

Teen Pregnancy Prevention

CONGREGATIONAL CARE-Transparency Saves Lives

May is Teen Pregnancy Prevention Month and PPGMR is here to assist your congregation and to be nonjudgmental resource for Communities of Faith. The tools provided here can assist you with caring for your congregations during Teen Pregnancy Awareness Month in ways that can be simple but effective.

Below are some suggestions for bringing a Teen Pregnancy Prevention message to your congregation. Start where you are most comfortable.

- Including a statistic in your church bulletin
- Putting pamphlets in the restrooms *Planned Parenthood Greater Memphis Region can provide pamphlets to boost your congregational efforts. Call for details.*
- Placing prevention posters or materials in high traffic areas
- Include a message in your church's media
- Identifying a health professional in your congregation to spear head an awareness campaign
- Invite a guest speaker and allow them a limited time to speak during service or an evening or weekend program. *A Planned Parenthood Greater Memphis Region Educator will do this for FREE. Call to schedule.*

At Planned Parenthood Greater Memphis Region we're committed to helping teens make good decisions. We work every day to reach teens with information about healthy relationships and sexuality, as well as the importance of protecting themselves against both unintended pregnancy and sexually transmitted infections. We know that teens often turn to their church family for information about relationships and pregnancy, and we want you to be ready to help. These materials are meant as a base---put your own spin on them! Frame them in your congregations beliefs and values.

ONLINE RESOURCES

[The National Campaign to Prevent Teen and Unplanned Pregnancy](#) will be highlighting local events and activities for National Teen Pregnancy Prevention Month and the National Day to Prevent Teen Pregnancy (Wednesday, May 9) on their website [HERE](#).

The National Campaign to Prevent Teen and Unplanned Pregnancy will be focusing on their [Online Challenge](#). On the National Day, and throughout the entire month of May, teens will be invited to visit the National Campaign's teen website—[StayTeen.org](#)—to participate in the National Day Quiz, which challenges them to think carefully about what they might do "in the moment" through a series of interactive scenarios. Last year, almost 500,000 teens participated in the challenge, and we encourage you to promote the quiz to your youth networks.

Planned Parenthood has two online tools designed to help teens re-orient their view to the future, a task vital to preventing unplanned pregnancy. [FAST FORWARD](#) and [AWKWARD OR NOT](#) can be accessed online and on mobile phones and are designed to help teens see their

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possibilities and start planning for them.

[FAST FORWARD](#) walks teens through college, career, adult living, relationship, pet ownership, and parenthood---MASH (Mansion, Apartment, Shack, House) for the modern age. This app helps teens connect what they want for their future with what they do today to prepare for it.

[AWKWARD OR NOT](#) helps teens think about and plan for the difficult conversations about sex and relationships with their parents that help better connect them to their own families. It addresses the main reasons teens don't talk to their parents and turns teens away from friends and towards their families for information about sex.

JUST THE FACTS

Encouraging members to be proactive about teen pregnancy prevention is one of the most important things you can do to protect the health and vitality of your congregation and it's easier than ever before. These talking points can be added to a sermon, a short talk, or a planned discussion. You know your audience, so choose what will work best for you.

While the continuing decline in teen pregnancy in this country is good news, we still have work to do.

- About 30 percent of young women in the U.S. become pregnant before the age of 20. Nearly 750,000 teenagers in the United States will become pregnant this year alone.
- Getting pregnant as a teen can have serious consequences for a young person's future. Becoming a parent as a teenager affects young people's ability to finish school, influences their ability to make a living, and affects their children in numerous ways.
- Most teen births are to 18- to 19-year-olds, but one-quarter are among 15- to 17-year-olds, who face much greater challenges than older teens in finishing high school as a result of teen pregnancy.
- Latino teen pregnancy and birth rates are more than one and a half times higher than the national average. Latina teens are also 1.5 times more likely than white non-Latinas to have a repeat teen birth.
- The birth rate for African-American teens is more than twice that of non-Latina white teens.

When it comes to lowering the teen pregnancy rate, we know what works: access to birth control and sex education have made a significant difference in reducing teen pregnancy.

- When teens have the education they need, they make better decisions. Sex education has been proven to help young people to delay sex, and to use contraception and condoms when they do become sexually active.

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- Research shows that well-designed and well-implemented pregnancy prevention programs – the type of education provided by Planned Parenthood - can decrease sexual risk behaviors among students, including delaying sexual intercourse, increasing condom or contraceptive use, reducing the number of partners, and decreasing the frequency of unprotected sex.
- We need to continue working to ensure that all young people get the information and access to services they need to prevent both pregnancy and sexually transmitted diseases, including comprehensive sex education.
- Nationwide, more than three-quarters of teens aged 15–17 report that they need more information about birth control, HIV/AIDS, and other sexually transmitted infections, and a third are unaware that having an STD increases the risk of getting HIV.

