Handout 11.1: Recommended Multimedia Resources

**Three Options for an Unintended Pregnancy**

These websites straightforwardly present the options—parenting, adoption, and abortion—and ways for adults can support youth decision-making:

* [“Help Pregnant Teens Know Their Options,”](https://www.healthychildren.org/English/ages-stages/teen/dating-sex/Pages/Teenage-Pregnancy.aspx) American Academy of Pediatrics
* [“Pregnancy Options,”](https://www.plannedparenthood.org/learn/pregnancy/pregnancy-options) Planned Parenthood
* [“Pregnancy Options Workbook”](https://www.pregnancyoptions.info/) by Peg Johnston

**Coping with an Unintended Pregnancy**

***For Parents and Caregivers***

* The [Teenage Pregnancy page](https://www.familylives.org.uk/advice/teenagers/sex/teenage-pregnancy/) on the Family Lives (U.K.) website offers comprehensive, calm guidance for adults seeking to support their children around an unexpected pregnancy. The [embedded video](https://www.youtube.com/watch?v=DVD8YRgA-ck&feature=emb_rel_pause) from ParentChannel.tv (4:37) discusses options and support in more detail.
* The Abortion Conversation Projects provides a web page and downloadable handout with guidance for parents, [“Mom, Dad, I’m Pregnant…”](http://www.abortionconversationprojects.org/for-parents)

***To Share with Youth***

* [“Tips for Safer Sex and Pregnancy Prevention”](https://www.youtube.com/watch?v=fhl6SFBHgcs&t=31s) animated video (4:13) from AMAZE
* [“I’m Pregnant – What Do I Do Now?”](https://www.plannedparenthood.org/learn/teens/stds-birth-control-pregnancy/i-think-im-pregnant-now-what) on the website of Planned Parenthood. This is part of the [“For Teens” section](https://www.plannedparenthood.org/learn/teens/) of the Planned Parenthood Federation of America website.

**Used in This Session**

Blog post, [“Shame & Stigma: How It Makes Young Moms and Dads Feel”](https://www.scarleteen.com/article/politics/shame_stigma_how_it_makes_young_moms_and_dads_feel) by Natasha Vianna on the Scarleteen website

Video, [“Denise X Youth Testify”](https://www.youtube.com/watch?v=-BE7axIiH94&list=PLIJ8QY62IB8SCXLisa0a7xFrW3J4KVG7f&index=12) (7:01), from the Youth Testify project created by We Testify, an advocacy group for abortion access, and Advocates for Youth, an organization that supports youth in demanding sexual health, rights, and justice.

**Additional Video**

[“I Think She Was a She”](https://vimeo.com/102618263) (3:53), spoken word performance by a young woman, Leyla Josephine, explores feelings and politics around her decision to have an abortion.

[“Abortion and Parental Involvement”](https://www.youtube.com/watch?v=IdI5z80qt9s&list=PLIJ8QY62IB8SCXLisa0a7xFrW3J4KVG7f&t=94s) (7:59) from Advocates for Youth/Youth Testify includes three young women’s testimonies focused on their situations as minors facing unintended pregnancy.