



## WHAT IS RAPE???

The new sexual offences act was passed into law in December 2007, and has changed the definition of rape.

The definition of rape is: The insertion of **ANY** object into the vagina, anus or mouth of any male or female without consent.

## POWER STRUGGLE

1. Rapists do not always rape for sexual pleasure but to feel powerful and to be in control. Men are more physically powerful and women generally are at their mercy because of this. We realize it is not right to use violence.

## MYTHS AND FACTS

Myth: Rape happens in dark alleys

Fact: Most victims know the rapist. Women are often raped at home

Myth: I'm not the type of girl who gets raped. It won't happen to me

Fact: Most rape victims thought so too. It can happen to any one

Myth: A girls who dresses provocatively is asking to be raped

Fact: Dressing attractively, is not asking for rape. Only the rapist is at fault

Myth: If you don't scream, fight or get injured, it was not rape

Fact: Women in rape situations are afraid of being killed or hurt. Victims are often paralysed with shock and are unable to move. Rapists use manipulative techniques to intimidate women. Often women who have been raped have no physical evidence.

Myth: Only gay men are sexually assaulted or sexually assault other men

Fact: It can happen to men of all sexual orientations. Men who sexually assault other men are often straight



## WHAT ARE THE DIFFERENT KINDS OF RAPE?

- Gang rape: which accounts for one third of all rapes, this is when more than one man rapes a person
- Statutory rape: The insertion of any object into the vagina, anus or mouth of a male or female **with** consent while being under the age of 16
- No child under the age of 12 can consent to sexual intercourse
- No person who is mentally disabled may consent to intercourse

- Acquaintance rape: is forced sex by someone the victim knows. It can happen between friends, girlfriends and boyfriends or people we just met
- Sexual abuse refers to acts of sexual assault (fondling, rape or sexual exploitation) of minors by parents, caregivers or strangers

## **PROFILE OF A RAPIST**

### ➤ **THE POWER-ASSERTIVE RAPIST**

This type of rapist commits date rapes. He meets his victims in a bar or nightclub. He does not target a specific victim but waits for an opportunity to get a woman alone either by offering her a ride home or by conning his victims into trusting him or letting him into her home by posing as a policeman or repairman. He is physically aggressive.

### ➤ **ANGER-RETALIATION RAPIST**

This rapist feels hatred towards women and wants to punish and degrade them. He looks for an opportunity to commit the rape than for a specific victim. He attacks when you least expect it and beats his victims to near-unconsciousness.

### ➤ **THE POWER-REASSURANCE RAPIST**

This rapist lacks self-confidence and is unable to develop relationships with women. He lives near his victim. He typically breaks into the victim's home in the early hours of the morning.

### ➤ **ANGER-EXCITATION RAPIST**

This rapist gains sexual satisfaction from hurting his victims. He is normally charming and intelligent. The crime is planned and he may know the victims.

### ➤ **THE PAEDOPHILE**

A paedophile is aged above 16 and is someone who has sexual preference for children aged younger than 13, more commonly they are known as a child molester.

A paedophile's urges vary from admiring an undressed child, to displaying themselves to a child or engaging in masturbation with the child. There may

also be forced sexual activities such as performing oral stimulation on the child or penetrating the mouth, vagina or anus with fingers, foreign objects or penis.

The following are some examples on how a paedophile may "groom" his victims.

