

Dealing with an Unintended Pregnancy

Objective:	Participants will describe their attitudes and values concerning unintended pregnancy.
Structure:	Individual.
Time:	20 minutes.
Materials:	“Dealing with an Unintended Pregnancy” handout.

Procedure

1. **Distribute** the handout and ask participants to answer the questions individually. Allow 10 minutes for participants to complete the handout.
2. Reconvene the group and **ask** the following questions:
 - What values, beliefs, and issues would people need to consider when making a decision about an unintended pregnancy (e.g. attitudes/values about pregnancy, children, parenting)?
 - What information would people need to have about each option (e.g. cost of raising a child, medical information about abortion, rights of natural parents in adoption)?
 - Who would help a couple/individual as they make this decision (e.g. parents, clergy, counsellor, other trusted adult, health agencies)?
3. **Conclude** the activity by pointing out that dealing with an unintended pregnancy is a complex issue. It is important that, when faced with one, individuals consider the impact of their decision on themselves, and other important people in their lives. Support from parents, other family members, friends, and/or clergy are valuable during such a time.

Extension

Divide participants into groups of 4 – 5. Instruct each group to pick a topic related to parenting, abortion, and adoption (e.g. community services, abortion law and policy, media treatment of the issues, teen parenting issues, single parenting, adoption policies, etc.) and prepare a report, presentation, poster, video, etc.

Handout

Dealing with an Unintended Pregnancy

If you or your partner were to wake up tomorrow as the same person, but unintentionally pregnant, how would you feel?

- a) I would be happy because...
- b) I would be unhappy because...
- c) My greatest adjustment would be...

Use three words to describe your attitudes regarding the following options:

- a) pregnancy
- b) adoption
- c) abortion
- d) parenting

If you were faced with an unintended pregnancy, what four issues would you consider before making a choice?

- 1.
- 2.
- 3.
- 4.