We're here to help. Planned Parenthood offers resources, guidance, and encouragement to teens and parents to talk about relationships and sex. Every year, Planned Parenthood provides educational programs to more than a million people of all ages, and every day. Here are some ways Planned Parenthood Greater Memphis Region can support your work:

- Planned Parenthood provides high-quality, nonjudgmental teen-friendly services, including free or low-cost birth control, and offers programs for teens. In Memphis, teens can access LARCs (Long Acting Reversible Contraception) free of charge in our [Health Center](#).
- [Just Us](#) is a peer education program of Planned Parenthood Greater Memphis Region, dedicated to providing honest, comprehensive information about sexual health. JustUs educates and empowers teens ages 15 to 18 to take ownership of their community and serve as knowledgeable leaders for their peers.
- [Just Us](#) is designed for teens, but supports parents, too. Every parent who signs up a teen for JustUs gets access to an educator during the program to make sure they are prepared. The educator makes sure parents know what their teens are learning, are prepared for questions and comments teens may have, and are supported in communicating their family values with their teens

We get information about teen pregnancy prevention to young people where they are – and Planned Parenthood is doing that with new tools that harness innovation and technology to get young people accurate and accessible information. Even after May is over, Memphis teens can still access accurate medical information and healthy messages about sex and relationships in several different ways:

- Today's technology makes it possible for teens looking for information to access it in multiple ways, and Planned Parenthood is determined to provide information to as many people as possible, where they are online.
 - Planned Parenthood Greater Memphis Region is available to teens on [Facebook](#) and [Tumblr](#).

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- Teens can find information and submit questions on PlannedParenthood.org's [Info for Teens page](#), as well as the Planned Parenthood Tumblr, Facebook, and Twitter pages.
- Planned Parenthood recently launched nine interactive [mobile tools](#) designed to help young people stay healthy and plan better for their futures. The tools bring together age-appropriate sex education with what teens like to do online, and have already been used by over 100,000 unique visitors.
- Planned Parenthood's innovative chat/text program enables teens to correspond with trained staff via IM or text messages with urgent questions about birth control failure, emergency contraception, pregnancy testing, or STDs, reaching teens with critical information about sex and health in moments of intense worry when they are in need of fast, confidential help. The program has now reached more than 325,000 people; 45 percent of users are aged 15-19. You can view chat/text at www.plannedparenthood.org/chat or by texting 774636.
- For parents, Planned Parenthood offers information, videos, and tips for talking to children of all ages on our [Tools for Parents page](#) and [Let's Talk Month](#) page -- including "[Parenting Tips](#)," a series of interactive videos on talking to your teens about sex and relationships; a [fact sheet](#) with information on parent-child communication and a [tip sheet](#) on talking to your kids; and information on [setting boundaries](#), [helping teens delay sex](#), [parenting LGBTQ kids](#), and more.
- As the nation's largest provider of sex education, Planned Parenthood offers resources, guidance, and encouragement to teens and parents to talk about relationships and sex. Every year, Planned Parenthood provides educational programs to more than a million people of all ages.

Social Media

You might choose to use social media as your platform in your congregational care efforts. Below are some suggested Facebook posts or Tweets.

Facebook



It's a good idea to wait to have sex. You shouldn't let anyone pressure you into doing anything that you're not ready for. Make sure you talk with the person you're dating about what you want — and what you don't want — before things get sexual.

Sex comes with a lot of risks that can affect your future plans if you're not prepared. So before you make a decision, it's helpful to talk things through with someone you trust — like a parent, family member, a doctor, or someone else who cares about you.

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Have questions about birth control, the morning-after pill, pregnancy tests, or STDs? Live-chat here www.plannedparenthood.org/chat or text 774636 to talk with a health educator.

Almost all sexually active teens use some method of birth control. Using condoms plus another birth control method – like the IUD, implant, shot, or pill — will help prevent pregnancy and STDs.

Being smart about sex also means being smart about alcohol and drugs. Drinking and/or drugs + sex = bad idea. Almost one in four sexually active young people report having had unprotected sex because they were drinking or using drugs.

Learn how to stay healthy, reach your future goals, and be prepared for sex with these free #tools: <http://p.ppfa.org/1l29DLO>

What's up with all the talk about sex, birth control, and condoms? Get straight answers from teens who've been there. <http://p.ppfa.org/1dEzGnU>

Figuring out birth control can be confusing. My Birth Control is here to help! Answer a few questions to find out what method is best for you. <http://p.ppfa.org/1cmYLUq>

Twitter



Questions about the morning-after pill, pregnancy tests, STDs, or birth control? Text 774636 to one of our health educators. #help

It's totally okay to wait to have sex. Don't let anyone pressure you into doing anything that you're not ready for.

If you decide to have sex, be smart about it. Make sure to use birth control and a condom every single time. #birthcontrol

Learn how to stay healthy, reach your future goals, and be prepared for sex with these free #tools: <http://p.ppfa.org/1l29DLO>

With so many options out there, how do you find the best birth control method for you? This app can help. <http://p.ppfa.org/1cmYLUq>