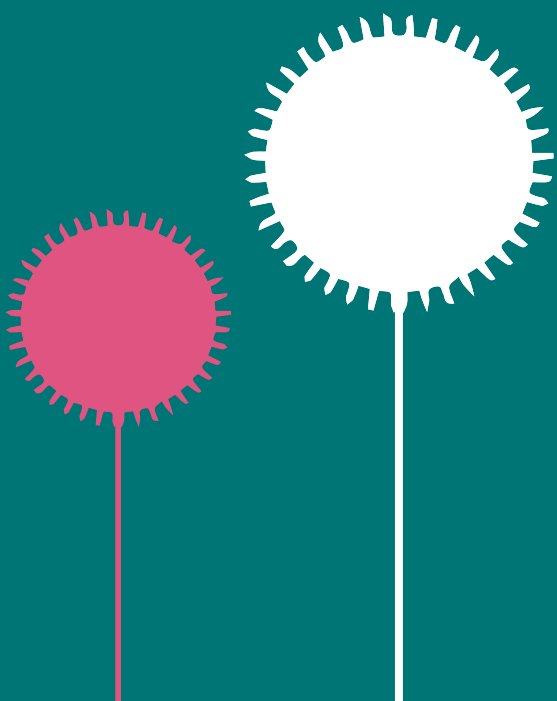


FACT SHEET
Teenage Pregnancy
and Contraceptives



CHILDREN'S RADIO
FOUNDATION

Fact Sheet TP

Helpful Definitions

Pregnancy: the state of being pregnant, growing a child in the uterus

Teenage pregnancy: When a teenage girl, usually within the ages of 13-19 years old, becomes pregnant **(UNICEF)**

Teenage parents: Adolescent boys and girls, usually within the ages of 13-19 year olds, having a child and becoming parents

Contraceptives: Methods to prevent pregnancy that include condoms (male and female), birth control pills, IUDs (Intra-uterine device), patches, injections, abstinence (choosing not to have sex), outercourse (sexual activity without penetration) **(Marie Stopes)**

Family planning: the method of using birth control to plan and determine the number of children there will be in a family and when those children will be conceived

Abortion: the surgical or non surgical termination of a human pregnancy

Adoption: the act of legally taking another's child and bring it up as one's own

Did you know...?

- ★ About 16 million girls between the ages of 15-19 give birth every year **(WHO)**
- ★ Complications during pregnancy and childbirth are the second leading cause of death for 15-19 year-old girls globally **(WHO)**
- ★ Babies born to adolescent mothers face a much higher risk of dying than those born to women aged 20 to 24 **(WHO)**
- ★ Health complications are often due to teenage parents not having information about their healthcare options and feeling that health clinics are not youth friendly
- ★ More than 99,000 schoolgirls became pregnant in 2013 - that means about 271 schoolgirls became pregnant every day of that year (Stats SA)
- ★ Teenage pregnancy has been steadily on the rise in South Africa since 2011
- ★ 30% of South African women don't know that they have a right to safe, legal reproductive health services, including safe abortion **(Marie Stopes South Africa)**

"A woman's ability to space and limit her pregnancies directly impacts her health and well-being, as well as the outcome of each pregnancy."

(WHO)

Remember your sexual and reproductive rights!

The Constitution of South Africa protects...

- Every person's right to decide whether or not to have children, as well as to choose the timing of each pregnancy
- People 12 years or older legally accessing contraception and abortions
- People 12 years and older do not need the consent of a parent or guardian for these sexual and reproductive health services

That means...

- We have a right to protect ourselves from unwanted pregnancies
- We have a right to accurate information about contraceptives
- We have a right to access safe, effective and affordable methods of contraception
- We have a right to choose the contraceptive method that works for our needs

(Marie Stopes South Africa)

Fact Sheet TP

The choice is yours - Make a plan that feels right for you!

