASSISTANCE.

ANSWER KEY

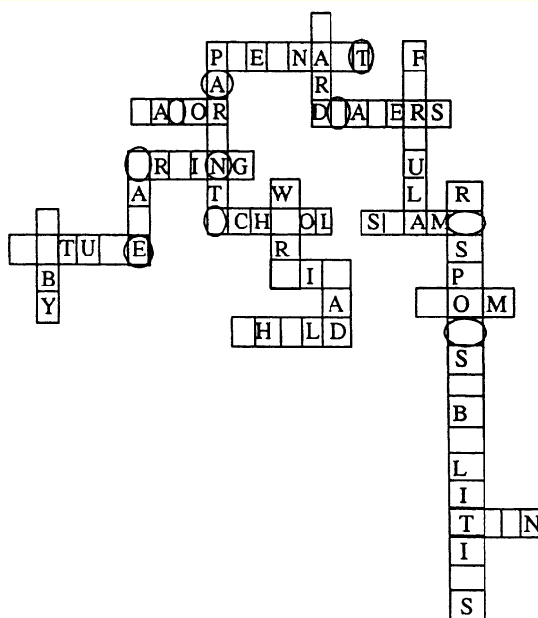
1. Maternal mortality is double for women under 20 years old
2. 80% of pregnant teens under 15 years old were themselves born to teen moms.
3. Teen parents have an increased risk of dropping out of school.
4. 2/3 of teen families live below the poverty level and most will remain poor or will be dependent on public assistance.

WORDS ASSOCIATED WITH TEEN PREGNANCY

Directions:

Fill in the blank squares to the right, to complete words associated with Teen Pregnancy. Circled squares to the right will complete the following quote:

"_____ is the best protection. It works everytime you use it!"



THE COST OF HAVING YOUR OWN BABY

1. Bring a 10 pound sack of flour to school. This will be your baby for the next week. The baby must be with you 24 hours a day unless competent child care is arranged (note the time left, the fee, and bring a signature from the caregiver).
2. What will you need and how much will it cost to bring this baby home from the hospital? Include crib, baby furniture, clothes, diapers (cloth, Pampers, diaper service), bottles and formula if used, bath-tub, soap and shampoo, car seat, baby socks and any other items you think your baby might need.
3. How much will it cost to raise your baby for the 1st year.

HINTS

- Doctors visits and immunizations-(well babies must be seen at 2 months, 4 months, 6 months and 12 months; sick babies are seen much more often).
- Average cost for a baby's antibiotic.
- New babies grow fast and need new clothes every 2 months.
- Cost of formula and baby food as baby grows.
- High-chair.
- Monthly cost of diapers.
- Baby toys.
- Playpen
- Child care (average cost at a child care center for infants)
- Sneakers and baby shoes.
- Door locks and outlet covers.

- Baby bottles (nipples need to be purchased every month).
- Fence if there is a pool.
- 4. What will the cost of living be?

HINTS

- Rent
- Food
- Electricity
- Water
- Phone
- Clothes
- Transportation
- Health Insurance
- Entertainment
- 5. How much money can you earn?
- 6. What are your other sources of income?
- 7. What does welfare pay?
- 8. Can you continue to go to school?



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9. Can you do things with your friends like you did before?

10. Where do you think you will be in 10 years; where did you want to be in 10 years?

11. Look at all your calculations. Can you afford to get pregnant or to get someone pregnant?

Think about what your true feelings are? Write down the positive and negative feelings you would have about:

1. keeping a child
2. Giving a child up for adoption
3. terminating a pregnancy.

Now think again; are you ready, willing and able to make these decisions and to live with the decisions that you have made.

Take a Reasonable Risk

To take a risk is to expose yourself to danger... or failure... or rejection. Taking a risk can also expose you to:

- A new experience
- A new friend
- A new skill
- A new idea
- A new achievement

Most people tend to back off at the ideas of risk-taking. However, if you don't take some reasonable risks, you are stunting your growth as an individual. If you chance nothing, you are probably a bored (or borig) person.

Reasonable Risks

A reasonable risk is putting yourself in a situation where you stand to gain something positive if you take a chance and succeed.

