

# Unplanned Pregnancy: Pregnancy Options & Society

Grade 11 and 12, Lesson #11

## Time Needed:

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One class period

## Student Learning Objectives:

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To be able to ...

1. Recognize that there is a range of opinions on these issues and that others (even others who are thoughtful, well-meaning individuals) may hold opinions different from his/her own.
2. Articulate his or her own opinions about ethical issues surrounding abortion, adoption and parenting.

## Agenda:

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1. Explain the purpose of the lesson and what it is not intended to be.
2. Using the Transparencies, have people consider their own values on eight issues related to pregnancy options. Have them indicate their values on index cards (anonymously) and then articulate the values of someone in the class...not necessarily their own values.
3. Invite discussion of the homework, while reminding people of their right not to share their personal opinions and their responsibility to protect the privacy of whomever they did the exercise with.
4. Use a drawing and/or poetry activity to give people a final opportunity for introspection (not to be collected.) Hand out the Pregnancy Resource List.

**Note:** The teacher's script is indicated by italics. This script is meant to be a guide for teachers who might find it helpful.

**Materials Needed:**

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**Classroom Materials:** (1 per class)

- One set of Pregnancy Options Transparencies 1-8
- Signs posted in the four corners of the classroom \*

\*Signs should say in block letters, “STRONGLY AGREE,” “AGREE,” “DISAGREE,” and “STRONGLY DISAGREE

**Student Materials:** (1 per student)

- Pregnancy Resources List\*\*
- Index Cards
- Pencils
- A few extra copies of...  
Family/Friend Homework Exercises:  
“On Abortion” (from Lesson 8)  
“On Adoption” (from Lesson 9)  
“On Parenting” (from Lesson 10)

\*\* If you live outside King County (WA) compile a local third page before photocopying. We have provided a master page and guidelines for those outside King County.

## Activities:

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### 1. Explain the purpose of the lesson and what it is not intended to be.

*Today you will each have a chance to examine your own values about abortion, adoption and parenthood. You will also practice trying to explain why someone might believe differently from you. It will be crucial to respect our class' ground rules. (Re-mind the class what their ground rules are, if necessary.)*

**Today's class is intended to make you think about your own beliefs and really try to understand other people's. It is not intended to change anyone's opinion or to impose anyone person's opinion on others.**

*Over the next ten years, many of you will become voters, parents, and jurors. Some of you will become doctors, nurses, researchers, teachers, legislators, and social workers. Your ability to express and explain your beliefs can make this world a better place. Your ability to respect other people despite their differing in opinion from you will also make a difference. It's time to rehearse.*

### 2. Using the Transparencies, have people consider their own values on eight issues related to pregnancy options.

Have everyone get out a pencil. (This way different colors of pen won't "give away" a person's identity; his or her confidentiality will be protected.) Hand out index cards and have people draw intersecting lines to divide them into quarters, like so: (Hold one up as an example)

Have them number the quadrants 1-4, like so:

1	2
3	4

Have them do the same on the back of the card, using the numbers 5-8:

5	6
7	8

Put **Transparency 1** on the overhead, and ask someone to read it aloud. Have people to write in quadrant 1:

- "SD" if they strongly disagree with the statement,
- "D" if they tend to disagree,
- "A" if they tend to agree, or
- "SA" if they strongly agree with the statement.

They must choose one of the four options; "I don't have an opinion" is not acceptable for this exercise. Allow them a minute or so, to look back at their last three homework assignments, so they make a thoughtful choice. You will probably find it handy to have a few extra copies on hand, for those who forget to bring theirs back.

Repeat the process (above) with **Transparencies 2 through 8**.

Next, ask people to turn in their cards. Shuffle them and redistribute them, so that each student gets someone else's card.

Point out that you have posted signs in the four corners of the room: "Strongly Disagree", "Disagree", "Agree", and "Strongly Agree". Put Transparency 1 back on the screen and ask people to go to the corner of the room represented by the card they are now holding (to symbolize that opinion - not their own opinion necessarily, but rather the opinion of someone in the class). Ask people to think about why someone might hold the value they are now representing. Have volunteers from each group explain the reasoning a person might have, with as much sincerity and as respectful a tone as they can muster.

People may object to having to describe and explain an opinion with which they personally disagree. It will be important for you sympathize with their struggle and to defend the value of this process:

*I know it may be **very** challenging and frustrating for some of you to have to defend an opinion you don't personally hold. I want you to bear with me, anyway. There is method to my madness. The point of the challenge is two-fold. First, as citizens of a democratic society, it is important that you be able to try to really comprehend others' values. Second, you will have an easier time articulating your own, once you have tried to see the logic and feel the emotions of those who disagree with you.*

Repeat the process with each of the eight transparencies, calling on different individuals to articulate a position each time.

