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Talking with Teen Parents Lesson Objective

Time: **40 minutes** and follow- up time for homework or class work time to design questions, and reflect on the guest presentations or video).

New York State Parenting Standard: **Standard 1: Roles and Responsibilities, Standard 2: Human Growth and Development, Standard 3: Support Systems & Services**

Aim: For students to get a close look at the life changes and responsibilities facing teen parents.

Objectives: Students Will:

- 1) Have the opportunity to listen to the real stories of teen parents;**
- 2) Prepare and ask relevant questions about the life changes of the visiting teen parents (unless video is used); and**
- 3) Have the chance to reflect on what they have heard, and why they might make a different choice for themselves.**

Materials Needed:

Lesson outline, sample question sheet, Teen parents – preferably two (contact local Teen Age Services Act or Planned Parenthood to locate interested teen parents), or video Tough Roads-Teen Parents Tell Their Stories video (Publisher: Human Relations Media, 1997) or “A Walk in Your Shoes” (Teen Pregnancy Prevention episode) Bullfrog Productions Noggin Entertainment 2002; And “If I Became a Teen Parent” Homework Assignment.

Talking With Teen Parents

Lesson Outline

I. Introduction of Guests

- A. TASA/Local Agency staff - discuss your role with teen parents
- B. Teen parents – first name and age and age of child(ren)

II. Teen Bios (Brief) – Teen Parents prepare these ahead of time so they are prepared to respond to questions.

- A. How many children they have and their ages.
- B. Who they live with (alone, parents, partner)
- C. School/work status
- D. Status of relationship with parent of his/her child
- E. Status of your relationship with his/her parents

III. Facilitator asks the audience if they know any teen parents (Not asking who they are)

IV. Facilitator asks class if they have prepared additional questions, and what they would like to ask the teen parents. (Try to cover the following topics/help guide the teen parent through these questions and intervene if teen appears uncomfortable or questions get too personal.)

A. Pregnancy

- 1. What physical changes did you experience as a result of becoming pregnant? (weight gain, stretch marks, sleeping problems, backaches, constant need to use the bathroom)

B. Labor and Delivery

- 1. Describe your experience when you were in labor (contractions water breaking, role of father/support person.
- 2. Describe the delivery/birth of your child? (episiotomy, medication, pushing, vaginal or Cesarean Section
- 3. How dependent on others are you now, compared to before having a child?

C. Financial struggles

- 1. Use visual aids to illustrate a one week supply of baby products.
- 2. Discuss how much these products cost, and what you could buy instead if you didn't have a baby.
- 3. How dependent on others are you now, compared to before having a child?

D. Relationship changes (with family and friends)

- 1. What was it like when you first found out that you were pregnant?
- 2. Who did you tell when you first found out you were pregnant?
- 3. If you waited to tell people that you were pregnant, how long did you wait and why?
- 4. What were the reactions from your family and friends?
- 5. Are you still with the father /mother of your child?
- 6. If so how stressed is your relationship? (Statistics show that due to the stress of raising a child most teen couples don't stay together.)
- 7. Parent/Grandparent issues, who raises the child when you all live in the same home?
- 8. Do you still have the same friends you had before you got pregnant?

E. How the teen's goals have changed

- 1. What were you life goals before getting pregnant?
- 2. What are you life goals now?
- 3. How does having a child affect your education? e.g. Is it harder to do homework with a child; you can't stay in the dorms in college with a child.

V. Give THANKS to the teen parents for speaking so candidly about their experiences.

VI. Homework Assignment

- A. Review “If I Become a Teen Parent” Homework Assignment
- B. Have students bring the assignment home to complete with parent/caregiver and return.
- C. Review the assignment and use another class period to discuss with the students what they learned from completing the assignment.
 1. Where they surprised by the responses their parent/caregiver gave them? Why? Or Why not?

“If I Became a Teen Parent”

Homework Assignment

To take home and complete part II with parent/caregiver or significant adult in your life.

To do on my own: Part I

How would my life change if I found out I was (got someone) pregnant today?

1. Who is the first person you would tell? Why?
2. Who is the person you would have the hardest time telling? Why?
3. How would your future goals change i.e. finishing high school, college, career etc.?

Brief interview with parent/caregiver: Part II

How would our lives change if I found out I was (got someone) pregnant today?

1. How would you react if I were/got someone pregnant?
2. Would you help me? Would I be on my own? Why and/or How?
3. Discuss together how your goals might change and why.
4. What did you both learn from this assignment?