For example: suppose you see someone whom you would like to know better, to be spending some time with, to be welcomed into his/her circle of friends.

- If you don't risk being rejected, you'll never get accepted.

The following are some Reasonable Risks:

- Risk talking to someone new.
- Risk buying a tape by a musician you've never heard of before.
- Risk taking lessons to learn a new skill or sport.

WHY DO THESE TEENS RISK PREGNANCY?

OBJECTIVE:

To create an awareness of reasons and choices that influence such risky behavior as participating in sexual activities which can lead to unwanted pregnancies.

Since There Is No One Correct Answer, There Is No Teacher's Key

GROUP ACTIVITY

Preparation prior to lesson: Make a copy of the sheet included (15 choices) for each student.

Cut out the choices given on the master sheet into separate cards or let the students cut their own.

Have the class break up into small groups and prioritize their choices. (This exercise can also be done by each student separately)

CLOSURE (GROUP OR INDIVIDUAL)

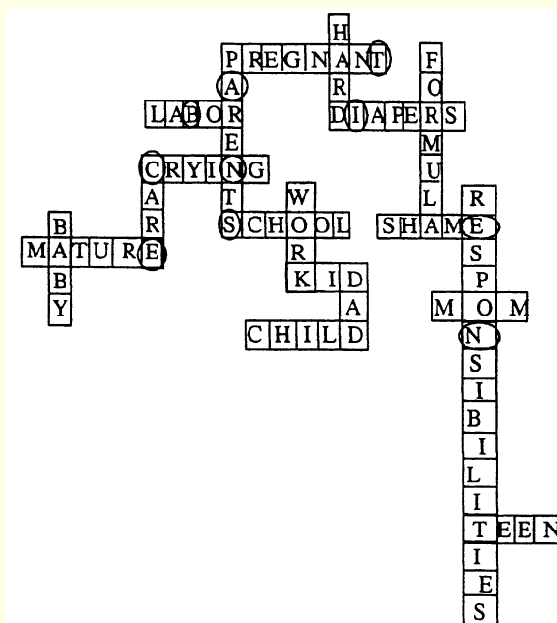
Have your students list some other reasons why teens may be influenced by their peers or why they themselves may participate in risky sexual behavior. This activity should conclude with a discussion on the importance of evaluating your behavior before it leads to unwanted results... results that could change your life forever.

ANSWER KEY

WORDS ASSOCIATED WITH TEEN PREGNANCY

QUOTE:

ABSTINENCE is the best protection. It works everytime you use it!



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NEED TO FEEL OLDER	IT WON'T HAPPEN TO ME	ANGRY WITH PARENTS	BECAUSE EVERYONE DOES IT
JUST WANT TO EXPERIMENT	PROBLEMS AT HOME	TO IMPRESS FRIENDS AND PEERS	EMBARRASSED TO SAY NO
TO LOOK COOL OR TO FIT IN	UNEDUCATED	FRIENDS HAVE UNPROTECTED SEX	BOYFRIEND IS PRESSURING YOU TO HAVE SEX
WHY NOT?	BOREDOM	LOW SELF-ESTEEM	GIRLFRIEND IS PRESSURING YOU TO HAVE SEX

OBJECTIVE:

To recognize difficult situations that require decision-making skills.

We all come across situations and choices that could change our lives. how we deal with these choices, may help or hurt you & others around you.

WHY WOULD YOU SAY NO?

- If the risk could endanger your life or health
- IF IT IS NOT LEGAL
- IF IT IS AGAINST YOUR FAMILY'S BELIEFS AND RULES
- If it causes a lack of respect to you or others

WHAT WOULD YOU SAY OR DO IN THESE CIRCUMSTANCES?

(Demonstrate using techniques, other than abuse, that you think would work or has worked for you).

- Your first steady boyfriend or girlfriend has been pressuring you into having sex by saying . . . "if you really love me you'll prove it!".
- YOUR BOYFRIEND OR GIRLFRIEND HAS BEEN PRESSURING YOU TO HAVE SEX BY SAYING... "YOU WANT SEX AS MUCH AS I DO!".

