



WHAT 20-SOMETHINGS ARE SAYING ABOUT UNPLANNED PREGNANCY VIDEO DISCUSSION GUIDE FOR STUDENTS

*This guide is intended for **community college students** to spark discussion following a viewing of the video. The idea is to encourage reflection on what they've seen and heard, and sharing of thoughts and reactions. There are a variety of possible settings for a group discussion: classrooms, student clubs, events. The guide might also be used individually for journaling, as an online tool, or for a written classroom assignment. If you are leading the discussion, don't feel you have to use all the questions, use them in this order, or stick to the exact words.*

Facts from the Video:

- Approximately *half* of all pregnancies in the United States are *unplanned*.
- More than half of unplanned pregnancies are to women *in their 20s*.
- Women in their 20s are *less likely than teenagers* to have used an effective method of contraception the last time they had sex.

Discussion questions

1. The video describes a high rate of unplanned pregnancy among people in their twenties, and negative consequences that can come from it.
 - Is this consistent with what you see, or with your own experience?
 - Is there some part of the picture that the video leaves out?
2. Different people in the video say people think “It won’t happen to me,” or put off worrying about consequences until later. One woman describes being completely shocked when she found out she was pregnant.
 - Is this consistent with your idea of how people your age think?
 - What would be some effective ways to alert young adults of the potential consequences of their actions?
3. Several people talk about changes in their lives from an unplanned pregnancy. Dropping out of school and financial difficulties were specifically mentioned.
 - What other changes and challenges do people face after an unplanned pregnancy?
 - What would it mean for you at this point in your life?
 - Do you think people your age really understand how an unplanned pregnancy could affect them?

4. One young woman said, “At that time I wasn’t thinking as clearly as I normally would be if I wasn’t drunk or if he wasn’t drunk.” Do you think that drinking plays a key role in decision-making?
5. One young man made a comment that the first unplanned pregnancy “carries the most emotional baggage” because “there is a lack of discipline because the parents aren’t disciplined.” Another guy said he’s not living with his child and this is something he never wanted. One of the experts says that “ [the baby] may not benefit as directly from the constant care that they could get from somebody a little bit more settled in their life.”
 - What do you think about those statements?
 - When it comes to the consequences of unplanned pregnancy, a lot of the focus is on what would happen to the adults. How much of the focus is on what an unplanned pregnancy would mean for the child born as a result?
6. There are some other comments from experts throughout the video. What do you think about them?
 - “People really and truly don’t have an understanding of the fact or appreciate the knowledge that with every intimate sex act, there’s the chance of becoming pregnant.”
 - “Their mindset is not on the dangers; it’s not on the consequences. Their mindset is on, ‘I need immediate gratification,’ which is called love. And this is the result of it.”
 - “[Unplanned pregnancy] complicates every aspect of their lives—relationships with family, friends, with peers, education, career, work.”
 - “What about the father? Is he going to accept this child? Help me raise this child? Or is he going to ridicule me and dismiss me as well as the child?”
 - “It’s not just about the moment, or the day, or this partner, or this stage in your life. But sometimes sitting down with them and saying, ‘What are some life goals that you have for yourself? Where would you like to see yourself in two years or five years or 10 years?’”
 - “I know we have a hundred other priorities in this country, but when you work and interact with these young people, you realize that there is no greater priority to *them*.”

Do you agree or disagree with what the experts said?

7. What in this video had the most impact on you?
8. What are you taking away from the video?

To view the video and for more information, visit the National Campaign’s website at <http://www.thenationalcampaign.org/resources/cc.aspx>.