

MTV 16 and Pregnant

Season 3 - Episode 7
"Izabella"

EPISODE SUMMARY

After hiding her pregnancy for eight months, honor student Izabella is forced to reconsider who her true friends are. This young mom then risks her family ties when the boyfriend she brought into her family's house betrays their trust.



Izabella, Jairo, & Enrique

STUFF TO THINK ABOUT AND DISCUSS

- ✦ Unlike so many expectant mothers, Izabella was not eager to show off her baby bump or talk about her pregnancy with anyone. She said telling people made it more real and she just didn't want it to be real, so she kept quiet and stayed away from everyone (except her parents and her boyfriend) until the 8th month. What do you think of her decision to keep it to herself so long? Can you imagine having a secret like that? Or if a friend kept something like that from you for so long? Is it any wonder that once she did tell her friends, some of them (including her BFF) felt hurt and continued to stay away? So often pregnant and parenting teens say that they lose their friends when their priorities and responsibilities change. Do you think Izabella brought some of that upon herself?
- ☑ Many teens who want to avoid talking about their pregnancies because it makes it all seem "more real," also avoid going to the doctor and taking the necessary steps to have a healthy pregnancy. That's one of the reasons babies born to teens often aren't as healthy as babies born to women who planned and wanted to be pregnant. Prenatal care is vitally important to a pregnant woman and her baby, starting from the very beginning. Some of the most important development happens in the earliest stages of pregnancy and without the proper attention, the pregnancy can be put at risk.
- ☑ There is a lot to know about having a healthy pregnancy and there are a lot of online resources and real-life resources to help. But, if you don't want to be pregnant, there are lots of ways to prevent it from happening in the first place. Go to www.Bedsider.org or www.itsyoursexlife.com/gyt/protect/what-works-what-doesnt to find a birth control method that works for you.
- ✦ Jairo seems to love baby Enrique but without a high school education or the desire to get a job or even an inkling of what kind of career he'd be interested in, will he be able to be a good father? What does it take to be a good parent? When people talk about a teen father "stepping up"—what do they mean?
- ☑ In Utah, where Izabella and Jairo live, even fathers under the age of 18 may be ordered to pay child support. Even without an income, fathers could be responsible for paying a minimum monthly child support payment. Laws vary from state to state, but some states will track down fathers, take money from their paychecks or bank accounts, and even prosecute for criminal non-support.
- ☑ Babies born to teenagers are more likely to grow up apart from their fathers. Father absence has been linked to poverty, child abuse, drug and alcohol abuse, incarceration, educational attainment, and health issues ranging from obesity to asthma. Learn more at www.fatherhood.org.

✦ Izabella's mom says she didn't want to be strict with her daughter because her own parents had been so strict with her. Izabella's dad thinks her mom should have talked to her about pregnancy prevention and should have been less of a friend and more of a parent to their daughter. Izabella's uncle says that the pregnancy is just proof that it doesn't matter how close parents are with their kids, pregnancy can still happen. What, if anything, do you think Izabella's parents could have done to help her avoid getting pregnant? What do you think about all they are doing to help her now that the baby is born? Are they making life too easy for her, as her uncle says, or are they helping her make the best of a difficult situation?

- ✓ Izabella's dad said he never thought this would happen to his family. Here's the deal: If someone is having unprotected sex there is a chance of pregnancy. It doesn't matter how great their parents are, how nice their neighborhood is, how good they are in school, or what kind of plans they have for the future.
- ✓ Not all teen moms have the family support system Izabella has. Imagine what her life—and baby Enrique's life—would be like without the daycare, housing, food, supplies, and financial support provided by her parents.

STUFF TO KEEP IN MIND

- ✦ Most teen girls who get pregnant never thought it would happen to them.
- ✦ Thinking it won't happen doesn't count—or work—as birth control.
- ✦ The majority of girls who have babies before age 18 don't graduate from high school. Fewer than 2% graduate from college by age 30.
- ✦ Teen pregnancy is hard on teens—but much harder on their babies.
- ✦ A baby won't make him stay. Eight out of 10 fathers don't marry the teen mother of their child. Most couples don't stay together at all.
- ✦ Once there is a pregnancy, every road ahead is hard—whether the choice is to become a teen parent, make an adoption plan, or have an abortion. In comparison to any of those, preventing a pregnancy is easy.
- ✦ It takes two people to get pregnant, but only one to prevent it. Be that one!

RESOURCES

Have questions or need to know where to go? Check out these trusted sites and hotlines:

- ✦ Think you might be pregnant or need to find a health clinic? Call Planned Parenthood at 1-800-230 PLAN (7526) or visit www.PlannedParenthood.org.
- ✦ Questions about sexual health, STDs, or getting tested? Check out MTV's www.ItsYourSexLife.com.
- ✦ Looking for information about all the available birth control methods and where you can go to get them? Go to www.Bedsider.org.
- ✦ Want more facts and tips on teen pregnancy and how to prevent it (waiting, contraception, talking with parents and peers, etc.)? Go to www.StayTeen.org and www.TheNationalCampaign.org.

**FIND OUT MORE AT STAYTEEN.ORG
AND ITSYOURSEXIFE.COM**