

Understanding Pregnancy

Curriculum Overview

Designed for:

- Middle school or high school students
- Community education (parenting classes, fathers or male partners groups)
- Public health organizations (public service, pregnancy prevention programs, and other public health agencies)
- Clinical education (prenatal classes, nursing classes)

Length:

This 22-hour curriculum is comprised of 10 lessons.

Goal:

To help participants learn about the many life-changing consequences of pregnancy, and their readiness or non-readiness for it.

Synopsis:

Designed for use with the RealCare Pregnancy Profile simulator, this accompanying curriculum presents documented information about pregnancy, and provides activities and discussions designed to educate participants about the many life-changing consequences of pregnancy. The Pregnancy Profile® simulator is a complete weighted garment designed to allow both male and female wearers to experience many of the effects of the third trimester of pregnancy. As a hands-on teaching aid, the simulator and curriculum can be used not only to educate, but also to help reduce our nation's current epidemic of teenage pregnancy and parenting. Participants will discover for themselves the many inconveniences or negative consequences that a pregnancy would impose on their life-style. This realism quickly shatters their romantic illusions and typical adolescent feelings of 'it can't happen to me' regarding teen pregnancy. The learning experience is especially effective because it is tangible, and teens can relate it to what is emotionally important to them.

Designed and developed by subject matter professionals, health education and curriculum specialists, this curriculum includes pre- and post-summative assessments. The lessons and activities include objectives, materials required and approximate class time. Supplemental activities are also suggested. U.S. National Health Education Standards and Family and Consumer Sciences supported are listed.

Issues Addressed:

- Identify physical changes that occur with pregnancy
- Compare and contrast personal life goals and expectations with and without an early or unplanned pregnancy
- Assess their personal readiness and ability to provide for the physical, emotional and financial care of a child
- Identify the stages of fetal development in the three trimesters of pregnancy
- Analyze healthy and unhealthy habits and their effects on the unborn child
- Identify the medical aspects of good prenatal care
- Analyze the importance of a positive father role in a healthy pregnancy for the benefit of mother, child and the family as a whole
- Determine the costs of pregnancy and raising a child from birth to 18 years of age
- Analyze the impact of pregnancy on one's life physically, socially, emotionally, intellectually and economically

Curriculum Components:

- Teacher's guide – complete lesson, including detailed steps of activities, time and materials needed, student worksheets, and instructor information for each lesson
- Student materials
- Survey and assessment tools – to track student knowledge and attitudes prior to and after the learning experience, including summative assessments with answer keys
- Microsoft PowerPoint® presentation slides

Learning Objectives:

Lesson 1 – Orientation and Pre-Summative Assessment

- Demonstrate proper use of the RealCare® Pregnancy Profile Simulator
- Assess their own knowledge and understanding of pregnancy

Lesson 2 – Life Goals and the Impact of an Unplanned Pregnancy

- Compare and contrast personal life goals and expectations with and without an early or unplanned pregnancy
- Assess their personal readiness and ability to provide for the physical, emotional and financial care of a child

Lesson 3 – The Physical Changes of Pregnancy

- Identify physical changes that occur with pregnancy

Lesson 4 – Pregnancy Symptoms and Discomforts

- Describe the physical and emotional changes that occur during pregnancy

Lesson 5 – Fetal Development

- Identify the stages of fetal development in the three trimesters of pregnancy
- Analyze healthy and unhealthy habits and their effects on the unborn child

Lesson 6 – Pregnancy Myths and Truths

- Analyze myths and information about pregnancy and successfully discern fact from fiction

Lesson 7 – Pregnancy Customs Around the World

- Compare and contrast cultural beliefs and expectations with regard to pregnancy and family life

Lesson 8 – Medical Aspects of Pregnancy

- Identify the medical aspects of good prenatal care
- Identify the medical professionals who practice prenatal care

Lesson 9 – Birth Process

- Describe characteristics of the three stages of labor
- Identify at least three complications of pregnancy and their characteristics
- Identify at least three common birth defects and their characteristics

Lesson 10 – Post-Partum Depression

- Identify the symptoms of postpartum depression
- Identify appropriate treatment for postpartum depression

Lesson 11 – Fatherhood

- Analyze the importance of a positive father role in a healthy pregnancy for the benefit of the mother, child and the family as a whole

Lesson 12 – The Cost to Raise a Child

- Determine the costs of pregnancy and raising a child from birth to 18 years of age