**3. Invite discussion of the homework, while reminding people of their right not to share their personal opinions and their responsibility to protect the privacy of whomever they did the exercise with.**

Invite people to talk about what they learned in doing these three homework exercises, reminding them that they have a right not to share their own opinions and a responsibility not to divulge the values of the friend(s) or family member(s) with whom they did the exercise.

4. **Use a drawing and/or poetry activity to give people a final opportunity for introspection (not to be collected.) Hand out the Pregnancy Resource List.**

If there is time, ask people to write a poem or draw a picture about unplanned pregnancy, abortion, adoption or parenthood. It is not to be turned in, but rather to give them a final opportunity for introspection, an opportunity to address the issue with their right brains. Participation earns people credit, without your having to see their products.

As students draw or write, hand out the Pregnancy Resource List and explain it. Point out that all the resources (printed and electronic resources, counseling centers, clinics, hotlines, etc.) support and explore all three options (parenting, abortion, and adoption).

**Note:** Sides two, three and four are specific to the Seattle area. Thus, if you live outside King County (WA), you will use the generic page that follows the others, and you will make up a local page for your Pregnancy Resource List in advance. For help with this, contact your local United Way, Planned Parenthood, County Health Department, etc. and/or look in the yellow pages under *pregnancy, social services, physicians (ob / gyn), abortion, adoption, family planning, and counseling.*

**Make sure to include programs which provide a variety of services and viewpoints... and identify BOTH their services and their philosophy.\*** For example, "*They support all options.*" or "*Their focus is adoption, but they will refer for abortion.*" or "*They oppose abortion.*" or, for a large health maintenance organization for example, "*Their sensitivity varies.*" Those which refuse to describe their services, limitations, and philosophy when you call, should either:

- **not** be listed, since a consumer has a right to know these factors about a health care or social service agency, or
- be listed with a warning that they didn't provide the information.

\* People who call themselves "pro-choice" usually support the right to choose any legal option, in accordance with one's own ethical beliefs. People who call themselves "pro-life" generally believe that abortion is always wrong, that it is killing. Those who consider themselves "pro-adoption" believe that adoption is often the most ethical choice.

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**Pregnancy Options Transparency 1**

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“In my opinion,  
a mother owes her child at  
least half  
of the necessities  
(food, housing, etc.)

If she can't  
afford that much,  
she should choose abortion  
or adoption, instead of  
parenting.”

## **Pregnancy Options Transparency 2**

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“I think  
adoption  
is wrong...  
a cruel thing  
to do to  
a baby.”

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## **Pregnancy Options Transparency 3**

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“I believe  
that abortion  
is never the  
right choice and  
that it should  
be against  
the law.”



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## **Pregnancy Options Transparency 4**

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“I think a baby  
deserves an  
active father;  
it is wrong for  
a man to just pay  
child support,  
and not spend  
time with his  
child.”

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## **Pregnancy Options Transparency 5**

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“Suppose a couple gets pregnant without intending to. And suppose the man wants her to have an abortion or to make an adoption plan. If she decides to parent, anyway, I don’t think he should have to help.”

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## **Pregnancy Options Transparency 6**

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“In my opinion,  
you shouldn't be  
allowed to adopt  
a child if you  
are single;  
a child deserves  
two parents.”

## **Pregnancy Options Transparency 7**

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“I don't think  
a baby is  
human  
until it is born;  
abortion is never  
'wrong'.”

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## **Pregnancy Options Transparency 8**

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“I think a man  
should have  
a legal right  
to be in on an  
abortion decision.  
If a couple  
disagrees  
a judge should  
decide.”

## *Pregnancy Resource List*

### YOU MAY WANT TO TRY THESE PRINTED AND ELECTRONIC RESOURCES:

Some of these may be available free at the Public Library, your high school library or on the Internet. Others are available in bookstores. Prices may have changed since this was written.

