Chapter Objectives
After completing this chapter, you will be able to:

- **Explain** who can benefit from knowing about child development and parenting.
- **Describe** the five areas of responsibilities for parents.
- **Identify** pressures involved in sexual development.
- **Summarize** the benefits of abstinence.
- **Describe** the possible consequences of sexual activity.
- **Compare and contrast** the options available to a teen parent.
- **Explain** what it means to be sexually responsible.

Writing Activity 🎨 Prewriting

**Responsible Parenting** Until you become a parent, it is impossible to understand all of the responsibilities of parenting. Imagine that you need to write a one-page essay about the responsibilities of parenting. Before you can write the essay, you should do a prewriting activity. This will help your essay be more organized. Talk to some parents about their experiences as new parents. Include their responses in your writing.

**Writing Tips** Use these tips to effectively prewrite:
1. Freewrite or collect ideas from other sources.
2. List ideas and see how they relate to each other.
3. Ask questions to explore and clarify ideas.
Section 2.1 Parenting and Families

Section 2.2 Teen Parenthood

Explore the Photo
No matter your age, you will always be your parents’ child. At what age do you think parents should stop being responsible for their children?
Section 2.1  Parenting and Families

Reading Guide

Before You Read
Predict  Look at the photos in this section and read their captions. Write one or two sentences predicting what the section will be about.

Read to Learn
Key Concepts
- Explain who can benefit from knowing about child development and parenting.
- Describe the five areas of responsibilities for parents.

Main Idea
Parenting is a learning process with many demands and rewards. There are many decisions that must be made before and during parenthood.

Content Vocabulary
◆ parenting
◆ emotional maturity

Academic Vocabulary
You will find these words in your reading and on your tests. Use the glossary to look up their definitions if necessary.
◆ pride
◆ prospective

Graphic Organizer
As you read, list five elements necessary to prepare for parenting. Use a chart like the one shown to organize your information.

| Five Areas of Parenthood Readiness |
| 1.                                      |
| 2.                                      |
| 3.                                      |
| 4.                                      |
| 5.                                      |

Graphic Organizer  Go to this book’s Online Learning Center at glencoe.com to print out this graphic organizer.

Academic Standards

English Language Arts
NCTE 12  Use language to accomplish individual purposes.

Social Studies
NCSS I A Culture  Analyze and explain the ways groups, societies, and cultures address human needs and concerns.
NCSS VII F Production, Distribution, and Consumption  Compare how values and beliefs influence economic decisions in different societies.

NCTE  National Council of Teachers of English  NSES National Science Education Standards
NCTM  National Council of Teachers of Mathematics  NCSS  National Council for the Social Studies
Preparation for Parenthood

Being a parent is a job unlike any other. Parents work hard but are not paid. They are on call 24 hours a day, seven days a week. Fortunately, being a parent can bring unique rewards. Parents cherish those times when the family seems especially close or has fun together. They watch with pride, or pleasure, as their children become adults, ready to start independent lives of their own. For most parents, the joys outweigh the challenges.

Parenting is complicated. Parenting is the process of caring for children and helping them grow and develop. It impacts individuals, families, and societies. Parenting requires knowing and understanding a child’s needs and then meeting those needs. It also requires good judgment.

- Parents need to know when to help and when to let children try a task on their own. Sometimes this means the children will fail. Children should learn how to bounce back after setbacks and try again.

- Parents must decide when to encourage children to try different activities. It is important to allow children the freedom to explore their own likes and dislikes. Parents need to avoid pushing children into activities they are not yet ready for. However, parents need to encourage children to engage in enjoyable activities.

- The skills needed by parents will change as the children get older. Parents must adapt their parenting skills to each stage of their children’s development.

Being a parent is one of the most important roles a person has in life. It is also a role for which few people are educated and trained. People rarely learn about children and the skills needed for parenting before having children.

It is not just parents who need parenting skills. Anyone who lives or works with children can benefit from knowing about child development and parenting. This includes adult caregivers, older siblings, or other family members. By learning about parenting skills, people who interact with children can have a positive influence on them.
Having Reasonable Expectations

“Act your age. “ “How old are you, anyway?” “Would you grow up?” Do any of these sound familiar? Many parents have made remarks like these to their children. What adults often do not realize is that children usually do act their age. It is adults who do not always know what to expect from children at different ages. That is why understanding child development is so important.

Having reasonable expectations for children is the first step in effective parenting. For example, Kristin grew increasingly frustrated when two-year-old Adam said no to everything. Then her mother told her that children usually go through a negative stage at that age. Relieved that Adam would outgrow the behavior, Kristin was better able to cope with it.

Just knowing what children are like at different ages is not enough. It is important for parents and caregivers to remember that each child is an individual. Some children learn to walk earlier than others. Some need extra encouragement to make friends. Some children immediately respond when given directions. Others may need gentle reminders and more time to complete tasks. It is important to accept and respect the differences among children.

Parenthood Readiness

People considering parenthood should take a close look at what parenting involves. This includes looking at their own emotional maturity as well as health considerations, financial concerns, and how skilled they are at managing personal resources. Making a careful decision to have a child benefits both you and your child. People should learn about the myths and realities of parenting. Children deserve to be born to parents who are ready for parenthood.

Make a Positive Difference

You are probably aware that younger siblings pick up cues on how they should act by watching your behavior. Make sure you are sending appropriate, positive cues!

