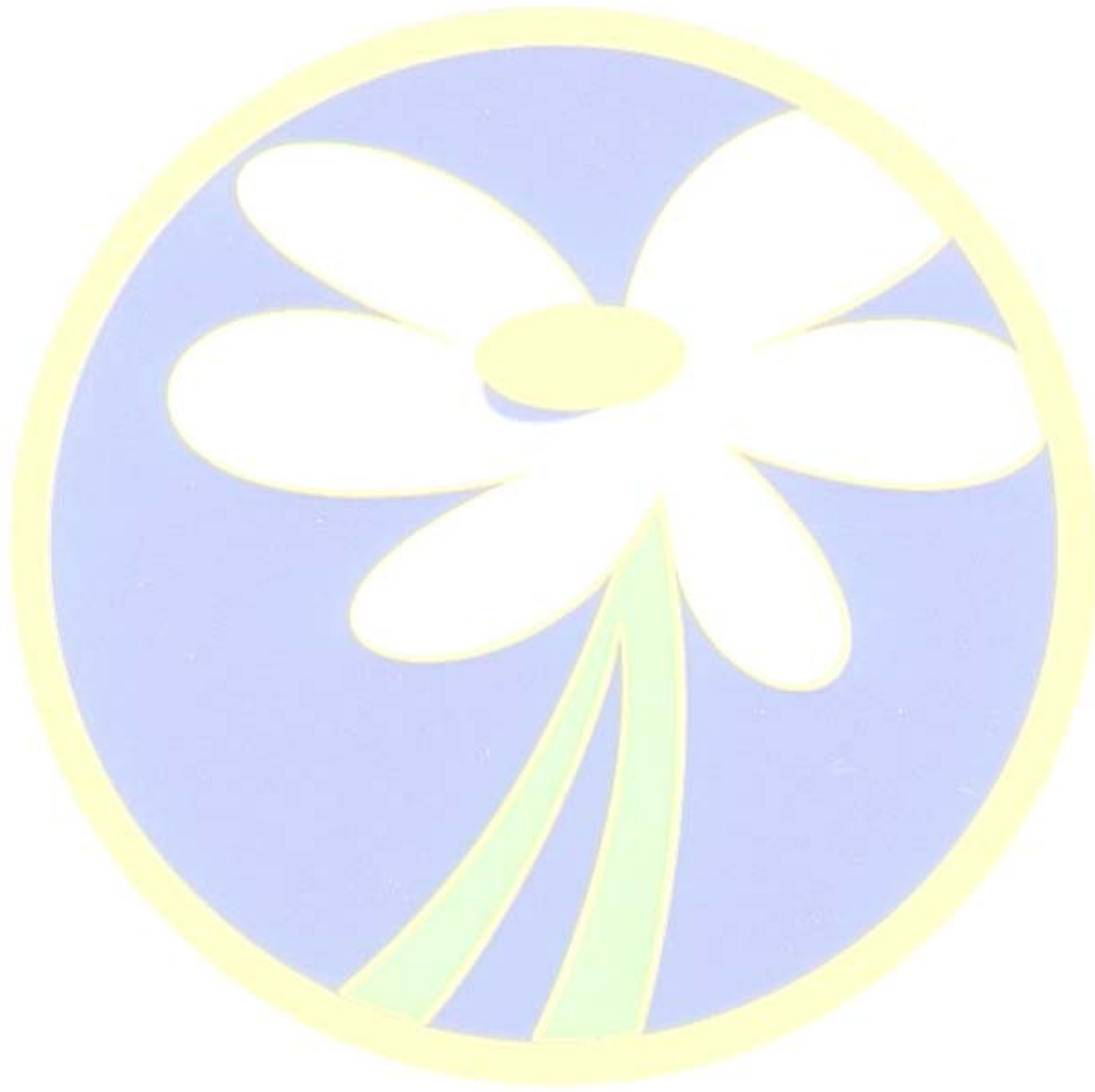









# *Resources Available*



The Adolescent Pregnancy Prevention Initiative  
WV Department of Health and Human Resources  
Bureau for Public Health  
Office of Maternal, Child and Family Health



