

8th Grade, Objective 8.02

Objective:

Discuss the health, legal, financial, and social consequences of adolescent and unintended pregnancy and the advantages of delaying parenthood.

Materials Needed:

Appendix 1a, b – My Goals . . . What If...?

Appendix 2a, b – Teenage Pregnancy, from The National Campaign to Prevent Teen and Unplanned Pregnancy

Computers, with Internet access and a printer

PowerPoint: Adolescent and Unintended Pregnancy

Folder with local ads and catalogs of different baby items

Websites used:

Life in the Fast Lane <http://www.teenageparent.org/english/costofbaby2B.html>

The First Year Baby Costs Calculator <http://www.babycenter.com/babyCostCalculator.htm>

Appendix 3 – Show Me the Money

Appendix 4 – Taking Care of a Baby

Appendix 5 – What I Did Last Saturday

Video: *Mothers Too Soon* from the National Campaign, available for purchase \$29.95

Statement of Objectives:

Having a baby is a huge responsibility that involves many changes in one's life. To explore this, we will discuss the health, legal, financial, and social consequences of adolescent and unintended pregnancy. Most importantly, we will evaluate the advantages of delaying parenthood.

Review:

Ask students:

- *What are important qualities for a parent to have? (Record these qualities for each class to refer back to later on in the lesson.)*
- *How would a couple determine when they want to start a family? OR What factors determine readiness to start a family?*

Don't give them all the answers for this in review step.

Focus:

Option 1

Before class copy Appendix 1a, b so that it can be folded like a greeting card. Give each student a copy of My Goals...What If? *This handout will be used throughout today's lesson, so follow my directions carefully. The title of this activity is "What if..." On the front of this handout I want you to write what you could **become, do, or be** for the next five to fifteen years. I want you to think about the goals that you have and also to be realistic with this list.* Give students

approximately five minutes to complete this activity. Once all students are finished, tell them to open up the handout to the middle.

Now I want you to imagine, "What If" sometime this school year you found out that you were pregnant or you have fathered a child. I want you to go back to the first page (the one you just did) and cross out all the possibilities for your future that would become impossible if this unintended pregnancy occurred.

After the students are finished, ask:

- *How many future goals did you have to cross out?*
- *Will a teen or unplanned pregnancy affect a person's goal? How?*
- *What type of decisions does that individual need to make?*

Option 2

My Timeline: Draw a timeline on the overhead or board. Demonstrate filling in a timeline with examples of times and goals you would like to obtain. Explain how a timeline is laid out (from present to future) and what types of items are included in one's timeline, (graduate from high school, attend college or technical school, enroll in the armed forces, marriage, job, career, children). The events need to be in a logical sequence.

Ask students to create their own timeline starting now, at their present age, and projecting 20 years into the future. Have students write goals at different points along the timeline. Circulate around the room providing student help. Once all students have finished, briefly discuss their individual timelines, looking at similarities and differences.

On your timeline, write specifically how a teen or unintended pregnancy would interfere with or delay your goals. Modify your timeline by showing what will be change if a pregnancy occurs.

Ask students:

- *Is a teen or unplanned pregnancy going to affect a person's goals? How?*
- *What type of decisions does that individual need to make?*

It is important when making decisions to consider the consequences. Pregnancy is a consequence of being sexually active that can affect the mother, the father, and the child in the future.

Teacher Input:

Place students into groups that consist of five to seven students. Assign each group one of the following categories:

- Health consequences
- Legal consequences
- Financial consequences
- Social consequences

Your group needs to brainstorm the consequences of adolescent and unintended pregnancy. For example, if your group is assigned Health Consequences, your group needs to brainstorm the possible health consequences for adolescent or unintended pregnancy.

Remind students of the guidelines of a brainstorming activity: All answers are accepted and should not be criticized by group members; they need to take turns giving answers and all answers given should be recorded. Give groups 5-10 minutes to complete this activity. Circulate around the room, providing help to the groups as they work. Once all groups are finished, each group needs to report the consequences of adolescent and unintended pregnancy that their group was assigned.

Show video from the National Campaign – Mothers Too Soon, Fathers Too Soon. Ask students:

- *Are there any health, legal, financial, or social consequences of unintended pregnancy that the video mentioned that we haven't talked about?*
- *What had the most impact on you from the video?*
- *Even though those teen mothers and fathers love their baby, do you think some of them wish they had been older when they started a family? Why?*

Use the Adolescent or Unintended Pregnancy PowerPoint and the Teenage Pregnancy handout (Appendix 2) to guide discussion of the consequences and the to go over the consequences of unintended pregnancy. The March of Dimes has a Teenage Pregnancy Fact Sheet, http://www.marchofdimes.com/professionals/14332_1159.asp which contains information about the health consequences of teen pregnancy.