- **Treat others with kindness and consideration.** Make time in your day for younger siblings. Ask about school, friends, and activities they enjoy.
- **Some neighborhood children can benefit from having a teen friend.** You might be able to help a struggling reader by listening to him or her practice reading. You might work on a craft project with a group of neighborhood children.
- **Volunteer and paid jobs also provide opportunities to work with children.** Volunteer jobs might include tutoring or helping with a sports program. Possible paid jobs include babysitter, swim or dance teacher, and camp counselor. Whatever the job, the interaction with children enriches your own life as much as it does the children’s lives.

**Take Charge** Write a paragraph that describes a time when you were a positive influence for a child. How might working with children now prepare you for parenthood later?


**Emotional Maturity**

To handle the changes and demands that parenthood brings, a person needs emotional maturity. **Emotional maturity** means being responsible enough to consistently put someone else’s needs before your own needs. People with emotional maturity are secure enough to devote their attention to a child without expecting anything in return. They can control their temper when an infant cries for hours on end or a child breaks a favorite possession. They are able to handle being constantly on call.

**Prospective**, or likely, parents should take an inventory of their own emotional maturity. Are they truly equipped to handle the challenges of parenthood? If there are doubts, it is best to put aside the desire for a child until they are convinced they have the maturity it takes to raise one.

Some prospective parents hope that having a child will help them solve some personal problems, such as low self-esteem or marriage difficulties. It will not. These are some of the reasons for wanting children that do not show emotional maturity or a real readiness for parenthood.

**Health Considerations**

Before pregnancy, it is best for both prospective parents to have a medical checkup. Some medical problems can affect the health of a baby or the parent’s ability to care for a child. The age of the prospective mother is another consideration. If she is under 17 or over 35, pregnancy is riskier for both her and the baby.

Pregnant teens, for example, are less likely than older expectant mothers to get proper nutrition, gain adequate weight, and seek good
prenatal care. These issues can be harmful to the teen’s health as well as her baby’s. Women over 35 are at a greater risk for developing diabetes and a potentially dangerous type of high blood pressure during pregnancy. There are also higher rates of birth defects among children born to older mothers.

Financial Concerns

Raising a child is expensive. It requires the financial resources to pay for clothes, health care, food, equipment, and other expenses. Before deciding on parenthood, couples should consider the costs of having a child during the first year and in the years ahead. It is not unusual for couples to have to change their way of life in order to meet these expenses.

If both prospective parents work, they need to think about what they will do after the baby arrives. Will one parent stop working to care for the baby? If so, how will they cope with the drop in family income? If both parents continue working, they must arrange for reliable child care. How will they pay for it?

Resource Management Skills

Parents need to wisely use the resources they have available to provide for their families. Money is just one resource. Time, skills, and energy are others. Because most resources are limited, applying a process for managing them can help parents do their best for all family members. There are five key steps to good resource management:

1. **Set goals.** Decide what is important and then turn those things into personal goals. For example, Sara considered preschool an important learning opportunity for her two-year-old son, Eli. Although the family budget was tight, her goal was to send him to preschool when he was four years old.

2. **Identify resources.** Make a list of the resources needed to achieve the goal. Sara checked into the cost of a local preschool program. She had some savings that could pay for part of the tuition. She would need to work part time to earn the rest.

3. **Make a plan.** Decide how to use the identified resources to achieve the desired goal. Sara realized she needed more money to afford Eli’s preschool. Because that was two years away, she figured out how much she would need to save each month to have the tuition when Eli turned four. To achieve her goal, she also started looking for a job she could do at home.

4. **Put the plan into action.** Start working toward the goals using the steps outlined in the plan. Sara started watching her neighbor’s kindergartener after school. Instead of spending the money, she put it into her savings account. She was actively working toward her goal of saving enough money.

Salary Requirements

Susan earns $8.50 per hour and works 40 hours a week. She is planning for her and Robert’s newborn by calculating expected expenses. Her research results in an approximate expense list for one month:

- Diapers: $80
- Formula: $75
- Clothes: $75
- Day Care: $400

How much per month does Susan make? What is the total monthly expense of the newborn? What percentage of Susan’s salary will go towards the baby?

Math Concept  
*Rates and Percents* A rate is a ratio of two measurements having different kinds of units, such as dollars per hour. A percent is a ratio that compares a number to 100.

Starting Hint To find Susan’s monthly salary, first multiply the rate (8.50) by the hours (40), then by the weeks in a month (4). To find the percentage, divide the total baby expenses by Susan’s monthly salary. Multiply the result by 100.

For math help, go to the Math Appendix at the back of the book.
5. **Re-evaluate from time to time.** Step back and take stock of progress. Are more or different resources needed? Was the goal achieved? What are some new goals to work toward? That August after Eli’s fourth birthday, Sara was pleased to be able to take him to preschool. And, she had already decided on a new savings goal. She would save for a family vacation.

**Parenting Skills**

Can parenting be learned? Absolutely! There are many different ways to gain these skills. Classes in child development and parenting are good sources for information and support. Hospitals, schools, community groups, and private instructors offer courses or workshops on parenting skills. Some courses are targeted to age-related issues of children. Others may focus on certain behavioral or health challenges.

Still other courses may focus on helping a parent cope with difficult personal issues that can affect family life, such as financial stress or relationship problems.

There are other ways to build parenting skills too:

- Read reliable books, magazine articles, and online information about parenting.
- Gain experience working with or caring for children, informally or as a job.
- Ask the advice of family and friends who have parenting experience.
- Observe parents and children whenever and wherever possible.

