

# Teen Reproductive Life Plan

The Reproductive Life Plan (RLP) gives teens the opportunity to think about their goals and consider how having children (or not) fits in with those goals. While life plans tend to evolve with experiences, the RLP encourages teens to plan their lives so they have the ability to move from chance to choice when it comes to having a child.



## How to Use the Teen RLP:

The plan can be completed by teens independently, one-on-one with a counselor, trusted adult or family member or in classrooms and group settings. It is important teens feel their environment is safe and nonjudgmental and that their responses will remain confidential. There are no right or wrong answers and the guide can be changed any time as life plans change. And because life goals differ from person to person, anyone administering or discussing the Teen RLP should withhold their own assumptions and recognize teens are not required to respond in a certain way or at all to any of the questions. The intent is for teens to be open to sharing their personal thoughts, and for trusted adults to listen and understand them before responding.

### Benefits:

- Encourages teens to think about their future goals and dreams
- Allows teens to think of ways to accomplish their goals and dreams
- Helps decrease the likelihood of unintended pregnancies
- Allows teens to consider birth control methods that align with their life goals
- Increases the number of years between each child
- Increases the likelihood of reaching dreams and goals

### Intended Audience:

- Teens 12–19 years of age

### The RLP can be used by:

- School-based settings
- Before and after school programs
- Home visiting and community health workers
- Individuals
- Family members
- Doctors, nurses, counselors or trusted adults

## Key Objectives to Consider When Helping Teens through each Page

### MY LIFE. MY DREAMS. MY PLAN.

- Recognizing positive personal attributes
- Understanding one's self

### THE CHOICES I MAKE WILL HELP ME REACH MY DREAMS.

- Identifying personal goals and self-awareness
- Setting goals to achieve dreams
- Introducing the concept that goals are dreams with a timeline
- Identifying key people who can mentor or assist the teen in planning and reaching their individual goals

### A HEALTHY BODY AND MIND WILL HELP ME REACH MY GOALS.

- Recognizing mental health is just as important as physical health
- Identifying stressors
- Thinking of trusted adults

### HAVING SEX OR THINKING ABOUT IT? THEN HAVE A PLAN TO PREVENT PREGNANCY.

- How will having a child affect my life goals and dreams?
- Thinking about when having a child might be best for individual life plans
- If sexually active, what contraceptives to consider
- Identifying a trusted adult or family member for discussion of reproductive health options