Guided Practice:

[If teachers do not have access to computers, they can visit a Target or BabiesRUs to get multiple copies of catalogs to complete this activity.]

Now, we are going to take a closer look at the financial responsibilities that are involved with having a baby.

Give each student a copy of Show Me the Money, Appendix 3. Before researching the actual costs, ask students to guess what they think the costs would be to raise a child for the first year. Tell them to write their guess on their handout. Place students in pairs. *Your job is to research the prices of the items that are needed to provide for a baby for one year.* Give each pair a folder with store ads and catalogs of baby items or allow students to use a computer with Internet access to research the costs.

Useful websites for this activity:

1) The First Year Baby Costs Calculator is found at the following website: <http://www.babycenter.com/babyCostCalculator.htm>. This website will provides approximate costs for each item and automatically calculates the costs of student-selected items for the first year. This website does not calculate hospital and prenatal visit costs for the mother and baby.

2) Life in the Fast Lane is an online activity for teenagers to calculate the costs of providing for a baby for the first year: <http://www.teenageparent.org/english/costofbaby2B.html>. This is another useful website for calculating the costs for one year. Students enter in the amount of each item that they will need for one year and it calculates total cost when students finish the entire list. This website does offer suggestions, for example the number of disposable diapers that a baby would need for one week. This website does not calculate hospital and prenatal visit costs. It also doesn't estimate doctor visits for the baby or medicines that the baby may need.

3) Retail store websites, such as Target (www.target.com/Baby), Wal-Mart (<http://www.walmart.com/>), Babies R Us (www.babiesrus.com) are useful websites for students to use to find items that would be needed for the baby and actual costs.

Once each group has finished, they need to total the costs for one year. If possible, they should print it out if they are using one of these websites to get their information.

Ask students:

- *Which items would only have to be purchased once?*
- *Which items would have to be replaced in the future because the baby outgrows it (car seat) or the item wears out?*
- *What items did you and your partner add to the baby's "needed list"?*

For each item ask, *How much did that item cost?*

- *Are all of these items in your list essential to provide for a baby?*
- *What surprised you as you did this activity with your partner?*

Ask each group what their total expenses were for the year.

As you have learned in this activity, it takes a significant amount of money to provide for a baby for one year. This activity did not include the doctor and hospital costs to provide prenatal care for the mother or the delivery and care of the baby after he/she is born.

- *How much do you think these costs would be?*

The average total cost is \$10,000-\$17,000 for a baby with no complications.

While this IS a lot of money, good health insurance will cover most of the charges for the doctor visits, delivery of the baby and the hospital costs. [Not all insurance policies cover the pregnancy and delivery for a baby born to a teenager.]

Point out that these costs do not include other expenses that a person or couple would have if they decide to live independent of his/her family.

- *With all this in mind, do you think it would be difficult for a teenager to financially support themselves and a baby?*

Independent Practice:

Give each student a copy of the handout, What I Did Last Saturday (Appendix 5).

On the left hand side of this handout, write down everything that you did last Saturday next to the time that you did it. List all of your activities. This includes sleeping, eating, watching TV, using the computer, playing video games, talking on the phone, taking a bath/shower (getting ready), and any other activities that you did.

Give students time to fill out this sheet and provide suggestions of activities that they may have done.

Now imagine that you have a baby to take care of. This is not a babysitting job. This is your baby.

Use the Adolescent or Unintended Pregnancy PowerPoint slide Taking Care of a Baby or make a transparency of Taking Care of a Baby, Appendix 4.

On the right hand side of the page, write down the things you would have to do or help with to take care of the baby. Ask students to come up with five “unexpected” hassles dealing with the care of a child. [child has diarrhea, child falls and requires stitches, you lose the diaper bag on the bus, child throws your cell phone into the toilet] Discuss the financial, “time,” and emotional costs with each.

Some students may make comments like, “My mother will take care of my baby so I can make plans and do whatever I want.” Tell students, *You must assume you have full responsibility for caring for the baby without help from family members. There is no one that can help you on this day.*

Once all students have finished, have students share what their “new” Saturday looks like and how they feel about the changes.

This activity demonstrates the impact of having a baby on just one Saturday!

- *Do or should teen parents accept the responsibility of taking care of their baby? Is this the ‘real world’?*
- *Did you have a hard time getting in all these things you need to do in one day?*
- *What would be the daily impact over a long period of time, (over the next 3 months, 6 months, the next few years)?*
- *Why do you think teens are more likely to abuse or neglect their baby than older mothers? [There is a buildup of stress and frustration without the maturity and resources to deal with it.]*
- *How would your life change?*
- *How might having a baby affect his/her social life?*
- *How might having a baby affect his/her education?*
- *How might having a baby affect his/her future goals?*

So, let's look at the list that we started today's lesson with. We answered the following question: What are the qualities that are needed in a good parent?