Take advantage of as many learning opportunities as possible. Because each child is different, techniques that work with some do not work with every child. By learning different strategies, you are more likely to find one to match a particular child and situation.
Stages of Parenthood

In her book, *Between Generations: The Six Stages of Parenthood*, psychologist Ellen Galinsky describes how parents typically develop through their interactions with their children. Her findings were based on interviews with parents. Figure 2.1 summarizes Galinsky’s six stages.

The stages of parenthood that Galinsky identified are important because they describe how parents develop and change as their children do. When parents are aware of these stages, they can be more prepared for parenthood. By being prepared, they are more likely to be effective parents and lead happier, more satisfied lives.

### Stage Time Period Parents’ Tasks

<table>
<thead>
<tr>
<th>Stage</th>
<th>Time Period</th>
<th>Parents’ Tasks</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Image-Making</strong></td>
<td>Pregnancy</td>
<td>✤ Begin to imagine themselves as parents</td>
</tr>
<tr>
<td><strong>Nurturing</strong></td>
<td>Birth to Age 2</td>
<td>✤ Become emotionally attached to the child</td>
</tr>
<tr>
<td></td>
<td></td>
<td>✤ May question relative worth of other priorities</td>
</tr>
<tr>
<td><strong>Authority</strong></td>
<td>Age 2 to Ages 4–5</td>
<td>✤ Determine rules</td>
</tr>
<tr>
<td></td>
<td></td>
<td>✤ Clarify role as authority figure</td>
</tr>
<tr>
<td><strong>Interpretive</strong></td>
<td>Ages 4–5 to Age 13</td>
<td>✤ Rethink their role as parents</td>
</tr>
<tr>
<td></td>
<td></td>
<td>✤ Decide what knowledge, skills, and values the child needs</td>
</tr>
<tr>
<td><strong>Interdependent</strong></td>
<td>Adolescence</td>
<td>✤ Establish boundaries</td>
</tr>
<tr>
<td></td>
<td></td>
<td>✤ Find disciplinary methods appropriate for teens</td>
</tr>
<tr>
<td><strong>Departure</strong></td>
<td>Child Leaves Home</td>
<td>✤ Evaluate their parenting</td>
</tr>
</tbody>
</table>

### Parenting Responsibilities and Rewards

When a new child joins the family, parents feel great joy. This is true whether the child joins by birth, remarriage, or adoption. Some parents also feel that a great burden has been placed on their shoulders. The decision to become a parent is a serious one. Being a parent radically changes a person’s life and creates new long-term responsibilities.

When Dominique and Ross adopted baby Tanya from Russia, they were thrilled. The waiting was finally over. Everything felt right. Dominique’s parents stayed with them for a week to help with the baby’s care. Life with Tanya seemed relatively easy. However, after the baby’s grandparents left, the challenges and responsibility of raising a child began to feel overwhelming.

Explain Why is it important for adults to understand child development?
Tanya hardly slept at night, so Dominique and Ross did not get much sleep either. Ross went to work each day feeling exhausted. Meanwhile, Dominique was left with the baby. She felt alone and uncertain. They both wondered how so many people managed to raise families. It was clearly not as easy as it seemed.

New Responsibilities

Many new parents say that having children changes everything. Becoming a parent does present many challenges. However, as the newness of parenthood passes, many parents adjust to the changes and find that their lives are enriched by the presence of a child.

Once people become parents, they can no longer think of only their own needs. They have much less time for themselves. They must always consider their child’s needs first. Children need physical care, financial support, love, and guidance.

First-time parents can feel overwhelmed by so many new responsibilities. Family and friends can help in many ways. They can offer to watch the baby while the parent goes shopping, just listen, or help solve a problem.

Communities have many resources too, including religious organizations, government agencies, and support groups.

Lifestyle Changes

New parents have to adjust to major changes in their daily lives. Caring for a child takes a huge amount of time and energy. This is especially true for a newborn. A newborn needs to be fed every few hours, day and night. Babies also must be diapered, played with, comforted, and supervised for safety.

With children of any age, parents have limits placed on their personal freedom. They have less time to spend with friends. Instead of unwinding after work, they must spend time with their children, feed them, bathe them, and put them to bed. While it can be disappointing, sometimes plans have to be changed. Dennis and Shawna had looked forward to his brother’s party for weeks, but had to cancel at the last minute. Their toddler was sick, and they did not feel right leaving him with a babysitter.

Parents are better able to adjust to these changes if they prepare for them. Taking classes and caring for a friend’s child can help give an idea of what it is really like to live with a child.

Giving New Parents a Break

New parents need all the help they can get from family, community, and society. In Finland, one parent (mother or father) has the right to ten months’ fully paid leave from work after the birth of a child. Or couples can split the time. Even a Prime Minister took two weeks off from work after the birth of his child. The idea behind maternal, paternal, and parental leave is to protect the health of both the mother and child. It also allows parents the chance to take care of their child during the first few months of its life.

Build Connections Parents in the United States do not get as much parental leaves as those in Finland. What effect do you think this may have on the health of the mother and child?

NCSS I A Culture Analyze and explain the ways groups, societies, and cultures address human needs and concerns.
There is no substitute for the experience of parenting. Making an effort, though, to learn about child development and parenthood can make the demands of the job less surprising and unsettling.