- Your boyfriend or girlfriend says... "let's try it once - nobody gets pregnant the first time".

Do not let your friends intimidate or pressure you into doing something (taking a risk) that you may regret. Show them that you respect yourself by saying NO.

- Say "no" and explain your reason. Don't be ashamed if you or your family have set up rules. Even if they don't show it, others will respect you more for being strong in your convictions.
- Say "no" and suggest a different activity or behavior that is less risky and more responsible.

- let the person know that you want to remain friends, but refuse to participate in certain activities

- agree in part. (ie. "i'd like to go to your house, but only if your parents are home.")
- stay away from risky situations or just leave.

If you realize that you participate in risky behavior re-evaluate your actions & change them

SAYING KNOW TECHNIQUE

1. When you are talking to someone, look the person in the eye.
2. Show confidence in yourself by standing straight.



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3. Talk calmly and clearly.

4. Make a SANDWICH

- Say something positive,
- Give a negative message
- Suggest positive alternative.

EXAMPLE: "I really like you, but I don't want to have sex, let's go to a movie or the mall instead!"

5. If you're still being pressured, use the BROKEN RECORD' TECHNIQUE:

SAY #4 OVER AGAIN

6. If someone is still pressuring you, state your decision STRONGLY, refuse to argue, and walk away.

ABSTINENCE

MEANS NO SEXUAL INTERCOURSE

- There is no worry
- There are no side effects
- It is 100% effective
- There are no conflicts with parents

If you have been sexually active in the past, you can always choose to abstain in the present or future.

ABSTINENCE REQUIRES DISCIPLINE AND CONTROL.

There are many advantages to remaining abstinent:

- Freedom from guilt
- Freedom from loss of self-esteem
- Freedom from loss of reputation

- Freedom from sexual v transmitted diseases

- Freedom from infertility

- Freedom to develop friendships

- Freedom to really get to know someone

- Freedom from being used

- Freedom to say 'no'

- Freedom to plan your own future

- Freedom to be in control of your life

- Freedom from pregnancy

CONSEQUENCES OF BEING SEXUALLY ACTIVE

PHYSICAL

- Pregnancy
- Sexually transmitted disease
- Infertility
- Cervical cancer

PSYCHOLOGICAL

- Fear
- Guilt
- Doubt
- Pain of using someone or being used

EMOTIONAL

- Poor social relationships
- Lowered self-esteem
- Danger of marrying for the wrong reasons
- Having sex rather than getting to know the other person

HAVING SEX

- Will not make you popular
- will not help you hold onto your boyfriend or girl friend
- Will not prove you are a real man or woman
- Will not prove your love for someone else

HAVING UNPROTECTED SEX

- Can lead to unwanted pregnancies
- Protect yourself
- The safest route is to abstain - not to participate in sexual intercourse

YOU HAVE CONTROL WHEN:

- You are honest with yourself
 - Don't have sex at all or use good birth control so you don't have a pregnancy you don't want
 - You plan for birth control before you have sex
- You think about what having a baby really means:
- Can you afford it?
 - Are you emotionally ready to be a parent?

- Are you physically ready to be pregnant?

How will a pregnancy affect your future?

ONLY YOU CAN DECIDE!

CONTRACEPTION

Included is a summary of the most widely used birth control methods

- What is birth control?

- The pill

- Condom

- Diaphragm & contraceptive jelly or cream

- Foam

- Norplant subdermal implant

- Depo-provera

- Cervical cap

- Contraceptive sponge

- I.U.D. (intrauterine device)

- Female surgical method (tubal ligation)

- Male surgical method (vasectomy)

For completeness we have also included birth control methods which are not very reliable:

Rhythm, breast feeding, jellies, withdrawal, vaginal suppositories, & douche.