- They use video games to gain trust and interest (not every video game player is a sex offender)
- They will be 'nice' all of a sudden
- They will take you for rides in their car or motorcycle
- They will give you money
- They will get into playful horseplay and wrestle around
- They will remove your clothes during horseplay
- They would play touch together
- The paedophile would sleep in the same room and climb on top of the body and act like he was asleep
- He would play "house - house" with his victim
- He buys toys and sweets
- They invite their victims into their home for a sleepover and he will be nude when he enters the room
- The paedophile always has contact with his victim e.g. sitting on his lap, giving piggyback rides etc
- They often hug their victims but think sexual thoughts
- They act interested in children's toys
- They will become more than a friend
- They spend all their free time with their victims so they can learn the interests of their victims
- They show their victims pornography
- A paedophile often excludes adults
- Likes to photograph his victims

If you think you or a friend are being targeted as a victim by a paedophile e.g. sports coach, church minister, school teacher, family friend or family member:

- 1. Speak to an adult you can trust immediately**
- 2. Try and avoid all contact with that person**
- 3. Phone child line: 08000 55555**

## **THE MYTHS ABOUT DATE RAPE**

### **WHAT DATE RAPE ISN'T**

- If someone is pressuring you into having sex and you give in, then it's a yes albeit a reluctant one. It means he persuaded you and you foolishly agreed.
- If you decide to sleep with someone and wake up in the morning regretting it you were not raped. You made the wrong choice. A man does not wake up a rapist, because you wished you hadn't done it.
- If you willingly have sex with a boy and he decides to tell the whole school, he is a rat not a rapist.
- If you have sex with someone and he treats you badly afterwards. Do not punish him by reporting a rape that never happened. Making a false criminal report is a criminal offence.



### **TIPS FOR KEEPING SAFE**

- Try to keep the company of people who maintain similar values to your own.
- If your boyfriend tells you that his parents are going away, and tells you he has the whole house to himself, beware he might only have one thing on his mind.
- Attend a good self-defence course to learn about swift responses and useful techniques in resisting attack.
- When you are at a party, watch the person who pours your drinks lest they add something that knocks you out (like the infamous "rape drug - cat")
- You have to set your limits. If you decide that you don't want to have sex with someone, be careful how far you want to "make out". Messing around with your clothes off is not the cleverest way to avoid sex. Although it is always a women's (and a man's) prerogative to say NO even at the last moment, it's much easier to stop someone from having their way with you before they have crossed 'the point of no return'. Especially if he's stronger than you and would be able to pin you down against your will. Men are capable of self-restraint and there is no sexual urge that cannot be ignored.

- NO means NO so don't get into the habit of saying no when you mean yes because the day you are screaming for him to stop, he will think you're playing your usual "cry wolf", games and ignore your pleas.
- Invest in a mace spray for emergencies.

## AVOIDING RAPE

- Always be aware of what is going on around you
- Walk with confidence; hold your head up high and shoulders straight
- At night, stick to well-lit populated areas and walk with another person
- If you are going to a club or party, always go with a friend you can trust and look after each other
- Don't get sexual with someone you have just met
- We can't trust everyone we meet, so insist that people must earn your trust, over time, in a non sexual-setting
- Drink from tamper proof bottles and cans and insist on opening them, as so called date drugs like GHB and Rohypnol can unknowingly be given to someone to make them powerless against sexual assaults or crimes.
- **Don't use ice in your drinks**



## WHAT TO DO AFTER IV'E BEEN RAPED???

- Don't throw away your clothes or wash yourself, no matter how much you want to. There may be hair, blood or semen from the rapist on your clothes. This will be important evidence
- Don't drink any alcohol or medication before a district surgeon has examined you
- Go to a safe place as soon as possible
- **You must be treated within 72 hours**
- Tell someone you can trust. This will be hard, but this is very important. The first person you tell will be asked to appear in court to support your story
- Put the clothes you were wearing into a paper bag or newspaper. A plastic bag will destroy evidence
- If you are hurt go to a doctor or hospital immediately. The police will be called if you wish to report the crime

- You will need to undergo anti-retroviral treatment, as soon as possible to decrease your chance of contracting HIV. You will be tested to establish your HIV status and if negative, must be given medication within 72 hours.
- The district surgeon to gather DNA as evidence will use a crime kit; this will assist with the arrest and conviction of your rapist.
- There are several organisations offering help to Rape Survivors. Counselling from the professionals will enable you to get on with your life.



