HIGH SCHOOL
LESSON IX
TEENAGE PREGNANCY AND PARENTHOOD

Objectives
Student will
- Demonstrate knowledge of life management skills
- Discuss disadvantages of teenage pregnancy
- Discuss abstinence as the only 100% effective method of preventing pregnancy and Sexually Transmitted Infections
- Take responsibility for making decisions and choosing actions consistent with personal values
- State advantages and disadvantages of the alternatives available to pregnant teens
- Discuss the feelings and effects an adoption has on teen parents

Concepts
1. Personal, religious and moral values affect all topics discussed throughout these lessons.
2. Although it is a disadvantage to be pregnant as a teenager, there are services to help.
3. Responsible parenthood requires planning and skills.
4. Adoption is a sensitive subject. Moral and religious beliefs have a great influence on decisions to put a child up for adoption.
5. Typically, the few teens who choose adoption are generally older, have more parental guidance, are of a higher socio-economic status, and less influenced by their boyfriends.

Materials
- Video Abstinence by Choice: Social Choices and Consequences (16 minutes)

Activity Choices
1. Discuss life management skills that:
   A. help develop self-esteem.
   B. utilize responsible decision making to promote healthful relationships.
   C. promote good health.
   D. enable one to choose responsible sexual behavior.
   E. promote responsible parenthood.
   F. enable one to make choices that do not conflict with personal values.
   G. protect one’s health and the health of others.
2. Role play situations involving life management skills
3. Discuss the following topics:
   A. goal setting prior to parenthood
   B. disadvantages of teenage parenthood
   C. awareness of healthful behaviors for a pregnant woman
   D. advantages of prepared childbirth
4. Discuss vocabulary for student understanding
5. Discuss adoption
   A. Inform students that, although many teenage mothers have the intent of adoption, only 6% of unmarried teenage mothers place their children for adoption.
   B. Adoption procedure
   C. Feelings about adoption including legal responsibilities and consequences
   D. Pros and cons of adoption
6. Discuss vocabulary for student understanding
7. Show and discuss the video Abstinence by Choice: Social Choices and Consequences
8. Exceptional Education Inclusion Activities
   A. Role-play ways to build positive self-esteem.
   B. List healthy behaviors a pregnant woman should follow.
   C. Invite a pregnant friend/relative to visit the class to discuss lifestyle changes during pregnancy and her physical changes that have occurred.
   D. Using store ads and catalogs, have students make a list of items a baby needs along with the cost of each item.
   E. Have students interview their parents/guardians to determine how much it costs to raise them each year.

Vocabulary
1. adoption 9. single parent family
2. labor/delivery 10. afterbirth
3. postpartum period 11. ectopic pregnancy
4. obstetrician/pediatrician 12. miscarriage
5. family cycle 13. autonomous
6. role identity 14. extended family
7. adoption 15. single parent family
8. developmental tasks 16. blended families