**Emotional Adjustments**

Parenthood requires many emotional adjustments. Going through so many changes is stressful in itself. On top of that, many parents feel conflicting, and sometimes difficult, emotions, such as:

- Fear of not being a good parent.
- Frustration at the loss of personal freedom and the addition of new responsibilities.
- Worry over money matters.
- Jealousy of the baby and the attention he or she gets from the other parent, friends, and relatives.
- Depression due to exhaustion and the physical changes of pregnancy and birth.

Parents can feel confused and troubled by these negative emotions. In time, most parents get over these rough spots. They learn that these emotions are common among new parents. They learn how to handle them. If these feelings persist, however, it is important to talk to a doctor. The doctor can help determine what assistance is needed. A new mother might need medication, or she might need counseling or just sleep and exercise.

**Relationship Changes**

When people become parents, they are likely to notice changes in how they interact with each other and with other family members. This is especially true for first-time parents.

The birth of a baby is an exciting time. Sometimes, though, parents may feel overwhelmed by concerns, negative emotions, and lack of sleep. They may argue with one another. Having patience and trying to be understanding can reduce the danger of frustration turning into anger. One key to getting past such trouble spots is for the couple to communicate effectively.

A new baby changes the relationship between the new parents and their own parents. Most grandparents feel love and joy of their own and want to spend time with their grandchild. Some may offer to help with child care or household chores. Some freely share advice based on their own parenting experience. Sometimes, however, offers of help or advice cause friction. New parents may resent advice that they feel is criticism. At the same time, the grandparents may feel hurt if their suggestions or offers of help are rejected.

On the other hand, new parents often find that having a baby brings them closer to their own parents. Understanding the sacrifices and work involved in parenting, they can now appreciate their own parents more.
Employment Adjustments

Having children can have an impact on careers. Some parents stop working or cut back on their hours to care for their children. People who work overtime and weekends, or travel for their jobs, may be less willing to do so once they become parents. Some parents will decide to change their careers. They might look for a career path that requires less travel or that is simply less stressful.

Some employers have policies to help working parents. They may offer flexible hours, part-time work, or work-at-home options. Others have child care facilities at or near the workplace. Couples planning to become parents should find out what benefits or programs their employers offer to help parents.

Legal Responsibilities

Parents, both mothers and fathers, are legally responsible to provide food, shelter, clothing, medical care, an education, and legal help for their children. Physically, fathers can walk away from parenthood more easily than mothers, but the law holds them equally responsible. A father is legally bound to support his child until the child turns 18. This is regardless of the father's age or whether he is married to the child's mother. It does not matter if he ever sees his child. Fathers as young as 14 have been sued for child support.

Rewards of Parenthood

While parenthood is a lot of work and responsibility, it brings many joys as well. There is nothing quite like a baby's first smile or hearing a toddler say, “I love you, Daddy.” Parents feel happiness, pride, and love that they have never felt before.

By helping children discover the world, parents often see it with new eyes themselves. Having children can also enrich an already strong marriage. Finally, raising children can give parents a great sense of accomplishment.

Section 2.1 After You Read

Review Key Concepts

1. Identify three ways to build parenting skills.
2. Describe the types of conflicting emotions new parents often experience.

Practice Academic Skills

English Language Arts

3. Think of a time when you experienced something for the first time. Create a list of the steps you had to take to accomplish the task. Write a paragraph describing some of the challenges you faced and some of the rewards you received by completing the task.

Social Studies

4. What sorts of changes in buying habits do you think parents should make to be able to provide for their family? Research how parents in a different culture would prepare for a new child. Write a one-page essay that compares the culture you researched with the changes you predicted for parents in your culture.

Check Your Answers Check your answers at this book’s Online Learning Center at glencoe.com.
Teen Pregnancy

Reading Guide

Before You Read
Be Organized  A messy environment can be distracting. To lessen distractions, organize an area where you can read comfortably.

Read to Learn
Key Concepts
- Identify pressures involved in sexual development.
- Summarize the benefits of abstinence.
- Describe the possible consequences of sexual activity.
- Compare and contrast the options available to a teen parent.
- Explain what it means to be sexually responsible.

Main Idea
Choosing abstinence from sexual activity allows you to take responsibility for your well-being.

Content Vocabulary
- sexuality
- hormone
- abstinence
- sexually transmitted infection (STI)
- paternity
- confidential adoption
- open adoption
- fidelity

Academic Vocabulary
You will find these words in your reading and on your tests. Use the glossary to look up their definitions if necessary.
- intimacy
- essential

Graphic Organizer
As you read, list the consequences associated with teen pregnancy. Use a chart like the one shown to help organize your information.

Academic Standards

English Language Arts
NCTE 5  Use different writing process elements to communicate effectively.

Social Studies
NCSS IV F Individual Development and Identity  Analyze the role of perceptions, attitudes, values, and beliefs in the development of personal identity.

NCTE  National Council of Teachers of English
NCTM  National Council of Teachers of Mathematics
NSES  National Science Education Standards
NCSS  National Council for the Social Studies
Sexual Development

The teen years bring on many physical changes. These changes are the start of adult sexual development. Sexual traits develop. Teens become physically able to reproduce. Interest in the opposite gender increases. Sexual interest is common. The decisions you make about sexual behavior will have a great impact on your life. Choosing to make responsible decisions about sexual behavior is part of becoming mature.

