

## PREGNANCY

### Objectives:

After this lesson, the students:

- Understand how pregnancy occurs
- Recognize the signs of pregnancy

### Lesson Outline (1 hour sample lesson plan)

Use this outline as an example of a good and complete learning process which includes: new knowledge, skill building and changing attitudes.

- 0.00 – 0.05 Introduction:** Introduce the topic, by making a link to existing knowledge and make it real – connect to real life.
- 0.05 – 0.15 Warm up:** Get the energy going with an interactive exercise. This should create a good atmosphere and make sure everyone feels at ease.
- 0.15 – 0.30 Information:** Share the information with the students. The information should be presented clearly without difficult terms. Make sure to keep it factual and present without judgment.
- 0.30 – 0.40 Discuss:** Give students time to reflect on the information and form their own opinions.
- 0.40 – 0.55 Practice:** Let students practice the skills they need to use the new information in their own lives.
- 0.55 – 1.00 Take action:** Come up with a plan on what the students can do in their own time to use the new information.

### Introduction

Start by introducing the topic. When you introduce new information it is important to link it to existing knowledge the students already have. This can be done by:

- Referring to previous lessons when this topic builds on what was discussed in those lessons. For example the information on contraceptives.
- Introducing the lesson by asking the opinion of the students. Do young people have enough information about pregnancy? Do young people understand what the consequences are of pregnancy in your opinion?
- Using the videos that are on the platform. Share a story from one of the videos and ask the students to some reflective questions like: do you recognise this situation, can you relate to the person in the story?
- Using the quote to start the lesson and ask the students what they feel it means and if they agree.

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*Quote:* A woman asks the doctor if she should have a baby after 40. The doctor answers: “No, 40 children is way too many already.”

### Warm-up

*Goal:* Students understand that pregnancy is a responsibility of both mother and father.

- Step 1.** Ask students to pair up.
- Step 2.** Pairs will do an exercise on responsibilities. One person pretends to be a mother, the other pretends to be a father. Together they need to decide who will take what responsibility in taking care of a baby. Ask them to think about following questions: Who should feed the baby, who should wake up, who should change diapers, who should play with the baby...
- Step 3.** Afterwards, you can organize a short group discussion, asking the pairs how they organize their roles and responsibilities.

### Information

Let the students read through the lesson content on their own, give them some time to form their own opinions and ask them if they have any questions. Share the information from the platform with the students.

- If they have access to the platform you can ask them to read it on their own.
- You can create a Power point presentation where you create slides with images and the most important information
- You can present the information to the whole group. Use keywords for yourself and if possible also write the keywords on a board as reminders for the listeners.
- You could make handouts with the key information.

Make sure that you take enough time to present everything clearly and that you build in moments where the students can reflect on the information and ask questions. The information has already been written in paragraphs – after each paragraph you can ask a reflective question.

You can use these questions to engage the group:

- Do you know young people around you who are pregnant?
- How are these people preparing themselves for pregnancy?

*Pregnancy* is the term used to describe the period in which a woman carries one (or more) foetus inside her womb, for about 40 weeks.

Once boys and girls reach the age of puberty and begin to produce sperm or to start menstruation, they are biologically able to bear children. A girl or woman can become pregnant, once she started ovulating, when semen from sperm is released in her vagina during unprotected sex.

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*During pregnancy, women don't have menstruations, because the lining of the uterus won't break down.*

*There are a few signs that can indicate a pregnancy;*

- *A missed period can mean a woman is pregnant, but sometimes it means she is late, has irregular menstruations or simply skipped a month.*
- *Full and tender breasts*
- *Feeling nauseous*
- *Feeling very tired*

*The only way to be sure whether you're pregnant is to get a test in a health centre or to use a pregnancy test bought in a pharmacy. When you find out you are pregnant, it is important to go to the health centre for regular check-ups and good monitoring. This will benefit the mother and the baby, and even more so when the mother is HIV positive. With the right treatment and care, HIV transmission to the baby during pregnancy, delivery and breastfeeding can be prevented.*