## **SEXUALLY TRANSMITTED INFECTIONS**

There are different types of sexually transmitted infections (STI's) you can get from having sex, or been raped.

**Is it possible to get an STI without having sex with an infected person?**

YES. Thrush, for instance, is caused by fungal infection and is not always sexually transmitted. If you have a discharge, that is thick and itchy, you can try an anti-thrush cream.

You can also get crabs (pubic lice) from sharing a facecloth or towel with an infected person.

**I found a discharge in my underwear; does that mean I have an STI?**

Discharges like wet dreams or secretions are normal when we're sexually stimulated. Girls also get creamy discharges when they ovulate.

If the discharge turns to cream cheese or yellow or has a funny smell, have it checked out. Uncircumcised boys must pull their foreskin back and wash regularly to avoid nasty smells and infections.

## **WHAT SYMPTOMS DO I LOOK FOR?**

Private parts that are itchy, smelly or sore; intense burning when you urinate; blisters; pus, swelling and painful sex are all symptoms to look out for. Some STI's have no signs or symptoms. If you have symptoms, see a doctor or your nearest clinic. **Never ignore signs.**

## **HOW DO I PROTECT MYSELF?**

**Don't have unprotected casual sex**

Condoms give the best protection against STI's even one's you can't see like HIV/AIDS.

### **What's the big deal about STIs?**

The longer you have an STI, the more dangerous it becomes. If left untreated STI's can make you infertile. Anybody who has an STI is more likely to contract HIV. Many STI's can be cured, but some like HIV and herpes, can't be. If you are pregnant and have an STI, your baby could be infected.

### **WHAT DO I DO IF I HAVE AN STI????**

#### **How do I make it right?**

Most STI's can be cured if treated early. Go to a clinic or doctor.

#### **I've got an STI and have to tell my boyfriend/girlfriend**

Casual sex is dangerous to your health. Sleeping around without using condoms could lead you to become HIV infected. If you have an STI or are HIV infected, telling your partner is very important. Knowingly infecting someone else is a crime.

**If you infect a partner and you were aware of your HIV status, you WILL be charged with RAPE and ATTEMPTED MURDER!!!!**



### **TREATMENT AT THE CLINIC**

### **SEXUALLY TRANSMITTED INFECTIONS**

#### **So how do I do it?**

Ask a friend for support, phone help lines or ask your partner to go with you to the clinic. If you feel angry, dirty or told you're to blame, know you did the right thing.

#### **What if a person at the clinic judges me?**

People sometimes are unfriendly or don't seem to care

Here are some tips to make the trip to the clinic less stressful:

- Take a friend

- It is your right to get treatment
- It is your life and health
- Do what ever it takes to get treatment
- Going to the clinic to get help is better then an STI and HIV can kill you.
- "No sex is safe sex". Use a condom if you're going to have sex.

**THE DROP, THE ITCH, GONORRHOEA, SYPHILIS. HIV/AIDS, THE CLAP, CYSTITIS, VD WHATEVER TERM USED, IF CONTRACTED MAKE SURE YOU TREAT IT.**



### **WHAT DOES AIDS STAND FOR?**

HIV (human Immunodeficiency virus) is the virus that causes Aids. It's like any other virus, e.g. Flu, except it attacks the immune system itself. The virus gets into the body through blood products, semen and vaginal fluid. If someone is infected with the virus, they become (HIV+) a person can live with HIV in the body for years before getting sick with AIDS.

### **HOW DOES HIV EFFECT ME**

So what's the connection?

Over time, the HI virus weakens the immune system so much that it can't fight off illness and the person becomes sick. That person then has full-blown AIDS. Many people die from AIDS related illnesses, e.g. pneumonia, which means that they got sick because their immune system was weak.

