

11: Pregnancy & Parenting

Words of Wisdom

Pregnancy & Parenting Questions for Teen Mom

Risks of Teen Parenthood

“Once is Enough” Role Play

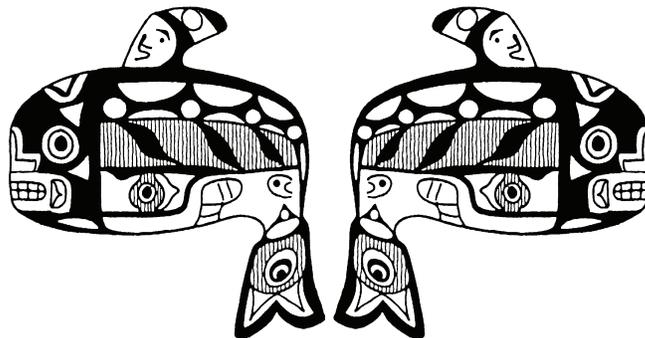
Resources

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

Pawnee

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?



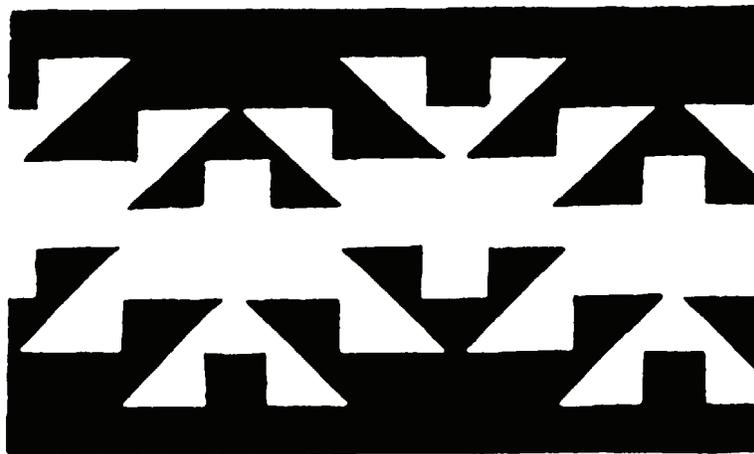
Risks of Teen Parenthood

Teen Moms

- 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

- 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.



“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

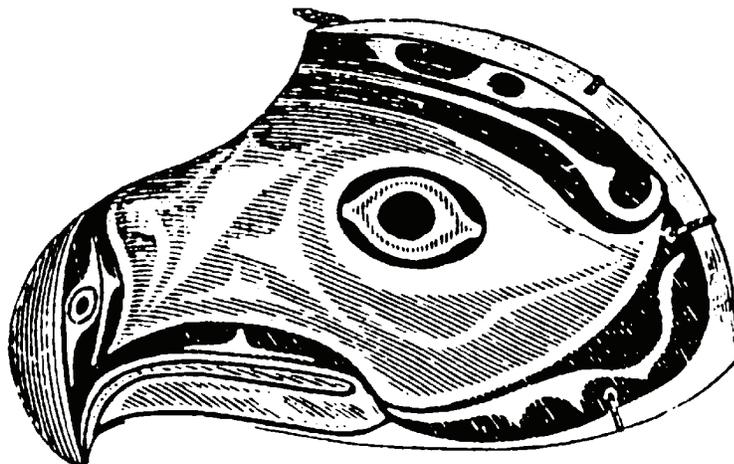
You’ve been going out with Avery for almost a year. Two months ago, you and Avery watched a really sexy movie at her house. You both got carried away and had sex for the first time without a condom.

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.



“Once Is Enough” Role Play

Avery’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 Derek for almost a year. Two months ago, you and Derek watched a really sexy movie at your house. You both got carried away and had sex for the first time without a condom. You missed one period and are late for the second, which has never happened before. (You usually have very regular periods.) This morning, you bought a pregnancy test kit at the drugstore. You tested your urine and found out you’re pregnant.

