

8060DV

**HUMAN RELATIONS MEDIA**

41 Kensico Drive Mount Kisco NY 10549 1-800-431-2050

# AVOIDING THE TEEN PREGNANCY TRAP

DVD Version



**HUMAN RELATIONS MEDIA**

ISBN-13: 978-1-55548-046-2  
ISBN: 1-55548-046-2

# AVOIDING THE TEEN PREGNANCY TRAP

## CREDITS

### EXECUTIVE PRODUCER

Anson W. Schloat

### PRODUCER

Peter Cochran

### CONSULTANTS

Katherine Svellentrop, M.P.H.  
Research and Evaluation Manager  
The National Campaign to Prevent Teen Pregnancy

### TEACHER'S RESOURCE BOOK

Carl Gaines

Copyright 2008  
Human Relations Media, Inc.

# AVOIDING THE TEEN PREGNANCY TRAP

## TABLE OF CONTENTS

DVD Menu	i
Introduction	1
Learning Objectives	3
Program Summary	4
<b>Student Activities</b>	
1. Pre/Post Test	7
2. Kid Calculator	9
3. Wise Guy	10
4. Debate Teams	11
5. Your Life in Jeopardy	12
6. Dear Me	14
7. A Game of Life	15
8. Egg Babies	17
9. Goal, Interrupted	18
10. Letter to the Editor	19
11. Teens Around the World	20
<b>Fact Sheets</b>	
1. International Teen Birth Rates	21
2. Avoiding Peer Pressure	22
3. Under the Influence	23
4. The Cost of Teen Pregnancy	24
5. Your Future	25
6. Your Child's Future	26
7. Abstinence Facts	27
8. Top Myths	28
9. Bibliography	29
Other Programs from Human Relations Media	30

# AVOIDING THE TEEN PREGNANCY TRAP

## DVD MENU

### MAIN MENU

### PLAY

### CHAPTER SELECTION

From here you can access many different paths of the DVD, beginning with the introduction and ending with the credits.

1. Introduction
2. Ashley's Story
3. It's My Life
4. Matt's Story
5. Stepping Up?
6. Caitlin's Story
7. Let's Talk About It
8. Myths of Unprotected Sex
9. Conclusion

### TEACHER'S RESOURCE GUIDE

A file of the accompanying Teacher's Resource Guide is available on the DVD. To open the file you need to load the DVD onto a computer that has a DVD-ROM and Adobe Acrobat Reader. Right click on the DVD icon and then double click on the file titled "Teacher's Resource Book."

Perhaps no event can simultaneously create and alter a future as drastically as teen pregnancy. And nowhere in the developed world do teen pregnancies occur with such frequency as in the United States. We have higher rates of teen pregnancy than the United Kingdom, Japan or Australia. These statistics, though improved in recent years, remain sobering. For instance, the rate of teen pregnancy in the United States is the lowest that it has been in thirty years, yet still 31 percent of American women become pregnant at least once before age 20.

The ramifications of these pregnancies and births are far reaching. They touch rich and poor, black and white, kids in large urban areas and teens on isolated family farms in the nation's heartland. The epidemic of teen pregnancy in the United States concerns us all, foremost as a social issue, but also as a financial one.

Teen childbearing in the United States costs taxpayers more than 9.1 billion dollars annually. Associated expenses include increased costs for healthcare, foster care and incarceration for the resulting children of these teen parents. Additionally, statistics show that violent criminals are largely males who grew up without fathers. Seventy percent of the U.S. prison population belongs to this group. As a society, we all pay the price for teen pregnancy—now and in the future—even if we think we are removed from it.

In addition to the financial and socioeconomic costs, we must also consider the physical and emotional cost for the affected teens. These teens are often struggling in other areas of their lives prior to their pregnancy. Having a baby before the age of 20 is statistically proven to be associated with early school failure, poverty, family dysfunction and early behavioral problems.

