

CONSEQUENCES OF TEENAGE PREGNANCY

- Drop out of School
- You can be married off early
- Loss of friends
- Isolation by friends
- Complications during pregnancy
- Death of the girl
- You can get diseases like HIV/AIDS & STDs
- Being chased away from home.
- Obstetric fistula (Leaking of urine & faeces)

NOTE:

Many girls in Uganda suffer from complications of child birth as a result of teenage pregnancy.

This may lead to;

- Your bladder may get damaged
- Damage of the uterus
- Your birth canal might be too small for the baby which can lead to complicated labor.
- Dropping out of school
- Being chased away from home
- Death of the mother and / or child.

How can one avoid teenage pregnancy

- Abstinence from sexual Intercourse is the best safest way to avoid teenage pregnancy and STIs as Well.
- Rush to a health centre to take an emergency contraception as soon as possible (Within a period of 72hrs)
- Use a condom correctly and everytime you have sex
- Visit a health centre to find out more about contraceptive methods available

- Get more information by visiting a health centre or talk to a trusted adult on how you can avoid teenage pregnancy
- Read Straight / young talk for more information
- Listen and watch health talk shows on radio and Television
- Learn About Family planning

Note: A girl can get pregnant if she is having sex for the first time.

- A girl can get Pregnant if she plays sex while standing.
- If a girl plays sex immediately before/ after her menstrual periods , she can get pregnant.
- A girl can get pregnant if she has sex while swimming, bathing or washes her vagina after sex.

Both boys and girls are responsible for avoiding teenage pregnancy.



THE REPUBLIC OF UGANDA
MINISTRY OF HEALTH



**Busoga
HEALTH FORUM**
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For more information talk to a trained health worker or visit any Health facility or call our Help line number

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Study intervention phase : May 2025 to August 2024



**Intervention Study on Unintended
Pregnancy among Teenagers in Busoga**

Teenage PREGNANCY



What You need to Know ABOUT PREGNANCY?

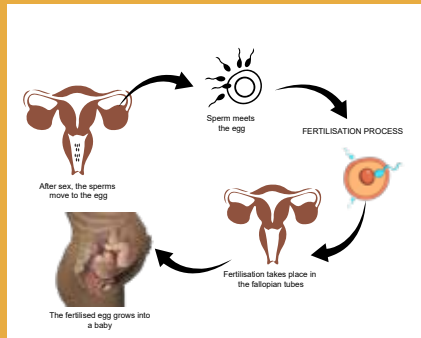
When a girl starts menstruating, it means that she can become pregnant if she engages in unprotected sex.

Key Note : For the first few years, most girls' menstrual cycles are irregular, so they can get pregnant easily

How does pregnancy happen?.

Pregnancy Happens when a boy and a girl have unprotected sex (sex without a condom or contraceptives)

The sperm meets the ovum (egg) and fertilisation takes place within a period of 3 to 5 days



Ovulation: Is the releasing of an egg from the ovary into the fallopian tube. It takes 2 to 3 days

Fertilisation: is when the male and female gametes meet to form a zygote.

Implantation: The Fertilized Egg (Zygote) attaches itself to the womb where it Starts growing into a baby . This marks the beginning of pregnancy.

“Can a 12 or 13 year - old girl get pregnant?”

“If a girl has sex with a boy before her very first menstruation can she get pregnant?”



Any girl who has reached puberty stage can get pregnant if she has unprotected sex.

Similarly a boy who has reached puberty can make a girl Pregnant.

Puberty in boys may start as early as 11 years

How to protect yourself from pregnancy

- Abstinence is the best protection against pregnancy. If you are not having sex, there is no way you can become pregnant or make a girl pregnant.
- You can also avoid getting pregnant by using a condom.
- Condoms keep you safe from pregnancy HIV and STIs . If your partner doesn't want to use a condom, talk to him / her about it. Remind your partner that you can enjoy safer sex when you use a condom.
- Use any pregnancy prevention method for protection such as The pill, Injection, implant or IUD.

This will ensure you don't get an unplanned pregnancy and you can wait to have a family until you are ready

What can Happen if you don't have safe sex?

- Unintended Pregnancy
- If you have unsafe sex then the man's sperm and the woman's egg can meet and may produce a baby.

If you think you or your partner is pregnant or missed periods, starts to feel sick, vomits, feel dizzy, then talk to a healthcare provider.

They will be able to give you advice, teach you for pregnancy and help you plan for your pregnancy.

Note:

Unsafe sex can also predispose you to Sexually Transmitted Infections and HIV.