### **WHAT IS AIDS?**

**Aids is a sexually transmitted disease (STD) mostly caused by having unprotected sex with someone who is already infected.**

A-stands for acquired, which means that the virus is not spread through casual contact (like flu or chicken pox), in order to be infected a person must do something that exposes them to the virus.

I and D-stands for Immunodeficiency. The virus attacks a person's immune system so that it can't fight infections.

S-is for syndrome. Aids is just one disease, but presents itself as a number of diseases which come about because the immune system can't fight them off.

### **Is there a cure?**

**NO.** Although there are drugs that improve the quality of life of people who have HIV/AIDS, there is no cure.

### **HOW IS HIV CONTRACTED?**

**PENETRATIVE SEX:** having unprotected anal or vaginal sex with someone who has already the disease. Although penetrative sex is more risky, oral sex is not risk free.

**PREGNANCY:** From infected mother to her child. The risk is high, but not all mothers give birth to HIV+ babies.

**BLOOD:** The HIV germ can pass from one person to another through his or her blood. Both people must have cuts or open sores for the blood to mingle, as the virus can't pass through the skin.

**SHARING NEEDLES:** injecting drugs while sharing needles can also pass the HIV germ, you can be infected by tiny amounts of blood.

### **MAJOR RISK FACTORS**

**WHO IS AT RISK?**

**YOU ARE!**

**Having unprotected sex with an infected person**

**The more people you have sex with, the greater the risk.**

**Having an STI increases your chances of getting HIV by 50%**

**Teenage girls are at risk if they have sex with older men, who may have has many sexual partners.**



### **HOW DO I PREVENT HIV?**

**The best way of not contracting HIV is by not having sex at all. If you decide to have sex, protect yourself and your partner by using a condom every time you have SEX.**

## ANTI-RETROVIRAL MEDICATION

Most animals, plants and viruses made from genetic material are called DNA. However, a retrovirus, such as HIV, is constructed from genetic material called RNA. Retroviruses are rare.

Medicines that stop retrovirus from damaging the human body are called antiretroviral (ARV's). They interfere with the life cycle of the retroviral and help the immune system to recover.



## WHAT ARE THE PURPOSE OF ARV'S

There are currently 14 different antiretroviral medicines, but more are being researched.

ARV's are used for three main purposes:

To reduce the risk of women passing HIV to her newborn child, this involves a short course of medicine.

To reduce the risk of people getting HIV if they have been in contact with the virus through occupational injury or rape, this involves a short course of medicine.

To treat people who are infected with HIV so that they stay healthier for longer and live longer. Antiretroviral therapy used to treat HIV/Aids involves taking three or more different antiretroviral medicines on a daily basis. This is called triple-drug therapy, or most commonly, HAART (highly Active Antiretroviral Therapy.) The different drugs work together to tackle HIV in different ways. These medicines must be taken for life.

### ➤ THERE IS NO CURE FOR AIDS!!!!

Although HIV cannot be cured, through HAART it is becoming a manageable chronic disease similar to diabetes or high blood pressure.





## WHAT DO I DO IF MY FRIEND HAS BEEN RAPED?

### YOU AS THE COUNSELLOR

There are a few things you should do if a family member, friend or anyone else confides in you about having been raped:

- Be supportive really listen. Make it clear that you care about her feelings
- Believe them and love and care for them
- Do not ask for details. Give her the opportunity to talk about her feelings, fears, and reactions as she chooses
- Don't say it was her fault
- Be sensitive to their concerns about their safety
- Hold them but respect them if they don't want to be touched
- Respect their choices reporting the rape or getting other kinds of help
- You can help her clarify her options or refer her to a rape crises hotline for that kind of help. The **Rape Wise** hotline is **0839430173**.
- If she has been sexually assaulted and decides to report it, remind her not to destroy evidence by bathing, changing clothes, or applying medication.
- Encourage her to get medical attention
- Encourage her to talk with someone trained to help sexually assaulted victims
- Don't act as if the rape never happened, even if they are in denial.
- **A Rape Victim is a victim of a crime.**

