

The Guilford Coalition on Adolescent Pregnancy Prevention (GCAPP) celebrates the diverse teen pregnancy prevention efforts in the Guilford County community by our mission which is to *create and support partnerships that energize our local communities to prevent adolescent pregnancy by promoting healthy lifestyles.*

Many people believe teen pregnancy doesn't affect them, but the reality is-teen pregnancy affects everyone. Research continues to support that most adolescents would like to discuss issues related to adolescent health (teen pregnancy) with their parents. Parents are viewed as models for behavior. Parents and Adults alike need to know how they can help and what roles they can play in reducing teen pregnancy rates.

**Just think:**

In 2006 there were 971 pregnancies for girls age 15-19 (rate 56.1 per 1,000) (28.2% were repeat pregnancies) and 21 pregnancies for girls age 10-14 (rate 1.4 per 1,000) in Guilford County ([www.schs.state.nc.us/SCHS/data/pregnancies/2006](http://www.schs.state.nc.us/SCHS/data/pregnancies/2006)). That translates into 992 pregnancies among girls age 10-19 in our county!

We recognize that not one program can do it all, but that it takes a diversity of approaches, organizations, and individuals affecting all sectors of the community, to continue to make an impact on teen pregnancy trends. GCAPP represents all views, approaches, and ideas to lowering our teen pregnancy rates. Our vision is that all adolescents will make responsible decisions about sexuality, pregnancy, and parenting.

**TIPS FOR PARENTS/GUARDIANS**

- ✚ Set a good example for your children.
- ✚ Pay attention-your adolescent does want to hear from you.
- ✚ Take a risk-ask you adolescent about adolescent health issues.
- ✚ Get real
- ✚ Step outside of your comfort zone-remember what it was like when you were a teenager (and be ready to listen)
- ✚ Understand policies that affect teenagers
- ✚ Get involved-even if you don't have teenagers, take the time to listen, cheer them on in academics, sports, or the arts; but most importantly, give them the respect they deserve.
- ✚ Make sure you have the information necessary to talk teens about adolescent health, and don't be afraid to talk to them about it.
- ✚ Get involved in your local school district curriculum review committee-make sure all information regarding teen sexuality is accurate and current.

**TIPS FOR EDUCATORS**

- ✚ Set high standards and clear expectations, then celebrate each success
- ✚ Make sure programs are open and available for all youth
- ✚ Take time to talk with a young person about their goals for the future-if they don't have any, help them come up with some.

- ✚ Take a look at the Healthful Living Standard Course of Study and Grade Level Competencies and utilize it.
- ✚ Involve parents from all parts of the community, encourage them to voice their opinions, and then listen when they do.
- ✚ Get real and recognize that some teens are sexually active.

#### TIPS FOR BUSINESS LEADERS

- ✚ Create employment opportunities and support job training resources for teens in the community
- ✚ Become a mentor or create/support a mentoring program
- ✚ Adopt a local school. Donate your time and/or your money
- ✚ Sponsor youth and community organizations and encourage your employees to volunteer
- ✚ If your business serves teens, consider having information on site on health care services

#### TIPS FOR FAITH LEADERS

- ✚ Encourage adults in your community to serve as mentors
- ✚ Organize or sponsor youth group activities
- ✚ Support organizations in the community working to reduce teen pregnancy
- ✚ Teach parents in your community how to talk to their children about sexuality and how it relates to their faith
- ✚ Be willing to work with other faith leaders to encourage support for teen pregnancy prevention efforts

This information is brought to you by the Guilford Coalition on Adolescent Pregnancy Prevention ([www.gcapponline.org](http://www.gcapponline.org)) and The “Get Real About Teen Pregnancy” public education campaign ([www.letsgetreal.org](http://www.letsgetreal.org))