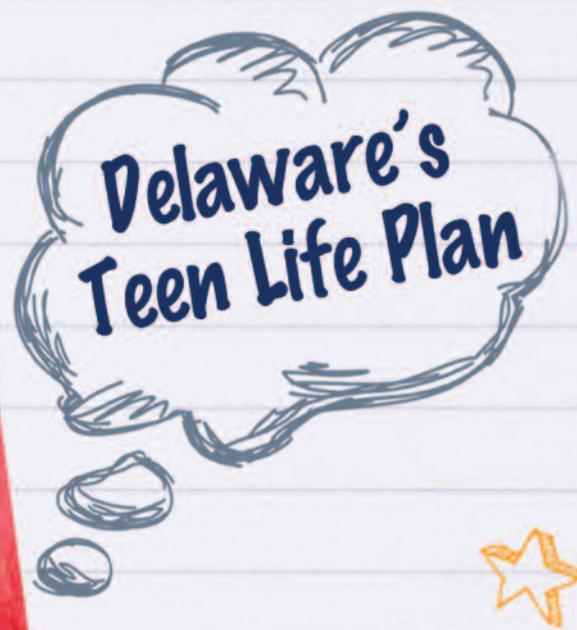


Teen Life Plan Booklet



Overview:

Delaware's Teen Life Plan is a health education tool that focuses on reproductive life plan principles, which are essentially questions about whether a person does or does not want to have children. The Centers for Disease Control and Prevention (CDC) recommends that every adult have a reproductive life plan. To make this concept more appropriate for teens, the Division of Public Health and the Delaware Healthy Mother and Infant Consortium broadened the tool to help teens set goals and achieve healthier habits early in life and increased awareness of the impact of teen pregnancy.

How to Use the Teen Plan:

- Provide the plan to youth between 15 and 18. It can be used for younger teens if deemed appropriate by the teacher, nurse, counselor or other service provider. In making the decision to share the Teen Plan with teens younger than 15, please consider the receptivity of the family and parents.
- Let teens know that the tool is intended to stay with them. They can add in notes along the way. They should check back in with the tool to see if their goals or thoughts have changed. It's 100% OK for their goals to change over time!
- Ensure teens know that there are resources to help. These include parents, family, school teachers and administrators, coaches, and other adults they trust.
- Additional information is available through the My Life.My Plan Facebook website: www.facebook.com/MyLifeMyPlan

Testing with Teens:

As we developed this booklet, we involved young people to ensure they would find it acceptable. The cover concept, as well as the overall look and feel, came from young people under the age of 21. The Teen Life Plan was tested with more than 200 teens across the state through community centers, school-based health centers and youth councils.

Target Audience:
Teens (males and females)
between the ages of
15 and 18.



Teen Life Plan Poster

To re-order free educational materials, please go to the following website and complete the online form:
<http://dhmic.HealthyWomenDE.com/Resources/Order-Marketing-Materials>



Teen Life Plan Facebook Page

Credits:

The Teen Life Plan was developed by the Education and Prevention Committee of the Delaware Healthy Mother and Infant Consortium. The Division of Public Health provides facilitation and staff support. Aloysius Butler & Clark is the marketing communications firm that created the campaign components.