- ★ Whether you want to have children safely at a certain age, prevent or terminate unplanned pregnancies - your community family planning clinic must help you create a plan without stigma or judgement
- ★ Your plan is more likely to be successful when you work together with your partner
- ★ Come up with a strategy to prevent unplanned pregnancies or having a safe pregnancy when you are ready
- ★ If you are sexually active with someone of the opposite sex, take time to talk together about your plan, including your plan in the event of an unplanned pregnancy

When choosing what is right for you, consider the challenges of teenage pregnancy

- Early childbearing increases the health risks for both mothers and their newborns
- Newborns born to adolescent mothers are also more likely to have low birth weight, with the risk of long-term effects
- Babies need a lot of care, attention and resources
- Having a child will slow down or prevent the process of finishing school
- Having a child is emotionally and physically demanding on the mother
- Many parents are better able to take care of their baby when they are financially stable and connected to support
- Government grants or child support grants are not enough to support a child
- Unplanned pregnancy often places strain on your parents, guardians or grandparents, who often take on the responsibility of raising your child

Why do unwanted teenage pregnancies happen?

The majority of teenage pregnancies are unintended, unwanted or not planned. We need to investigate why this happens...

- Sometimes girls/women unintentionally become pregnant because they or their partner do not use contraceptives
- Sometimes the contraceptive is not used properly
- Lack of sex education and access to accurate information
- Young girls/women in early marriages may feel pressured to agree with the husband's decision to have children
- Sometimes girls/women become pregnant to 'secure' their relationship
- Sometimes girls/women are raped and do not have the support to access treatment
- Sometimes girls/women do not feel they have control of the sexual act, how it happens, when it happens or feeling that they can stop it

I'm pregnant. I didn't plan this. Now what?

If you're pregnant, you have three options: abortion, parenting or adoption. Only you can decide what to do, but it can be helpful to talk about it with someone you trust.

Abortion: Termination of pregnancy or abortion is a legal and safe procedure in South Africa up to the 20th week of pregnancy. Abortions after the 20th week are only permitted for serious medical reasons. You have a right to a safe and legal abortion in a caring and non-judgemental environment. **Find out more about staying safe and avoiding unsafe/illegal abortions here.**

Parenting: A young person becoming a parent and keeping a child from an unwanted pregnancy will likely experience many social, financial, academic/scholastic, emotional and physical challenges. It is very important for the teen parent(s) to seek support from their parents, reliable adults, caregivers and friends.

Adoption: Some women choose to let another family raise their baby. Many women who choose this option feel happy knowing that their child will live in a loving home. Some also experience that the loss and sadness is deeper and longer lasting than they expected. Learn more about adoption **here.** **(Child Welfare)**

Options for pregnancy prevention and planning

- ★ **Abstinence** is when someone chooses to not have sex. For some, this means avoiding all forms of vaginal, anal, and oral-genital intercourse.
 - Abstinence is 100% effective in preventing pregnancy
 - But if you've made the choice not to have sex and change your mind in the heat of the moment, you might not have birth control handy (*Advocates for Youth*)
- ★ **Birth control** includes a wide range of contraceptives that prevent pregnancy. Birth control can come in the form of pills, patches, injection, implant or a small device inserted into the uterus (known as an intra-uterine device, or IUD) by a doctor or nurse.
 - There are so many safe, highly effective types of birth control to meet your needs, lifestyle and budget! Learn more about short-term and long-acting reversible contraceptives and how much they cost [here](#)
 - Consult a healthcare provider in your community to help you choose the types of birth control right for you
- ★ **Condoms** are barrier methods that help prevent pregnancy and spreading sexually transmitted infections (STIs) and HIV. It's highly encouraged to use condoms with another form of birth control. It is important to use condoms correctly for them to be the most effective.
 - **Read** and **watch** how to use a female condom
 - **Read** and **watch** how to use a male condom
- ★ **Emergency contraception** or "the morning-after pill" can be taken if you have had unprotected sex without any contraception. It should be taken within 5 days of unprotected sex, but the earlier you take it the more effective it will be so visit a centre as soon as possible. This pill should be available at your community family planning clinic. (*Marie Stopes South Africa*)

Things to consider while you are pregnant

- ★ Schedule regular check-ups with a healthcare provider to ensure a healthy and safe pregnancy
- ★ No more alcohol; drinking alcohol can cause permanent harm to the baby
- ★ Get the best nutrition available
- ★ Take prenatal vitamins, which help give you the additional vitamins needed during pregnancy
- ★ Avoid smoking; cigarettes expose the baby to harmful chemicals and reduce blood flow
- ★ Practice self-love and seek emotional support whenever you need it!
- ★ Consider checking out (*MomsConnect*), an app that sends SMS messages with updates on your pregnancy, check-up periods at the clinic, and advice about the baby.

