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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

- **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.