But this is not to say that all of these teens—or their offspring—are in some way doomed. Society is full of exceptions: teens who overcame what seemed to be insurmountable odds and raised healthy, happy children while fulfilling their own promise, or the child from a single-parent household with desperate finances who resisted the pull of the streets and graduated at the top of his or her class. We've all read those stories and cheered for all parties involved. The truth of the matter is, however, that teens deserve to know the likely results of their choices. And the fact is, even given the best of circumstances, pregnancy forever changes lives.

What can be done to prevent teen pregnancy? One of the greatest tools is education. Giving teens the facts—about their behavior and its potential consequences—empowers them to make wiser choices by themselves. However, we must also refute myths and clarify false information that teens may have gotten from peers and the media. Armed with the facts, it is up to the individual to decide what is right for himself or herself.

After watching the video *Avoiding the Teen Pregnancy Trap* and participating in the class activities included in this Teacher's Resource Book, your students will be able to:

- identify many of the negative social consequences associated with teen pregnancy
- explain why becoming a parent while still a teenager might not be an appropriate choice for them
- understand that teen pregnancy has reached epidemic proportions in the United States
- debunk common myths associated with the odds of pregnancy
- identify abstinence as the only foolproof way to prevent teen pregnancy
- name some ways in which their lives would be forever changed by teen pregnancy
- make more informed choices about their bodies and their sexual activity
- implement a plan for using refusal skills

Following this segment we see a dramatic public service announcement (PSA) from the National Campaign to Prevent Teen Pregnancy, a nonprofit, nonpartisan organization devoted to reducing teen pregnancy rates. The PSA follows a rebellious teen girl as she struggles to assert her independence. She attends a party where alcohol is served and thus, later finds herself paying the consequences for decisions that she made that night. “Sex has consequences,” the PSA’s narrator tells us.

At this point, our hosts are back. They deliver a series of statistics to viewers—information on the likelihood of teen mothers ever marrying, and guys’ attitudes when it comes to pregnancy and responsibility. This serves as the perfect transition to explore the topic of teen parenthood from a guy’s perspective. We meet Matt Leonard, who shares his story with viewers. Matt’s girlfriend Lorena became pregnant when he was still in his teens. “When we first started having intercourse, we never used protection... We were just being normal teenagers,” Matt says, echoing attitudes that are all-too-common among teens.

Unlike most guys his age, Matt stepped up to the plate and accepted responsibility for his new family. During his interview, we meet Lorena, who is now Matt’s wife, and we see Matt working hard to care for his wife and child. Matt’s story further illustrates the sacrifices that teen parents must make. He has no time for school or to hang out with friends because he is busy working 10 to 12 hours a day, on top of his responsibilities at home. Viewers get a vivid sense of just how physically exhausting parenting is.

The PSA that viewers see after Matt’s atypical story of teen parenthood is chilling and quite appropriate. In it, we hear a pregnant girl frantically trying to reach her boyfriend—the father of their unborn child. She leaves a voicemail message on a machine; he doesn’t pick up and deletes the message.

The program’s last interviewee, Caitlin Shetter, is introduced. “When I was a high school student, too often I’d turn around and see one of my classmates pregnant,” she recalls. Caitlin explains that she has chosen abstinence. Not ready financially or emotionally for a baby, she recognizes that abstinence is the only 100 percent sure way for her to avoid the teen pregnancy trap, not to mention STDs and the emotional turmoil often brought about by early sexual behavior. Caitlin points out that it’s not about abstinence versus contraceptives and that a comprehensive education presents both ideas. Lest viewers think that abstinence means a joyless, dull life, we see Caitlin goofing with friends and interacting with peers in social settings.

# **STUDENT ACTIVITIES**



Name: \_\_\_\_\_

## Pre/Post Test

Decide whether the following statements are true or false.