Sexuality

Sexuality and sexual activity are not the same thing. Sexuality is your beliefs and values about sexual behavior. It involves more than physical maturity or the ability to be sexually active. Sexuality includes how people feel about themselves and their sense of responsibility for and understanding of other people and their feelings. Thus, sexuality has physical, intellectual, emotional, and social aspects. Individuals show their sexuality in their attitudes and the way they walk, talk, move, and dress. It affects your behavior and your relationships.

Adolescence is a time when boys and girls begin to develop a sense of their own sexuality. A hormone is a chemical in the body that controls the changes that occur as teens become sexually mature. These changes have an emotional and physical impact. They can cause mood swings and emotional ups and downs.

Sexual Pressures

Social development also shifts into high gear during puberty. Children will have attractions to new friends. Relationships with family members often change as teens become more independent. They want to spend more time with friends. They sometimes question parental authority.

In the midst of these changes, messages about sexual activity seem to be everywhere. Music, television, radio, movies, and advertising often send the messages that sexual activity is a necessary part of sexuality. Peer pressure, the influence of friends and other teens, may come with the mind-set of “Everyone’s doing it. Why aren’t you?”

With all these pressures, it is easy to lose sight of what is important. Dating can be fun without becoming sexually active. Teens can date as couples or in groups. Dating helps teens discover which qualities and characteristics they find desirable in another person. Teens can learn more about building relationships through dating.

Sexual activity is not the same as intimacy. Intimacy is a closeness between two people. You can develop intimacy and express affection by holding hands or hugging. Sharing thoughts, feelings, and dreams also helps build intimacy. A lasting and loving relationship is not based on sexual activity. Sexual activity does not make you an adult. It cannot save a poor relationship either.
Physical and emotional changes often create a desire to act on sexual feelings. Even teens who reject the outside pressures to become sexually active have to be strong about resisting their own sexual feelings. Sexual feelings are natural, and they can be powerful. The best defense is to plan ahead and avoid situations where you may be tempted to engage in sexual activity.

Decisions related to sexuality are too important to be made casually. They deserve careful consideration, because they can have serious lifelong consequences. It can be helpful to discuss decisions about sexuality with other people. While teens often turn to friends for advice, most teens can benefit from talking to a responsible adult. Trusted adults can be valuable resources. A trusted adult might be a parent, an older family member, a religious leader, a school counselor, or a doctor.

**Family Values**

One role of families is to pass on the family's and society's values. These are the principles they consider important and the rules they use to guide their lives. Values are based on ideas about what is right, good and desirable. They include trust, self-respect, respect for others, commitment, and loyalty.

Family can help answer questions about sexuality based on values. For example, “How should I treat people of the opposite sex?” “How can I balance old friendships and new relationships with someone of the other sex?” Values help shape each person's response to these questions.

By drawing on their values, teens can choose to build a sense of their own sexuality without becoming sexually active.

**Abstinence**

Choosing abstinence from sexual activity allows you to take responsibility for your well-being. Abstinence is a deliberate decision to avoid high-risk behaviors, including sexual activity and the use of tobacco, alcohol, and other drugs. You show your values and beliefs when you choose abstinence. Abstinence is not always easy. Use these tips to stay firm in your decision.

- **Talk about your feelings before you get in an intimate situation.** Make sure your partner understands your point of view.
- **Say no to any situation that does not feel right.** Refusing to participate in something you believe is wrong is your responsibility to yourself. Choose dating locations and activities that avoid the pressure for sexual activity. This might include a group date or a party with adults present.
- **Show affection in nonsexual ways.** There are nonsexual ways of showing love that can be satisfying, such as holding hands, hugging, or kissing. Talking and sharing dreams and interests can also create a sense of intimacy and closeness. Small sacrifices can express caring more than sexual behavior does.
Abstinence Takes Courage

The decision to abstain can be a difficult one. What are the benefits that make abstinence worth the effort?

“It can’t happen to me.” Countless teens have thought that. They were wrong. The threat of sexually transmitted infections is very real, as is the threat of pregnancy. Abstaining from sexual activity is the only guaranteed way of avoiding these problems.

This is a decision that each individual needs to take time to think about thoroughly before encountering a sexual situation. It is much more difficult to reach the decision to abstain in a moment of passion. Once a person has decided to abstain, it is important to stick to the decision. It can help to remember why the decision was made in the first place.

**Identify** What are three things teens can do to help themselves remain abstinent?

### Consequences of Sexual Activity

Saying yes to sexual pressures as a teen has serious consequences. Those who engage in sexual activity too soon may have major problems. Some of these are emotional, such as trust issues, difficulty committing in future relationships, and a loss of self-respect. Problems can also include physical consequences, such as sexually transmitted infections or pregnancy.  

**Sexually Transmitted Infections**

A **sexually transmitted infection (STI)** is a disease that is spread from one person to another by sexual contact. These are sometimes called sexually transmitted diseases (STDs). It is estimated that one in five people in the United States has an STI, and 25 percent of new cases of STIs are infected teens. All STIs are preventable. The only way to completely prevent STIs is through abstinence.

Some STIs can be treated. Others last a person’s entire life. **Figure 2.2** on page 46 describes some common STIs. Some of the symptoms for an STI may also indicate other diseases or conditions. Anyone who has symptoms should see a doctor for diagnosis and treatment.