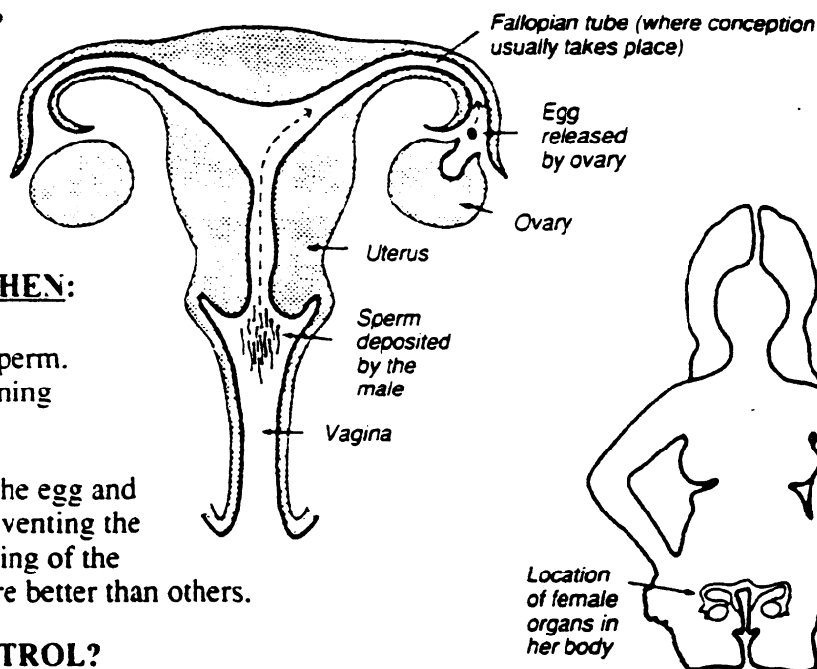


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WHAT IS BIRTH CONTROL?

**Female
Reproductive
Organs**



A WOMAN GETS PREGNANT WHEN:

1. She has sex with a man.
2. Her egg is fertilized by the man's sperm.
3. The fertilized egg attaches to the lining of her uterus.

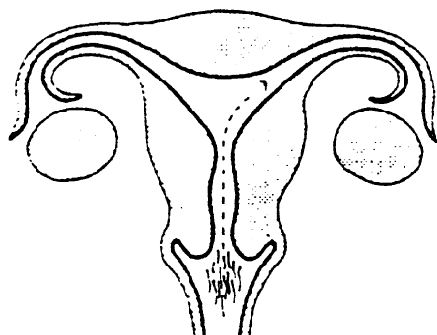
BIRTH CONTROL means keeping the egg and the sperm from getting together or preventing the fertilized egg from attaching to the lining of the uterus. Some birth control methods are better than others.

WHO SHOULD USE BIRTH CONTROL?

Anyone who has sex or who plans to have sex and does not want a pregnancy. Your primary care doctor will help you decide what is the best method for you.

THE PILL

The pill
The ovary does not release an egg. Even though the sperm enter the uterus and tubes there is no egg for them to fertilize



ONE A DAY:

Pills are 99% effective if taken

EVERY DAY

at about the same time.

DON'T MISS ONE!

HOW PILLS WORK:

Birth control pills prevent ovaries from releasing eggs. If eggs aren't released, a woman can't get pregnant even when sperm are present.

HOW TO GET THE PILL:

You must go to your doctor for an exam. The doctor must make sure you don't have cancer, infections, high blood pressure, sexually transmitted diseases or other problems that would make the pill wrong for you.

WARNING:

If you take the pill, you must see your doctor for an exam once every year. Call your doctor if you have:

1. Severe head, chest or leg pains
2. Excessive irregular bleeding
3. Extreme weakness
4. Blurred vision
5. Mental depression

Side effects are rare, but they are real when they happen.

