

# DIRECTIONS

## A Service Provider's Guidebook: Pregnancy Prevention for Young Parents

*Directions: A Service Provider's Guidebook*, is a comprehensive manual of activities designed to assist adolescent parents in making healthy choices and preventing unprepared pregnancy. *Directions* was developed by direct service practitioners and other professionals. The tools contained in the guidebook are based on many cumulative years of experience serving young parents in Oregon. First released in 2001, the Guidebook is currently being used by school-based programs and community agencies in Oregon and the Pacific Northwest.

In 2003, the Guidebook was translated into Spanish. The translation project was sponsored by the Oregon Department of Human Services in partnership with The Oregon Teen Pregnancy Task Force, Insights Teen Parent Program, Multnomah County Health Department, and experts from the community. The translation project included a comprehensive review of each exercise, adapting existing activities and adding new ones, to ensure that the Spanish version is culturally appropriate for Spanish speaking teen parents and their families.

### Features of the Directions Guidebook include:

- ❖ Respect-based and strength-focused activities
- ❖ Activities for the classroom, group settings, and home visits

### Topics Covered:

- ❖ Personal Values and Choices: Culture, Traditions, and Beliefs
- ❖ Self Worth
- ❖ Personal Relationships
- ❖ Sexual Health
- ❖ Emotional Aspects of Sexuality

### Tips for Facilitators:

- ❖ Goals, guidelines and strategies for each unit
- ❖ How to assure quality implementation
- ❖ Where to go for more information: websites, books, videos, curriculum

## ORDER FORM

The Directions Guidebook can be e-mailed as a **PDF attachment** or mailed to you on **diskette**. You will need to have Adobe Acrobat (available for free on the web) in order to open and print the document. A limited supply of **binder-ready printed copies** is also available. If you are not sure if you can receive the e-mail version, send your questions to the e-mail address provided below.

### Please send me a copy of the Directions Guidebook:

As an email attachment _____	English _____
Mail it to me on a diskette _____	Spanish _____
Mail me a binder-ready copy _____	Both _____

Name \_\_\_\_\_ Organization \_\_\_\_\_

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**Return to: The Oregon Teen Pregnancy Task Force c/o Insights TPP, 2020 SE Powell Blvd., Portland, OR 97202, FAX 503-239-6040, attn: John Gilleland; or e-mail your request to [john@insightstpp.org](mailto:john@insightstpp.org)**