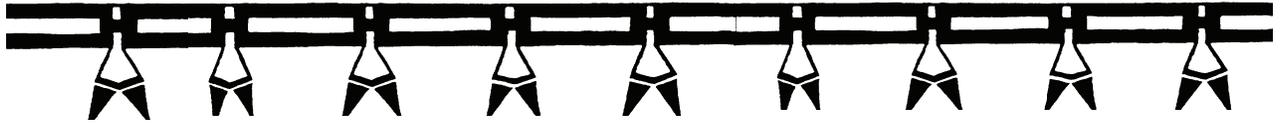


# 11: Pregnancy & Parenting



## Purpose:

To encourage Native STAND members to think about the costs of being involved in a pregnancy as a teenager and to encourage them to see that pregnancy is a real and personal danger for teens who have sex.

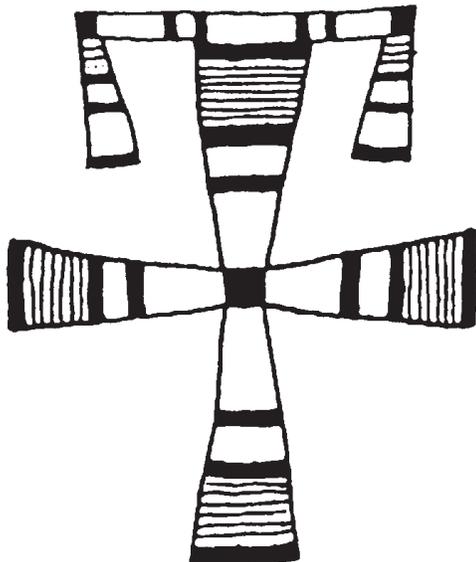
## Stages of Change Process:

Getting info, involving the emotions, building self-confidence

## Learning Objectives:

By the end of this session, Native STAND members will be able to:

1. Identify at least 6 disadvantages of getting pregnant/being a teen parent.
2. List at least 4 risks of teen parenthood.
3. Name a local place to get pregnancy testing and counseling.



## Supplies/Materials:

- Small gift for teen mom (*optional*)

## Resources/Handouts:

	RM	PM	HO
Words of Wisdom	●		
Pregnancy & Parenting Questions for Teen Mom	●	●	
Risks of Teen Parenthood	●		
“Once is Enough” Role Play	●	●	
Resources	●	●	

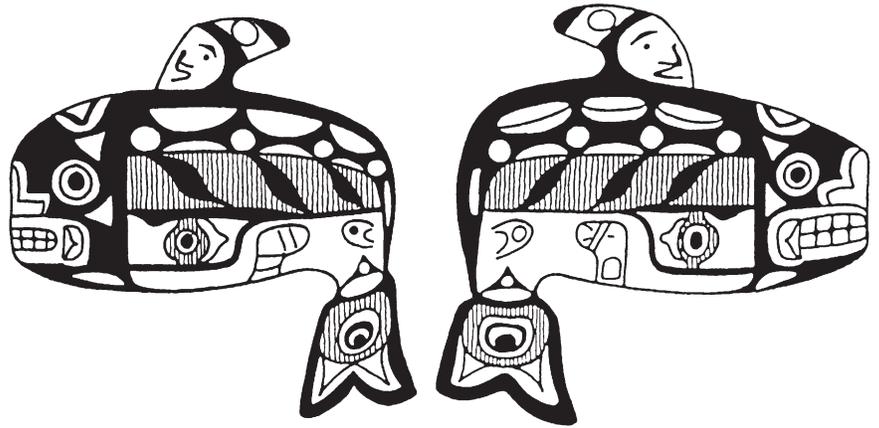
## Preparation:

- Display Words of Wisdom
- Decide how questions will be posed to teen mom

## 1. Welcome/Overview

*3-5 minutes, large group lecture, adult facilitator*

- Review Session 10: The Downside of Hooking Up.
- Answer any questions in the Question Box.
- Introduce today's session.
- If you are able to have a teen mom as a guest speaker, be sure to remind students to be respectful and non-judgmental.
- Read today's WOW.