- *After doing the activities today, are there any other qualities that a person needs to be a responsible and caring parent?*

We have looked at the financial costs of providing for a baby for the first year only. We have looked at how taking care of a baby can change what you do every day and how that might affect a teenager's social life, their education and future goals.

So, considering all of these factors and how having a baby can change a person's life and routines . . .

- *How would a couple determine when they want to start a family? OR What factors determine readiness to start a family?*
- *Are there advantages to delaying or waiting to have a baby until all of these factors are in place? Why?*

You need to think about what we learned and discussed in today's lesson and finish the last page of the What If handout (Appendix 1a, b) that you received earlier in this lesson.

Closure:

Today we looked at some of the consequences of having an adolescent or unintended pregnancy. With the knowledge you have gained about the advantages of delaying parenthood, you will be able to use this in your own choices to prevent pregnancy.

What IF.....

What if I could become, do, or be anything I wanted to be – for the next five to fifteen years.

Where would I be and what would I be doing?

List 5 possibilities below:

1. _____
2. _____
3. _____
4. _____
5. _____

Now that I have considered the qualities and responsibilities of being a good parent, I think I should wait until I accomplish these goals before I start a family . . .

1. _____
2. _____
3. _____

Sexual responsibility means making decisions about how I want to live my life, and only I can make these decisions. Such decisions include:

- **Not having sexual intercourse**

- **Using a reliable birth control method every time I have sexual contact until I am ready to become a parent**

NOW IMAGINE



**WHAT IF?
THIS YEAR I FOUND OUT
THAT.....**

I am pregnant?

Or

I have fathered a child?

**Go back to the first page and
cross off the possibilities that
are not possible with an
unintended pregnancy.**

TEEN PREGNANCY

Does it sometimes seem like everyone your age is having sex? Do you know anyone at your school who is pregnant or has a baby? Though teen pregnancy has been on the decline over the past decade, the United States still has the highest teen pregnancy rate of any western industrialized country.

So what does this mean for you? It means that, if you're a girl in this country, you have a 34% chance of becoming pregnant by the time you're 20. And it's not just girls who are facing the consequences. The effects of teen parenthood also follow the young fathers and children throughout their lives.

You hear about teen pregnancy in movies, in the news, at school, and from your parents. You know it's not a good idea to have a baby when you're still a kid yourself, so why are so many teens still getting pregnant every year? And what can you do about it?

KNOW THE FACTS

Teen pregnancy can have serious consequences for girls and guys, including decreased chances of finishing school, a rocky financial future, and health risks for both the mother and the child. If you are thinking about having sex, it is important to know that the effects can last a lifetime. Here's the facts about teen pregnancy:

- **Three out of ten teenage girls in the United States get pregnant at least one before age 20** -- that amounts to 745,000 teen pregnancies each year. Shocking right?
- **The United States has the highest teen pregnancy rate in the industrialized world** -- twice as high as in England or Canada and eight times as high as in the Netherlands or Japan.
- **Two-thirds of all teen pregnancies occur among 18-19-year-olds**, but that doesn't mean that you're immune if you are under 18.
- **Almost 50% of teens have never considered how a pregnancy would affect their lives.**
- **Parenthood is the leading reason why teen girls drop out of school.** Less than half of teen mothers ever graduate from high school and fewer than two percent earn a college degree by age 30.
- **Children of teen mothers do worse in school than those born to older parents** -- they are 50 percent more likely to repeat a grade, are less likely to complete high school than the children of older mothers, and have lower performance on standardized tests.
- **Pregnant teens are far less likely to receive timely and consistent prenatal care than those who get pregnant at a later age.** The children of teen mothers are more likely to be born prematurely and at low birthweight and are two times more likely to suffer abuse and neglect compared to children of older mothers. Teen mothers are also more likely to smoke during pregnancy, and often teen mothers are not at adequate pre-pregnancy weight and/or do not gain the appropriate amount of weight while pregnant.

- **Two-thirds of families begun by a young unmarried mother are poor.** More than half of all mothers on welfare had their first child as a teenager.
- **Teen mothers are likely to have a second birth relatively soon** -- about one-fourth of teenage mothers have a second child within 24 months of the first birth - which can further impede their ability to finish school or keep a job, and to escape poverty.
- **Eight out of ten fathers don't marry the mother of their child.** These absent fathers pay less than \$800 annually for child support, often because they are poor themselves. Children who live apart from their fathers are also five times more likely to be poor than children with both parents at home.
- **The daughters of young teen mothers are three times more likely to become teen mothers themselves**
- **The sons of teen mothers are twice as likely to end up in prison.**

HAVE A PLAN

Teen pregnancy has serious consequences -- both physical and emotional -- and if you want to avoid them, you need to have a plan. So start by thinking it through carefully yourself. Though there are a variety of ways to avoid pregnancy, they can be boiled down to two basic strategies:

- **Practice Abstinence:** Not having sex *at all* is the only 100 percent effective, foolproof method of preventing pregnancy
- **Use Contraception:** If you do choose to have sex, you need to make sure that you use protection *every single time*.

