



# Additional Teacher Resource Pack

## Unplanned Pregnancy - The Choices

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### Introduction

Faced with the prospect of an unwanted pregnancy, a young couple discusses what the future could hold for them. Talking together they evaluate the options they have, the responsibilities they feel and the responses they are expecting to get. Interspersing the conversations the programme supports their discussions with contributions from professionals in various agencies and settings to help provide real and accurate information to assist a teenager facing this dilemma.

### DVD Timeline

00:00-01:00	Introductions
01:00-03:00	Implications and Options
03:00-10:00	Keeping the baby
11:00- 14:00	Adoption
14:00-21:00	Voluntary termination
21:00-25:00	Contraception
25:00-28:00	Conclusion

### Background for Teachers

With rising rates of teen pregnancy in both rural areas and cities more pupils are facing the prospect of early parenthood. Often not talked about, this situation can cause problems for teenagers who feel scared and alone when considering how to deal with their situation. Many teens are unaware of the networks of support and the agencies that are available when they find themselves expecting a baby. Despite increased awareness through education, many teens still find themselves in need of much better knowledge to make the right decision.

Through health professionals and agencies that work to give support to teenagers there are plenty of ways for teenagers to make informed decisions, leading to a better life for themselves and if they consider it, their child.

### Curriculum Links

#### Personal Wellbeing

##### *1.4 Relationships*

a Understand that relationships affect everything we do in our lives and that relationship skills have to be learnt and practised

c Understand that relationships can cause strong feelings and emotions.

##### *2.2 Decision-making and managing risk*

a Use knowledge and understanding to make informed choices about safety, health and wellbeing, evaluating personal choices and making changes if necessary

b Find and evaluate information, advice and support from a variety of sources and be able to support others in doing so

c Assess and manage risk in personal choices and situations, minimise harm in risky situations and demonstrate how to help others do so

#### Economic Wellbeing and Financial Capability

##### *2.1 Self-development*

a develop and maintain their self-esteem and envisage a positive future for themselves in work

b identify major life roles and ways of managing the relationships between them

##### *2.4 Financial capability*

d identify how finance will play an important part in their lives and in achieving their aspirations.

##### *3 Range and Content*

h personal budgeting, wages, taxes, money management, credit, debt and a range of financial products and services

### Related DVDs from Classroom Video Ltd

*Fathering – what It Means to Be a Dad*

*Health, Protection and Informed Decision Making*

*Life As a Teenage Mum*

*Sex and Sensibility*

*STIs – Facts and Fiction*

*Wrappy Meets Marc and Julia*

Visit our website, [www.classroomvideo.co.uk](http://www.classroomvideo.co.uk) or call customer services on 0117 1924 for many more related DVD resources

### Useful Web Resources

[www.maristopes.org.uk/](http://www.maristopes.org.uk/)

[www.thepregnancycentre.ca/](http://www.thepregnancycentre.ca/)

[www.northsomerset.nhs.uk/PublicHealth/Teenage\\_Pregnancy/noworries.asp](http://www.northsomerset.nhs.uk/PublicHealth/Teenage_Pregnancy/noworries.asp)

[www.bbc.co.uk/relationships/sex\\_and\\_sexual\\_health/](http://www.bbc.co.uk/relationships/sex_and_sexual_health/)

### Suggested Activities Before Viewing the Programme

1. Give pupils a card with either PREGNANCY, ADOPTION, ABORTION, CONTRACEPTION, PARENTHOOD on. Ask pupils to write one fact and one opinion about the word on their card. Swap cards with a partner and add another fact and/or a contrasting opinion. Swap again and so on. This activity can be reviewed at the end of the programme as a plenary/‘what did we get right?’ and ‘what would we change?’ review.
2. Ask pupils to think of their ambitions and put them in order of a top 5 if possible. Ask them to add at what age they would like to see these ambitions achieved.

### ***Student Worksheet***

#### **While Viewing the Programme**

1. How many teenage girls became pregnant every year in the UK?
2. Give 2 examples of different types of tests that can be taken to determine pregnancy
3. What is a natural reaction to finding out you are pregnant?
4. What aspects of your lifestyle will need to change after becoming pregnant?
5. Who can you turn to for help and advice if you think you might be pregnant?
6. Is it important to talk to your parents about it, even if they will be shocked or angry?
7. How can you find out about adoption?
8. What sort of questions might an adoption agency have?
9. At what age can biological parents and children start to get in touch again, according to the law?
10. When did abortion become legal in the UK?
11. How many women, according to statistics, have an abortion in their lifetime?
12. During which weeks does a medical abortion happen?
13. After 9 weeks, how is an abortion performed?
14. Do parents have to be involved in the abortion process?
15. What are the most common types of contraception?
16. Who can catch an STI?
17. What is commonly found in 1 out of 10 young people?

### Suggested Student Responses

1. How many teenage girls became pregnant every year in the UK?  
**40,000**
2. Give 2 examples of different types of tests that can be taken to determine pregnancy  
**Urine or blood.**
3. What is a natural reaction to finding out you are pregnant?  
**Feeling scared**
4. What aspects of your lifestyle will need to change after becoming pregnant?  
**No alcohol, drugs, health checks, money spent on baby equipment and toys.**
5. Who can you turn to for help and advice if you think you might be pregnant?  
**Your teacher, a counsellor, Brook, BPAS, Marie Stopes**
6. Is it important to talk to your parents about it, even if they will be shocked or angry?  
**Yes, usually their support is absolutely vital.**
7. How can you find out about adoption?  
**Your teacher, a nurse or the local council.**
8. What sort of questions might an adoption agency have?  
**They may ask if you have family members who could parent your baby.  
They may ask what beliefs are important to you.**
9. How many women, according to statistics, have an abortion in their lifetime?  
**1 in 3**
10. At what age can biological parents and children start to get in touch again, according to the law?  
**18**
11. When did abortion become legal in the UK?  
**1967**
12. During which weeks does a medical abortion happen?  
**1-9 weeks**
13. After 9 weeks, how is an abortion performed?  
**Surgically.**
14. Do parents have to be involved in the abortion process?  
**Parents do not have to be told.  
However information may be shared between professionals. This is particularly likely if someone feels that the mother and baby are at risk.**
15. What are the most common types of contraception?  
**The pill, coil, implant, condom, morning after pill, IUD**

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16. Who can catch an STI?  
**Anyone who has had sex.**
17. What is commonly found in 1 out of 10 young people?  
**Chlamydia**