

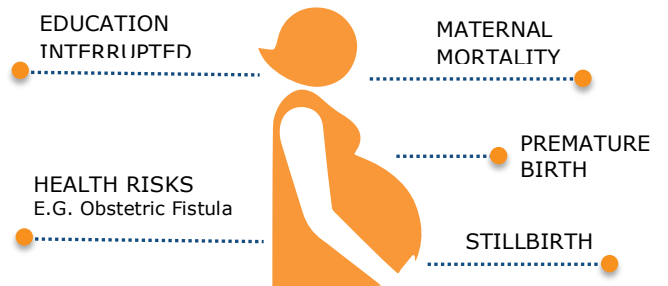


Prevent Teen Pregnancy – It's Better to Wait!

SOCIAL & HEALTH IMPACTS

The risks and effects of teenage pregnancy are significantly high. Because a teenage girl is still growing, pregnancy can cause an abundant amount of health risk to her and to the infant growing inside her. Also, teenage girls who avoid unintended pregnancy are more likely to stay in school, participate in the work force and have healthier, better-educated children.

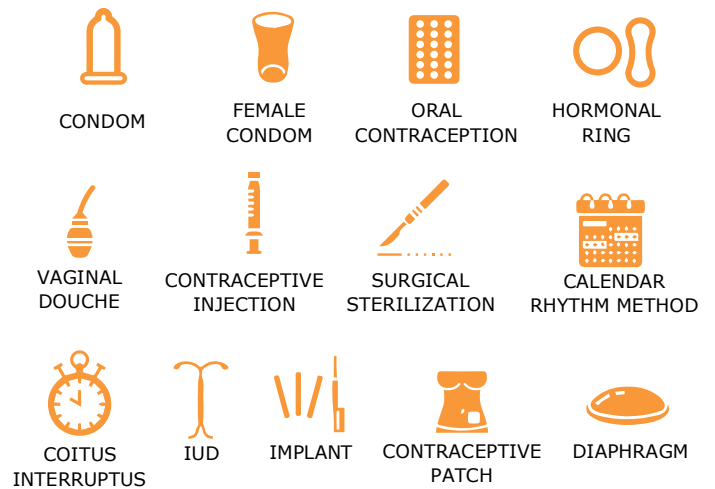
TEENAGE PREGNANCY EFFECTS & RISKS



WHAT TO DO TO PREVENT PREGNANCY

- **Abstaining**
- **Having protected sex** (using contraception)
- **Talking with parents, guardians and caregivers** about outcomes and risk factors of pregnancy
- **Accessing the right information** about sexual and reproductive health rights
- **Accessing friendly youth sexual and reproductive health services**

CONTRACEPTION METHODS



WHERE TO FIND HELP

If you need help or think you might be pregnant:

- Confide to a trusted person around you
- Visit a nearest health care facility
- If you are afraid to talk to close people around you can call your local health authorities