1. **TRUE or FALSE:** Teen pregnancy rates in the United States are currently at their highest in 30 years. \_\_\_\_\_
2. **TRUE or FALSE:** Birth control is the responsibility of both partners. \_\_\_\_\_
3. **TRUE or FALSE:** Abstinence is the only 100 percent effective way to avoid pregnancy and STDs. \_\_\_\_\_
4. **TRUE or FALSE:** Having sex in a hot tub or heated pool reduces the chances of pregnancy. \_\_\_\_\_
5. **TRUE or FALSE:** Eighty percent of fathers do not marry the teen mothers of their children. \_\_\_\_\_
6. **TRUE or FALSE:** Having a baby as a teen limits the amount of time you have to devote to yourself. \_\_\_\_\_
7. **TRUE or FALSE:** More teen boys are reporting having multiple sex partners. \_\_\_\_\_
8. **TRUE or FALSE:** Sperm can survive inside a female's body for up to a week. \_\_\_\_\_
9. **TRUE or FALSE:** Using the birth control pill can cause a young woman to have problems later in life when she wants to get pregnant. \_\_\_\_\_
10. **TRUE or FALSE:** The number one reason teens report not using protection is that they weren't planning on having sex and that it "just happened." \_\_\_\_\_

*The Answer Key to this activity appears on the next page.*

Name: \_\_\_\_\_

## Answer Key

- |  |              |
|--|--------------|
| 1. <b>TRUE or FALSE:</b> Teen pregnancy rates in the United States are currently at their highest in 30 years.   | <b>FALSE</b> |
| 2. <b>TRUE or FALSE:</b> Birth control is the responsibility of both partners.   | <b>TRUE</b>  |
| 3. <b>TRUE or FALSE:</b> Abstinence is the only 100 percent effective way to avoid pregnancy and STDs.   | <b>TRUE</b>  |
| 4. <b>TRUE or FALSE:</b> Having sex in a hot tub or heated pool reduces the chances of pregnancy.  | <b>FALSE</b> |
| 5. <b>TRUE or FALSE:</b> Eighty percent of fathers do not marry the teen mothers of their children.  | <b>TRUE</b>  |
| 6. <b>TRUE or FALSE:</b> Having a baby as a teen limits the amount of time you have to devote to yourself.   | <b>TRUE</b>  |
| 7. <b>TRUE or FALSE:</b> More teen boys are reporting having multiple sex partners.  | <b>FALSE</b> |
| 8. <b>TRUE or FALSE:</b> Sperm can survive inside a female's body for up to a week.  | <b>TRUE</b>  |
| 9. <b>TRUE or FALSE:</b> Using the birth control pill can cause a young woman to have problems later in life when she wants to get pregnant.               | <b>FALSE</b> |
| 10. <b>TRUE or FALSE:</b> The number one reason teens report not using protection is that they weren't planning on having sex and that it "just happened." | <b>TRUE</b>  |

Name: \_\_\_\_\_

**ACTIVITY 2**

**KID CALCULATOR**

Parenthood is expensive. Here's one way to find out.

**STEP ONE:**

Your teacher will write a range of incomes, from \$35,000 a year to \$200,000 a year, on different slips of paper, and then put those slips into a bag. Each student must choose a slip of paper. This determines your hypothetical yearly income.

**STEP TWO:**

After you've found out how much (or little) income you'll be earning, it's time to complete this Kid Calculator. In the spaces below, write down your estimates for how much you would expect to spend annually raising one child, when it comes to food, clothing, education, housing and transportation.

	<b>ESTIMATED COST PER YEAR</b>	<b>ACTUAL COST PER YEAR</b>
<b>FOOD</b>		
<b>CLOTHING</b>		
<b>EDUCATION</b>		
<b>HOUSING</b>		
<b>TRANSPORTATION</b>		

**STEP THREE:**

Your teacher will plug your income, location and any other relevant information into a program like the "Cost of Raising a Child Calculator" from [www.babycenter.com](http://www.babycenter.com). Your teacher will let you know how accurate your assessment was.

