"TEEN PREGNANCY PREVENTION PROGRAM"
Sponsored by
FAMILY PLANNING & MEN/WOMEN'S HEALTH OF ALLEGAN COUNTY
Phone: (269) 686-4560

The Teen Pregnancy Prevention Program (TPPP) is a special program funded in part by private foundations and corporate sponsors interested in reducing the numbers of teen pregnancies in Allegan County. Each component is designed to improve the personal well being of our teens by increasing their awareness of the realities and responsibilities of early sexual activity and teen parenthood. All programs are available at no charge to schools and other interested groups.

Abstinence/ Self-esteem: This program discusses the meaning of abstinence and what role peer pressure and self-esteem play in making wise decisions. Students learn how to identify a dangerous relationship, techniques for healthy relationships, and how sexual pressures impact a relationship and any future decisions. Group interaction, video, assertiveness techniques, suggestions on improving self-esteem and other skills needed to avoid unhealthy behaviors, including early sexual activity are utilized.

Healthy Babies: utilizes a pregnancy simulator (Empathy Belly) that allows students to temporarily experience typical symptoms and effects of being pregnant, including weight gain of 30-33 lbs., enlarged breasts and abdomen, pressure on organs, mild kicking movements, increased body temperature and shortness of breath. Healthy lifestyles as well as unhealthy habits are discussed to help reduce birth defects and promote healthy babies. Preconceptual information is provided.

STIs (including HIV/AIDS): The many varieties of Sexually Transmitted Infections along with exposure risks and potential short and long term dangers are reviewed. How birth control methods may or may not help protect against STIs are also discussed. Open discussion is encouraged, and a post-presentation Quiz is given. Brochures and handouts are provided to promote questions that can be answered promptly.

T.A.P. (Teens As Parents) utilizes a panel of teen mothers and fathers who speak to youth and adults about what teen parenting is really like. They touch on issues ranging from telling their parents of their positive pregnancy test, to the financial and emotional issues they face. Audience participation is encouraged and questions are answered throughout the presentation.

Your Family/Your Future: encourages teens to set their own personal goals, to plan for the size and spacing of their children and think how those children will impact their future plans. Emphasis is placed on making teens aware that much of their future is shaped by the choices made while they are young. Maintaining healthy lifestyle habits is discussed including the importance of smoking cessation and abstaining from drugs and alcohol. The educator helps them realize the decision to become a parent is one of the most important decisions ever made in a time when decisions are crucial.

Educational Materials for Parents: an extensive library is available for area parents. These FREE materials cover a wide range of topics of parental concerns from a child's birth through the teen years. Topics include: child nurturing & development, children's self-esteem, talking to children about sex, puberty facts for the parent and child and discussing sex and abstinence with teenagers.

Contraception: offers an extensive review of the methods of contraception. Birth control is reviewed along with other ways to protect against STIs and pregnancy. An emphasis is put on the choice of different types, if one is deemed unsuccessful, or not desirable. If the adult decision is made to participate in intercourse, the adult decision of "What method is best for ME?" should be considered. This presentation offers an overview of contraceptive options.