

YOUNG PARENT TALKS - TALKING TEENAGE PREGNANCY WORKSHOP

Activities

Learning Objectives

Introduction

- Ground rules
- All pupils will receive hand-out with relevant numbers

- Pupils will find out what they will be learning about throughout the lesson
- Pupils reflect on how to be respectful of others opinions throughout the lesson
- All pupils have information and access to helpful numbers/helplines

Finding out you're going to become a young parent

- Share our real life experience of finding out we were becoming young parents
- How would people react? i.e. Friends, family
- How would you feel?

- Pupils will think about the effect becoming a young parent could have on those around them and the potential impact on those relationships
- All pupils will think about who would be there to support them if they were to experience teenage pregnancy
- All pupils understand some facts about teenage pregnancy and parenthood.
- All pupils to reflect on the role self-esteem can play in making decisions regarding prospective parenthood
- The class will hear a real example of a teenager telling their friends and family they are going to become a young parent.

Preparing for a baby with no income

- Share our real life experience of budgeting for a baby with no income
- Buying the essentials activity
- What are the alternatives?
- Realistic childcare costs
- What would you rather spend?

- All pupils will understand that there are usually serious financial implications of having a child even if you do not live with them.
- Pupils will appreciate the need to manage expectations of life as a young parent
- Pupils will understand how expensive childcare costs can be
- Pupils will understand how difficult it is to work when you have a baby
- All pupils will hear a real life example of a young parent on benefits, struggling to pay for the basics for their child

Life as a young parent

- Share our real life experience of being a parent at a young age
- What can't you do with a baby?
- A common situation activity
- At what age would you have a baby?
- What would you like to do first?

- All pupils will realise that life will change considerably once you have a baby
- All pupils will understand that having a child is a big responsibility and can make simple day-to-day activities much more difficult.
- All pupils will learn that parenthood is a long term commitment and will understand that parents face challenges at all stages of their child's lives
- All pupils will understand that parental responsibility and activities can be fulfilled fully by either gender
- The class will hear a real life example of a young parent struggling to adjust to life as a parent and the challenges they often face

Q & A

- Where we are now and the challenges we still face as parents
- Chance for pupils to ask any questions about what its like to be a young parent

- All pupils will have a realistic understanding of how becoming a parent at a young age can impact their lives
- All pupils will hear a real life story of a teenage parent and have the opportunity to ask them questions about their experience

LEARNING AIMS AND OBJECTIVES

Talking Teenage Pregnancy with Young Parent Talks

Finding out your becoming a young parent?

Often, when a young person finds out they are becoming a parent, their first thought is actually how will those around them react? The first part of our session is getting pupils to think about if this were their reality, and who would they need to tell? Who could they confide in? Would they get support? Why may the people in their lives respond badly to this news? How would this affect their lives?

Preparing for a baby with no income

The next step would be how would they afford to look after this child? Teaching the pupils what costs are involved in raising a child, and asking them to think about how they would support themselves in this situation. We ask the class to think about what they'd buy if they had money to spend on their child, and think about the reality of having a family with very little funds.

Your life as a young parent

Having a baby at a young age can be extremely hard and sometimes isolating. We ask the students to think about the obstacles you face when you are a parent, and the sacrifices they would often have to make. The class will look at common scenarios, which helps them understand that the reality of being a young parent is usually a lot harder than they think.