

Health teaching section



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Health Teaching Session The issue identified for this plan is Teenage Pregnancy and the following plan is based on the same. Assessment Teenage pregnancy is defined as a pregnancy in which the age of mother is less than twenty year at the time when pregnancy concludes. Being a direct reflection of the ongoing sexual activity among the teenagers, teenage pregnancies may be a norm in some societies of the world where childhood marriage is practiced (Farber, 2009). Teenage pregnancy becomes an issue mainly due to the fact that the mothers of this age are normally unprepared for the upcoming challenges; both in psychological and physiological terms (Arai, 2009; Gregson, 2009). An additional factor is the fiscal aspect, keeping in mind the costs related to raising a child.

Health Belief Model, which reliably detects the health behaviors of individuals, may assist in overcoming this issue by guiding our efforts towards the most appropriate educational measures to modify the health behavior of teenagers in this regard (Hodges & Videto, 2011). On the basis of this model, a teenager can be expected to take health-related measures if;

- S/he understands that an unfavorable condition may be avoided
- S/he positively expects that a recommended action will help him/her in avoiding an unfavorable health condition
- S/he believes that the recommended measure can be successfully practiced.

The plan should take into consideration the above mentioned points, to make its implementation successful.

Planning

Planning will be specifically directed towards the above mentioned issue and will aim to achieve measureable actions that are achievable, realistic and

taken in a timely manner (SMART) (ONEILL, 2006). Smart is being used to elaborate on the planning need for a teenage pregnancy. The teaching plan will span over a period of 4 weeks.

Educational/Teaching Interventions

Week 01

Week 02

Week 03

Week 04

Teaching about the basics. Teenage pregnancy definition, causes, worldwide trends, peer pressure, lack of awareness etc.

Social factors related to Teenage pregnancy, the role of drugs and alcohol etc.

The role of Media and Internet

Legal and Financial aspects of raising a Child

Contraceptive methods and their effectiveness; prevention of teenage pregnancies.

How can teenage pregnancy affect social life?

How can teenage pregnancy affect the health? Introduction to medical conditions like PIH, Preeclampsia, premature birth of child, Postpartum depression etc.

Sexually Transmitted Diseases

The importance of Parent-Children relationship in preventing teenage pregnancies

The effect of Teenage Pregnancies on Education & careers and their long-term consequences

Implementation

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Every teaching session will start by determining the prior knowledge status of students before delivery of new information. This will include a short assessment (pre-assessment) of students about the key aspects of the upcoming lesson using a questionnaire containing Multiple Choice Questions. The outcome of this assessment will serve the purpose of gaining an insight into the baseline knowledge of students. The teaching session will start after this assessment.

The duration of instruction will span over a period of 20 minutes. The teacher will make sure that the classrooms are well-equipped for teaching. This will include the provision of a multimedia video projector, computer, appropriate lighting in the classroom, classroom furniture and the required stationary. After completion of instructions, an open discussion session will be conducted under teacher's supervision. The discussion will aim to answer and highlight the issues pertaining to the material taught earlier. The teacher will make sure that every student of the class participates in the discussion. After completion of discussion, a post-instruction assessment will be carried out to get an idea about the learning achieved by students.

Evaluation

Evaluation will aim to bring forth the change in behavior manifested by the learners, after having gone through the teaching sessions. The pre-assessment results will be compared with the post-instruction assessment results of every session to get an insight into the level of knowledge gained by students. This improvement/difference of different teaching sessions will be summed up at the end of 4 weeks, which will provide a clear reflection of the effectiveness of this educational activity. Any future improvements in the educational plan will be based on the deficiencies identified during this

process.

References

Arai, L. (2009). Teenage pregnancy: The making and unmaking of a problem.

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Farber, N. (2009). Adolescent pregnancy: Policy and prevention services.

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Gregson, J. (2009). The culture of teenage mothers. Albany: State University

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learning. Bloomington, IN: Solution Tree.