**What is past and cannot be prevented should not be grieved for.**

*Pawnee*

## 2. Pregnancy/Parenting in the First Person

*25-30 minutes, large group lecture/discussion, adult co-facilitator*

- Either invite teen mom to tell her story and leave time for questions, or have students take turns asking her prepared questions in an interview format.
- If you choose to have students ask questions, refer them to the **Pregnancy/Parenting in the First Person: Some Suggested Questions for Teen Mom Guest Speaker in the PM** and decide how you will ask the questions (e.g., who will ask which questions and in what order).
- Some questions might include:
  - ◇ Did you mean to get pregnant?
  - ◇ If you had the chance to start over, would you do things differently?
  - ◇ How did your parents react when you told them?
  - ◇ How did the father react when you told him?
  - ◇ Do you get enough financial or other support from the father?
  - ◇ Does the father spend enough time with your child?
  - ◇ Was it hard to go back to school?
  - ◇ Do you recommend that other teens have babies?
  - ◇ Is having a child a big responsibility or not a big deal?
  - ◇ Does having a child cramp your social life?
  - ◇ How has having a child affected your life?
  - ◇ How has having a child affected your family?
  - ◇ Do you feel that having a baby has made you lose your life as a teenager?

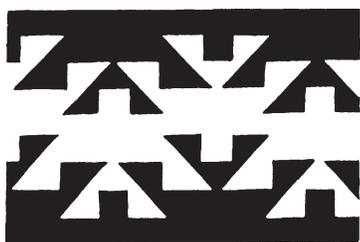
### **Pregnancy and Parenting in the First Person: Some Suggested Questions for Teen Mom Guest Speaker**

- Did you mean to get pregnant?
- If you had the chance to start over, would you do things differently?
- How did your parents react when you told them?
- How did the father react when you told him?
- Do you get enough financial or other support from the father?
- Does the father spend enough time with your child?
- Was it hard to go back to school?
- Do you recommend that other teens have babies?
- Is having a child a big responsibility or not a big deal?
- Does having a child cramp your social life?
- How has having a child affected your life?
- How has having a child affected your family?
- Do you feel that having a baby has made you lose your life as a teenager?
- How often do you get to go out with friends? Do you go with the baby or do you get someone to take care of him/her?
- Do you have good support from your parents or other family members? If so, do they sometimes make it too easy so you don't worry much about getting pregnant again?
- Do people look at you differently now?
- How did you feel when you first thought you might be pregnant? What about when you found out that you were in fact pregnant?
- Once you've had a child, do guys you date often expect you to have sex with them?



- ◇ How often do you get to go out with friends? Do you go with the baby or do you get someone to take care of him/her?
- ◇ Do you have good support from your parents or other family members? If so, do they sometimes make it too easy so you don't worry much about getting pregnant again?
- ◇ Do people look at you differently now?
- ◇ How did you feel when you first thought you might be pregnant? What about when you found out that you were in fact pregnant?
- ◇ Once you've had a child, do guys you date often expect you to have sex with them?
- Have the group express their appreciation to teen mom (e.g., hugs, small gift, etc.) and excuse her.

**NOTE:** If you cannot arrange for a teen mom guest speaker, use the Longhouse Media/Native Lens video clip located at:  
<http://www.youtube.com/user/Nativestand7#p/u>



### 3. Discuss Reactions to Teen Mom

*10-15 minutes, large group discussion, adult co-facilitator*

- Focus on the costs/disadvantages of pregnancy. Ask:
  - ◇ Were there any surprises in what she had to say?
  - ◇ How does the teen mother's story make you feel about getting pregnant?

### 4. Risks of Teen Parenthood

*8-10 minutes, large group lecture, adult co-facilitator*

- Direct students to Risks of Teen Parenthood in the PM.
- Read statements to group and ask whether they think they are true or false statements.
  - ◇ Pregnant teens have more serious medical complications.
  - ◇ Deliveries to pregnant teens cost more.
  - ◇ Teens often give birth to underweight babies.
  - ◇ Teen moms are less likely to have the education and skills to be financially independent.
  - ◇ 80% of teen moms drop out of high school.
  - ◇ A teen mom will earn only half the life-time wage of her peers.
  - ◇ Most teen moms are unmarried.
  - ◇ Unmarried teen moms rarely receive child support from the baby's father.
  - ◇ Married teen moms have higher divorce rates.
  - ◇ Teen dads are more likely to drop out of high school.
  - ◇ Teen dads are half as likely to complete college as their peers.
  - ◇ Over 80% of babies born to teens don't live with the dad.
  - ◇ After the first year, most teen dads who live apart from their children do not see them even once a week.

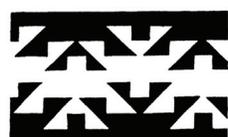
**Risks of Teen Parenthood**

**Teen Moms**

- Pregnant teens have more serious medical complications.
- Deliveries to pregnant moms cost more.
- Teens often give birth to underweight babies.
- Teen moms are less likely to have the education and skills to be financially independent.
- 80% of teen moms drop out of high school.
- A teen mom will earn only half the life-time wage of her peers.
- Most teen moms are unmarried.
- Unmarried teen moms rarely receive child support from the baby's father.
- Married teen moms have higher divorce rates.

