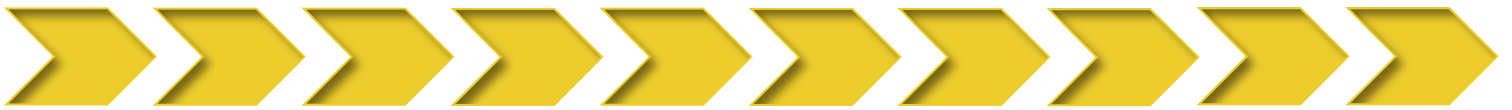




TEEN PREGNANCY

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HEALTHY SEXUALITY

In high school or college, you may start to explore your sexuality. How you define your own personal boundaries is completely up to you! It's always important to make sure, though, that you practice safe sex and communicate that with your sexual partner(s). It's just as much their responsibility as it is yours. If neither you nor your partner is using birth

control, there's a possibility that you'll become pregnant.



While pregnancy can be an amazing experience, if you aren't on the same page as your partner or if you have other plans for yourself besides being a mother, this experience can be stressful. Waiting to have children can help you to finish high school without interruption, pursue a college degree, and even finding a

meaningful job. In other words, you can discover and understand yourself before being responsible for someone else. See the “Family Planning” section to learn how to prevent pregnancy and STI’s while still being sexually active.

GETTING HELP

If you’re a teenager and just found out that you’re pregnant, you may be feeling overwhelmed or helpless. Don’t worry, there are so many resources and people on the reservation that can help you through this experience! This app contains more resources and how to navigate them.

- ◇ Your parents, brothers and sisters
- ◇ Your other family (aunts, uncles, cousins)
- ◇ Your friends
- ◇ Indian Health Service or Coteau

Healthcare System

◇ WIC

◇ Early Head Start.

KNOWING WHAT'S RIGHT

Having a baby can have far-reaching effects for you. It may mean deciding about

marriage,
changing
education and
career plans,
finding a place
to live, and
learning how
to handle
finances. It
comes with

*“Here’s a quote
about the
importance of
finding support
in teen
pregnancy.”*

increased responsibilities, like taking care

of all of a baby's physical needs: feeding, changing, bathing, dressing, etc. It means providing the love and attention a baby needs to thrive and caring for a baby that's crying, fussy or sick.