### WHAT IS TRAUMA?

- When we experience a "shock" or something bad happens in our lives, our body releases an amount of adrenalin
- This surge of adrenalin has an effect on the way we function, both physically and emotionally
- The effect on our bodies varies with the type of trauma that we are exposed to
- We could rate a bumper bashing as a level one trauma and a rape as the worst possible traumatic experience

## WHAT A VICTIM MIGHT EXPERIENCE!

### PHYSICAL SYMPTOMS: (POST TRAUMATIC RAPE SYNDROME)

- NAUSIA
- DIZZINESS
- VOMITING
- THIRST
- GRINDING OF TEETH

### COGNATIVE SYMPTOMS:

- CONFUSION
- DISORIENTATION
- BLAMING SOMEBODY
- NIGHT MARES
- TOTAL DEPRESSION
- PROBLEMS WITH IDENTIFYING OBJECTS

### BEHAVIORAL

- SLEEP PATTERNS CHANGE
- PROBLEMS WITH SPEECH
- VICTIM BECOMES A LONER
- ANTI-SOCIAL
- VICTIMS BELIEVE THAT THERE IS A STIGMA ATTACHED TO THEM

### EMOTIONAL SYMPTOMS

- ANXIETY ATTACKS
- FEAR
- GUILT
- DENIAL
- PANIC ATTACKS
- FEELING OF BEING OVERPOWERED
- IRRITABILITY



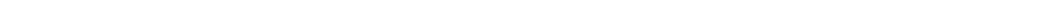
### WHAT CAN I DO TO HELP

- Understand what your friend has experienced

- Victims need to talk
- The more they tell the story, the quicker they will heal
- Help them live one day at a time
- Encourage them to do as many extra mural activities as possible; this will take their mind off their traumatic experience
- **Always be there for them, day or night!**

### CONCLUSION

- REMEMBER PREVENTION IS BETTER THAN CURE
- MEN SHOULD ALWAYS RESPECT WOMEN AND THEIR RIGHTS TO SAY NO!
- WOMEN SHOULD BE AWARE OF THE DANGERS SURROUNDING THEM.
- A RAPE VICTIM NEVER FULLY RECOVERS FROM THEIR ATTACK!!!





## **LEARNER PREGNANCY AGED**

### **PUBERTY/ADOLESCENCE**

- Puberty refers to the period of sexual maturation. Puberty is when a child experiences physical, hormonal, and sexual changes and becomes capable of reproduction. It is associated with rapid growth and the appearance of secondary sexual characteristics.
- Adolescence is the period of transition between puberty and adulthood.
- What this basically means is that a teenager goes through physical and emotional changes into adulthood. The boy is becoming a man, and the girl is becoming a woman, capable of bearing children.



### **CHANGES IN THE FEMALE BODY**

- When a healthy young girl is somewhere between the ages of 9 and 16 years old, she will enter puberty. The exact age depends on factors such as heredity and nutrition. The pituitary and hypothalamus glands in the brain begin sending out new hormones that trigger the changes of puberty.
- The menstrual cycle is one of the signs of puberty.

### **The pituitary gland**

- It is a small gland at the base of the brain, which produces hormones
- Hormones are the chemical substances, which control the body's development and growth
- Hormones are secreted from this gland to the reproductive organs, which are the ovaries. The reproductive organs then produce sex hormones that cause the changes in the body

## **WHAT ARE THE SIGNS?**

Before having the first menstrual period, the pubescent girl normally experience:

- Rapid growth, especially an increase in height
- Breast enlargement
- Pubic, Armpit and leg hair growth
- Clear or whitish vaginal secretions
- Increased hip width

## **THE OVARIES**

The ovaries increase their production of oestrogen and other hormones. This becomes the menstrual cycle. Having menstrual periods is only one part of this cycle. Girls are born with a place for babies to grow (the uterus). Next to the uterus are two small organs (the ovaries). The ovaries produce the female hormones and begin to release eggs, which have been stored in the ovaries since birth.

