

Preventing Teen Pregnancy

Teen education to prevent pregnancy

Counselor Education
Program

UHCL

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Outline

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Introduction

- 820,000 teens will become pregnant each year (The National Campaign ..., 2004).
- 34% of women will become pregnant before the age of 20 (The National Campaign ..., 2004).
- Having sex not only puts you at risk of pregnancy, but also for contracting Sexually Transmitted Infections.
- Teens in the U.S. have a 3-13 times higher pregnancy rate, and STI rate up to 25 times higher than many European countries (Berne, 2000).

Common Myths

These are a few common myths about sex and pregnancy.

- I can't get pregnant my first time having sex.
 - False. “Yes you can! Your chances are the same on the first time, the second time, and the fiftieth time you have sex.”
- If I douche after sex, I can't get pregnant.
 - False “You might think that you can flush out the sperm with a douche or by peeing after sex, but that just doesn't work. Sperm can swim faster than you can hop up and get to the toilet!”
- I can't get an STI from having oral sex.
 - False. “Although your risk is lower with oral sex than vaginal sex, you can still get or pass a sexually transmitted disease. The same holds true with anal sex.”

(Katz, 2004)

Contraceptive Options

These are a few of the contraceptive options available.

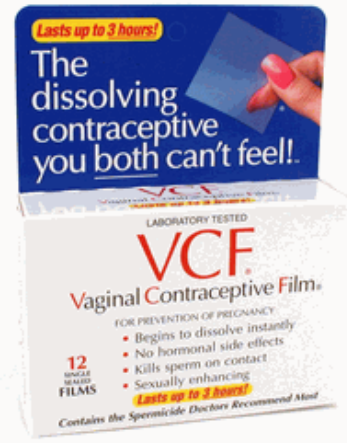
Method	Pregnancy Prevention	STI protection?
Male Condom	95-98% effective	Yes
Vaginal Film (or any spermicide)	71-85% effective	No
Birth Control Pills	92-99.7% effective	No
Depo Provera Shot	97-99.7% effective	No
Patch	Up to 99.7% effective	No
Nuva Ring	Up to 99.7% effective	No

(Planned Parenthood..., 2004)

Contraceptive Options, Cont.



Male Condom



Vaginal Film



Patch



Birth Control Pills



Depo Provera Injection



Nuva Ring

Contraceptive Options, Cont.

Emergency Contraceptive

- Also known as the “morning after pill”.
- Given *up to* 120 hours after unprotected intercourse, but the sooner the better!
- 75-89% effective if taken within the first 72 hours after unprotected intercourse.

This should not be used as a regular form of birth control.

(Planned Parenthood..., 2004)

Sexually Transmitted Infections

- Chlamydia- 3 million men and women become infected each year in the U.S.; *Curable*
- Gonorrhea- Over 600,000 American men and women become infected each year; *Curable*
- Trichomoniasis- 5 million men and women contract this condition each year in the U.S.; *Curable*
- Herpes- Can be transmitted through touching, kissing, vaginal, anal or oral intercourse; *Treatable, Not curable*

Though some of these are treatable or curable, if not treated they can lead to serious infections or infertility in both men and women.

Sexually Transmitted Infections, Cont.

- HIV- This infection attacks the immune system and inhibits your ability to fight other infections. People under 25 account for half of all new cases in the U.S. (The Kaiser.., 2000); *Sometimes treatable, Not curable*
- Hepatitis- There are 3 types of Hepatitis (A,B, and C) which attack and severely damage the liver; *All are often treatable; B and C are Not curable* (Planned Parenthood.., 2004)

These are just a few of the numerous STI's in the United States. Many people do not experience any symptoms so it is important to get routine testing.

Abstinence

- 100% effective in preventing pregnancy
- 100% effective in preventing STI's

Abstinence is the safest and most effective method in preventing pregnancy and the contraction of STIs.

It is the only method that is 100% effective!

Male Education

- Everyone is NOT doing it- 51% of teenage males are virgins.

Some messages from fellow teens:

- “If you think birth control ‘ruins the mood,’ consider what a pregnancy test will do.”
- “Not ready to be someone’s father? It’s simple: Use protection every time or don’t have sex.”

(The National Campaign ..., 2004)

Female Education

- Teen pregnancy puts young women at high risk for serious health problems during and after pregnancy.

Some messages from fellow teens:

- “You are in charge of your own life. Don’t let anyone pressure you into having sex.”
- “Sex won’t make him yours, and a baby won’t make him stay.”

(The National Campaign .., 2004)

Having a Child as a Teen

- Financial- Raising a child to the age of 18 costs an average of \$165,630 (Lino, 2001).
- Education- postpones and often prohibits high school graduation.
- Increased responsibility- children require attention 24 hours a day, 7 days a week.
- Support system- strain on family structure of both teens.
- Future jobs and higher education- day care for working parents is highly expensive (often more than your average salary); limits possibilities of attaining college education and meeting other goals previously set .

(Somers, Fahlman, 2001), (50 Great Reasons..., 1995)

Community Resources

These are a few clinics in the area.

- Planned Parenthood Teen Clinic
713-522-3967
- Baylor Teen Clinic
713-793-3601
- Harris County Health Dept.
713-740-5000 (Pasadena Location)
- UTMB Galveston Clinic
409-747-4952

Web Sites:

- www.teenwire.com

Community Resources, Cont.

- The information in this presentation is based on what teens have stated they needed to know about sex. (Fay, Yanoff, 2000)
- Please visit the community resources listed for more information you may need, or any medical services needed.

Works Cited

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- 50 Great reasons: I'm not ready to have a baby because...(1995). [Brochure]. Students at Mission Hill Junior High School: Author.

Graphic Sources

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- http://www.justrubbers.com/products/pick_and_pack_singles/
- <http://www.personalpak.com/pill/pill.html>
- <http://www.plannedparenthood.org/bc/cchoices4.html>