**STEP FOUR:**

Once you find out how accurate your estimates were, write a brief paper explaining what you have learned. Discuss your findings with the class.

Name: \_\_\_\_\_

ACTIVITY 3

WISE GUY

Sometimes the issue of teen pregnancy is viewed as something that affects only girls. That's just not true. Using what you've learned about the guy's role in this issue and how a baby can impact one's time, select the most likely ending for each scenario.

- 1.** I didn't use a condom with my girlfriend. Now I spend many afternoons changing...
  - a) the oil in my car.
  - b) dirty diapers.
  - c) phone numbers.
  - d) channels.
  
- 2.** Participating in early sexual activity made it easy for me to catch...
  - a) a sexually transmitted disease.
  - b) the game on TV.
  - c) a cold.
  - d) up with friends over the summer.
  
- 3.** I promised her I'd be there no matter what happened, so now I'm working on...
  - a) my free throw.
  - b) college applications.
  - c) finding a job.
  - d) my French accent.
  
- 4.** Trusting all the information about sexual activity and pregnancy that I heard from my buddies has helped me...
  - a) run a seven-minute mile.
  - b) get into big trouble when my girlfriend got pregnant.
  - c) score a better grade in algebra.
  - d) inherit the family business.
  
- 5.** When my boyfriend found out that I was pregnant, he ran...
  - a) to tell his parents.
  - b) away.
  - c) for class president.
  - d) out to buy a stroller.

Name: \_\_\_\_\_

Read the story below and be prepared to take a position for a class debate.

*17-year-old Max and his 16-year-old girlfriend Gisele decided they were ready to be sexually active. Gisele had heard from friends that if she took a shower immediately after sex, she wouldn't get pregnant. There was no need to use a condom, she said. Skeptical but eager, Max agreed.*

*Nine months later, Little Max arrived. By then, Max and Gisele had broken up. Because Max claimed that the whole "no condom thing" was Gisele's idea, he refused to pay support for his son or even acknowledge his existence.*

Your teacher will divide the class into two groups. Each group will argue one side of this debate topic:

## **Does Max have to support his son?**

Think about what you learned from the video about the responsibilities of both males and females in situations like this one. Also, consider the amount of misinformation that both teens relied upon.

When you are finished with your debate, investigate your state's laws regarding paternity and child support. Even if you argued that Max doesn't have to support his son, here's your chance to find out what the law says on this topic.

Name: \_\_\_\_\_

Divide up into groups of four. One person will be the host of this game show. The host reads the statements below to the other three students, who are “contestants.” The first student to raise his or her hand has a chance to state the question that the answer might refer to. All of these statements are related to aspects of teen pregnancy. Don’t forget to phrase your “answer” as a question—otherwise, the remaining players will have a chance to win. The contestant with the most points at the end is declared the winner.

\*\* Only the host should have access to the Answer Key on the next page.

*And now, Ladies and Gentlemen, it’s time for another round of . . .*

## TEEN PARENTING JEOPARDY!

- 1.** *For 2 points:* The rate of this decreased by 36 percent between 1990 and 2002.
- 2.** *For 1 point:* This term refers to the only surefire way to avoid teen pregnancy and STDs.
- 3.** *For 3 points:* This says, “You can’t get pregnant if it’s your first time.”
- 4.** *For 1 point:* This country has the highest rate of teen pregnancy and birth in the developed world.
- 5.** *For 3 points:* This U.S. group pays 9.1 billion dollars a year due to the epidemic of teen pregnancy.
- 6.** *For 2 points:* Studies show that, as a teen, you are unlikely to complete this if you have a baby.
- 7.** *For 1 point:* This Asian country, home of the *kimono*, has among the lowest rates of teen pregnancy in the developed world.
- 8.** *For 2 points:* Teen mothers rarely complete this.
- 9.** *For 3 points:* These people are the most able to influence teens’ choices about early sexual activity.
- 10.** *For 3 points:* Fathers may be required by law to pay this until their child becomes an adult.