Every month (approximately), an ovary releases one egg (ovum). The egg travels along the fallopian tube, which connects the ovary to the uterus. In about 3 or 4 days the egg reaches the uterus. During this time, the lining of the uterus (endometrium) begins to thicken by filling with blood and fluid. This happens so that if the egg is fertilized, it can grow in this thickened lining to produce a baby.

## **What happens to the egg?**

The egg can be fertilized if unprotected sexual intercourse occurs during this fertile time. When a sperm cell (from the man) and an egg (from the women) join, a pregnancy occurs.

If the egg is not fertilized, it dissolves and the endometrium sloughs off and out of the uterus and passes out of the body through the vagina. This is the menstrual flow. In between the menstrual cycle, there may be a clear or whitish vaginal discharge. This is normal.

## **THE MENSTRUAL CYCLE**

The menstrual cycle occurs over about month (28-32 days). At first, the menstrual periods typically are irregular. A girl may go 2 months between

periods, or may have two periods in one month. Over time, they do become more regular. A calendar will help a girl keep track of when her menstrual period is due.

Generally, the different phases of the menstrual cycle are not uncomfortable and the majority of girls will not notice any problems. Cramping, when present, is usually mild. **A doctor should evaluate severe menstrual cramping.**

There may be other changes just before a menstrual period: a girl may feel moody or emotional, and her body may feel puffy and swollen (bloating) **PMS** (premenstrual syndrome) may begin to develop, especially as she gets older.

## **CONCLUSION**

In girls, maturation is usually complete by the age of 17. Any increases in height beyond this age, is uncommon. Although full physical maturity has been reached at this time, educational and emotional maturity remains ongoing. It is important to remember that fertility (often present as early as 12) precedes emotional maturity and pregnancy can, and often does, occur before an adolescent is equipped for parenthood.



## **PUBERTY IN BOYS**

Puberty in boys usually occurs between the ages of 13 and 15. Unlike girls, there is no clear-cut sign that tells a boy that he has entered puberty. However, boys will normally experience:

- Accelerated growth, especially height.
- Growth of the penis and testicles.
- Increased shoulder width.
- Voice changes.
- Pubic, chest, beard and armpit hair growth.
- Nighttime ejaculations (nocturnal emissions or "wet dreams").

Increased body hair, voice changes and other physical changes are called secondary sex characteristics of puberty. They are the consequence of changing hormone levels in the male body.

## **THE TESTES AND TESTOSTERONE**

The testes constantly manufacture sperm. While some sperm can be stored in a structure called the epididymis, the stored sperm are occasionally released as part of the normal process to make room for new sperm. This may occur automatically during sleep (known as nocturnal emission or "wet dream") or following masturbation or sexual intercourse. Nocturnal emissions may be a common concern for a young man entering puberty but they should be reassured that it is a normal part of maturation.

Testosterone is the hormone controlling the reproductive growth and development in males and is released by the pituitary gland.

## **TEENAGE PREGNANCY**

### **Consequences**

For the pregnant teenager

The risk of medical complications, if the pregnancy is unsupervised, this includes:

- **Difficult labour**
- **A greater chance of a Caesarean section**
- **Premature labour**
- **Birth complications**
  - A girl's education may be limited. Approximately only half of the girls who give birth before the age of 18 complete school
  - Life plans and career goals are disrupted
  - Isolation from her peers
  - Emotions experienced with coping with pregnancy may lead to:
    - **Disappointment**
    - **Anger**
    - **Depression**
    - **Feelings of being trapped**
    - **Loneliness**
    - **Anxiety**
    - **Insecurity**
  - Fewer job opportunities
  - She is unprepared and too immature to care for the child
  - Pregnant teenagers are often suicidal

**FACT**

Every year around the world, 15 million babies are born to mothers aged 15-19. In South Africa, one third of all pregnancies occur among teenagers, expecting a baby can be a wonderful thing. But when you still haven't decided where you are going in life, it can feel like a crisis.