## Videos

-  *Mothers Too Soon* – This video explores the lives of teen mothers and offers an excellent starting point for discussion about teen pregnancy and its consequences. Teaching and discussion guide is included. Running time: 20 minutes.
-  *Fathers Too Soon* – This video explores the lives of teen fathers and offers an excellent starting point for discussion about teen pregnancy and its consequences. Teaching and discussion guide is included. Running time: 20 minutes.
-  *Jessica's Story* – This video is a compilation of scenes from a major story line on "One Life To Live," one of ABC's most popular daytime dramas. The show examined the many ways that teen pregnancy affected the life of Jessica Buchanan (a character on the show who became pregnant at age 18), her parents, her boyfriend, and others in her life. Discussion guide is included. Running time: 10 minutes.
-  *A Walk in Your Shoes* – This video is a special episode of the documentary series, "A Walk in Your Shoes" on the NOGGIN network (owned by Nickelodeon) in which two teen couples switch lives for a day and learn about teen parenting. Discussion and Teaching guide is included. Running Time: 25 minutes.
-  *It's Your Choice: Birth Control for Teens* – This video is fast moving and succinct, and is intended to give thorough information about contraceptive methods. Information is presented by peer educators and is interspersed with interviews of real teens giving their opinions of these methods and sharing their experiences. Discussion guide is included. Running time: 30 minutes.
-  *Get More* – A series of curricula intended to be conducted primarily with grades 7-12. One goal of the project is to provide education about paternity, child support, adolescent pregnancy prevention, and other realities of teen parenting in an attempt to help frame young people's attitudes about child-rearing. This curriculum has been aligned with the West Virginia Health Education Content Standards and Objectives. Running time: 18 minutes
-  *Toothpaste--* This video deals with **dating, pregnancy prevention, communication, self-esteem, friendship** and **commitment**. Best friends Jennifer and Christina discuss their ideas on what constitutes a relationship that is healthy enough for sex and its corresponding responsibilities. Written by high school seniors Gladys Sanchez, Laura Coria, Kristal Villarreal and Amanda Ramirez, from Mission, Texas in the Rio Grande Valley. Discussion guide is included. Running time: 16 minutes. *Note: This movie is available only in DVD format.*

***Note: There are additional videos available through the Adolescent Pregnancy Prevention Initiative on a check-out basis. These videos deal with various issues related to adolescent sexuality, including but not limited to contraceptive options, unintended pregnancy, sexual assault and sexually transmitted infections (STIs). Please contact your Regional Adolescent Pregnancy Prevention Specialist for additional information.***

## Books\*

- 🌍 ***Puberty's Wild Ride: The Ups and Downs, Ins and Outs, Zigs and Zags of Growing Up***-- This publication is a 134 page booklet, produced by the Family Planning Council, for pre-teens and teens, that is meant to take some of the scariness out of growing up. Through games, illustrations, exercises and text, "Puberty's Wild Ride" explores what's going on with a young person's mind, body and emotions. It explains how puberty's changes can affect the way youth relate to family and to boys and girls their own age. It also offers tips that can help smooth out the bumpy spots in the road from childhood to adulthood.
- 🌍 ***Teen To Teen***-- This book is about living life as a young teenager! It was written specifically to educate today's teens and their parents in order to help them make responsible decisions. Some of the important areas covered in this book are: self esteem issues, creating a life plan, bullying, puberty, sexuality, and contraceptive choices. Written by teenagers under the direction of Dr. Melanie Gold.

***\*These books are available in limited quantities. Please contact your Regional Adolescent Pregnancy Prevention Specialists for additional information.***



***Note: There are additional books and resources available through the Adolescent Pregnancy Prevention Initiative on a check-out basis. These resources materials deal with various topics including how to help parents talk with their children about sexuality issues, curricula guides, as well as other information related to adolescent sexuality. Please contact your Regional Adolescent Pregnancy Prevention Specialist for additional information.***

## Literature



- 🌍 Before You Date an Older Guy
- 🌍 101 Ways to Make Love Without Doing It
- 🌍 Trust Betrayed
- 🌍 Talking Back: Ten Things Teens Want Parents to Know About Teen Pregnancy
- 🌍 Making Healthy Decisions about Sex
- 🌍 Male Self-Exam
- 🌍 Family Planning Program Brochure
- 🌍 Teen Talk, Vol. 1: Saying No
- 🌍 Teen Talk, Vol. 2: Sexually Transmitted Diseases
- 🌍 Teen Talk, Vol. 3: Contraception
- 🌍 Ten Tips for Parents to Help Their Children Avoid Teen Pregnancy
- 🌍 Talking to Your Young Teen About Sex and Sexuality
- 🌍 Deciding to Wait
- 🌍 Puberty: Ready or Not, Expect Some Big Changes
- 🌍 Nine Tips to Help Faith Leaders and Their Communities Address Teen Pregnancy
- 🌍 Parent Power: What Parents Need to Know and Do to Help Prevent Teen Pregnancy
- 🌍 101 Ways Adults Can Prevent Teen Pregnancy

## Postcards







- 🌍 They Need Their Parents
- 🌍 Dad, We Used to Talk All the Time
- 🌍 Mom, We Used to Talk All the Time

-  Just Because You Can
-  10 Steps to Consequences

## **Posters**

-  10 Steps to Consequences
-  101 Ways Adults Can Prevent Teen Pregnancy

## **Promotional Materials**

-  Let's Talk Month ~ Bookmarks, fact sheets and posters
-  Teen Pregnancy Prevention Month/National Day Information
-  Adolescent Pregnancy Prevention Pencils (with daisy logo)
-  Badges (with daisy logo)
-  ***Lanyards\****
-  ***Highlighters\****

*\*These items are for distribution at Health Fairs, Teen Issues Days, Wellness Days, et cetera.*

**WVDHHR/BPH/OMCFH/PWH/APPI 08-06**