Whether you choose to have sex or not, it is important to be able to talk about it with your partner. Having direct conversations about sex can be difficult or embarrassing, but if you are confident about your facts and able to express openly how you feel it should be easier. So take some time to get informed and to think through what feels right for you. It may be helpful to talk these decisions over with a close friend, parent, doctor, or other trusted adult before you talk to your partner. When you are clear about your own feelings, it will be easier to communicate them to someone else.

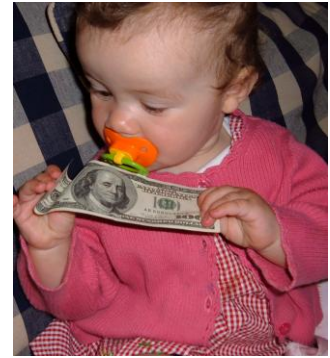
GET INVOLVED

So you think teen pregnancy is a problem? Want to do something about it? There are organizations in many communities devoted to preventing teen pregnancy -- they are affiliated with churches, synagogues, schools, independent clubs, non-profit organizations, health centers, and reproductive health organizations. Contact your local school board, faith leaders, youth groups and others who are concerned about young people. You can also talk to parents and teens and educate them about the consequences of unprotected sex and teen pregnancy. In fact, one of the most important things anyone can do is to make sure parents and teens talk about these issues and know the facts.

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Show Me.... The Money!

You just found out that you are going to be a parent in one month! Before you begin your "shopping" for this child, **guess** how much money you will need to raise your baby in a healthy environment for ONE YEAR!



My Estimate: _____

Directions: Using the resources provided, research the cost of the following items needed to provide for a baby. Estimate the amount of each item that would be needed for a 12-month period.			
Continuing Expenses	Cost	One-Time Expenses	Cost
Doctor Visits / Shots		Bassinet	
Formula x 12		Crib	
Bottles / Nipples		Mattress	
Baby Food x 12		Sheets / Blankets	
Juice x 6		Mattress Cover	
Toys		High Chair	
Diapers x 12		Play Pen	
Medicine		Changing Table	
Child Care Costs x 12		Baby Monitor	
Transportation to child care		Diaper Bag	
Baby Clothes (t-shirts, sleepers, outfits, coats, hat, socks, shoes) 3 months 6 months 9 months 12 months		Infant bathtub	
		Washcloths, towels, hairbrush	
		Diaper Genie	
		Car Seat	
List other items that would be needed and research the cost.		High Chair	
		Humidifier	
		Dresser	
		Stroller	

Total Costs for One Year: _____

Source: First Year Baby Costs Calculator <http://www.babycenter.com/babyCostCalculator.htm>

Source: Life in the Fast Lane

<http://www.teenageparent.org/english/costofbaby2B.html>

Taking Care of a Baby

Things I Would Have to Do if I Had a Baby	Amount of Time It Would Take
Feed baby every 2-3 hours	25 minutes, at least 8 times a day
Make baby's formula	20 minutes per day
Change diapers every time the baby is fed and when needed	5-20 minutes, 8-10 times per day
Give the baby a bath	30 minutes each day
Do the laundry	1 hour each day
Go grocery shopping	1 hour every Saturday
Play with baby	30 minutes, 4 times a day
Work part-time to help support the baby	4 hours every Saturday
Pay bills	1 hour every Saturday

What I Did Last Saturday

Directions: Recall and list everything you did last Saturday in the left-hand column. In the right-hand column (using the list in Appendix 4), list all the activities you would need to accomplish if you were a parent of a newborn baby.

Things I Did Last Saturday		Things I Would Need to Do if I Had a Baby
	1:00 a.m.	
	2:00 a.m.	
	3:00 a.m.	
	4:00 a.m.	
	5:00 a.m.	
	6:00 a.m.	
	7:00 a.m.	
	8:00 a.m.	
	9:00 a.m.	
	10:00 a.m.	
	11:00 a.m.	
	12:00 noon	
	1:00 p.m.	
	2:00 p.m.	
	3:00 p.m.	
	4:00 p.m.	
	5:00 p.m.	
	6:00 p.m.	
	7:00 p.m.	
	8:00 p.m.	
	9:00 p.m.	
	10:00 p.m.	
	11:00 p.m.	
	12:00 midnight	

Are we having fun yet???????