



## Teen Pregnancy & Parenting

### A Note from the Director

May is National Teen Pregnancy Prevention Month. As parents, teachers and social service providers, it's important to remember that healthy relationship education for young people is more than just sex education. Teaching youth to recognize healthy and unhealthy relationship behaviors and how to set personal boundaries can ensure youth have positive early dating experiences. This is particularly important for youth who may not have had healthy relationships modeled in their own families.

Young love can be exciting, confusing and overwhelming all at the same time, leading youth to make decisions based on emotion that can have long-term implications. Providing youth a safe space to talk through emotions and get answers to questions can assist them in better managing decision making. If an unintended pregnancy occurs, it will be critical to the young parents-to-be that they get as much support as possible. Shame, blame and criticism create unnecessary stress during the pregnancy and can damage the co-parenting relationship of the young couple. I hope the tips and tools included below will be helpful to you and the families you serve as you work to support youth in navigating relationships.

Best Regards,  
Robyn Cenizal, CFLE, Project Director

## Tip of the Month

Your monthly tip to strengthen the relationships of those you serve. Share it - Post it - Pass it on!

Parenting as a teen is very challenging, in part because teens are still developing emotionally and psychologically. Helping them to create healthy co-parenting relationships has lasting, positive implications for their children's health and well-being and their own. Here are some tips for providing healthy relationship education that is responsive to teens' needs:

- **Facilitation:** Ensure that facilitators are comfortable talking about adolescent romantic relationships, including topics like sex and intimacy, and will be able to build a good rapport.
- **Resources:** Youth often do not know where to go for help or how to ask for it. Proactively identify resources that you can help them to access.
- **Delivery:** Adolescents learn best when lessons are brief, flexible, and include many hands-on learning opportunities.

## Featured Resources

The Resource Center's [Virtual Library](#) has collected more than 1,500 materials in a variety of formats including fact sheets, research-to-practice briefs, brochures, pamphlets, training resources, program reports or evaluations, and research materials.

- **Teenaged Parenting: The Importance of Cooperation and Support**  
Regardless of the marital or cohabitation status of the parents, children benefit when their parents have a healthy relationship. Young parents who learn and develop healthy relationship skills, ideally during the prenatal period, gain confidence and competence with maintaining a healthy parenting relationship, which in turn helps them to provide a strong, stable family for their child, whether or not they choose to remain romantically involved.
- **Healthy Dating Leads to Healthy Marriage**  
The information presented in this fact sheet reveals many of the ways that youth and young adults can cultivate healthy dating relationships that are devoid of risky or damaging behaviors that can lead to unintended outcomes such as teen pregnancy. Leveraging these same skills as they enter adulthood can ultimately enable youth to build the foundations for healthy, long-term marriages.
- **Intergenerational Co-Parenting: Supporting Young Parents**  
Young parents face many obstacles when raising children, and they require the

support of family, friends, and partners. This webinar, with presentations from leaders in research and field work, will help service providers support young parents in building healthy co-parenting relationships, balancing intergenerational influences, and caring for children.

- **It's Not All about Money: Non-Financial Ways Non-Custodial Parents Can Help Their Families**

This fact sheet offers suggestions for ways that safety-net service providers can help non-custodial parents explore non-financial mechanisms for participating in their children's lives.

## Events

The Resource Center's **Events Calendar** offers a listing of Resource Center events and other national, regional, and community-wide events that might be of interest. Upcoming events include:

- **NCJFCJ's 80th Annual Conference, Washington, DC, July 16-19, 2017**

The conference will feature presentations on current and cutting edge topics and precipitate discussions about issues facing the juvenile and family court system. Specific training tracks on family law, juvenile justice, child welfare, and family violence will be offered, as well as tracks featuring practical and innovative solutions.

- **2017 NARME Summit, Denver, CO, July 28 - 30, 2017**

The Summit is designed to equip those leading the way for healthy relationship development, family formation, and poverty prevention with the knowledge and strategies to be most effective in the workplace and community. There will be a Pre-Summit Training July 25-27, 2017.

*\*\*Please attend our presentation and visit our exhibit booth\*\**

## Feedback and Technical Assistance

To learn more about the Resource Center, visit us at [www.healthymarriageandfamilies.org](http://www.healthymarriageandfamilies.org).

The National Resource Center for Healthy Marriage and Families supports human service providers as they integrate healthy marriage and relationship education skills into service delivery systems as part of a comprehensive, culturally appropriate, family-centered approach designed to promote self-sufficiency.

If you have suggestions or wish to speak with a Resource Center staff member, please [contact us](#) and we will be happy to assist you. To learn more about free training and technical assistance available to human service agencies, visit our [Training and Technical Assistance page](#).

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