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Exploring the Consequences of Teen Pregnancy II Lesson Objective

Time: **40-80minutes**

New York State Parenting Standard: **Standard 2: Human Growth and Development**

Aim: **To assist student in furthering their understanding of healthy fetal and maternal growth and development.**

Objectives: Students Will:

- 1) Explore the issues of adolescent pregnancy, specifically the health risks for adolescent mom and baby.**
- 2) Have the Opportunity to “try on” a pregnancy through the use of the “empathy Belly” pregnancy simulator.**
- 3) Learn about the major tests that are recommended during pregnancy, including the identification of : test purpose, procedure, meaning of outcome and potential risks of each test.**

Materials Needed:

Empathy Belly (contact local Maternal Infant Services Network, Cornell Cooperative Extension), Posters: uterine/fetal growth charts, fetal alcohol syndrome, cigarette smoking and pregnancy, healthy choices during pregnancy; fetal models, pelvis/placenta/newborn model; Handouts: Where does all the weight go, Prenatal Testing worksheet, Ten Good Reasons NOT to be a Teenage Parent Pamphlet.

*** See “Exploring The Consequences I” for hand-out materials and information.**

Exploring the Consequences of Teen Pregnancy
“If You Thought a Pimple was Embarrassing! Part II”
Lesson Outline

- A. Statistics of teen pregnancy nationwide and in Your County: present these numbers (contact your local Maternal-Infant Services Network for most recent statistics).
- B. Discussion: When does *parenting* actually begin? (at conception)
 - 1. Parenting begins with proper nutrition, something many teens lack. Ask students what they have eaten this day; remind them that baby is nourished by what mom consumes each day.
 - 2. Importance of folic acid: discuss folic acid as prevention for Spina. Bifada.
 - 3. Teen girls are physically less prepared for childbirth than adult women. Displays pelvic cavity/baby model.
 - 4. Teen boys also contribute to health status of baby – How? (e.g. their health before getting the mother pregnant: do they have and STI? Family health history etc.)
 - 5. Neither Teen boys nor girls are emotionally prepared to deal with a baby: Ask boys questions about what they like to do at night, part-time jobs they hold and sacrifices they will have to make to support a baby. Ask girls similar questions about money, but also questions about issues of sleep, school, dances, and clothes.
- C. Risks of Teen Pregnancy - What specific problems do teens and their babies face?
 - a. Low birth weight babies and premature babies: explain these problems.
 - b. HIV/STIs: review the material from ARCS about growing numbers of teens with HIV/AIDS.
 - c. Lack of prenatal care for teen moms: review the fetal development charts.
 - d. Difficulty in completing education: ask individual students about their career plans.
- D. Unhealthy Pregnancy - What contributes to an unhealthy pregnancy?
 - a. Stress: explain what happens physiologically when a body is under stress.
 - b. Fetal Alcohol Syndrome: present the Fetal Alcohol Syndrome manikin.
 - c. Tobacco/substance abuse: Give stats from the American Cancer Society/Alcoholism and Drug Abuse Council; discuss effects on fetus and newborn.
 - d. Emotional: Changing relationships, father’s role.
 - e. Financial: Share specific cost comparisons of vaginal births and cesarean births.
- E. The Empathy Belly - What does the word “empathy” mean?
 - a. Presentation of the Empathy Belly: Instructor will help student into Belly, demonstrating the difficulty of being nine months pregnant. (i.e. Drop a pamphlet on the floor and ask student to pick it up; tie shoes with the belly on; try on summer halter top etc.)

What is the only 100% effective method of Birth Control? Abstinence!