*The Answer Key to this activity appears on the next page.*

Name: \_\_\_\_\_

## Answer Key

- 1.** The rate of this decreased by 36 percent between 1990 and 2002.  
[Correct response: "What is teen pregnancy?"] 2 points
- 2.** This term refers to the only surefire way to avoid teen pregnancy and STDs.  
[Correct response: "What is abstinence?"] 1 point
- 3.** This says, "You can't get pregnant if it's your first time."  
[Correct response: "What is a myth?"] 3 points
- 4.** This country has the highest rate of teen pregnancy and birth in the developed world.  
[Correct response: "What is the United States?"] 1 point
- 5.** This U.S. group pays 9.1 billion dollars a year due to the epidemic of teen pregnancy.  
[Correct response: "Who are taxpayers?"] 3 points
- 6.** Studies show that, as a teen, you are unlikely to complete this if you have a baby.  
[Correct response: "What is your education?"] 2 points
- 7.** This Asian country, home of the *kimono*, has among the lowest rates of teen pregnancy in the developed world.  
[Correct response: "What is Japan?"] 1 point
- 8.** Teen mothers rarely complete this.  
[Correct response: "What is high school?"] 2 points
- 9.** These people are the most able to influence teens' choices about early sexual activity.  
[Correct response: "Who are parents?"] 3 points
- 10.** Fathers may be required by law to pay this until their child becomes an adult.  
[Correct response: "What is child support?"] 3 points





Name: \_\_\_\_\_

**ACTIVITY 7A**

**A GAME OF LIFE**

There is no question that an unexpected pregnancy will affect you, your partner and your respective families. Now consider how it would affect your child! Statistics show that children born to teen parents are starting their lives at a disadvantage. Using the *Your Child's Future* fact sheet, decide whether each of the statements below is True or False.

**CIRCLE ONE**

<b>1.</b>	Children born to teen parents are less likely to complete high school.	<b>True / False</b>
<b>2.</b>	Children born to teen parents are on average just as healthy as other children.	<b>True / False</b>
<b>3.</b>	Less likely to repeat a grade, children born to teen parents excel in school.	<b>True / False</b>
<b>4.</b>	Children born to teen parents suffer higher rates of abuse and neglect.	<b>True / False</b>
<b>5.</b>	Daughters of teen mothers are unlikely to become teen mothers themselves.	<b>True / False</b>
<b>6.</b>	Sons of teen mothers are more likely to find themselves in trouble with the law.	<b>True / False</b>
<b>7.</b>	Children of teen parents tend to score average on standardized tests.	<b>True / False</b>

*The Answer Key to this activity appears on the next page.*

Name: \_\_\_\_\_

## Answer Key

**CIRCLE ONE**

<b>1.</b>	Children born to teen parents are less likely to complete high school.	<b>True</b>
<b>2.</b>	Children born to teen parents are on average just as healthy as other children.	<b>False</b>
<b>3.</b>	Less likely to repeat a grade, children born to teen parents excel in school.	<b>False</b>
<b>4.</b>	Children born to teen parents suffer higher rates of abuse and neglect.	<b>True</b>
<b>5.</b>	Daughters of teen mothers are unlikely to become teen mothers themselves.	<b>False</b>
<b>6.</b>	Sons of teen mothers are more likely to find themselves in trouble with the law.	<b>True</b>
<b>7.</b>	Children of teen parents tend to score average on standardized tests.	<b>False</b>



Name: \_\_\_\_\_

ACTIVITY 9

GOAL, INTERRUPTED

You're still young, so it's natural that you've got places to go and people to see. But as you've learned, becoming a parent as a teen will interfere with many of your goals. In the chart below, make a list of your top goals for the next five years. Then consider how parenthood would interfere with attaining each goal. An example has been done for you.

