

THE NATIONAL DAY TO PREVENT TEEN PREGNANCY

TEEN DISCUSSION GUIDE

INSTRUCTIONS

Use the 2008 National Day to Prevent Teen Pregnancy Quiz and this discussion guide to get your friends and classmates talking about sex and pregnancy and how these issues affect their lives.

- Visit **StayTeen.org** to take the National Day Quiz yourself and encourage your friends to take it, too.
- Get a group of teens together, ask everyone to take the National Day Quiz, and compare how you scored.

QUIZ THEMES

The National Day Quiz presents the following types of messages:

- Sex has consequences – both *physical* and *emotional*.
- Have a plan: think about what you'll do in the moment.
- Not having sex is the best and safest choice to prevent pregnancy, but if you are having sex, you must use contraception carefully each and every time.
- Not everyone is “doing it” – and if more teens knew that, they'd feel supported in waiting.
- To use birth control every time, you need to think about it beforehand.
- If you can't talk to your partner about sex and contraception, you're not ready to have sex.
- You can always say “no,” even if you've said “yes” before.
- Drinking and drugs can lead to unintended risks and consequences when it comes to sex.
- Have questions? Ask a parent or other trusted adult.
- Big differences in age between partners can lead to unwanted and unprotected sex.
- Having sex at a young age is very risky and places you at great risk for pregnancy and STDs.



DISCUSSION QUESTIONS

After you've taken the National Day Quiz, answer these questions:

1. First, ask some questions about teen pregnancy in general.

- Do you think teen pregnancy is a big problem in our community? Why is it a problem? Who can solve it?
- Are there any pregnant girls or teen parents in your school? What do you think would be the hardest part of being a teen parent? Who has it harder: teen moms or teen dads? Why?
- How open is your relationship with your parents? Do you talk to them about sex? How do you think they'd react if you got pregnant or got someone else pregnant?

2. Next, ask some general questions about the National Day Quiz. Start by asking everyone to discuss which question was the most difficult to answer. Then discuss the answer options and talk about which was the safest answer and why.

- How realistic were the quiz scenarios? Have you or your friends ever been in similar situations? How did you handle them? Now that you've taken the quiz, would you have made a different choice?
- Do you feel like you learned anything from taking the quiz? Can you name one thing you now know about sex and pregnancy that you didn't know before?

3. Now ask some specific questions about the National Day Quiz.

Scenario 1

- Do you think teens feel pressure to have sex on prom night or is that something that only happens on TV or in movies?
- If a couple does decide to have sex, how important is it that they discuss protection beforehand? Is it difficult or embarrassing for couples to talk about protection? Why or why not?

Scenario 2

- Do you think 14 is too young to be sexually active? What do you think about younger girls dating older guys? What about older girls dating younger guys? What is too big an age difference?
- Do guys feel pressured by their friends to go further sexually than they feel comfortable with? If so, why do you think this is?

Scenario 3

- Among high school students, how many do you think have had sex? Does it surprise you that less than half (47%) have had sex?
- In your group of friends, how does everyone feel about waiting until marriage to have sex? What about waiting until after high school?
- Is it embarrassing for teens to admit being a virgin? Is it different for guys and girls?

Scenario 4

- Do teens generally feel peer pressure to drink or do drugs? Do you think this is a big problem among teens where you live? How do you think this affects decisions about sex?
- Without naming names, have you even known someone who got drunk or high at a party and did something they regretted later? What advice would you have given them to help them make a better decision?

Scenario 5

- Do you think it's possible to have a relationship with no strings attached? How do you feel about the "friends with benefits" thing? Who actually benefits? Who ends up getting hurt?
- What are the characteristics of a healthy relationship? What does "being serious" with someone mean to you?

Scenario 6

- How important is sex in a relationship? How do you think sex might change a relationship?
- Would you be less likely to date someone if you knew he or she was more sexually experienced than you?



