

## What Teens Want Other Teens to Know About Preventing Teen Pregnancy

When it comes to teen pregnancy - why it happens and how to prevent it - teens get loads of advice from adults, but they aren't often asked to offer their own. Along with *Teen People* magazine, the National Campaign to Prevent Teen and Unplanned Pregnancy set out to change this by asking teens directly what they would say to other teens about preventing pregnancy.

The advice in this fact sheet is based on suggestions offered by readers of *Teen People*. The campaign's own Youth Leadership Team and teen visitors to the campaign's website also played a key role in making these tips what they are. You may want to check out their website at <http://thenationalcampaign.org/>

1. Thinking it won't happen to me is stupid; if you don't protect yourself, it probably will. Sex is serious. Make a plan.
2. Just because you think everyone is doing it, doesn't mean they are. Some are, some aren't - and some are lying.
3. There are a lot of good reasons to say no, not yet. Protecting your feelings is one of them.
4. You're in charge of your own life. Don't let anyone pressure you into having sex.
5. You can always say "no" - even if you've said "yes" before.
6. Carrying a condom is just being smart - it doesn't mean you're pushy or easy.
7. If you think birth control ruins the mood, consider what a pregnancy test will do to it.
8. If you're drunk or high, you can't make good decisions about sex. Don't do something you might not remember or might really regret.
9. Sex won't make him/her yours, and a baby won't make him/her stay.
10. Not ready to be someone's mother or father? It is simple: Use protection every time or don't have sex.

Source: The National Campaign to Prevent Teen and Unplanned Pregnancy;  
<http://thenationalcampaign.org/>



Reproductive Health Program  
June 2016