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.

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

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

CONTRACEPTION METHODS
- CONDOM
- FEMALE CONDOM
- ORAL CONTRACEPTION
- HORMONAL RING
- VAGINAL DOUCHE
- CONTRACEPTIVE INJECTION
- SURGICAL STERILIZATION
- CALENDAR RHYTHM METHOD
- COITUS INTERRUPTUS
- IUD
- IMPLANT
- CONTRACEPTIVE PATCH
- DIAPHRAGM

TEENAGE PREGNANCY
EFFECTS & RISKS
- EDUCATION INTERRUPTED
- MATERNAL MORTALITY
- HEALTH RISKS E.G. Obstetric Fistula
- PREMATURE BIRTH
- STILLBIRTH

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