

A Message to Health Care Professionals

This program is presented by the Centers for Disease Control and Prevention.

[Nico Ward] Teen pregnancy rates in the United States have decreased, but they are still too high. Every day, over a thousand babies are born to teen mothers.

[Elei Reyes] Having a child can have a huge impact on a young person's life and aspirations. Half of teen mothers don't graduate from high school, and babies born to teens face increased medical risks.

[Keenan Carver] Most teen pregnancies happen because of sexual partners not using contraceptives at all, or not using them properly, or consistently.

[Elei Reyes] As a health care professional, you are critical to reducing teen pregnancy rates by encouraging adolescents having sex to improve their use of contraceptives.

[Nico Ward] Talk with your teen patients about whether they're having sex. Educate those teens about all of the contraceptive options available.

[Keenan Carver] Help them select the method they will more likely use the right way, and every time.

[Elei Reyes] Let teens having sex know they are welcome to use any method of birth control. There are no restrictions on any method based solely on a teen's age.

[Keenan Brand] Like my girlfriend, some teens may feel more comfortable using long-acting, reversible contraception, such as IUDs or implants.

[Nico Ward] If a teen has had a pregnancy and continues to have sex, make sure she knows the benefits of long-acting, reversible birth control as one option.

[Keenan Brand] Most teens who are sexually active use condoms, and that's really good for preventing STDs, HIV, and pregnancy. But since condoms often are not used the right way and every time, they may not provide complete protection. That's a big problem.

[Nico Ward] Make sure your teenage patients who are having sex understand 'dual protection' - using both a condom and a hormonal method of birth control to prevent pregnancy and sexually transmitted diseases, such as HIV.

[Keenan Carver] As a health care provider, you can help improve the lives of all young people by giving them the information and tools they need to make healthy decisions. So talk to us about pregnancy and contraception. We'll listen.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.