FACT OR FICTION

Ask the teens in your group to take out a piece of paper and write "fact" or "fiction" as you read out these statements. Then discuss the answers found on the next page (but don't ask anyone to hand in their answers. Keep it confidential!)

1

MOST TEENS ARE HAVING SEX.

2

YOU CAN'T GET PREGNANT THE FIRST TIME YOU HAVE SEX.

3

ONE OUT OF EVERY TEN GIRLS GETS PREGNANT AT LEAST ONCE BEFORE AGE 20.

4

IF YOU GET PREGNANT AS A TEEN, YOU MOST LIKELY WILL MARRY THE FATHER OF YOUR CHILD.

5

THE ONLY FOOLPROOF WAY TO PREVENT PREGNANCY IS TO NOT HAVE SEX.

6

TEENS DON'T WANT TO LEARN ABOUT SEX FROM THEIR PARENTS.

7

ALCOHOL AND DRUGS DON'T INFLUENCE YOUR SEXUAL DECISIONS.

8

MOST TEENS THINK IT IS EMBARRASSING TO ADMIT TO BEING A VIRGIN.

9

JUST BECAUSE YOU DATE AN OLDER GUY OR GIRL, IT DOESN'T MEAN YOU'RE MORE LIKELY TO HAVE SEX.



ADDITIONAL ACTIVITIES

Here are some additional activities you can do as part of a group or on your own.

1. Add the National Day Quiz to Your Webpage

Got a Facebook or MySpace page, personal website, or blog? Why not share the National Day Quiz with your friends by adding our "Would You?" Quiz widget to it? With just a few simple clicks, you can put the quiz on your page, share it with your friends, and even compare answers with people from around the country.



What are you waiting for? Go grab the "Would You?" Quiz widget now at www.StayTeen.org/quiz and add it to your page. While you're at it, go friend us at MySpace (www.myspace.com/stayteen) and join our Facebook group (www.facebook.com and search Groups for Stay Teen) to stay in touch with and get updates from Stay Teen.

2. Enter the Stay Teen "What's Your Relationship Reality?" Video Mash-Up Contest at StayTeen.org

What does the word "relationship" mean to you? Sometimes it's hard to put something like that into words. So we say: *don't!* Instead show us your relationship reality by submitting your video to the "What's Your Relationship Reality?" Video Mash-Up Contest. Upload your video showing us your relationship reality now and you'll be in the running to win \$500! Visit StayTeen.org for more details or start uploading your video right now. Contest ends June 30, 2008.



Need some inspiration? Check out all of the Stay Teen ads and see what others have created at www.StayTeen.org.

3. Make Your Own Quiz

Think about situations in which you and your friends have to make decisions about sex or deal with relationships (hint: use a favorite TV show or movie to come up with ideas).

Come up with several ways each situation could be handled and turn your ideas into a quiz like the one you just took at StayTeen.org. Use this new quiz in a classroom or youth group discussions and send it to us at nationalday@thenc.org.

FACT OR FICTION ANSWERS

1. **Fiction:** Not everyone is "doing it." Some are, some aren't, and some are lying. The fact is, more than half of teens haven't had sex.
2. **Fiction:** You can get pregnant *every time* you have sex, including the first time.
3. **Fiction:** Three in ten teen girls get pregnant at least once before age 20. That's more than 750,000 teen pregnancies each year.
4. **Fiction:** Nearly 80% of fathers of babies born to teen mothers do not marry their child's mother.
5. **Fact:** Abstinence is the only 100% effective way to prevent pregnancy.
6. **Fiction:** Most teens say they'd like to get information about sex and pregnancy from their parents. In reality though, most get their information from the media.
7. **Fiction:** You can't make informed decisions if you're drunk or high. Twenty percent of 15- to 17-year-olds admit to doing something sexual while under the influence that they might not have done if they were sober.
8. **Fiction:** 75% of teens say it is not embarrassing for teens to admit they are virgins.