**THE TEENAGE FATHER**

- Family members direct their anger towards the male
- He is blamed for the pregnancy
- Feelings are seldom recognised, yet he is viewed as the "responsible" party
- He is frequently not included in the choice of options
- He experiences emotions like:
  - **Anger**
  - **Resentment**
  - **Guilt**
  - **Anxiety**
- He is often unable to provide and therefore feels inadequate
- He has no legal rights regarding the mother and child, if the baby is born out of wedlock
- He must decide whether or not to get married

**THE BABY**

- Babies born to teenage girls are generally small
- There is a higher frequency of more than one baby
- The child has fewer opportunities due to the lower income of its parents and display behaviour disorders

**THE FAMILY OF THE TEENAGERS**

Emotions include:

- **Anger**
- **Guilt**
- **Disappointment in their children or themselves, and failure as parents**
- The girl's parents are usually more involved than those of the boy with the choice of an option

- The boy's parents may believe that the girl was trying to "catch" their son
- There is a large amount of conflict
- The parents also need support



## **WHAT ARE MY OPTIONS?**

The options to teenage mothers are:

- **Termination of the pregnancy (abortion)**
- **Adoption**
- **Marriage**
- **Single Parenthood**
- **Fostering**

### **1. Termination of the pregnancy (legal abortion)**

- Termination of pregnancy evokes very emotive responses
- People are either for or against abortions
- Most religions are against abortions
- Few women undergo abortion lightly
- After the abortion there is often guilt and regret

### **Why girls choose to terminate the pregnancy**

- To finish her education
- To save the family name
- To keep the pregnancy a secret
- To please the boyfriend
- In some countries it is considered a form of contraception

### **2. Illegal Termination of pregnancy (Back street abortions.)**

- These are more common than most people realise
- Health risks include maternal death and infertility
- The emotional risks are higher and the girl is less likely to be counselled

### **3. Adoption**

- Giving up a child for adoption may be very traumatic for the mother

- Adoption agencies are there to assist people in making the correct decision and not merely to "take the baby away"
- The ultimate decision rests with the teenager, whether 11 or 18 years old the teenager has to sign the legal papers
- Once the legal papers are signed, adoption becomes final. This usually takes three to four months after the delivery
- There are two types of adoption:
  - **The teenage mother knows the identity of the adoptive parents**
  - **The teenage mother does not know the identity of the parents**
- She may go to a home for unmarried mothers that will assist her in making a decision
- She may have psychological problems afterwards if she:
  - **Was forced into the decision**
  - **Kept it a secret and is later found out**
  - **Is rejected by her family or community**

### **REASONS FOR CHOOSING ADOPTION**

- Termination of pregnancy is against the girl's principals or religion.
- She wishes to keep the pregnancy a secret
- She wants to finish her education
- She wants to please her family
- The child is given a better chance in life
- The girl is able to start a new life

### **4. Marriage**

This is often referred to as a "shotgun Marriage"

- More than half of such couples will divorce within five years
- Few teenagers realize the total responsibility of parenting
- Poor employment opportunities cause financial difficulties
- The child may be resented and seen as a cause of isolation from friends
- The parents mourn the loss of missed opportunities
- They feel trapped
- If living with parents, they have no privacy
- Emotional immaturity contributes to an inability to cope and instability of the relationship
- The pressure may lead to marital conflict

## CONCLUSION

In the old days' getting pregnant and having a baby meant dropping out of school, stopping work, and staying at home to care for the baby. For many young mothers, this still happens, but it is unnecessary. There are now laws in place to protect the rights of young mothers. This day, being a young mother doesn't have to end all your dreams and goals, if you approach parenthood in an organised manner, your dreams and goals can still be reached.