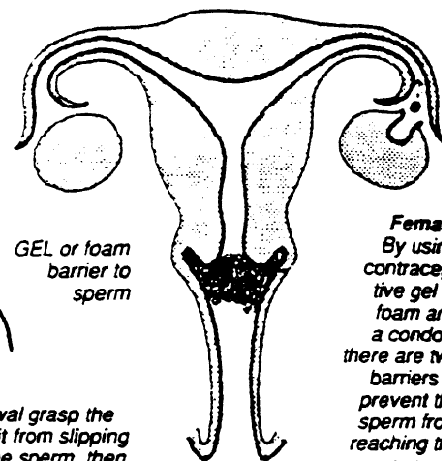
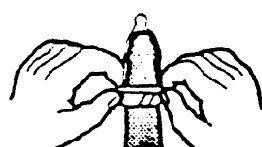
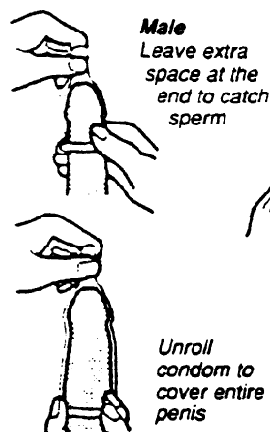
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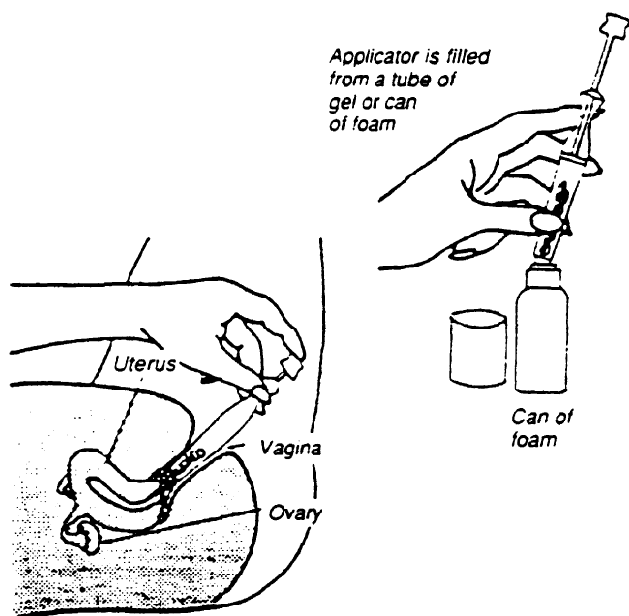
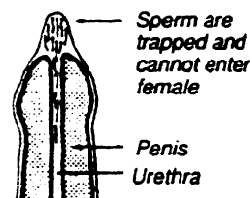
DRUGSTORE METHODS

CONDOM

Condom: A thin, strong rubber cover which the man rolls onto his penis. It catches his sperm and keeps them from entering the woman's vagina and fertilizing an egg. Condoms can be bought either lubricated or not lubricated, with or without a reservoir tip. If the condom does not have a tip, the man should leave a little space at the end when he puts it on.



Female
By using contraceptive gel or foam and a condom there are two barriers to prevent the sperm from reaching the egg and causing pregnancy! **DON'T USE VASELINE**



Applicator is filled from a tube of gel or can of foam

FOAM

FOAM (or gel): A chemical which kills sperm. It is supplied in a package with a plastic tube. Before sex, a woman fills the tube with foam and puts it in her vagina as far back as it will go.

ONE IS GOOD – TWO IS BETTER!

Two tubes of foam or gel give more protection than one. Insert up to 30 minutes before sex. **DO NOT DOUCHE** for at least 8 hours after sex. You must use **EVERY TIME** you have sex.

Foam or gel is about 80% effective in preventing pregnancy. Foam **AND** a condom used together are 95 - 100% effective when used correctly.

Your doctor can give you a prescription for foam and condoms, but you can buy both at any drug store.

If lubrication is needed, use water-based types. **DO NOT USE** petroleum jelly, cold cream or other oils – they may damage the condom.

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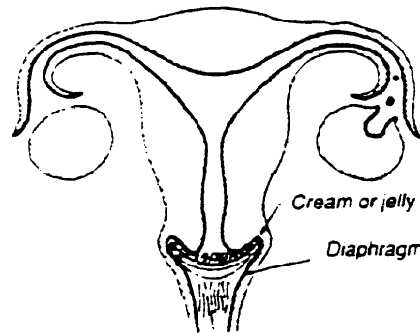
DIAPHRAGM and CONTRACEPTIVE CREAM or JELLY

DIAPHRAGM: A round rubber cap that covers the opening to the uterus and prevents the sperm from getting in. A woman coats the edges and inside of the diaphragm with contraceptive cream or jelly and puts it in her vagina before sex. The creams and jellies contain chemicals that kill sperm for more protection. The diaphragm is not likely to be felt by the man or woman during sex.