Decide the following

- What are your career goals?
- When did you want to have kids?
- Who are you going to talk first? To Derek? Or maybe to your best friend, Sierra?
- How are you going to tell Derek about this problem? In person? Over the phone?
- What are you going to say about your pregnancy, your responsibilities, his responsibilities, your options?
- What are your options? (For example, get married and raise the child, put the child up for adoption, have an abortion.)
- What are your rights and what are Derek’s rights in making this decision?
- Who else will you talk to about your problem? (For example, parents, other family members, friends, teachers, elders, counselors.)

During the Play

When Trenton tells you to begin the play, start by talking to Sierra or Derek either face-to-face or by phone. If you decide not to tell Derek at all, then you should discuss with the group why you’re not telling him. Tell Derek or Sierra why you think you are pregnant (symptoms and the test results). You may find it easier to talk to your friend, Sierra, first and get her moral support. You may want to rehearse with her what you will tell Derek.

“Once Is Enough” Role Play

Trenton’s Part

Getting Started

1. In addition to your role as Trenton, **you are also the director of the play.**
2. Listen carefully to each group member, because **YOU** will lead an important discussion after the play is over.
3. While the other actors are getting ready, read the rest of this page to yourself.
4. When the others have finished reading about their parts, ask Avery to start by talking about her situation to Sierra or Derek.

Story Your best friend, Derek, has been going out with Avery for almost a year. A couple of months ago, they watched a really sexy movie at Avery’s house. They both got carried away and had sex for the first time without a condom.

During the Play Listen to Avery and Derek talk over their problem. If you can, give them answers to questions about pregnancy. Derek may also want to talk over his problem with just you and him.

As Director

1. Avery may start off by wanting to talk about her situation to Sierra or Derek. She will decide whether to talk to them in person or to call them on the phone.
2. If Avery runs out of things to say, have her tell Derek:
 - that she is pregnant (the symptoms and the test result)
 - what she wants to do and what she thinks she should do (this may be different)
 - what she wants or expects him to do
3. If Derek runs out of things to say, have him tell Avery:
 - what he wants to do and what he thinks he should do
 - what he wants or expects Avery to do
 - what he believes his rights and responsibilities are
4. Be sure Avery and Derek discuss:
 - who they want to talk to about this situation (parents, friends, doctor, counselor)
 - what they might do (get married and raise the child, put the child up for adoption, have an abortion)
 - who is responsible for decisions, expenses, etc.

After the Play

1. Ask Sierra to lead with her discussion questions.
2. Ask Avery: How did you feel when you found out you were pregnant?
3. Ask Derek: How did you feel when Avery told you she was pregnant?
4. Ask the audience:
 - Do you think that Avery and Derek should get married?
 - What do you think you would do if you/your partner got pregnant?
 - Who do you think you would tell?
 - What do you think your parents or family would do?
 - Do people really sometimes get pregnant the first time they have sex?
 - If Avery has the baby, what do you think her life will be like a year from now? What will Derek’s life be like?
 - If Avery has an abortion or gives the baby up for adoption, do you think they will think about this again? Will they have any regrets later?

“Once Is Enough” Role Play

Sierra’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

Your best friend Avery has been going out with Derek for almost a year. A couple of months ago, they watched a really sexy movie at Avery’s house. They both got carried away and had sex for the first time without a condom.

During the Play

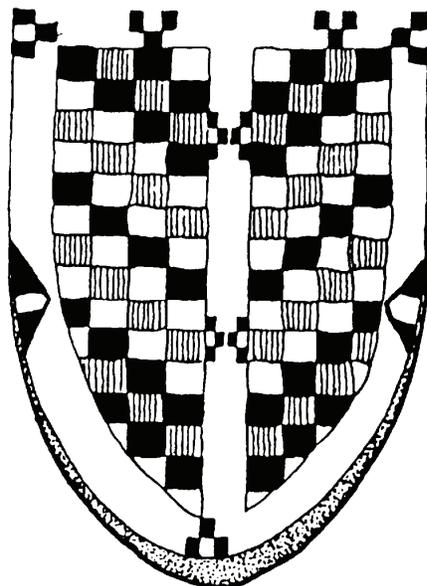
Listen to Avery and Derek talk over their problem. Make sure they talk about things that you think are important. Avery may also want to talk over her problem with just you and her (one-on-one).

