



CORBIN & ASSOCIATES, INC.

Lesson Plan of the Month September 2001

Topic: Teen Pregnancy

Target Group: High School

Prepared By: Will Edwards

Agency: Ventura County Sheriff's Dept.

**Address: 3701 E. Las Posas Rd.
Camarillo, CA 93010**

Phone: (805) 388-5100

Objectives:

After this block of instruction the student will be able to:

- 1. Describe the impact of teen pregnancy on the individual and/or society**
- 2. Discuss prevention and the myths about pregnancy**
- 3. List reasons teens become sexually active leading to pregnancy**
- 4. Recognize local resources involved with teen pregnancy and prevention**

Introduction:

Get Will's experience and background.

Body:

- I. Reasons Teens Become Sexually Active Leading To Pregnancy**
 - A. Curiosity**
 - B. Peer pressure/expectation of peers (Peers may not necessarily be sexually active but rumors or assumptions lead teens to believe they are. Teens become active to fit in).**
 - C. One may believe it's what you are supposed to do when in love or to keep a partner.**
 - D. Sex constantly portrayed in media.**
 - E. Drug and alcohol abuse leads to diminished inhibitions causing teens to engage in sex when they normally would not have (1/3 of teen pregnancies occur when the teens were drinking alcohol).**
 - F. When decision is made to have sex the teens are irresponsible about birth control.**
- II. Psychological Impact On Involved Teens and Family**
 - A. Feelings of depression, abandonment by peers, and failure**
 - B. Feelings of guilt and anxiety about future**
 - C. Mother may not want the baby**
 - D. Mother feels low self-esteem**
 - E. Anger and denial among partners and family**
 - F. Pressure on family**

- G. Depression and guilt from decision to abort or offer child for adoption**

- III. Physical Impact On Mother and Child**
 - A. Teen mothers experience higher instances of anemia and hypertension**
 - B. Babies are more likely to be premature and/or have a low birth weight**
 - C. Premature or low birth weight babies are more likely to be predisposed to mental retardation and brain damage**
 - D. Generally the younger the mother the more problems for the child**
 - E. Mother and baby suffer additional medical problems due to a lack of Nutrition and prenatal care due to denial**

- IV. Financial, Social, and Educational Impact On Parents and Child**
 - A. 75% of unmarried teen mothers go on welfare within five years of birth of first child**
 - B. Less than 1/3 of teen mothers finish high school**
 - C. Pregnancy is leading cause of female student dropouts**
 - D. Social life ceases to exist for mother and or father**
 - E. Children of a teen parent are 50% more likely to repeat a grade**
 - F. Sons of teen parents are more likely to end up in prison**
 - G. Children of teen parents are more likely to be abused and neglected**

- V. Societal Impact**
 - A. Teen pregnancy costs nation 7 billion dollars a year**
 - B. Over one million teens become pregnant every year**
 - C. 40% of teens under age 20 become pregnant at least once**
 - D. Teen pregnancy affects all ethnicity's and social classes**
 - E. Higher incidents of abuse and neglect among teen parents**
 - F. Children of teen parents are more likely to fail in school, have mental problems and live in poverty which leads to many social problems including higher crime rates**

- VI. Myths About Pregnancy**
 - A. Can't get pregnant if;**
 - 1. It's your first time**
 - 2. If you're both virgins**
 - 3. If guy pulls out**
 - 4. If you have sex in a hot tub**
 - 5. If girl douches after sex**
 - 6. Girl is on her period**

- VII. Prevention**
 - A. Abstain**
 - B. Make responsible decisions regarding sex and birth control**
 - C. Use birth control responsibly**
 - D. Don't succumb to peer pressure**
 - E. Get active with sports, school, family (teens highly involved in these activities or have a strong attachment to parents are less likely to be sexually active)**
 - F. Communicate with your parents and/or counselors**

- VIII. What To Do If You or Friend Become Pregnant**

- A. Immediately talk with parent, counselor, or adult family member to Determine what best course of action is whether birth, adoption, or abortion**
- B. Get informed. Prenatal care is crucial for mother and child's mental and Physical health.**
- C. If birth is chosen provide care, guidance, and reassurance.**
- D. Set realistic goals for parents.**

Review:

- 1. Reasons teens become sexually active.**
- 2. Psychological impact on teens and family.**
- 3. Physical impact on teen mother and child.**
- 4. Financial, social, and educational impact on parents and child.**
- 5. Societal impact.**
- 6. Myths about pregnancy.**
- 7. Prevention.**
- 8. What to do if you or a friend become pregnant.**

Practice:

Question & Answer Period

Discuss Any Further Myths They May Have Heard

Documentation and/or Resources:

Provide local resources, i.e., counseling, prevention groups, planned parenthood, teen parenting programs, and teen parent education programs.

Corbin & Associates, Inc.
National Training Corporation
4222 Old Dominion Rd.
Orlando, FL 32812
Phone # (407) 851-5058
Fax # (407) 855-8962
E-Mail: sroinfo@aol.com
Web Site: <http://www.sroinfo.com>