*Just because young people are biologically able to bear children doesn't mean that they are ready to take on that responsibility. Many young people are not prepared physically, emotionally or socially to be pregnant or have children.*

*It is important that a man and a woman talk about having children and know each other's child wish. They need to discuss whether they want children, how many, when and with what spacing. They also need to talk about contraceptives to prevent pregnancy in case they don't want to have children yet. Both men and women have the right to decide when and if to have children.*

### **Discuss**

*Allow some time to reflect on the information and to form their own opinion. This is important because it helps the students to process the information by reflecting on how this information is related to their own situation. You can use the following activities:*

- *You can facilitate a discussion by using the reflective questions. Or use the story as a starting point for a debate.*
  - *Would you like to have children one day? If so when?*
  - *Do you know where you could go if you or a friend were pregnant?*
  - *Are there youth friendly services dealing with pregnancy in your community?*
- *Use the story as a starting point for the students to come up with their own story based on their realities. This can be in the form of a roleplay, comic, story etc.*  
*Have a look at the online journal of an Indonesian girl who kept a diary about her pregnancy!*
- *Use the quiz on the platform to reflect on the statements. Read out the statements and ask the group if they think it is true or false. Make sure you provide the correct answer without judging those who gave a wrong answer.*

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### Quiz

The students are presented to various statements. For each statement, the student needs to decide if it is true or false. At the end of the game, the student gets to know how well he or she did.

- 1.** *Girls can't get pregnant the first time they have sex.*  
Answer: False! Girls can get pregnant from the first time they have sex.
- 2.** *Girls can get pregnant if they have sex standing up and in any other position.*  
Answer: True! Girls can get pregnant when having sex, no matter in which position.
- 3.** *When a girl has never had her menstruations she can't get pregnant*  
False: Getting pregnant is related to ovulation. Because a girl can ovulate before having her first period, it is possible to become pregnant
- 4.** *Girls can get pregnant when they have sex, even if they have a shower or bath immediately afterwards.*  
Answer: True! Taking a bath or shower after sex does not prevent pregnancy.
- 5.** *Girls cannot get pregnant if they have sex during their menstruations.*  
False! Even if it is very unlikely, girls with irregular menstruations could get pregnant.
- 6.** *Brush sex or rubbing the genitals does not cause pregnancy.*  
Answer: False! Sometimes sperm is released around the genitals and still enters the vagina.
- 7.** *If a boy 'pulls out' before he ejaculates, this will prevent a girl from becoming pregnant.*  
Answer: False! Sperm or semen might already be released in the vagina before the boy pulls out.

### Practice

Use the outcomes from the discussion to ask the students come up with a plan on how to do something in their own community, peer group or family.

Since such an activity requires skills, make sure you practice these first. Some of the skills you could practice for this lesson are:

#### **How to address youth:**

Addressing youth is important to get the right tone of voice to convince them of your message. Whether you are talking to your fellow peers, or to people younger than you are, it is always important to keep the tips below in mind.

Practice on each other by having a normal conversation on a topic which is important to young people. How do you talk about it, what is the feeling you give to the person you are talking with, what is your tone of voice, how do you give confidence to youth, etc? Evaluate your technique by asking some feedback from others.

What is important to know when working together with young people? Read the tips below to improve your skills!

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- *Discuss with young people as equals. Respect and value their opinions, beliefs and ideas.*
- *Explain to them that their ideas are important too.*
- *Work in a location where youth feel comfortable and safe*
- *Do some activities with youth to win their trust, for example sharing something personal about yourself*
- *When a young person is not speaking, that doesn't mean he/she has no opinion. Give them time to open up and feel comfortable.*
- *Be open and non-judgemental*
- *Do activities with youth to strengthen their confidence*
- *Offer support if they ask for it*
- *Take them serious*
- *Make your work with youth interactive and fun*
- *Don't make assumptions about individuals*

### **Take action**

*Wrap up today's lesson by asking what the students have learnt, liked, found difficult etc.*

*Give an assignment to put the new knowledge and skills into action:*

- *Identify the places where youth can have information on pregnancy and get the right services. Are these services non-judgemental and respectful? Do these places also provide information on contraceptives?*