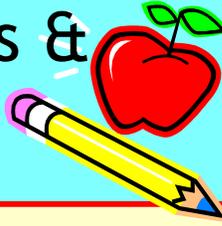




To the parents &
teens



From the school
counselor

Teen Pregnancy

Prevention

- Talk to your kids about sex.
- Don't think for one minute that just because they look down at their feet or perhaps roll their eyes that they aren't listening to you because they truly are.
- It is very important to talk to your teens about sex and also give them as much information on teen pregnancy prevention as you can.

Talking about sex and pregnancy

Once a child is about 12 or thinking about sex, parents should be active in approaching their child about their thoughts and ideas of sex and the possible consequences of the act. Although it can initially be embarrassing for both parties, it will pay off in the long run as education and knowledge is the best way to prevent teen pregnancy. Talk to your child about the sexually transmitted diseases and the risk of pregnancy as well as pregnancy prevention such as abstinence and contraception.

Today with the Media

Glamorizing teen pregnancy like in the film, "Juno" or with famous teen like Jamie Lynn Spears is what the media has done today. It is very important to be aware that teen pregnancy exists and it is important that the parents do their best to prevent it. The media often portrays teens regularly having sex. But you don't need to buy into this. The media isn't real and it is perfectly normal to wait until you are ready or for the right person to come along before having sex. The only 100% way to prevent teen pregnancy from occurring is to not have sex at all.

Statistics

An estimated 750,000 girls ages 15 to 19 became pregnant in 2006. Did you know that statistics show that every hour, 55 teenagers give birth in the United States?

Abstinence

The safest path towards teen pregnancy prevention is abstinence. Not having sexual intercourse will mean that you will never have to worry about catching any diseases or unwanted pregnancies which will ultimately change your entire life. Though there will undoubtedly be a lot of peer pressure to have sex, abstaining from sex now will only mean that you will be 100% ready when you do decide to take that step.

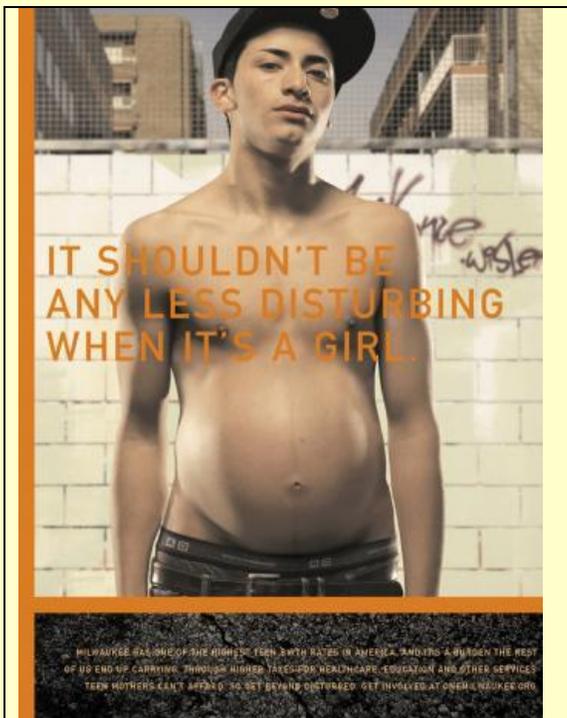


Contraception

- The condom and birth control pill are the two most popular forms of teen pregnancy prevention
- The condom will not only protect you from possible diseases that can be transmitted through the semen but also from teen pregnancy.
- If the birth control pill taken every day, the pill is very reliable in terms of pregnancy prevention. However, the pill does not stop you from catching sexually transmitted diseases and infections so you must still be careful.

Reach Out

If the child is having thoughts of pregnancy then reach into the community to pregnant teens or parenting teens mothers. They might give the child insight and offer the parents some advice on preventing teen pregnancy.



Websites

http://www.parentingmyteen.com/teenpregnancy_prevention.htm

Parenting my teen was a website created by Aurelia Williams, who hosts a parenting podcast. It was her goal to create a website like this to help parents deal with teen issues. The site offers tips and resources for parents with pregnant teens. What makes this site even more important is that it not only covers teen pregnancy, but most parenting issues. The podcast is available on the website for parents to get daily information on parenting. The site also offers books to read on parenting topics and counselors available to help a parent figure out their teen issues.

Websites

<http://www.thenationalcampaign.org/about-us/our-mission.aspx>

This website is great for parents who do not have any pregnant teens, but are looking for ways to prevent teen pregnancy. It provides an abundance of resources and ways to help a parent prevent teen pregnancy. The resources attached to this topic are slideshows, PowerPoint's, videos, and newsletters. The way the resources are structured it makes learning more about these topics fun and interesting. The site also provides a sister site, stayteen.org. The site was created especially for teens and allows them to ask questions about sex and get information about pregnancy prevention. It is helpful for children who do not want to ask these questions to their parents.

Resources

Gibbs, N. (2008). Give the girls a break. *Time*, 172(1), 36. Retrieved September 13, 2009 from Academic Search Premier database.

Kim, C. (2009). The joy of abstaining. *USA Today Magazine*, 137(2766), 73-75. Retrieved September 13, 2009 from Academic Search Premier database.

Black, S. (2009). Children having children. *American School Board Journal*, 196(5), 40-41. Retrieved September 13, 2009 from Academic Search Premier database.