**HIV/AIDS**

One STI with deadly results is acquired immune deficiency syndrome (AIDS). AIDS is caused by the human immunodeficiency virus (HIV). HIV can stay in a person’s blood for many years before it develops into AIDS. AIDS does not directly kill its victims, but it allows other diseases to invade the body. One or more of these diseases usually causes the person’s death. There is no known cure for AIDS at this time, although research is continuing.
### Figure 2.2 Sexually Transmitted Infections

<table>
<thead>
<tr>
<th>STI</th>
<th>Symptoms</th>
<th>Effects</th>
<th>Treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Chlamydia</strong> (kla-mi-de-a)</td>
<td>Pain when urinating. Women may feel abdominal pain, nausea, and low fever. Some people show no symptoms.</td>
<td>Can cause sterility, the inability to have children.</td>
<td>Can be cured with antibiotics.</td>
</tr>
<tr>
<td><strong>Genital herpes</strong></td>
<td>Open sores on sex organs, which go away in a few weeks. Painful urination, fever.</td>
<td>Can cause brain damage or death if passed to a baby during childbirth.</td>
<td>There is no cure. Symptoms can be treated.</td>
</tr>
<tr>
<td><strong>Genital warts</strong></td>
<td>Small growths on the sex organs, which cause discomfort and itching.</td>
<td>If left alone, they may become cancerous.</td>
<td>There is no cure, but a doctor can remove them.</td>
</tr>
<tr>
<td><strong>Hepatitis B</strong> (he-pa-ti-tas)</td>
<td>Causes flu-like symptoms.</td>
<td>Can lead to liver disease or cancer.</td>
<td>There is no cure. A vaccine is available to prevent the disease.</td>
</tr>
<tr>
<td><strong>Gonorrhea</strong> (gä-na-řē-a)</td>
<td>Burning, itching, and the discharge of liquids from infected areas.</td>
<td>Can cause sterility in females. A baby born to an infected mother can suffer eye damage.</td>
<td>Can be treated with antibiotics.</td>
</tr>
<tr>
<td><strong>Syphilis</strong> (si-f(a)-las)</td>
<td>In early stages, sores on the sex organs, fever, rash, and hair loss.</td>
<td>Can cause insanity and death.</td>
<td>Can be cured with antibiotics.</td>
</tr>
<tr>
<td><strong>HIV/AIDS</strong></td>
<td>No visible symptoms in first stage of infection. Later stages include fever, headache, sore throat, rashes, diarrhea, swollen glands, body aches, diminished appetite, and weight loss.</td>
<td>AIDS lessens immunity to other illnesses, which can cause death.</td>
<td>Once HIV develops into AIDS, there is no cure. Some medicines can delay the development of AIDS.</td>
</tr>
</tbody>
</table>
Pregnancy

Another possible consequence of sexual activity is pregnancy. Pregnancy causes many problems. These problems affect both the teen mother and father. When Tracy became pregnant, she and Parker married. Parker took a job, planning to finish high school after a year. Before that could happen, their car broke down and he needed to work overtime to pay for the repairs. Soon after, Tracy became pregnant again. By the time their second child was a year old, Parker had been out of high school almost three years. He did not feel like going back, even though he knew he could earn more with a diploma or a GED.

Teen pregnancy creates four basic types of problems. These include health risks, education challenges, financial issues, and emotional and social stress. These problems also affect the teens’ families and society.

Health Risks

Pregnancy presents special health risks for both a teen mother and her baby. A teen is not yet physically or emotionally mature and may not be ready for the extra demands of pregnancy. Teens are also at greater risk than adult women for experiencing serious medical complications from a pregnancy. One such complication is significant iron deficiency, which can deprive the baby and mother of oxygen. A teen is also at greater risk for a dangerous condition called toxemia, which can lead to the premature delivery of the baby.

A female teen has high nutritional needs. If she becomes pregnant and there is no extra emphasis on nutrition, her body may not be able to provide the nutrients that she and her growing baby both need. In addition, a critical period of development occurs before most mothers are even aware they are pregnant. Babies of teen mothers are more likely to be born early and have low birth weights. These conditions are linked to other problems, including learning difficulties.

Education Challenges

It is important for pregnant teens to complete their schooling, at least through high school. Unfortunately, many drop out of school. Nearly half of the teen mothers who leave school never finish their education. This is true even for those who plan to return. Without a high school diploma, it is hard to find a job, especially one with a salary to support a small family. This puts a greater strain on society to help support the family.

Low Birth Weight Babies

Low birth weight babies are born weighing less than five pounds, eight ounces. These babies are at risk for serious health problems and death. Low birth weight babies may have disabilities such as vision and hearing loss, learning difficulties, mental retardation, and cerebral palsy. These babies need specialized care both as babies and as they grow older.

There are many factors that can cause babies to be born with a low birth weight. These include illness in the mother or fetus, premature birth, the baby is a twin or other multiple, the mother smoked while pregnant, the mother used alcohol or illegal drugs while pregnant, and the age of the mother. Women under the age of 17 and over the age of 35 have an increased risk of delivering a low birth weight baby.

Critical Thinking  Research steps a woman can take to reduce her risk of delivering a low birth weight baby. Create a poster that includes a list of the steps you find.
Pregnant and parenting teens can work with school counselors and social service agencies to find solutions to such problems. These resources can help find ways to provide care for the babies while their parents take classes. Graduating should be a high-priority goal for young mothers and fathers.

Financial Issues
Most teen parents experience financial problems. Teen mothers need good medical care. That care costs money, as does childbirth. Teen parents who keep their child must provide food, clothing, housing, and health care. This continues for at least 18 years.

