

MTV 16 and Pregnant

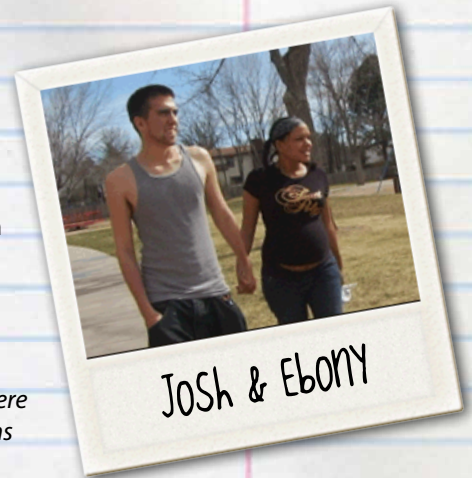
Episode 4 "Ebony"

EPISODE SUMMARY

A military brat from Colorado Springs, Ebony is trading in her ROTC uniform for maternity clothes. She and her fiancé, Josh, plan to join the Air Force after senior year, but the responsibilities of a new baby may keep them from enlisting, and maybe even from graduating.

STUFF TO THINK ABOUT AND DISCUSS

Every experience with sex, love, relationships, pregnancy and parenthood is unique but there are certain themes that play out over and over again. Check out these discussion questions then head to www.itsyoursexlife.com/discuss to share your thoughts.



- ✳️ **3 out of 10 girls in the U.S. will get pregnant at least once before age 20.** Have you ever thought about what your life would be like if you got pregnant or got someone pregnant?
- ✳️ **Simply knowing about contraception isn't enough – you also have to use it.** Before the pregnancy Ebony's mom says she talked to her daughter and Josh about condoms and about the fact that she didn't want to be a grandmother yet. Josh's mom says she's been talking to him about sex since he was 10 years old. But, when the nurse performing Ebony's sonogram asks the couple if they were using birth control, they say "no." Ebony and Josh knew how to protect themselves but they chose not to – and now they're having a baby. Simply knowing about protection isn't enough, you have to use it consistently and correctly each and every time you have sex. Protection is important in preventing both unintended pregnancy as well as STDs.
 - Q: Do you think Ebony and Josh talked to each other about pregnancy and STD protection before they started having sex? Do you know how to bring the subject up with your partner? Waiting until the heat of the moment to talk about protection isn't a good idea – it's best to bring up the topic before you're in a situation where you need to use it. Feeling a little embarrassed or shy? Most people do! It's definitely not easy. But, if you are confident about the facts – and stay true to what feels right for you – it will be a whole lot easier and you'll feel better for having done it. [Check out these tips to help you get the conversation started.](#)
 - Q: Do you know all the kinds of contraception available to you? Some methods you can get without a prescription, such as condoms, sponges and spermicides. Others, like the pill, the patch, the ring, etc., require an initial doctor visit. Whether you're thinking about it or you've already have sex, talk to your doctor about the method that works best for you and make sure you protect yourself each and every time you have sex. [Remember, some methods are more effective than others and only condoms, can protect against unintended pregnancy AND STDs.](#)
 - Q: Did you know that between 1991 and 2005 the rates of teen pregnancy in the U.S. declined by one-third – and one of the big reasons was increased use of contraception (birth control). [It works, when you use it consistently and correctly.](#)

✿ **Getting pregnant and having a child before you're ready often means deferring your dreams for the future and definitely means less time for yourself.** Ebony has had to put a lot of her dreams aside because of the baby. She can't enlist in the Air Force or take part in the ROTC activities she was looking forward to, she doesn't graduate with her class, she doesn't have time to spend with friends, she doesn't even enjoy going to the prom. As Ebony says at the end of the episode, getting pregnant "has changed my view of life. You have to think about someone else before you think about yourself."



Q: It's obvious that neither Ebony nor Josh thought about how a pregnancy and a baby would impact their desire to join the military. About half of all teens say they have never thought about how a pregnancy would affect their lives. Have you thought about how your life would change if you got pregnant or got someone pregnant?

Q: Ebony and Josh tried to devise a schedule that would allow her to complete her courses but it didn't work out. Did you know that less than half of teen moms graduate from high school and only 2% graduate from college by age 30?

✿ **Having a child is a lot for a teen relationship to handle.** Ebony is overwhelmed with all of the new responsibility that comes with being a mother – and even if he means well, Josh's attempts to help are not enough. In fact, most of the time Josh acts like a child himself – not keeping track of school work, playing video games when they need to put the baby in the car seat at the hospital, sleeping instead of taking out the trash, etc. What kind of impact do you think this will have on their relationship long-term?

Q: Josh is already re-thinking the idea of marriage and Ebony gets choked up when she wonders aloud if he'll want to be with her and baby after he joins the Air Force. The majority of teen parents don't stay together for the long haul, even if they had good intentions at the beginning. What do you think this does to their children?

Q: Do you think most sexually active teens consider what kind of parent their partner would be? Should that be a consideration when you're in a sexual relationship? What's your relationship reality?

FAST FACTS

Between 1991 and 2005 the rates of teen pregnancy and births to teens in the U.S. declined by one-third. A remarkable success story! But in recent years the numbers have started creeping back up again.

- ✿ 1 in 6 girls in the U.S. will be a teen mom.
- ✿ Even with the impressive declines since the early 1990s, the U.S. has the highest rate of teen pregnancy in the entire developed world.
- ✿ Babies born to teens are more likely to grow up poor, have health problems, be abused and neglected, fail in school and eventually become teen parents themselves.
- ✿ Less than half of teen moms graduate from high school.
- ✿ 8 out of 10 fathers don't marry the teen mothers of their babies.
- ✿ Teen pregnancy is 100% preventable. Either don't have sex or use protection carefully and correctly every single time!

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