

A red square with a white border. Inside the square, the words "TEEN PREGNANCY" are written in a white, hand-drawn, uppercase font.

TEEN PREGNANCY

DEFINITION

- Teen Pregnancy is defined as a teenage girl within the years of 13 - 19 becoming pregnant
- Teen Pregnancy Prevention is important to the health and quality of life for youth
- Engaging in sexual risk behaviors such as having sex at an early age, having more than one sex partner, and not using condoms or contraceptives can lead to unintended pregnancy, STD's, and HIV infection



PREVENTION

- Abstinence
- Protected sex (condom use, birth control, IUD, etc.)
- Talking to teens about outcomes and risk factors of pregnancy
- Comprehensive sex education

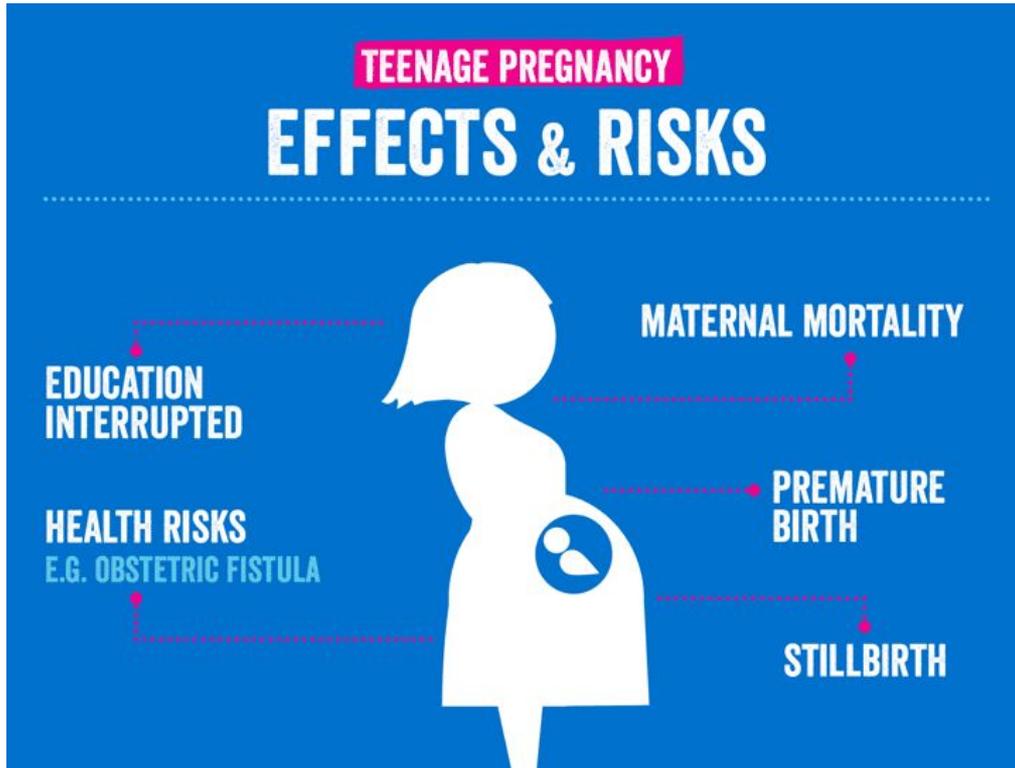
Contraception methods



RISK FACTORS

- Low birth weight
- Premature birth
- Pregnancy induced high blood pressure (preeclampsia)
- Higher rate of infant death
- 38% of teen girls who have a child before 18 get a high school diploma by age 22
- 30% of teen girls who have dropped out of high school say pregnancy is a reason
- 67% of teen mothers who moved out of their families' house live below the poverty level
- Children born to teen mother score significantly worse on math & reading tests

TEEN PREGNANCY RISKS AND CONSEQUENCES



GLOBAL PROBLEM WITH DANGEROUS CONSEQUENCES - KEY STATISTICS

7.3 MILLION GIRLS

become pregnant before 18 each year.

2.5 MILLION GIRLS AGED 15 OR YOUNGER

give birth each year.

Pregnancy and childbirth complications are the

SECOND HIGHEST CAUSE OF DEATH

for girls aged 15 to 19.

HALF OF PREGNANCIES

among girls aged 15–19 living in developing regions are

UNINTENDED.

Every year,

3 MILLION GIRLS

undergo **unsafe abortions**.

SIGNS & SYMPTOMS

- It depends on how far along in the pregnancy:
 - Missing a period
 - Nausea and vomiting
 - Breast changes (tenderness, enlargement)
 - Urinating more often
 - Baby movement
- If you are experiencing symptoms, call your healthcare provider.
 - Write down a list of questions and do not be afraid to ask!



DIAGNOSIS

- Pregnancy urine tests
 - Detects if human chorionic gonadotropin (hCG) is present to indicate pregnancy
 - Home pregnancy tests are more than 97% accurate
 - Always best to do with the first urination in the morning
 - If unsure, retest again!
- Blood tests
 - Also detects if human chorionic gonadotropin (hCG)
 - More expensive and used only for early diagnosis



CONSEQUENCES

- Children of teen parents suffer higher rates of abuse and neglect
- Daughters of teen mothers are more likely to become teen mothers themselves
- Average cost of raising a child from birth to age 18 is \$241,080
- More likely to drop-out of high school
- Children of teen mothers are more likely to enter the foster care system
- Children of teen mothers are more likely to be raised in single parent families

BENEFITS OF STAYING IN SCHOOL

- “Pregnancy and birth are significant contributors to high school dropout rates among girls. Only about 50% of teen mothers receive a high school diploma by 22 years of age, whereas approximately 90% of women who do not give birth during adolescence graduate from high school” Center for Disease Control and Prevention



POSITIVE PARENTING PRACTICES

- Stay informed about where your teen is getting information and what health messages they are learning
- Identify opportunities to have conversations about sex and pregnancy and have frequent conversations
- Be relaxed and open
- Avoid overreacting



PARENTS TALKING ABOUT SEX WITH TEENS

- Teens are influenced by their parents values, beliefs, and expectations of appropriate behavior
- Topics to be discussed:
 - Healthy, respectful relationships
 - Communicate your own expectations for your teen about relationships and sex
 - Provide factual information about ways to prevent STD's and pregnancy (abstinence, condoms, birth control, testing)
 - Focus strongly on benefits of protecting oneself from pregnancy
 - Provide information on where your teen can receive sexual health services

BENEFITS OF TALKING TO YOUR TEEN ABOUT SEX

- Research shows that teens who talk to their parents or a trusted guardian:
 - Begin to have sex at a later age
 - Increase use of condoms and birth control
 - Have better communication with their sexual partner
 - Have less frequent sex



TEEN PREGNANCY HOTLINES

- If you do not feel comfortable talking with your parent or adult
 - The American Pregnancy Hotline (1-866-942-6466)
 - Planned Parenthood Federation of America (1-800-230-PLAN)
 - Teen Line (1-800-852-8336) is operated by teens



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