



Sexuality + sex education & the education of positive parenting AS AN INTERVENTION AND SUPPORT PROGRAM

Teaching positive parenting. Conference for specialists who
work with teenagers
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1st part: Parental internship



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POSITIVE

Motivation

Often, young women want to have a baby to have something of their own.

Through this, they sometimes try to find a purpose in life.

Others get pregnant/become a father because they act careless in terms of contraceptives.

But the young men and women don't know what it means to raise a child and to take care of it.

At this point the „parental internship“ can show the youths – with the use of Babysimulators – what to expect when they are having a baby.

Objective

To raise awareness what it means to take care of a baby and that it requires a certain maturity and independence.

Statement of Pia Reuter, equal opportunity officer of Rhein-Hunsrück district:

„Through the use of the baby simulators we can show the adolescents of both sexes in a realistic way what challenges they have to face with parenthood .“



Method

We can use 7-10 baby dolls – so it is possible for 14-16 pupils to participate in the project .

The teenager usually form a team of two to look after the baby for 3-5 days.. Either they take care of the baby doll together or they act as a single parent.

The baby simulator requires 4 activities to take care:

- Feeding with the baby bottle
- Changing nappies
- Burping
- Rocking

The sensors are able to perceive a missing support for the baby's head/neck and rough handling.

Important point: - voluntary participation.

- In problematic situations they can always call the project leader.

Current projects

School classes

Catholic secondary school Marienberg (3 days)

Pupil of the subject „social pedagogy“

IGS Emmelshausen

10. Klasse im Rahmen der Projektwoche

Helene-Pages-school (special school)

pupil of the 7th grade

Secondary school Fritz-Straßmann

pupil of the 9th and 10th grade

Open/ extracurricular activities

„girls-week“ (4 days)

7 girls

Holiday program (3 days)

6 girls



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Program run VET school (4 days)

- 1. Day 8.00 – 13.00
- 2. Day 8.00 – 13.00
- 3. Day 8.00 – 13.00



1. Day

Place VET school, class room

- 07:45 Introducing the parental internship:
expectations and motivation
Questionnaire on knowledge about
sexuality
- 09:00 Break
- 09:15 Questionnaire to the question „if I were to
get pregnant“
alcohol and pregnancy
(alcohol damaged baby doll + movie)
- 10:45 Break
- 11:00 Practicing with the simulators, signing
contract
- 14:10 End of the first seminar, start of the simulation



2. Day

Place **Counceling center donum Vitae**

07:45 baby simulators are turned off now. (like day care)
reflection of the first night

Dealing with excessive demand situations – shaken baby syndrome

→ Use of special simulator (damaged brain areas)
life planning

pregnancy, physical changes → experience through
pregnancy simulator („Pregnancy profile®)

Visit of the Job Center& district administration:
„Financing of a child and a underage mother“
(benefits and social services)



12:45 End of „day care“, simulation goes on



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3. Day

Place **Counseling center donum Vitae & class room**

07:45 reflection of the second night
simulators are switched to „day care“ modus

08:30 back to class
normal lectures and teaching

12:45 Taking the simulators from the counseling center

4. Day

Place **Class room**

07:45 End of simulation, reflection of the third night

Evaluation of nursing

individual meeting and
reflection with the „parents“

reflection of the project

12:45 End



Conclusion of the participants I

„I want to wait with having children until I have a proper job. Then I would take parental leave to take care of my baby until it is old enough to go to kindergarten.“



„Through this project I realised, how exhausting it is to look after a baby, that it can cry a lot and very loud and we should still always be there for it.“

„I realised that I should wait a bit, because a baby needs a lot and I have a big responsibility.“

„I want to act different with my child. The crying of the baby is really annoying. Later, when I will have a baby I will be better prepared.“



Conclusion of the participants II

„I made important experiences. I realised that I, as a teenager, am not grown up yet and that I'm not ready for having a baby.“



„It is an important experience. Now I know how much work it is to look after a baby, especially at home and in the night.“

„I think it is important to wait with having a baby. I knew this before, but by this project this idea has again strengthened.“

„If you are having a baby so early you have a big responsibility and your life as a teenager is over. The baby needs you and you have to take care of it around the clock.“