Be sure Avery and Derek talk about who they would want to talk with about their situation (for example, parents, friends, doctor, clergy) and what they might do (for example, get married and raise the child, put the child up for adoption, have an abortion).

After the Play

Trenton will ask YOU to start the discussion, starting off with these points:

- Whose responsibility is it to use adequate contraception?
- What rights and responsibilities does the father have?



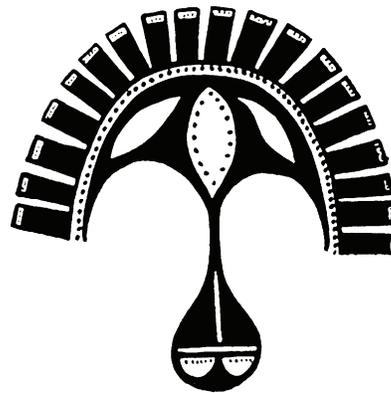
RESOURCES

If you think you might be pregnant

If you or someone you knows 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.

- **Mom, Dad . . . I'm pregnant**
<http://momdadimpregnant.com>
Offers support, skills, and advice to both adults and adolescents to promote communication. A project of the Abortion Conversation Project.
- **"Once is Enough" Role Play Video**
<http://www.youtube.com/user/Nativestand7#p/u>
Native youth act out the "Once is Enough" role play from the Native STAND curriculum. This was filmed as part of a youth leadership summit in Washington State, June 2009. Produced by Longhouse Media/Native Lens.

Planned Parenthood—Info for Teens: Pregnancy

<http://www.plannedparenthood.org/info-for-teens/pregnancy-33811.asp>

"For more than 90 years, Planned Parenthood has promoted a commonsense approach to women's health and well-being, based on respect for each individual's right to make informed, independent decisions about health, sex, and family planning."

- **Pregnancy Options**
<http://www.pregnancyoptions.info>
Accurate and non-biased information on pregnancy options, including a pregnancy options workbook.
- **Sex, etc.: Teen Pregnancy**
<http://www.sexetc.org/topic/pregnancy>
An award-winning national magazine and website on sexual health written by teens, for teens. Developed by the Center for Applied Psychology at Rutgers University.
- **Stay Teen**
<http://www.stayteen.org>
Uses video and music to engage teens in pregnancy prevention discussions. Developed by the National Campaign to Prevent Teen Pregnancy.
- **Teen Pregnancy and Parenting Panel Video**
<http://www.youtube.com/user/Nativestand7#p/u>
Native youth talk about their experience as teen parents. This was filmed as part of a youth leadership summit in Washington State, June 2009. Produced by Longhouse Media/Native Lens.
- **Teen Source**
<http://www.teensource.org>
An educational resource for teens and young adults seeking information on healthy and responsible sexual lifestyles. Developed by the California Family Health Council.

Parenting Resources

Sex, etc.: Teen Parenting

http://www.sexetc.org/topic/teen_parenting

Resources and advice for teens on how to cope if you're becoming a teen parent.

Teen Parents: Nutrition Curriculum for Pregnant and Parenting Teens

<http://extension.missouri.edu/publications/DisplayPub.aspx?P=N715>

Teen Parents is a nutrition curriculum that teaches pregnant and parenting teens how to make the healthiest choices for their bodies and their babies. Developed by the University of Missouri Extension.

Teen Pregnancy and Parenting Panel Video

<http://www.youtube.com/user/Nativestand7#p/u>

Native American youth talk about their experiences as teen parents. Filmed as part of a youth leadership summit in Washington State in June 2009. Produced by Longhouse Media/Native Lens.

