

# What is the GRADS Program?

GRADS is an in-school, secondary program for pregnant students and young parents (male and female). GRADS courses focus on knowledge and skills related to:

## Positive Self

- Self Formation
- Communications
- Relationships
- Practical Problem Solving
- Options and Decisions

## Pregnancy

- Wellness
- Maternal and Fetal Development
- Costs of Parenthood
- Labor and Delivery
- Postnatal Care



## Parenting

Newborn Expectations  
Adjustments to Parenting  
Child Development  
Child-Care  
Child Abuse and Neglect



## Economic Independence

- Career Exploration
- Goal Setting
- Child Care Options
- Job Search and Application
- Balance in Dual-Role as Parent and Wage Earner
- Employability Economic Resources

# Contact Us

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**Tacoma Public Schools**  
**Oakland High School**  
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**Oakland High School Presents an In-School  
Program for Pregnant Teens & Young Parents**



## AN IN-SCHOOL PROGRAM FOR PREGNANT TEENS & YOUNG PARENTS

### PROGRAM GOALS FOR STUDENTS:

- Remain in school through graduation.
- Attain Industry Recognized Certifications including: Washington Food Workers Card, Adult and Pediatric First Aid/CPR/AED, Bloodborne Pathogen Certification, and STARS Certification.
- Learn practical parenting and human development skills.
- Gain orientation to employment.
- Set goals toward balancing work and family



## Why Attend GRADS at Oakland High School?

- There is a lack of stigmatization toward pregnant and teen moms and dads at school by administrators, teachers, and peer students.
- There are lenient policies that allow for excused absences for prenatal and postnatal healthcare appointments in order for teen parents to successfully complete their education.
- Students can receive academic support while out of school leading up to or following the birth of the child.
- Students can receive assistance juggling schoolwork with parenting responsibilities.
- Students can receive access to affordable quality child care and transportation to and from the child care arrangement and school.
- Students can receive assistance in preparing a post-secondary education plan for after high school.
- Students can receive access to a variety of resources to support teen parents to complete high school.

## Key Elements of a GRADS Program

Family and Consumer  
Sciences Education  
Teacher with GRADS  
Certification

Curriculum is developed  
from the National  
Standards for Family and  
Consumer Sciences  
Education

Advisory Committee

Coordination of Learning  
Activities

On-site Licensed Child  
Care including Infant Care

Evaluation and Research