Lesson for
Is Adoption the Best Option for Pregnant Teens?

LEARNING OBJECTIVES
By the end of this lesson, students will be able to

• List areas of personal freedom that they currently enjoy, along with areas of personal development they have yet to achieve.
• Explain how certain areas of their lives might be affected by an unplanned pregnancy.
• Produce a statement about how they would handle an unplanned pregnancy if it happened at this time in their lives.

TIME NEEDED
50 minutes

MATERIALS
• Copies of Is Adoption the Best Option for Pregnant Teens?—one per student
• Blank sheet of paper—one per student
• Pen or pencil for each student

PREPARATION
If necessary, make copies of the article Is Adoption the Best Option for Pregnant Teens? Gather blank sheets of paper and pens or pencils in case students need them.

PROCEDURE
1. Review class ground rules with your students. Let students know that today’s class is going to involve some reflection on personal interests and goals. [1 minute]

2. Distribute a blank sheet of paper to each student. Tell students that you are going to ask them a series of questions, which they will respond to on the paper. Remind students that you will not be collecting their papers, but that their answers will serve as the foundation for a class discussion. [1 minute]

3. Read each of the following statements, allowing time after each for students to respond in writing:

   • List five things you enjoy doing in your spare time.
   • List three things you like to do if or when you have spare money.
   • List at least three SPECIFIC goals you have for yourself within the next four years.
   • List three things that you are looking forward to in the next year.
   • List three things you are grateful for that your parent(s) have provided for you during your life thus far. (These are not necessarily material things.)
   • Write down at least one relationship in your life that means the world to you. [10 minutes]
4. Tell students that you are going to put them in a hypothetical situation. Explain that the situation might not reflect the reality of their lives, depending on their current values, behavior and orientation, but they should try to imagine what it would be like to be in that situation regardless.

5. Ask students to imagine what would happen if they found out today that they were either pregnant or had contributed to a pregnancy. Ask them to try very hard to dismiss the reasons why this would never happen to them and to focus on what it would be like if it actually did happen. Give students a moment to connect with what it would be like.

6. Ask students to consider how a pregnancy at this point in their lives would affect various areas of their lives. Tell students they can use their answers they wrote to the earlier questions as a guide to what aspects of their lives would be affected. Recognize that some students may already have firmly decided beliefs about what they would do in this situation, and that these likely include parenthood, adoption or abortion. Each decision would bring a different response to this portion of the lesson. [2 minutes for steps 4 to 6]

7. Tell students that they are going to have an opportunity to read an article that discusses different perspectives on unplanned teenage pregnancies. When reading the article, they may encounter beliefs and reactions that are similar to their own, as well as some that are different. Distribute a copy of Is Adoption the Best Option for Pregnant Teens? to each student. Ask students to take turns reading aloud paragraph by paragraph. [10 minutes]

8. When students have finished reading the article, ask them to consider how the article relates to the questions you asked them to answer at the beginning of this lesson. Elicit several responses using the following questions as a foundation for discussion:

- How do you think your spare time and money (if you have either) would be affected by an unplanned pregnancy at this point in your life?
- In what ways might your immediate future (next year) and long-term future (next four years)

be affected by an unplanned pregnancy at this point in your life?
- Consider your response to the question about things you are grateful to your parents for. Why do you think that question was included? What do you make of your response in light of the fact that you are now dealing with a hypothetical unplanned pregnancy?
- How might the significant relationships in your life change with an unplanned pregnancy? [10 minutes]

9. Ask students, “In what ways do the questions I asked at the beginning of this lesson relate to someone’s choice of parenthood, adoption or abortion?” Elicit several responses. [5 minutes]

10. Ask students, “What other factors might a teenager who is facing an unplanned pregnancy consider when deciding what is best for his or her situation?” Elicit several responses. [5 minutes]

11. Close the lesson by asking students, “Is a teenager’s response to an unplanned pregnancy clear-cut or murky? Why?” Remember that students will have varied responses as to the nature of this situation. All are valid, and it is important to make room for all perspectives to be shared and valued in the discussion. [6 minutes]