

MTV 16 and Pregnant

Season 3 - Episode 10
"Allie"

EPISODE SUMMARY

After moving in with her boyfriend's dysfunctional family, Allie needs to decide whether to raise her baby in an unstable environment or without a dad.



STUFF TO THINK ABOUT AND DISCUSS

- ✦ At first it seemed like Joey was really into the idea of being a parent and forming a family with Allie. He read books about babies, he tried to take care of Allie by having her move in with his family, he went to doctor appointments, and he already knew how to change diapers and care for kids because of his younger siblings. But then something changed. What do you think happened? Were you surprised at how quickly their relationship deteriorated once the baby was born? Did you think Joey would step up more than he did?
 - ✓ Becoming a parent (at any age) is really hard and it doesn't leave much time or energy for anything else. If you are not in a solid relationship and don't have a lot of built-in support, it can be nearly impossible to focus on anything while trying to take care of a baby. When a relationship is fragile or new it's unlikely it can survive the intense responsibility of parenthood.
- ✦ Allie and Joey had only been dating a month or two when she skipped a couple of birth control pills and got pregnant. She knew she hadn't been good about taking the pill but she admits that when you're in the heat of the moment you don't think about what might happen because it "spoils the mood." What do you think about that? Is it worth maybe spoiling the mood to avoid something as serious as a pregnancy? Does it make you want to think twice about protection and prevention when you see the consequences?
 - ✓ Did you know there are forms of birth control that don't require you to remember to do something (like take a pill) every day? The IUD, also known as Mirena or Paraguard, can prevent pregnancy for years (or until you have it taken out). Same with the implant, also known as Implanon. The depo shot lasts for three months at a time, the Nuva Ring lasts for a month. There are a lot of options for preventing pregnancy. You can learn more about them at www.Bedsider.org or www.itsyoursexlife.com/gyt/protect/what-works-what-doesnt.
- ✦ Both Allie and Joey have a lot of drama in their families: Allie's mom didn't have the money to keep her in New Jersey so she had to move to Texas with her dad, then her dad kicked her out when she got pregnant. Joey's mom is a drug addict whose behavior is totally unpredictable and often mean. Considering the environment they grew up in, is it any wonder they struggle with being parents themselves? What could teenagers in their situation do to compensate for the lack of parenting role models in their lives? Can you imagine what life would be like for Allie, Joey and baby Ayden if Joey's grandma Belen wasn't in the picture?

✦ Throughout her pregnancy Allie is convinced that the best thing for a baby is to have two parents who are together, but by the time Adyenn is two months old she thinks it's more important for a child to live in a stable environment, even if it's only with one parent. What do you think? What kind of environment do you want for your children someday?

Babies born to teens are much more likely to grow up apart from their fathers than kids born to even slightly older 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 ITSYOURSEXLIFE.COM**