#### Electronic Resources:

National Abortion Federation: <http://www.prochoice.org/>

*"I'm Pregnant, What are My Options?"*

Available on the Internet at: <http://www.prochoice.org/Pregnant/options/index.html>

Or by calling: 1-800-772-9100

Planned Parenthood

<http://plannedparenthood.org/> or <http://www.teenwire.com>

Booklet, *"What if I'm Pregnant?"* talks about options for unintended pregnancies

Available at your local Planned Parenthood or from the Planned Parenthood Bookstore (on the Internet) for \$2.00

*Sex, Etc.* <http://www.sxetc.org/>

A sexuality education website written by and for teens with many resources

*Pregnancy Options Workbook* (exercises to find out what option is best for the woman)

Author: Peg Johnston

The workbook is on the Internet at: <http://www.ferre.org/workbook/>

Or for a printed copy, contact:

Ferre Institute, Inc., 124 Front Street, Binghamton, NY 13905

Phone: 607-724-4308, Fax: 607-724-8290

*PregnancyOptions.info* (another on-line pregnancy options workbook exploring all options)

The workbook is on the Internet at: <http://www.pregnancyoptions.info/>

#### *Books:*

**Adoption:** *Pregnant Too Soon, Adoption is an Option* (1992) Author: Lindsay

**Parenting:** *Your Baby's First Year: A Guide for Teenage Parents* (1998) Author: Lindsay

#### **Pregnancy Options:**

- *I'm Pregnant, Now What Do I Do?* (1997) Author: Buckingham and Derby
- *Dear Diary, I'm Pregnant: Teenagers Talk About Their Pregnancy* (1997) Authors: Englander and Wilks
- *The Unplanned Pregnancy Book for Teens and College Students* (2004) Author: Williams-Wheeler

**NOTE:** The Public Health department and school district do not necessarily recommend any book or agency on this list.

*Pregnancy Resource List (continued)***BESIDES READING, YOU MAY FIND SOME AGENCIES HELPFUL:****For MEDICAL HELP in the Seattle area:****Group Health Cooperative** .....206-326-3000

Their sensitivity may vary from doctor to doctor. They have a Teen Pregnancy Clinic that is especially for helping young people with all three pregnancy options including abortion, pre-natal care and "WIC" coupons (free food for low-income women, who are pregnant or have recently given birth.) They accept medical coupons.

Website: <http://www.ghc.org/>

**Health Department Family Planning** .....206-296-4772

They support all options. They do pregnancy tests, provide prenatal care, and "WIC" coupons (free food for low-income women who are pregnant or who have recently given birth), and refer for abortion, adoption, and other needs. No one is turned away, even if they can't pay.

Website: <http://www.metrokc.gov/health/famplan/index.htm>

**Planned Parenthood** .....206-328-7700

They do pregnancy tests and support all options. They can also help a couple or family communicate about the pregnancy. They provide abortions and operate on a sliding scale basis (the amount you pay depends on your income, the less money you make, the less you have to pay for services)

Website: [www.ppww.org/](http://www.ppww.org/)

**OTHER MEDICAL RESOURCES:**

Many family doctors and most "community clinics" can help with pregnancy testing and referral for all options. All of the following clinics accept medical coupons and operate on a sliding scale basis (this means the lower your income, the less amount of money you pay for services)

**Family Planning Clinics:**

*Aurora Medical Services:* 1001 Broadway, Suite 320, Seattle, WA 98122, 206-957-0990

*Cedar River Clinic:* 4300 Talbot Road South #403, Renton, WA 98055, 425-255-0471,

*Seattle Medical and Wellness Clinic:* 1325 4<sup>th</sup>, Seattle, WA 98101, 206-625-0202

**Community Clinics:**

*Country Doctor Community Clinic:* 500 19<sup>th</sup> Ave. E., Seattle, WA 98112, 206-299-1600

*Carolyn Downs Family Medical Center:* 2101 East Yesler Way, Seattle, WA 98122, 206-299-1900

*45<sup>th</sup> Street Clinic:* 1629 N. 45<sup>th</sup> Street, Seattle, WA 98103, 206-633-3350

*Greenwood Medical Clinic:* 415 N. 85<sup>th</sup> St., Seattle, WA 98103, 206-782-8660

*International Community Health Services:* 720 S. 8<sup>th</sup>, Seattle, WA 98104, 206-461-3235

*Odessa Brown Children's Clinic:* 2101 East Yesler Way, Seattle, WA 98122, 206-329-7871

*Sea- Mar Community Health Center:* 8915 14<sup>th</sup> St. S., Seattle, WA 98103, 206-762-3730

*Pregnancy Resource List (continued)***Public Health Seattle & King County Clinics:**