Even when teen parents do not marry, both are legally responsible for providing for their child. If the father chooses not to stay involved with the child, it is especially important to establish paternity. **Paternity** is the legal identification of a man as the biological father of a child. Paternity will legally ensure the father’s responsibilities toward the child. A medical test can prove paternity.

For many teen couples, the burden of child care expenses becomes overwhelming. In order to meet financial needs, a young couple’s goals and plans for the future must be changed. This tension can lead to arguments. The stress from financial issues can affect other family members and even the baby. Sometimes society must help care for the child through government and welfare programs.

Emotional and Social Stress
Adjusting to new relationships can cause great stress. Changes to old relationships can also cause stress. Teen parents may miss their old friends, but find they no longer have much in common with them. Teens who enjoyed sports or other after-school activities may have to give them up or cut back. Teen parents quickly realize that their lives have changed in profound ways.

Recall  What is the only way to completely prevent sexually transmitted infections?

Teen Parenting Options
 Teens can and do get pregnant. Many, though, have trouble believing and acknowledging the symptoms when it happens. A girl who fears she might be pregnant may try to ignore the possibility. However, for her health and the baby’s health, it is essential, or necessary, that she confirm the pregnancy and get good care as soon as possible.

A teen who suspects she is pregnant should discuss her concerns with someone close. This could be her boyfriend, a parent or other family member, a trusted friend, or a teacher or counselor. She should also see a doctor as soon as possible to confirm the pregnancy.

Once her pregnancy has been confirmed, a teen can begin to make plans. Her partner
should be involved, too. After all, the father has rights and responsibilities. The pregnancy will have a long-lasting effect on the lives of both parents. In order to make responsible plans, both teens will have to carefully consider the options and their consequences. Family can be a good resource for support and guidance at this time.

When faced with pregnancy, teens have several options. Each one must be considered seriously. There are several factors that must be considered for each option.

Marriage

Marriage has many benefits for both the teen parents and their child. At any age, however, marriage is not easy. It takes a special commitment, responsibility, and work.

Married teens face a special set of problems. As the initial excitement of marriage wears off, the strains of responsibility and the new social situation set in. Teens who marry because of a pregnancy face an additional problem. They have to adjust to parenthood at the same time they are adjusting to being married.

Married teens who are able to meet these challenges can find themselves with a strong and rewarding relationship. Having two people share the child care lessens the work of each. With hard work and commitment, married teens can build a caring home for a child.

Single Parenthood

Having a tiny baby to cuddle and love can seem very appealing. Indeed, it can be rewarding to care for someone who is so small, helpless, and dependent. However, caring for a newborn is a huge responsibility, and becoming a parent is a lifelong commitment.

All these responsibilities can be draining for an adult. They can be even harder for a teen. Not surprisingly, many teen parents suffer from burnout or depression. They need to find support.

Teens considering single parenthood need to be realistic and ask a lot of questions. How much emotional and financial help can one teen parent expect from the other? From his or her own parents and other family members? A teen considering single parenthood must guard against romanticizing the situation. For example, a teen who is not interested in marriage during the pregnancy is unlikely to change his or her mind after the birth. Parents, counselors, and other adults can help teens develop realistic expectations for their own situations as single parents.

Adoption

Adoption is another option for pregnant teens. In adoption, the birth mother and father legally give up their rights and responsibilities for raising the child to another family.

The decision to place a baby for adoption is not easy. Teens considering adoption need to think it through carefully, because it is a permanent decision. Many teens choose adoption because they feel they are giving their child an opportunity for more care, guidance, and love than they are able to provide at this stage of their lives. Placing a baby for adoption for these reasons is an act of love. However, even when the decision is made with careful thought and consideration, it is an emotional decision.

There are two different types of adoption. A confidential adoption is an adoption in which the birth parents do not know the names of the adoptive parents. There is no exchange of information after the adoption. The access to information about the birth parents is limited by law in a confidential adoption.
An open adoption is an adoption in which the birth parents and adoptive parents know something about each other. There are different levels of open adoption based on how much information is shared with both sets of parents. The parents may or may not meet each other.

Take Responsibility

What does it mean to be sexually responsible? It means knowing the facts about sexuality. It means thinking about the outcome of your decisions and actions. It means knowing your values and living by them.

Most people want sexual activity to be special. They want their strong feelings of desire to go along with a strong bond to one beloved person. Many people are willing to wait. They want a sexual relationship based on fidelity. Fidelity is faithfulness to an obligation, duty, or trust. Saving sexual activity for the committed framework of marriage provides a way to show your responsibility. It also shows respect for yourself and others.

Remember that you and your partner or date both deserve to be treated with consideration and respect. You should be able to communicate your thoughts and feelings honestly with one another. Talk with a trusted adult, such as a parent or guardian, to help you manage your feelings and make informed choices.

Parenthood is a challenging and rewarding time of life, but it can be especially challenging for teens. When people wait to have children until they are physically, emotionally, and financially prepared, it helps assure a bright future for both the children and the parents.

Review Key Concepts

1. Explain the difference between sexuality and sexual activity.
2. Define abstinence.
3. Analyze two risks a teen pregnancy has on the baby.
4. Distinguish between confidential and open adoption.
5. Explain why people should wait to have children until they are physically, emotionally, and financially prepared.

Practice Academic Skills

English Language Arts

6. Imagine that you write an advice column for a local newspaper. A seventeen-year-old unmarried teen has written to you saying that she thinks she is pregnant. How would you respond? Write an advice column to the teen.