Resources

- ★ [Teen Parents Talking about Parenting](#)
- ★ [Being a Teenage Mom](#)
- ★ [A Teen Father's Story](#)
- ★ [4 Women Share Their Stories Choosing Abortion](#)
- ★ [Story of Choosing Adoption](#)
- ★ [7 Pregnancy Myths Debunked](#)

"Although some teenage pregnancies are intentional, the majority of them are unintentional and lead to many negative outcomes for the teenage mother, the child, as well as other family and peers."
(*USCWiki*)

Preparing for the show

Ways to talk about teenage pregnancy:

- ★ Choosing and exploring contraceptives
- ★ Considering abortion, parenting or adoption
- ★ Roles of teenage fathers in an unplanned pregnancy
- ★ Young mothers completing education
- ★ Maternal and newborn healthcare
- ★ Effects of social stigma toward teenage mothers
- ★ Pros and cons of abstinence

Choose an angle



Different ways to talk about choosing and exploring contraceptives:

- ★ When should a person start using contraceptives?
- ★ What are the different contraceptive options?
- ★ What are long-term and short-term contraceptives?
- ★ How do you choose the contraceptive that is right for you?
- ★ How often can you access a clinic?
- ★ What is it like for young people to ask nurses or doctors about contraceptives?



Find different ways to talk about the topic and structure your show outline



Radio Production Guide

Radio Production Guide

Radio formats

Vox Pop

Vox pop aim: To get many opinions on one topic.
Who do you talk to: Young people

Question: How do you know when to start using contraceptives?

Audio commentary

Audio commentary aim: To get people's opinion about a topic that they care deeply about.
Who do you talk to: A young person who can talk about their experience learning about, accessing and using contraceptives.

Audio profile

Audio profile aim: To get a first person account of someone's experience, passion and journey. Audio profiles often aim to inspire.
Who do you talk to: Talk to a teenage mother about her experience.

Questions to ask to get the person thinking before they record their profile:

- ★ How has your life changed since becoming a parent?
- ★ In what ways is the father involved in parenting?
- ★ What are some of the challenges you face as a young parent?
- ★ Do you have family and friends supporting you through those challenges?
- ★ What are your plans for the future?

PSA

The aim of a PSA: To create a public awareness message.

Voice 1: Velisa, I don't know how to say this, but I'm pregnant. I had sex for the first time last month, missed my period and I took a test - I didn't plan for this, I'm freaking out! There's no way I can have a baby now!

Voice 2: Wow, ok. Well I'm glad you're telling me about it. Let's take a breath, book an appointment with the doctor and we'll take it from there.

Character: Facing an unplanned pregnancy can be overwhelming. Between legal, safe abortions, becoming a parent or turning to adoption - you've got options. Talk to someone you trust, consult with a friendly medical professional and choose the option that works for you.

How to present your show

Use your produced radio features, your research, and the suggested script and questions to write your own script.

Suggested questions for your interview with a family planning nurse/doctor or social worker

- ★ What are contraceptives?
- ★ What are short-term contraceptives? How do they work?
- ★ What is long-acting reversible contraception (LARC)? How do they work?
- ★ When should a person start taking contraceptives?
- ★ What are the things that a person should consider when choosing what type of contraception to use?
- ★ What are the most affordable contraceptives?
- ★ What would you tell a young person who is interested in exploring contraceptives but concerned about their parents finding out?
- ★ What advice would you give a young person who is trying a contraceptive for the first time?

[INTRO:]

Host 1: It's just gone [TIME] and you're just in time for the [NAME OF SHOW] on [RADIO STATION]. My name is [NAME]...

Host 2: And my name is [NAME], and today's show is all about teenage pregnancy and contraceptives!

Host 1: We'll be talking about why it's so important for young people especially to get the sexual and reproductive health information we need to make choices about our bodies that will affect our futures. We can't be shy about it, young people are having sex and accidentally becoming pregnant. We all have a right to plan our own futures and make choices about our own bodies. If pregnancy is not part of the plan, we have a right to prevent that - whether that means choosing abstinence, birth control, emergency contraceptives or legal and safe abortions.

