

## Activity: Dealing with a Pregnancy

**Targeted Grade Level:** Grades 8-12

**Objective:**

Predict how life would change by becoming pregnant or getting someone pregnant.

**Standards and Benchmarks:**

Health Education Benchmarks		Language Arts Standards
<ul style="list-style-type: none"><li>• HE.8.B.5.3</li><li>• HE.8.B.5.5</li></ul>	<ul style="list-style-type: none"><li>• HE.912.B.5.1</li><li>• HE.912.C.2.9</li><li>• HE.912.P.7.1</li></ul>	<ul style="list-style-type: none"><li>• W.4.10</li><li>• W.2.4</li><li>• W.4.10</li><li>• SL.1.1 (a – d)</li><li>• SL.2.4</li><li>• SL.2.6</li></ul>

**Preparation:**

Prepare envelopes for each student (one sealed envelope containing a “notification letter” for each student. (See “Notification Letter” below.) A notification letter worksheet is included for you to copy one for each student.

**Directions:**

1. Pass out the letters to each student, and ask them NOT to open them yet.
2. Ask students to write 3 goals, short or long term, which they have for themselves on the outside of the sealed envelope (anything they hope to accomplish: graduate from high school, get a job, buy a car, etc.).
3. Finally, ask students to open their envelopes, read the notice, and complete the questions individually.

**Notification letter:**

Imagine you just found out you are pregnant or got someone pregnant. Please answer the questions individually by writing down your response to each. You do not need to put your name of this paper, and you will not have to share anything you write down if you choose not to.

1. What would be the most difficult thing about getting pregnant or getting someone pregnant?
2. How would the pregnancy affect your social life?
3. How would the pregnancy affect the next year of your life?
4. How would the pregnancy affect your plans for the future?

**Discussion:**

Once the students have had time to answer the questions, go through them one at a time and ask people to share their responses if they feel comfortable doing so. Discuss how a pregnancy would affect their future goals (could they still reach their goals, how would a pregnancy/child right now make it difficult? etc.)

## Notification Letter

Imagine you just found out you are pregnant or got someone pregnant. Please answer the questions individually by writing down your response to each. You do not need to put your name on this paper, and you will not have to share anything you write down if you choose not to.

1. What would be the most difficult thing about getting pregnant or getting someone pregnant?
2. How would the pregnancy affect your social life?
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