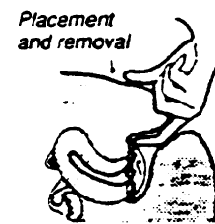
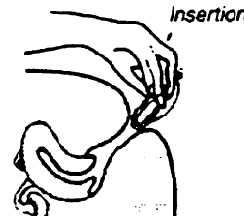
DO NOT TAKE THE DIAPHRAGM OUT of the vagina for at least 8 hours after sex and do not douche.

YOUR DOCTOR must measure you to get the right size diaphragm. Your doctor will show you how to put it in and take it out. He will give you a prescription for the contraceptive cream or jelly.

Diaphragms used with cream or jelly are about 90% effective.



Diaphragm & contraceptive cream or jelly is a barrier to the sperm which doesn't allow them to enter the uterus and tubes and fertilize the egg.



NORPLANT SUBDERMAL IMPLANT

WHAT IS NORPLANT?

It is 6 hollow capsules, 2 inches long each, that hold hormones like birth control pills. The capsules are placed under the skin of a woman's upper arm through a tiny incision.

WHY IS IT GOOD?

It doesn't change liver function, sugar metabolism, blood clotting factors, blood pressure or body weight.

May possibly reduce risks for pelvic infection and cancer of the uterus.

DISADVANTAGES

Menstrual periods may not be regular and you have more bleeding and spotting each month.

You are more likely to develop cysts of the ovary, but these usually resolve themselves without any treatment or surgery.

YOU MUST:

1. See your primary care doctor
2. Take pills or shots of progesterone for 3 months. (These are the same hormones that are in Norplant)
3. Be willing to keep the Norplant for at least 4 years.
4. Be able to live with the irregular, prolonged menstrual periods that Norplant can cause.

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FEMALE SURGICAL METHODS

WHAT IS A TUBAL LIGATION? It is an operation that the doctor does by cutting and tying the tubes that the eggs pass through each month. The man's sperm can no longer reach the egg to form a baby.

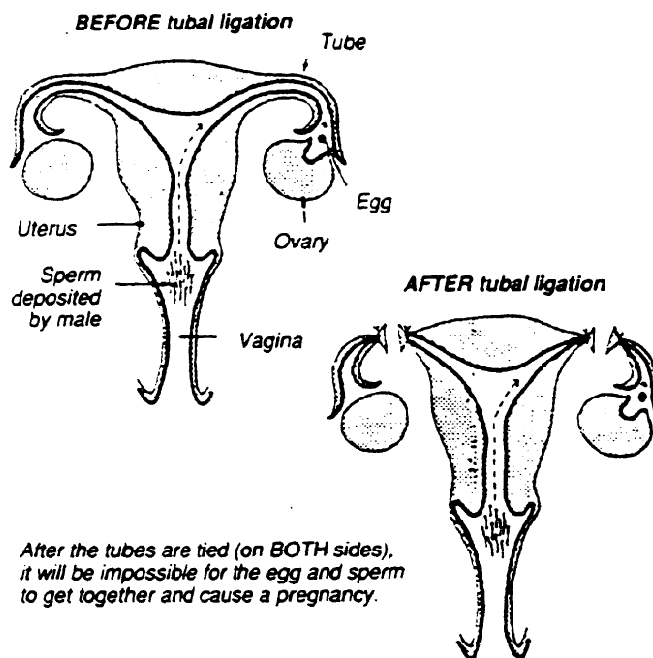
CAN TUBES BE PUT BACK TOGETHER?

No, this is a permanent method of birth control for women who are sure they do not want any more children.

