

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 are 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.

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 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.

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!

- Your parents
- Your brothers and sisters
- Your other family (aunts, uncles, cousins)
- Your friends
- Maternal Health resources such as Indian Health Service, Coteau Healthcare System, WIC, and Early Head Start. This app contains more resources and how to navigate them.