*Auburn Clinic:* 20 Auburn Avenue, Auburn, WA 98002, 253-833-8352  
*Bellevue/Eastgate:* 14350 SE Eastgate Way, Bellevue, WA 98007, 206-296-4920  
*Bothell/Northshore:* 10808 NE 145th Street, Bothell, WA 98011, 206-296-9787  
*Columbia Center:* 4400 - 37th Avenue South, Seattle, WA 98118, 206-296-4650  
*Federal Way:* 33431 - 13th Place South, Federal Way, WA 98003, 253-838-5140  
*Kent Clinic:* 613 West Gowe Street, Kent, WA 98032, 206-296-7450  
*Renton:* 3001 NE Fourth Street, Renton, WA, 98056, 206-296-4901  
*Seattle/North:* 10501 Meridian Avenue North, Seattle, WA, 98133, 206-296-4990  
*White Center:* 10821 8<sup>th</sup> Avenue South, Seattle, WA, 98146, 206-205-7250

**School-Based Health Centers:**

These clinics are located in Seattle public schools. Any student enrolled at Chief Sealth High School, West Seattle High School, Denny Middle School, Madison Middle School, or Roosevelt High School can be seen at the health center by having a parent or guardian complete and sign a registration form (available from the student health center).

**Roosevelt/Marshall Teen Health Center at Roosevelt High School:**

4400 Interlake Ave N., Seattle, WA 98103 Contact: 206-527-8336

**Sealth Teen Health Center at Chief Sealth High School**

2600 SW Thistle St., Seattle, WA 98126 Contact: 206-938-1360

**West Seattle Teen Health Center at West Seattle High School**

3000 California Ave. SW, Seattle, WA 98116 Contact: 206-658-8048

**Garfield/Nova Teen Health Center at Garfield High School**

400 - 23rd Ave., Seattle, WA 98122 Contact: 206- 860-0488

**Nathan Hale/Summit Teen Health Center at Nathan Hale High School**

10750 - 30th Ave. NE, Seattle, WA 98125 Contact: 206-363-8291

**Cleveland Harborview Health Center, Cleveland High School**

5511 - 15th Ave South, Seattle, WA 98108 Contact: 206-521-1260

**Rainier Beach Teen Health Center at Rainier Beach High School**

8815 Seward Park Ave South, Seattle, WA 98118 Contact: 206- 296-4639

**Franklin Teen Health Center at Franklin High School**

3013 S. Mt. Baker Blvd., Seattle, WA 98144 Contact: 206- 326-2750

**Denny Wellness Center at Denny Middle School**

8402 30th Ave. SW, Seattle, WA 98126 Contact: 206-923-2809

**Madison Wellness Center at Madison Middle School**

5950 Delridge Way SW, Seattle, WA 98106 Contact: 206-933-7842



*Pregnancy Resource List (continued)*

**For COUNSELING and OTHER KINDS OF HELP in the Seattle area:**

**Open Adoption and Family Services.....206-782-0442**

200 West Mercer Street, Suite E-508, Seattle, Washington 98119

They provide counseling for all options, but specialize in exploring adoption. They organize adoptions

Website: <http://www.openadopt.org/>

**Planned Parenthood Facts of Life Line .....206-328-7711**

Open from 3 p.m. - 6 p.m. They support all options. They provide information, counseling and referral and talk anonymously about sexuality topics. All ages are encouraged to call.

**Amara Parenting and Adoption .....206-260-1700**

3300 E. Union St. Seattle, WA 98122,

They provide counseling for all options. They provide adoption services and resources for teens who plan to raise the baby. They provide counselors to the TAPP program, a Seattle Public School for pregnant and parenting teens.

Website: <http://www.medinachild.org/>

**Teen Link** help line: ..... 206-461-4922 or toll free 866-TEENLINK

This is a help line answered by teen volunteers who have extensive training and are supervised. If calling during certain hours the call will be answered by the Crisis Line, which can also help. They can talk to teens about un-planned pregnancies and other issues. They support all options. The line is completely anonymous.

Website: <http://www.crisisclinic.org>

Also, most religious institutions provide pregnancy counseling and assistance with some options. (e.g., **Catholic Community Services, Lutheran Social Services, Jewish Family Services...** Call your own church, synagogue or mosque, if you belong to one.)

*This is a model copy of the Pregnancy Resource List, for use in King County (WA).*

*Pregnancy Resource List (continued)*

**BESIDES READING, YOU MAY FIND SOME AGENCIES HELPFUL:**

1. For **MEDICAL HELP** in our area.:

Many family doctors and most "community clinics" can help with pregnancy testing and referral for an options.

2. For **COUNSELING** and **OTHER KINDS OF HELP** in our area:

Also, most religious institutions provide pregnancy counseling and assistance with some options. (e.g., **Catholic Community Services, Lutheran Social Services, Jewish Family Services...** Can **your own church, synagogue or mosque**, if you belong to one.)

*This is a master copy of the Pregnancy Resource List, for use outside of King County (WA). List your local resources.*