**Goal:** I want to go to college to study engineering.

**Interference:** I learned in the video that teens who have babies find going on to college to be nearly impossible. Having a baby is a major time commitment and many teens don't even complete high school.

**Goal:** \_\_\_\_\_

**Interference:** \_\_\_\_\_

**Goal:** \_\_\_\_\_

**Interference:** \_\_\_\_\_

**Goal:** \_\_\_\_\_

**Interference:** \_\_\_\_\_

**Goal:** \_\_\_\_\_

**Interference:** \_\_\_\_\_



Name: \_\_\_\_\_

ACTIVITY 1 1

TEENS AROUND THE WORLD

You have learned—perhaps to your surprise—that the United States has the highest rate of teen pregnancy and childbirth in the developed world. Instead, countries like Denmark, Japan, Switzerland and the Netherlands have some of the lowest teen birth rates in the developed world. What do you think they are doing that we're not?

Choose one of the four countries mentioned above. Do some research about your chosen country in order to find out why that country's teens get pregnant and become parents much less frequently than American teens.

Here are some questions you may want to consider:

Are their teens getting different media messages?

Do they receive a different kind of education about this issue?

Is there a better support network available for those teens that do become pregnant?

What kind of social stigma is placed upon teens that become pregnant in that country?

Is there a sharp difference in that country's family structure compared to the U.S.?

Discuss your theories with the class and your teacher.

# **FACT SHEETS**

Name: \_\_\_\_\_

INTERNATIONAL  
TEEN BIRTH RATES

Teen birth rates in the United States for females aged 14 to 19 are the highest of any developed country. This is despite a steady decline in these rates over the past ten years. The list below shows that there is still much work to be done. Fourteen developed nations are listed in order, from highest teen birth rate to lowest. The teen birth rate per one thousand girls, as of 2004, is listed below.

**Teen Birth Rates for Selected Developed Countries**

Ranking	Country	Number of Teen Births per 1,000
1	United States	41.1
2	United Kingdom	26.8
3	Portugal	19.6
4	Australia	16.1
5	Canada	14.5
6	Germany	11.0
7	Spain	10.8*
8	France	7.8
9	Italy	6.7*
10	Sweden	5.9
11	Denmark	5.7
12	Japan	5.6
13	Switzerland	5.2
14	Netherlands	4.6

\* 2003 data

Sources:  
*United Nations Statistics Division. (2004). Demographic Yearbook 2004. New York: United Nations.*  
[www.teenpregnancy.org/resources/data/pdf/birthrates\\_Nov2006.pdf](http://www.teenpregnancy.org/resources/data/pdf/birthrates_Nov2006.pdf)  
[www.teenpregnancy.org/resources/reading/pdf/inatl\\_comparisons2006.pdf](http://www.teenpregnancy.org/resources/reading/pdf/inatl_comparisons2006.pdf)



Name: \_\_\_\_\_

## Tips for Saying No

Peer pressure is a powerful motivating force for teens, but with the right set of skills and tips, its pull can be avoided. These might range from simply walking away to explaining to friends the dangers involved and why abstinence is the right choice. A list of potential ways to avoid peer pressure follows.

- **Walk away.** This is often the best policy for any type of conflict. And why do you owe kids at school an explanation about your choices anyway?
  
- **Explain yourself.** If you're feeling particularly brave, your explanation might not only silence the peanut gallery; you might be actually lending strength to someone else who feels exactly the way that you do. Explain the various reasons why you've decided that abstinence is the right choice for you.
  
- **Keep the focus on yourself.** It's easiest to avoid peer pressure when you're feeling your absolute best. So get out there and take part in healthy activities that make you feel good.
  
- **Be organized.** It can be difficult for anyone to come up with the right words under pressure, especially peer pressure. So organize your thoughts on abstinence ahead of time. Jot down why you've decided to wait.

