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TEEN
PREGNANCY
This policy is to establish guidelines for school personnel and the Department of Health (DOH) School Nurses to appropriately refer and/or counsel pregnant teens, teens with suspected pregnancy, and teen parents.

**Pregnant teen**- a teen with a positive pregnancy test or pregnancy diagnosed by a licensed medical professional (for example, letter from a clinic)

**Suspected pregnant teen**- a teen reporting sexual activity with a late or missed period and/or reporting signs/symptoms of pregnancy

**Teen parent**- a school aged student who is the mother or father of a child

**Signs and symptoms of pregnancy:**

A pregnant teen may have one or more of the following signs and symptoms:

- Missed or late period
- Nausea with or without vomiting
- Tender, swollen breasts
- Frequent urination
- Feeling tired/ unusual fatigue
- Food cravings or dislikes
- Increased vaginal discharge
- Aversion to certain foods or smells
- Mood swings
- Cramping
- Dizziness/lightheadedness
- Constipation
- Headaches
- Back pain
- Weight gain
- Swelling abdomen

All pregnancies, suspected pregnancies, and teen parents must be reported to your DOH School Nurse by contacting the Department of Health – Duval County School Health Office at 904-253-1580. You will also need to contact the DCPS Teen Pregnancy Center at 904-390-2234.

These referrals may be made by:

- Students
- School counseling department
- Any school personnel
- Parent/Guardian

The Department of Health School Nurse will provide the following services:

- For suspected teen pregnancy:
  - Determine if the teen has been sexually active
  - Determine the date of the teen’s last period
  - Assess for signs and symptoms of pregnancy
  - Assist with resources to obtain confirmation of pregnancy
  - Encourage communication with parents/guardians regarding pregnancy concerns
- Follow-up as needed to provide support and education

**Duval County School Health Services Manual**

- **For pregnant teens:**
  - Provide education regarding maintaining a healthy pregnancy
  - Provide case management and nursing assessments to detect possible health problems
  - Encourage regular healthcare provider visits
  - Provide education on pregnancy warning signs and symptoms
  - Provide information, referrals, and assistance in accessing available community resources
  - Provide educational support by encouraging continued success in school and meeting with school staff as needed
  - Provide home visits as needed to assess the environment, provide education, and encourage school attendance
  - Encourage communication with parents/guardians about pregnancy

- **For teen parents**
  - Provide education to promote healthy behaviors
  - Provide referrals for community resources
  - Encourage health care provider visits for student and child
  - Provide educational support to promote graduation

The DOH School Nurse maintains confidential documentation for all services provided. Documentation should not be located in FOCUS or student’s cumulative record.

**Returning to School**
The student will need to provide medical clearance from their health care provider indicating that they are cleared to return to school after delivery.