

# Preventing teenage pregnancy is an act of life preservation

THE PREVENTION OF TEENAGE PREGNANCY SHOULD BE SEEN AS A COLLECTIVE HEALTH ISSUE, SINCE IT POSES A GREAT RISK TO THE HEALTH OF THE WOMEN AND THE BABIES.

Have a look at some of the data provided by the World Health Organization (WHO):



- Approximately 12 million girls aged 15 to 19, and at least 777,000 girls under the age of 15 give birth each year in developing countries.



- About 10 million of the pregnancies among adolescents aged 15 to 19 years are unwanted.



- Complications resulting from pregnancy and childbirth are the main causes of death for girls aged 15 to 19 years.



- It is estimated that about 5.6 million girls in that same age group get abortions, of which 3.9 million happen in an unsafe manner and can cause maternal mortality, morbidity, or chronic health problems.



- When the babies are born, some of the most common problems they show are low weight, infections transmitted by the mother through the placenta, neglect, and absence of pediatric follow-up.



## How to prevent teenage pregnancy



- 1) Speak openly about sex education and reproductive health both at home and in school.



- 2) Seek reliable sources on topics such as sexually transmitted diseases, contraception, and family planning.



- 3) Create an environment for contemplation, where things like how proper family planning influences factors such as women's personal and professional development, are clarified.

- 4) Make the risks concerning the health of women and babies in situations of early pregnancy or (attempts at) abortions very clear.

- 5) Treat sexual health as part of the health rights of children and adolescents.

**Taking care of our teenagers' health means investing in a future with more health, productivity, and quality of life for the next generation.**