Name: \_\_\_\_\_

Who has the greatest potential to influence teens when it comes to the issue of teen pregnancy? The best basketball star? The latest actress? The newest singing sensation? Your best friends? You might be surprised.

A strong parental relationship is key when it comes to preventing teen pregnancy. Though teens might sigh and roll their eyes when the subject of their parent's influence arises, the facts speak for themselves. Take a look at the facts below. They represent who teens say influence them the most when it comes to the topic of early sexual activity.

<b>Parents</b>	<b>45%</b>
<b>Friends</b>	<b>31%</b>
<b>Religious Leaders</b>	<b>7%</b>
<b>Teachers / Sex Educators</b>	<b>6%</b>
<b>The Media</b>	<b>4%</b>

Name: \_\_\_\_\_

THE COST OF  
TEEN PREGNANCY

As a society, we all pay the price for teen pregnancy—literally and figuratively.

- Teen mothers are less likely to complete high school.
- U.S. taxpayers pay an estimated 9.1 billion dollars in taxes toward issues associated with teen pregnancy.
- Teen mothers are more likely to end up on public assistance.
- The children of teen mothers are at an increased risk for all of the following: low birth rate, mental retardation, poverty, welfare dependency, poor school performance, insufficient health care.
- Research suggests that children fare better when raised by two parents.

Name: \_\_\_\_\_

When a pregnancy occurs, your future is affected in many ways. The facts speak for themselves—teen parents suffer educationally, financially and socially.

- Seven out of ten teen mothers will drop out of high school.
- Teen fathers finish an average of 11.3 years of school by the age of 27.
- More than 70 percent of fathers do not marry their baby's teen mother.
- Even when court-ordered to pay child support, only a small fraction of teen fathers do so.
- 52 percent of mothers on welfare had their first child as a teen.
- Teen mothers have reduced rates of *ever* marrying.

*Source: The National Campaign to Prevent Teen Pregnancy,  
[www.teenpregnancy.org/works/pdf/TeenMothersMarriage.pdf](http://www.teenpregnancy.org/works/pdf/TeenMothersMarriage.pdf)*

Name: \_\_\_\_\_

Children born to teen parents have the cards stacked against them from the very start. Pregnancy and child rearing are tough even for the most prepared in our society—those with resources to spare. For teen mothers, this is usually not the case. Studies show that the overwhelming majority of these teens are already struggling in many areas in their lives. Self-care is sometimes an issue, so in some cases, not all, the arrival of a baby proves to be too much. The statistics below reflect this.

- Children of teen mothers are more likely to be born prematurely.
- Children of teen parents are twice as likely to be abused or neglected.
- Daughters of teen mothers are three times more likely to become teen mothers themselves.
- Sons of teen mothers are two times more likely to end up in prison.
- Children of teen mothers score lower on standardized tests.

*Source: The National Campaign to Prevent Teen Pregnancy,  
[www.teenpregnancy.org/works/pdf/PlayingCatchUp.pdf](http://www.teenpregnancy.org/works/pdf/PlayingCatchUp.pdf)*

Name: \_\_\_\_\_

Continuous abstinence means choosing not to take part in any sexual activity. Check out these benefits:

### Continuous abstinence...

- is the only 100 percent effective method of pregnancy prevention
- offers total protection from sexually transmitted diseases (STDs), including HIV
- is completely free
- has no medical or hormonal side effects
- is supported by many people of different faiths as the best choice for unmarried people
- is practiced by the majority of people under the age of 18
- is an option available to anyone, even people who have had sex in the past
- is much safer than periodic abstinence, or not having sex some of the time
- has been linked to a young person's self-esteem and success in later relationships

Abstaining from sexual activity is easier than you think. It helps if you can talk openly with your partner about your decision. Any worthy relationship is based on respect. If you sense that your partner doesn't respect your feelings, think carefully about what that says about your relationship. Set your own goals and stick to them, even if it means avoiding situations that could make things tricky.