**Teen Dads**

- Teen dads are more likely to drop out of high school.
- Teen dads are half as likely to complete college as their peers.
- Over 80% of babies born to teens don't live with the dad.
- After the first year, most teen dads who live apart from their children do not see them even once a week.



- Let the students know that all of these statements are TRUE.
- Ask whether any of the answers surprised them and whether they learned anything new.

## 5. Pregnancy Role Play “Once is Enough”

*25-30 minutes, large group, adult co-facilitator*

- Refer students to the “Once Is Enough” role play in the PM.
- Select two females and two males to perform this role play and assign each one of these roles:
  - ◇ Derek—Avery’s boyfriend and Trenton’s best friend
  - ◇ Avery—Derek’s girlfriend and Sierra’s best friend
  - ◇ Trenton—Derek’s best friend and the director of the play
  - ◇ Sierra—Avery’s best friend
- The storyline: Derek and Avery have been going out for about a year. Two months ago, they watched a really sexy movie at Avery’s house. They got carried away and had sex for the first time without a condom. Avery has since missed one period and is late for the second. This morning, she did a home pregnancy test and found out she’s pregnant.
- During the play: Derek and Avery must talk through their problem with the help of their friends and come to a decision about what they will do. As facilitator, keep track of time and offer technical assistance on pregnancy-related questions as appropriate. Otherwise, the actors will have all the information they need in their scripts.

**“Once Is Enough” Role Play**  
Derek’s Part

**Getting Started:**

1. You have about three minutes to prepare for your part in the play.
2. Read the rest of this page. When you have finished, Trenton will tell the group to begin the play.

**Story**  
You’ve been going out with Avery for almost a year. Two months ago, you and Avery watched a really sexy movie at her house. You both got carried away and had sex for the first time without a condom.

**Decide the Following**

- What are your career goals?
- How far do you want to go in school?
- Do you plan to get married? If so, at what age?
- Do you want to have children? If so, when?

**During the Play**  
When Trenton tells you to begin the play, Avery has something she wants to tell you. (She may want to talk to her friend Sierra, first.) You will respond based on the decisions you made above. You may also want to talk over your problem with your friend, Trenton.



**NOTE:** A version of this role play, acted out by Native students, is available at: <http://www.youtube.com/user/Nativestand7#p/u>

## 6. Closing

*3-5 minutes, large group lecture, adult co-facilitator*

- Answer any questions.
- Refer students to Resources<sup>1</sup> in the PM.
- Preview next session: Preventing Pregnancy
- Direct the students’ attention to the Words of Wisdom on the wall. Ask a volunteer to read the words and to share with the group what those words mean to him or her and how they relate to today’s session and activities.
- Adjourn.

**RESOURCES**

**If you think you might be pregnant**

If you or someone you know thinks you might be pregnant, it’s important to find out for sure as soon as possible. The first thing you can do is to take a home pregnancy test. Most grocery stores and pharmacies sell these tests at low cost and they are very accurate. You just pee on the end of a special stick and wait the recommended time to read the indicator on the stick.

If your test comes back positive, or if you prefer to have the test done in a clinic setting, here are some places you can consider contacting for a pregnancy test:

- Community Health Centers
- County, Local & State Departments of Health
- Indian Health Service
- Planned Parenthood
- School-based Health Centers
- Tribal Health Centers
- Private doctors’ offices
- Urban Indian Health Centers



**If you just found out you’re pregnant**

If you just found out you’re pregnant, you are probably very scared and worried right now. You may want to talk to someone other than a boyfriend or family member about your pregnancy. Many clinics have counselors on staff who provide “Pregnancy Options Counseling”—this is a term used to describe the different choices a woman has when she learns she is pregnant. It’s important to see a counselor who has been trained to provide “non-directive” counseling, which means the counselor should help you figure out what is right for ~~you~~ ~~and~~ ~~should~~ not tell you what to do about your pregnancy.

**Pregnancy Resources**

- **Advocates for Youth: Teen Pregnancy Prevention**  
<http://www.advocatesforyouth.org/teenpregnancy.htm>  
Information from Advocates for Youth—dedicated to creating programs and advocating for policies that help young people make informed and responsible decisions about their reproductive and sexual health. Advocates provides information, training, and strategic assistance to youth-serving organizations, policy makers, youth activists, and the media.
- **Backline**  
<http://www.yourbackline.org>  
Talkline: 800-493-0092  
Backline offers a peer counseling service for women and their loved ones wishing to discuss pregnancy, parenting, abortion, and adoption issues.

<sup>1</sup> Adapted from Family Planning Council, [http://www.familyplanning.org/reprofacts\\_pregcouncils.html](http://www.familyplanning.org/reprofacts_pregcouncils.html)

# NOTES

