

## **R. Pregnancy Prevention**

### **Advanced**

Knows options for pregnancy (carry to term, adoption, termination)	PPCC-29
Knows how to prevent the spread of sexually transmitted diseases/infections	<a href="http://www.kidshealth.org">www.kidshealth.org</a> H-54 through 59
Knows where to go for treatment for sexually transmitted diseases/infections	<a href="http://www.kidshealth.org">www.kidshealth.org</a>

Independent Living Skills Module V

PARENTHOOD

Parenting a child can be both a very rewarding and a challenging experience. It is certainly possible for a young mother/father to do a fine job of parenting. Many young people are successful parents. They give their children the love they need, sometimes at great sacrifice to themselves. They love their children deeply. But it is difficult to know who will be a good parent. Age, in and of itself, is not the determining factor of being a good parent. Some thirty-year-old parents neglect their children while some 18-year-old mothers and fathers do a fine job of parenting. However, teen parents are often not prepared for the extent of responsibility involved in childcare. New parents must learn how to feed, bathe, diaper and nurture and keep their new baby healthy.

While loving a baby is essential, having enough money to feed and clothe him or her, pay the rent for an apartment, pay for medical care, etc. are also very basic needs. Along with parental responsibilities come home management duties: meal planning, grocery shopping, cooking, paying the bills, balancing the budget, etc. A new parent must also learn about the social service system and the available resources, e.g. WIC, food stamps, TLP programs, support groups.

However, the most important of all, parents must know that the baby is totally dependent upon them for love, care and sustenance. The child's needs must come first, before all else. For many young parents that involves a complete change of life style that they have to be prepared to make. Most often, young parents' time is completely consumed by school, childcare and work. Recreational activities like movies, dances or simply hanging out with friends are rarely possible due to the demands of parenthood. Parenting is also quite stressful at times and many young parents may not have the coping skills necessary to deal with difficult situations. The choice of parenthood, nevertheless, is a personal one and the following questions will help you to evaluate whether or not it may be right for you.

What are your thoughts about becoming a mother/father at this time?

Do you believe you are ready at this time in your life to parent a child? Why or why not?

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BIRTH CONTROL/STD PREVENTION

METHOD	PROS	CONS	COST	EFFECTIVENESS	STD PROTECTION?
Continuous Abstinence	Only 100% safe & effective method of birth control & STD protection. No side effects.	May be affected by peer pressure	NONE	100%	YES
Condoms					
Unlubricated	Easy availability. Effective STD prevention.	Might tear. Ineffective if used incorrectly or with oil-based lubricant (Vaseline).	25¢/ea.	90%	YES
Lubricated	Easy availability. Effective STD prevention.	Might not stay in place. Ineffective if used incorrectly or with oil-based lubricant.	50¢/ea.	90%	YES
Sheepskin	Easy availability.	No STD prevention.	\$2.50/ea.	90%	NO
Female Condom	STD protection. Easy availability. Effective in STD prevention. Gives females more control.	Possible difficulty with insertion. Might not stay in place.	\$2.50/ea.	72-97%	YES
Spermicidal Cream, Jelly, Foam	Easy availability.	Possible irritations. Ineffective STD prevention. Should be used with a condom.	\$8.00	72-97%	NO

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METHOD	PROS	CONS	COST	EFFECTIVENESS	STD PROTECTION?
Norplant	6 Capsules inserted in a female's arm that protects against pregnancy for 5 years..	Does not protect against STDs. Medical procedure is needed for insertion. Possible hormonal side effects include headaches, depression, weight gain.	\$500-\$600 Usually covered by Medicaid	99.9%	NO
Depo Provera	Hormone shot which protects against pregnancy for 12 weeks.	No STD prevention. Possible side effects include weight gain, headaches, and depression.	\$30 -75 per shot Usually covered by Medicaid	99.7%	NO
Pill	Can help protect against certain cancers, pelvic inflammatory disease and ovarian cysts. Can help menstrual cramps & acne.	No STD prevention. Must be taken daily to be effective. Rare health risks like heart attack & stroke.	\$8-25 per month Usually covered by Medicaid	99.9%	NO
Diaphragm or Cervical Cap	Can last for several years.	No STD prevention. Needs to be fitted to a woman's body. Needs to be used with spermicidal jelly or cream to be an effective form of birth control. Might cause irritations. Might be difficult to use.	\$20 plus \$8 for spermicidal jelly or cream.	82 - 94%	NO

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METHOD	PROS	CONS	COST	EFFECTIVENESS	STD PROTECTION?
IUD (Intrauterine Device)	Can protect against pregnancy for up to eight years after physician inserts device in the uterus.	No STD prevention. Chance of tubal infection and puncture of uterus wall. Might increase cramps. Medical procedure needed for insertion and removal.	\$150.00	98%	NO
Sterilization (Women)	Operation which blocks the tubes for permanent pregnancy prevention.	No STD prevention. Permanent procedure which should not be considered by anyone who might want to have children in the future. Chance of medical complications.	\$1,200 Usually at least partially covered by Medicaid or insurance.	99.7%	NO
Vasectomy (Men)	Operation which blocks the tubes which carry sperm for permanent pregnancy prevention.	No STD prevention. Permanent procedure which should not be considered by anyone who might want to have children in the future. Chance of medical complications.	\$300 Usually at least partially covered by Medicaid or insurance.	99.7%	NO

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Source of information: Planned Parenthood, 1994, "Your Contraceptive Choices."

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**METHODS THAT DO NOT WORK**

**Occasional Abstinence**

If abstinence is not practiced continually, it loses its effectiveness in preventing pregnancy and STD's. Be realistic about yourself and your behaviors. If you think you are not able to abstain 100% for any reason, you should consider other birth control/STD prevention methods..

**Withdrawal**

Withdrawal is not an effective method of birth control or STD protection.

**Douching**

Douching immediately after sex is not a method which prevents STD's or pregnancy.

**Natural Family Planning**

This highly complex system of monthly calendars and body temperature has a very high likelihood of failure and does not protect against STD's.

**Chances, Wishing, and Hope**

Relying on chances, wishes, or hopes will not prevent pregnancy or STD's. If you are sexually active and use no means of birth control or STD prevention, you must be prepared for pregnancy and disease. It can happen to you!

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After evaluating the previous charts, answer the following questions.

Which of the listed options prevent both pregnancy and STD's including HIV/AIDS?

Which of the listed options are easily accessible and easy to use for teens who are sexually active?

What would sexually active adolescents have to do to prepare themselves for pregnancy and STD prevention?

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## Evaluate Your Risks



I am not at risk to contract a sexually transmitted disease or become pregnant/get someone pregnant because \_\_\_\_\_

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I am at risk to contract an STD or to become pregnant/get someone pregnant because \_\_\_\_\_

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I will use the following steps, \_\_\_\_\_

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\_\_\_\_\_ to protect myself in the future because \_\_\_\_\_

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