Host 2: We'll be focusing on young people accessing accurate information about preventing pregnancy through contraception.

Host 1: Let's hear more about what people think about youth exploring and choosing contraceptives as a way to prevent pregnancy.

[PRESENT WHO IS BEING INTERVIEWED]
[PLAY THE INTERVIEW]

[OUTRO:]

Host 1: Today, we've learnt so much about contraceptives and our right to learn and explore which methods work for us! I never would have imagined the variety, hey.

Host 2: Yes, it's amazing to learn that young people have the right to information and access to a range of contraception. It's exciting to think about the options we've got!

Host 1: Next week on [DAY] at [TIME] we'll be talking all about [NEXT WEEK'S SHOW TOPIC]. Until then, it's bye from us!

Once you've finalised your script, produced your radio features and finalised your "show clock" it's time to go live on air!

Prepare to present your show

Radio Production Guide

Show outline

General intro
Intro vox pop
Vox pop
Outro vox pop
Music transition
Intro audio commentary
Audio commentary
Outro commentary
Music transition & jingle
Intro interview (or intro audio-profile)
Interview (or audio-profile)
Outro interview (or outro audio profile)
Music transition & jingle
PSA
General outro
Music end

Ethics and consent

This is a sensitive topic, so make sure you inform your interviewees properly and get their full consent.



You must always introduce your show and radio features. Then once you've played your features, have a concluding statement for each one. Don't forget a final conclusion for the very end of the show.

Use links (facts, tips, did you know, music) to glue it all together.



Now write your radio script

Outreach Guide

How to present your outreach activity

Ways to talk about teenage pregnancy

- Choosing and exploring contraceptives
- Considering abortion, parenting or adoption
- Roles of teenage fathers in an unplanned pregnancy
- Young mothers completing education
- Maternal and newborn health care
- Effects of social stigma toward teenage mothers
- Pros and cons of abstinence

Choose an outreach angle

Choosing to use and exploring contraceptives

Different ways to talk about

Choosing to use and exploring contraceptives

- When should a person start using contraceptives?
- What are the different contraceptive options?
- What are long-term and short term contraceptives?
- How do you choose the contraceptive that is right for you?
- How often can you access a clinic?
- What is it like for young people to ask nurses or doctors about contraceptives?

Outreach Guide

Outreach Guide

OUTREACH FORMATS

Interview

Interview aim: An interview is a one on one conversation where questions are asked by the interviewer and answers are given by the interviewee.

Examples of interview questions to someone who became pregnant as a teenager.

- How has your life changed since becoming a parent?
- In what ways is the father involved in parenting?
- What are some of the challenges you face as a young parent?
- Do you have family and friends supporting you through those challenges?
- What are your plans for the future?

Guest speaker

Guest speaker aim: This is someone you have invited to speak at the event to provide facts or meaning to the topic under discussion.

If you choose a healthcare professional as a guest speaker, here are a few example questions for the speaker to think about ahead of the outreach:

- What are contraceptives?
- What are short-term contraceptives? How do they work?
- What is long-acting reversible contraception (LARC)? How do they work?
- How do you know when to start using contraceptives?
- What is the best method to have safe sex without getting an STI?
- What should you do in a situation when you feel you have no or little control over sex, and negotiating condom use?
- What is the first thing you should do when you think you may be pregnant? And what if the test is pregnancy positive?

Roleplay

Role play aim: To provide a scenario that allows the audience to “act out” a point about the impact statement. Decide how many characters are needed and set the scene for the ‘actors’ to flesh out the statement. It is really an improvisation, and the audience ‘actors’ make it up as they go along.

Examples of Scenarios:

- 16 year old Velisa is pregnant. She had sex for the first time last month, missed her period and took a pregnancy test which confirmed that she is pregnant. She didn't plan for this and is freaking out!
- Thabo and Thembi are in a relationship. They have spoken about having sex and want to do it safely. But they are confused by what their friends tell them about contraceptives.
- Thando and her boyfriend got drunk last night and they had sex without a condom. The next morning she begins to worry about that she might have been impregnated. She calls her best friend for advice.

Quiz

Quiz aim: To test knowledge of the audience through a competition with prizes for the winner (s).

