

Title: Wait - are you sure it's time to get pregnant again?

Author: Vandana Chopra, MS4

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Abstract: Did you know that a teenage mother has a 25% chance of "accidentally" getting pregnant again before her first baby is even 2 years old? Sadly, most of these teen moms end up being poor for the rest of their lives. And unfortunately, their babies get sick. A lot. So why are so many teens still getting pregnant every year? And where can you go if you're a teen mom who needs advice?

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# So you're a teenager... and a mom.

Your new baby has probably changed your life. It's probably *really* cute. But it's probably taking up ALL of your time right now. And if you're really tired, you're not alone- most new moms are.

**But did you know that you could get pregnant again? And now?**

**In fact, 1 out of every 4 new teenage moms will get pregnant again before her first baby is even 2 years old.**

So what's the problem?

Unfortunately, most teen moms have to drop out of school to take care of their baby. Most of them never go back, even though they might want to.

And even though a lot of teen moms try really hard to take care of their babies, a lot of babies get sick. Taking care of these health problems can be really expensive... and takes up a lot of time.

**That might be time away from things you want to do. Away from hanging out with your friends. From having fun on the weekends.**

**So what do you want to do? How do you want your life to go? How do you imagine yourself as an adult? Are you married? Living in a big house? Wearing expensive clothes? Expensive jewelry?**

**But how will you make that happen if you have two babies to take care of as a teenager?**

**If you're not sure about how you're feeling, talk to someone you trust. Talk to your doctor, teacher, parent, family member... anyone.**

**And in the meantime: You can always say "no"... even if you've said "yes" before. And if you aren't ready to have another baby yet, the answer is simple: use protection every time you have sex. Every time.**

**You're in charge of your life. Remember, *you* are the decider.**

# WHO CAN I CALL IF I HAVE QUESTIONS ABOUT SEX, MY RELATIONSHIP OR GETTING PROTECTION?

In Minnesota, call:

**1.800.78FACTS**

Minnesota Family Planning and STD Hotline

MTV/ It's Your Sex Life: **1-888-BE-SAFE-1 (237-2331)** or [www.itsyoursexlife.com](http://www.itsyoursexlife.com)

Planned Parenthood: **1-800-230-PLAN**  
or [www.plannedparenthood.org](http://www.plannedparenthood.org) or [www.teenwire.com](http://www.teenwire.com)

American Social Health Association: **1-800-227-8922**  
or [www.ashastd.org](http://www.ashastd.org) or [www.iwannaknow.org](http://www.iwannaknow.org)

Teen Health: [www.teenhealth.org/teen](http://www.teenhealth.org/teen)

Sex, Etc: [www.sexetc.org](http://www.sexetc.org)

Pause: [www.fox.com/pause](http://www.fox.com/pause)

If you're embarrassed or want to keep your privacy,  
dial \*67 before you dial the number: they can't trace  
the call.

Make up a fake name, even.

Just get the facts.

May is Teen Pregnancy  
Prevention Month



YOU are part of the solution.