Name: \_\_\_\_\_

We've all heard them. Some of us have even believed a few of them. But avoiding teen pregnancy means you have to know the facts. Don't fall for these common pregnancy myths. They are all FALSE!

### **"You can't get pregnant if..."**

- it's your first time
- you're both virgins
- the girl is having her period
- you have sex in a pool or hot tub
- the girl showers afterward
- the girl doesn't have an orgasm
- the guy doesn't have an orgasm
- the guy pulls out before orgasm
- the girl jumps up and down afterward
- the guy drinks caffeinated soda before having sex
- you do it standing up

Sources: <http://www.pprsr.org/justforteens/ICantGetP.gif.cfm>  
<http://www.nyc.gov/html/doh/downloads/pdf/csi/contrakit-pt-getpregnant-fact.pdf>  
[http://www.4woman.gov/pyph/articles/aa\\_myths.html](http://www.4woman.gov/pyph/articles/aa_myths.html)

Name: \_\_\_\_\_

Child Trends Fact Sheet, 1995 <<http://www.childtrends.org/Files/FAAG2001.pdf>>

International Teen Birth Rates <<http://www.tinyurl.com/2el4ho>>

The Medical Institute, *Teen Pregnancy and Marriage* <<http://tinyurl.com/2aqdxv>>

The National Campaign to Prevent Teen Pregnancy, *Teen Birth Rates: How Does the United States Compare?* 2004 <<http://tinyurl.com/yq99w5>>

The National Campaign to Prevent Teen Pregnancy, *American Opinion on Teen Pregnancy and Related Issues*, 2003 <<http://tinyurl.com/yuftiz>>

The National Campaign to Prevent Teen Pregnancy, *Teen Pregnancy and Overall Child Well-Being* <<http://tinyurl.com/29qzqy>>

The Unicef Innocenti Research Centre, *A League Table of Teenage Births in Rich Nations*, 2001 <<http://tinyurl.com/2acnmd>>



Name: \_\_\_\_\_

HUMAN RELATIONS MEDIA

OTHER PRODUCTS

## OTHER PROGRAMS FROM HUMAN RELATIONS MEDIA

<i>Thinking about Abstinence</i>	VHS/print or DVD/print
<i>No Safe Amount: Women, Alcohol and Fetal Alcohol Syndrome</i>	VHS/print or DVD/print
<i>The Ten Signs of Relationship Abuse</i>	VHS/print or DVD/print
<i>Advertising, the Media and Your Health</i>	VHS/print or DVD/print
<i>Becoming an Organized Student</i>	VHS/print or DVD/print
<i>I Heard It on the Internet</i>	VHS/print or DVD/print
<i>Developing Self-Confidence</i>	VHS/print or DVD/print
<i>Say Know to Diets</i>	VHS/print or DVD/print
<i>Teen Truth: An Inside Look at Drug and Alcohol Abuse</i>	VHS/print or DVD/print
<i>DUI: The Hard Truth</i>	VHS/print or DVD/print
<i>Social Skills for Life: Managing Emotions</i>	VHS/print or DVD/print
<i>Silence Ain't Sexy</i>	VHS/print or DVD/print
<i>Caution! Teenager Under Construction</i>	VHS/print or DVD/print
<i>Coping with an Emotional Crisis</i>	VHS/print or DVD/print
<i>Making Good Choices: Keys to Good Decisions</i>	VHS/print or DVD/print
<i>Five Life Strategies for Successful Teens</i>	VHS/print or DVD/print

**Visit our website for detailed descriptions of the above programs.**

Available from  
Human Relations Media  
41 Kensico Drive  
Mount Kisco, NY 10549

Phone: 800 / 431-2050  
Fax: 914 / 244-0485  
Web: [www.hrmvideo.com](http://www.hrmvideo.com)

