



# **PREGNANCY**

**May 1<sup>st</sup> Teen Pregnancy Awareness Day**



# WHY BECOME SEXUALLY ACTIVE?



- Peer pressure
- Curiosity
- Fun/pleasure
- Feel grown up
- Love
- Hold on to a significant other
- Lonely
- Rebel against parents
- Media
- Problems at home



# FEAR/CONSEQUENCES/COSTS OF BECOMING SEXUALLY ACTIVE



- Money – <http://www.babycenter.com/baby-cost-calculator>

<http://www.babycenter.com/cost-of-raising-child-calculator>

- Unwanted pregnancy
- Fear of an STI
- Afraid parents will find out
- Not ready
- Painful
- Religious beliefs
- Future plans
- Reputation
- Don't want to
- Lose respect
- Change relationship



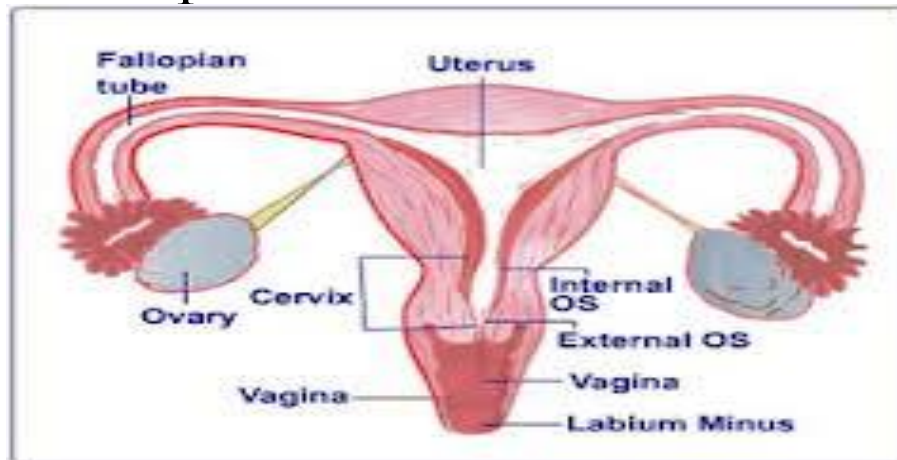
# PREVENTABLE

- Abstinence
- Use Protection – not always reliable
  
- Pregnancy is 100% preventable
- Completely changes ones life!



# MENSTRUATION CYCLE

- The monthly process of discharging blood and other matter(endometrium) from the uterus
- Ovulation (releasing of egg) occurs during days 12-17 of the cycle
- Egg Travels to uterus during days 16-22
- This is the best days for fertilization
- The baby develops in the uterus



# FERTILIZATION

- [http://www.babycenter.com/2\\_inside-pregnancy-fertilization\\_10354435.bc](http://www.babycenter.com/2_inside-pregnancy-fertilization_10354435.bc)
- 250 million sperm produced
- 1% makes it to uterus
- About 20 make it to fallopian tubes
- 1 makes it to the egg for fertilization





# PREGNANCY

- First Trimester
- Second Trimester =40 weeks/9 months
- Third Trimester



# LIFESTYLE CHANGES

- Eat Healthy
- Exercise
- Avoid Alcohol & Drugs
- Avoid Caffeine
- Weight Gain
- Not able to do certain activities
- Added costs & responsibilities



# BIRTH

- 3 stages:
  - Stage 1: Early(0-3cm), Active(4-7cm), Transition(8-10cm)
  - Stage 2: Pushing
  - Stage 3: Placenta

## Natural Birth

- Meds – Epiderral, Morphine, Pitocin
- Cesarean Section
- [http://www.babycenter.com/2\\_inside-pregnancy-labor-and-birth\\_3658872.bc](http://www.babycenter.com/2_inside-pregnancy-labor-and-birth_3658872.bc)
- Choice to Breastfeed/Formula