Social Studies

7. A decision to abstain from sexual activity is strongly influenced by personal values. Write a paragraph in which you explain how values influence a person’s decision to abstain.

Check Your Answers  Check your answers at this book’s Online Learning Center at glencoe.com.
Chapter Summary

Parenting is a learning process, and offers many challenges and rewards. Before deciding to become parents, it is important to seriously consider one’s readiness for parenthood. People who are ready for parenthood have considered their own emotional maturity, health issues, financial concerns, resource management skills, and parenting skills.

Decisions related to sexuality cannot be made casually. Abstinence is the only guaranteed way to prevent pregnancy and sexually transmitted infections. There are several options for teens who are pregnant.

Vocabulary Review

1. Create a multiple-choice test question for each content and academic vocabulary term.

Content Vocabulary

- parenting (p. 33)
- emotional maturity (p. 35)
- sexuality (p. 43)
- hormone (p. 43)
- abstinence (p. 44)
- sexually transmitted infection (STI) (p. 45)
- paternity (p. 48)
- confidential adoption (p. 49)
- open adoption (p. 49)
- fidelity (p. 50)

Academic Vocabulary

- pride (p. 33)
- prospective (p. 35)
- intimacy (p. 43)
- essential (p. 48)

Review Key Concepts

2. Explain who can benefit from knowing about child development and parenting.
3. Describe the five areas of responsibilities for parents.
4. Identify pressures involved in sexual development.
5. Summarize the benefits of abstinence.
6. Describe the possible consequences of sexual activity.
7. Compare and contrast the options available to a teen parent.
8. Explain what it means to be sexually responsible.

Critical Thinking

9. Summarize How can people who care for one another show intimacy without sexual activity?
10. Apply What should a teen do if she suspects she is pregnant?
11. Conduct a Survey  Create a brief survey in which you ask people why they chose to become a parent. Distribute the survey to at least 10 family members or friends who are parents. Be sure the surveys are anonymous. Make a list of the responses and compile your results in a bar graph. Compare your results graph with your classmates’ results.

12. Research Healthy Babies  Use the online or print resources to find out more about the health concerns related to teen pregnancy. What can teens do to make sure that they will stay healthy? What can they do to ensure they will deliver a healthy baby? Use what you learn in your research to create a brochure. The brochure should include a list of steps teens can take to remain healthy during pregnancy.

13. Observe Newborn Caregivers  Caregivers of newborns spend much of their time caring for the baby. Work with your teacher to arrange to observe caregivers of newborn babies at your local hospital.

   **Procedure**  Choose one baby to observe and take notes on the care provided such as feeding, changing, cleaning, and comforting. Also note the length of your observation.

   **Analysis**  Use your notes to write a half-page report in which you list the care provided to the newborn, the number of times the baby was cared for, and the length of your observation. Determine the average number of times per hour the baby was cared for.

   **NCSS I A Culture**  Analyze and explain the ways groups, societies, and cultures address human needs and concerns.

---

**Real-World Skills**

14. Work in Teams  Work in groups determined by your teacher to develop questions for a self-assessment test for potential parents. Include at least 25 questions and a scoring system. Use information from Section 2.1 of this chapter to help you write the questions.

15. Create a Document  Use word-processing software to write a scene for a play in which a young couple discusses whether to start a family. You can end the scene with either decision, but be sure both characters show good communication skills as they talk about the issue.

16. Calculate Diaper Costs  Research diapers that would fit a nine-pound baby and record the price of a box and the quantity in the box. If a baby uses seven of these diapers a day, how much would it cost per day to diaper the baby? How much per week? Per year?

**Additional Activities**  For additional activities, go to this book’s Online Learning Center at glencoe.com.
Academic Skills

**English Language Arts**

17. **Think About Your Future**  Parenting requires a lot of time and effort. Think about what kind of parent you want to be. What will be more important to you: spending time with your family or making lots of money? With this in mind, how might you approach a career path? Why? Write a one-page essay of your thoughts.

Mathematics

18. **Savings Account for a Newborn**  Micah wants to open a savings account for his newborn son. Eastern Bank offers simple interest of 1.5 percent per year. If Micah has $100 to open a savings account, how much money would be in the savings account after 16 years?

**Math Concept**  **Multiply Percentages**  A percent is a ratio that compares a number to 100. To multiply by a percent, first convert the percent to a decimal.

**Starting Hint**  Rewrite the percent (1.5%) as a fraction with a denominator of 100. Convert the fraction to a decimal. Multiply this decimal by the number ($100), and then multiply it by 16. Add your result to the original amount ($100).

For math help, go to the Math Appendix at the back of the book.

---

**Science**

19. **Investigate a Research Claim**  Research reveals that some pregnant teens do not receive adequate care throughout pregnancy. One reason for this is that medical care can be expensive, and teens have no way to pay for that care.

**Procedure**  Conduct your own research with print or online resources to learn how this research finding can be useful to parents and other caregivers.

**Analysis**  Use the information from your research to write a one-page report.

---

TRUE/FALSE

Read the passage, then answer the question.

Many teen mothers are unable to continue attending high school once they have a baby to care for. Statistics show that the dropout rate is higher for teen mothers than for other female teens. Identify programs that help teen mothers stay in school while they raise their child.

20. According to the passage, teen mothers never finish high school.

a. True  
b. False

**Test-Taking Tip**  Statements that contain extreme words, such as all, none, never, or always, or that have unsupported opinions, are often false.