



PROGRAM SUMMARY

This program starts in a high school classroom filled with older girls and boys. They discuss various things they have heard about childbirth, birth control, and pregnancy (some true; some false). The teacher comments on the discussion and after class talks with a student who has learned she is pregnant. The remainder of the program contains information she needs and challenges she must face. An excellent review of the three "trimesters" of a baby's development in the mother's uterus is presented.

MAJOR MESSAGE

A pregnant teen faces many problems and must approach them thoughtfully, seriously and as soon as pregnancy is suspected. It is usually a good idea to discuss things with one or more trustworthy adults. It's important to consult a doctor early-on, and follow medical advice carefully. Thoughtful, responsible behavior during pregnancy is important, not only to the mother's future, but to the baby's future, too.

WHILE VIEWING

A review of a baby's development in the womb is presented. Make a note of what the baby **can do** in each three-month period that is discussed.

KEY POINTS

One of the first points in the program concerns birth control, and the fact that **no** birth control method is completely safe except abstinence. The statement "occasional sex leads to occasional pregnancy" sums it up.

Basic signs of pregnancy are listed as follows:

- missed period
- swollen breasts
- nausea
- fatigue
- mood swings
- frequent urination

If pregnancy is suspected, girls are urged to

- (1) talk to a trusted adult,
- (2) see a doctor,
- (3) try to stay in school,
- (4) not wait too long to tell parents, and
- (5) be very careful of their own health, not only for the sake of themselves, but for the sake of their baby.

The video reviews the baby's development in "trimesters" (three-month periods):

By the end of 3 months, the baby is 3" long and can turn head and arms;
 6 months, the baby can make a fist or suck thumb;
 9 months, the baby weighs 5-8 lbs. and is 20 inches long or more.
 The growing baby is shown "in utero" (inside the mother).

Critical elements to consider in order to assist the baby to develop appropriately are as follows:

- (1) eat a well-balanced diet daily,
- (2) get plenty of rest,
- (3) avoid drugs of any sort (even aspirin),
- (4) avoid nicotine and alcohol (the fetus can be **badly harmed** by nicotine and alcohol as well as by drugs).



TURN OVER →

REFLECTIONS

Think about everything you ever heard about pregnancy and birth. List at least five points. Discuss them with friends or a workshop group. How many are **JUST OLD SAYINGS**? How many are **TRUE**?

In considering adoption versus keeping the baby, the mother (and/or father) must think about these basic factors:

- (1) the legal situation
- (2) the need for objective advice
- (3) the need to live forever with the final choice(s)
- (4) the negative and positive aspects of every choice
- (5) future arrangements, whatever the choice(s)

Final tips are provided as follows:

- Take a "birthing" class with a partner (baby's father? friend? relative? . . .).
- Familiarize self with the hospital, birthing room, personal needs in the hospital (pack suitcase, including clothes for Baby).
- Explore all possible options for the period of pregnancy and afterwards.
- Talk with trusted person(s).
- Stay in school.
- Don't be overly concerned about the reactions of others.
- Check with and obey directives from medical personnel and concerned others.