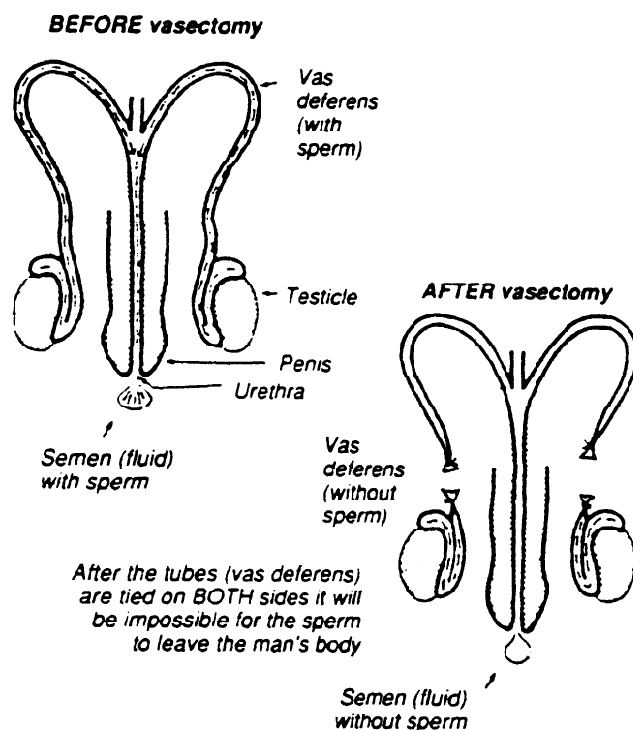
WILL A WOMAN'S SEX LIFE CHANGE?

No. It may even be better without the worry of a pregnancy being caused. Nothing is taken out – menstrual periods still occur – sex can be enjoyed.

TUBAL LIGATION (Sterilization)



VASECTOMY (Sterilization)



MALE SURGICAL METHODS

WHAT IS A VASECTOMY? It is a simple operation that takes 20 to 30 minutes and makes a man unable to father children.

WHAT IS DONE? The two tiny tubes that carry sperm from the testes are cut. Sperm are still produced, but are absorbed into the man's body.

DOES VASECTOMY MEAN CASTRATION?

NO! Castration removes the testes – vasectomy does not touch the testes.

WILL A MAN'S SEX LIFE CHANGE AFTER VASECTOMY? It can be better since it removes the worry of getting a woman pregnant! Ejaculations will still happen and fluid will still come out, but no sperm will be there.

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OTHER BIRTH CONTROL POSSIBILITIES

1. DEPO-PROVERA: A new way to prevent pregnancy. You must get a shot (injection) every 3 months from your doctor. There may be some changes in your periods, so ask your doctor to tell you more about this method if you are interested.

2. CERVICAL CAP: This is a cup-shaped device that looks like a tiny diaphragm. It is 85-90% effective if properly fitted.

3. CONTRACEPTIVE SPONGE: This is a small sponge that contains sperm-killing chemicals. It must be wet with water and put into the vagina before sex. It works for 24 hours. It is thrown away after sex. It does NOT protect you against disease and can cause irritation and problems if not used correctly. It is NOT as effective as other methods or combinations of methods.

4. I.U.D. (INTRAUTERINE DEVICE): This is a small plastic device that a doctor puts inside the uterus to prevent pregnancy.

The methods at birth control listed below are NOT VERY Effective, but are better than nothing. Don't count on them to prevent pregnancy.

1. RHYTHM (the "SAFE" days): "Safe" days are thought to be just before and just after a menstrual period. Unsafe days are halfway between one period and the next - when an egg is released. Safe days are not the same for everyone, they're unpredictable, so it is easy to get pregnant.

2. BREAST FEEDING: You CAN get pregnant when you're breast feeding - even before you start having periods again.

3. VAGINAL FOAMING TABLETS, CREAMS, JELLIES: These are cheap and easy to use, but not very effective. Creams and jellies used with a diaphragm or condom (or both) are more protective.

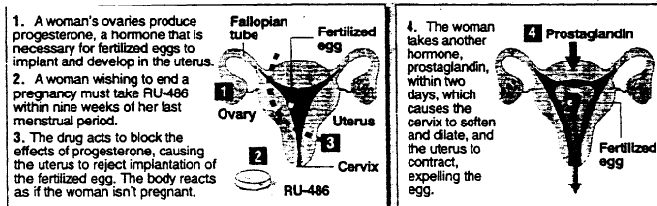
4. VAGINAL SUPPOSITORIES: This is a cone-shaped waxy material that has a sperm-killing chemical in it. Must be put in vagina 15 minutes before sex. These are not very effective, but they're better than nothing.