True or False Quiz

- Douching with anything or peeing after sex will prevent pregnancy - FALSE
- You can get pregnant if you stop taking your birth control pills for a few days - TRUE.
- You can't get pregnant the first time you have sex - FALSE
- You can't get pregnant if the guy pulls out - FALSE
- You can get pregnant while on your period - TRUE
- Condoms are reusable - FALSE
- You can only get pregnant if the male is on top during sex - FALSE

Impact Jingle

Impact Jingle aim: A jingle is a short song or tune that is easy to sing along to and remember, and it has a clear message.

Outreach Guide

Outreach Guide

Script

Use your outreach formats and your research to write your own script. Here is an example of part of a script. Use it as a guide to create your own script for your outreach activity.

[MUSIC/PERFORMANCE]

[INTRO:]

Host 1: Hello everyone and welcome! Thank you all for being here at the [NAME OF VENUE] today. My name is [NAME OF HOST1] and I am a [TITLE OF HOST] from [NAME OF ORGANISATION].

Host 2: And my name is [NAME], and today's show is all about teenage pregnancy and sexual and reproductive information and access we need to lead fulfilling and healthy lives.

Host 1: We can't be shy about it, young people are having sex and accidentally becoming pregnant. We all have a right to plan our own futures and make choices about our own bodies. If pregnancy is not part of the plan, we have a right to prevent that - whether that means choosing abstinence, birth control, emergency contraceptives or legal and safe abortions.

Host 2: We'll be focusing on young people accessing accurate information about preventing pregnancy through contraception.

Host 1: Let's hear from an expert who will tell us more about youth exploring and choosing contraceptives as a way to prevent pregnancy.

[INTRO TO GUEST SPEAKER]

[GUEST SPEAKER]

Suggested questions for the guest speaker
[eg. family planning nurse/doctor or social worker]

- What are the things that a person should consider when choosing what type of contraception to use?
- What are the most affordable contraceptives?
- What would you tell a young person who is interested in exploring contraceptives but concerned about their parents finding out?
- What advice would you give a young person who is trying a contraceptive for the first time?

[OUTRO TO GUEST SPEAKER]

Host 1: Today, we've learnt so much about contraceptives and our right to learn and explore which methods work for us!

Host 2: Yes, we have the right to information and access to a range of contraception. I never would have imagined there are all those options!

[PLAY IMPACT JINGLE]

HOST 1: But guys, we must also remember that facing an unplanned pregnancy can be overwhelming. Between legal, safe abortions, becoming a parent or turning to adoption - you've got options. Talk to someone you trust, consult with a friendly medical professional and choose the option that works for you.

HOST 2: Absolutely. Get the correct information to make the right choice for you. Now let's see if you have been paying attention so far! Are you ready for a quick quiz?

[INTRO TO RULES FOR THE QUIZ]

[QUIZ]

[OUTRO TO QUIZ]

[PLAY IMPACT JINGLE]

HOST 1: Guys, I have to admit, I've learned so much today and I thought I knew a lot about this topic!

HOST 2: You're not the only one. And now that I know a lot more and have the right information I'll be sure to spread the word!

HOST 1: That's right. Let us be information ambassadors but with accurate information. Remember, ask the professionals if you are ever unsure! Don't forget to catch us next month on [DAY] at [TIME] and [VENUE]. We'll be talking all about [TOPIC FOR NEXT SHOW]. Thank you for joining us and we hope to see you next time!

HOST 2: Until then, it's bye from us! Be safe guys!

[MUSIC/PERFORMANCE]

Outreach Guide

Outreach Outline

An outreach outline is a map to help you stay on track during your event. It is a list of the items and the order in which they will happen in the outreach activity. Below is an example of an event that is one hour long.

Music/Performance
Intro to Show
Intro guest speaker
Guest speaker
Outro to guest speaker
Impact Jingle
Intro Roleplay
Roleplay
Outro Roleplay
Intro to Quiz
Quiz
Outro to Quiz
Play Impact Jingle
Outro to Show
Music/Performance
Music

If any incorrect information comes up in any of your formats, like the quiz, role play or panel discussion, you must correct it. Don't let your audience leave with myths.

Once you've finalised your script, your performance artists, your outreach outline and prepared all your formats, it's time to start your live event!