

Who we are...

The Pregnancy Help Centre of Durham helps young families in distress due to pregnancy. We have two locations in Oshawa and Ajax. We have staff and more than 20 trained volunteers available to help. We provide emotional support and education for those who are discovering a pregnancy and provide practical assistance with supplies and food to those who have chosen to parent. All of our services are provided free of charge.

Promotion for the series has been approved by the Durham District School Board.



The sessions have been presented in a number of Durham Secondary Schools.

Speaker's Series...

This series of interactive presentations encourages students to consider the advantages of postponing sexual involvement, consistent with available curriculum guidelines. They can be presented individually during your usual class time (about 55 minutes in length) or as a series. They can be customized to meet the needs of your students in Grades 9 to 12.

Realities of Teen Pregnancy

Students examine the facts and myths associated with sex and pregnancy. They are encouraged to "put themselves" in the shoes of those who need to make difficult choices in teenage pregnancy. The long-term impacts of the choices will also be explored.

Topics include:

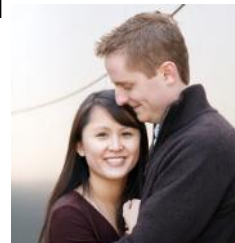
- Pregnancy myths
- Role of fathers
- Budgeting with a baby
- Fetal development
- Learning in infancy
- Pregnancy Options
- Decision-Making
- Risks in Teen Pregnancy

Dating: Now What?

This presentation examines dating and sexual decision-making. Students will discuss the issues and situations encountered as relationships develop and discover practical tools that can be used for communication and relationship initiation.

Topics include:

- Partner Criteria
- Partner Compatibility
- Relationship Progression
- Media Portrayal of Relationships
- Developing a Relationship
- Gender Differences



STI's: Fact or Fiction

Students discover the risks and consequences of the most prevalent Sexually Transmitted Infections. They will also consider ways of contracting STIs from various forms of sexual involvement.



Topics include:

- STI myths
- STI risk factors
- Symptoms
- Emotional/Social/Physical Consequences
- Prevention through postponement of sexual involvement
- Transmission Demo

No Easy Choice

Students examine decision-making when faced with an unplanned pregnancy. This presentation invites students to think through the impact of a pregnancy on their futures and consider their options. The student will examine the pros and cons of all the pregnancy options including their own preparedness to parent. The speaker's role is to facilitate discussion and fill in knowledge gaps.

Why we do it?

The Pregnancy Help Centre has been committed to assisting young families in need for more than 15 years in Durham Region. From the beginning, we have been invested in preventive work and, six years ago, we developed a series of presentations to assist schools in engaging students in life planning and considering the importance of the sexual decisions they are making.

Feedback we have received from educators:

Surprising information!

Activities were very powerful...

Having the students be an active part of the discussion was most engaging...

I think having this information available to the students is a wonderful thing!

The Pregnancy Help Centre is a pro-life, faith-based organization. We have been a registered charity (BN 89674 0768 RR0001) since 1996. Financial support for the organization is raised through concerned citizens, businesses and churches.



**For more information:
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Secondary School Program: Speaker Series