5. WITHDRAWAL: This is when a man takes his penis out of the woman before the fluid (semen) comes. It only takes one drop to cause pregnancy! Use only if there is nothing else available.

6. DOUCHE: Cleaning the man's fluid (semen) out right after sex does little good. The sperm can already be in the uterus and can't be reached.

HOW RU-486 WORKS

The French abortion pill, RU-486, has been used by more than 150,000 women in France, Britain and Sweden to terminate pregnancies. Many who advocate the drug as an alternative to surgical abortion hope the drug will be made available to American women following clinical testing in this country.



Sources: The Population Council; The New England Journal of Medicine

CONDOMS

- A latex condom is a sheath of latex rubber, which may or may not be lubricated.

- It must be placed over the erect penis before sexual activity begins. (vaginal, anal or oral)

- Latex condoms prevent the passage of semen into the vagina, rectum or mouth.

- A new condom must be used each and every time a couple engages in sexual activity where there may be an exchange of sexual fluids.

- Condoms must not be reused.

- Condoms deteriorate over time and particularly when they are exposed to heat, if they are carried or stored for a long period of time, they should be replaced.

- There may be a possible allergy to the lubricant or spermicide - nonoxynol 9 - but this is rare.

- When used correctly and consistently, latex condoms are very effective, but not 100%.

- Inspect the package for holes and expiration date.

- Choose between lubricated and non-lubricated.

- Make certain that the condom is right side out. (you can check by gently blowing into the tip of the condom until the tip naturally sticks out)

- You may want to put a small amount of water-based lubricant inside the reservoir tip of the condom to increase sensation.

- Gently pinch the tip of the condom between the tip of your thumb and forefinger of your weaker hand. (creating a reservoir & eliminating any air)



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- Before the erect penis is placed anywhere, roll the condom onto the penis. as you roll it down to the base of the penis (the part closest to your body). press out any air bubbles. You may want to apply more of the water-based lubricant to the outside of the condom to ease insertion. a water based lubricant is recommended because it helps keep the latex condom intact. it is sometimes recommended to use lubricants with the spermicide non-oxynol 9. NOTE: Oil-based lubricants (such as petroleum jelly or butter) break down latex, destroying the condom's effectiveness.

- As soon as ejaculation occurs, hold on to the condom at the base of the penis and carefully remove the condom - along with its contents.
- When removing the condom - do not spill contents.
- Tie a knot near the opening and dispose with care.

WHAT ARE YOUR OPTIONS

IF YOU DO BECOME PREGNANT?

If you do become pregnant you can choose:

- 1 - Keeping your baby
- 2 - Foster care or adoption
- 3 - Abortion

There is also the issue of the father's responsibilities to you and your baby

- It is imperative that you talk about your
- Options with an adult you trust: preferably your parents, or a close relative, doctor, clergy, teacher or counselor.
- It is not wise to rely only on your friends.. they are probably as inexperienced and naive about this very important decision in your life as you are.
- It may be a good idea to also speak to a teen mom ... you can learn first hand what it really means to be a teen parent.
- If you decide to continue your pregnancy, you must remember that you now have to consider the new life growing within you.
- This means that everything you do can affect your baby. (ie. alcohol, smoking, drugs, nutrition, rest, physical activity...)
- That is why prenatal care is so important.
- You should consult a physician as soon as possible about your health and the health of your baby and continue with periodic check-ups. These visits are crucial to the well being of your child and you.
- During pregnancy you should be tested for sexually transmitted diseases, including aids. Nearly 100% of new cases of hiv infection in children result from the virus being passed from an infected mother to her newborn. remember, other stds can harm your baby too.
- The most important thing of all is that it is your choice ... and you will have to live with that choice for the rest of your life.

PROGRAMS DETAILS

LENGTH:

30 minutes

SUBJECT AREAS:

AUDIENCE LEVELS:

Jr. & Sr.High

ORDER NUMBER:

1-9299SG

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