

IF I WERE JACK FACT SHEET

WHAT IS IF I WERE JACK?

If I Were Jack is an educational resource about young men and unintended teenage pregnancy. It is designed to be used as part of the curriculum in schools.

The resource includes classroom activities and an interactive video drama (IVD) which tells the story of Jack, who has just found out that his girlfriend Emma is unexpectedly pregnant.

The young person is encouraged to put themselves in Jack's shoes and consider how they would feel if they were in his situation.

While the resource addresses the often-neglected role and perspectives of teenage men, it is designed to raise issues among young women as well as young men.



The *If I were Jack* IVD offers an excellent starting point for discussion about unintended teenage pregnancy and its outcomes. One of the key issues young people are asked to consider is how their parent(s) or carers(s) would react if they were in Jack or Emma's situation. The resource includes a homework exercise in which students are asked to encourage a parent (or other trusted adult such as grandparent, aunt/uncle or older sibling) to watch the IVD and then answer a number of questions on issues raised in the film. The aim is to provide parents and teenagers an opportunity to communicate about relationships, sex and pregnancy, if the time is right for them. Your teenager will be requested to ask you the following questions:

1. What did you think of Jack and Emma's story?
2. If you were Jack (or Emma's) parent/carer what would you say when they told you that Emma was pregnant?
3. What would you advise them to do? Why?

WHAT IS IF I WERE JACK?

- With the correct information and opportunity, young men and young women can make safe and responsible decisions relating to relationships, sex and pregnancy.
- Young men, as well as young women, have roles and responsibilities with respect to relationships, sex and pregnancy.
- Unintended teenage pregnancy can be a stressful experience for some people that may involve difficult decisions and potentially negative outcomes.
- It is important for young people to consider their values and beliefs regarding relationships, sex and pregnancy and to make a plan for positive experiences that are in line with these.
- Confidential and impartial support and information is available locally and online for young people in relation to all aspects of their sexual health.

TIPS FOR TALKING TO YOUR TEENAGER ABOUT PREGNANCY

Start early – begin with age-appropriate conversations when children are young;

Don't have one big 'talk' but frequent conversations so that relationships, sex and pregnancy are discussed in the same way as other topics;

Ensure the conversation is a two-way dialogue and not a lecture;

Use opportunities in everyday life to discuss relationships, sex and pregnancy e.g. after your teenager has watched *If I were Jack* or when something relevant happens on the TV or to a friend; and

Think about your values and expectations and let your teenager know why you think the way you do.



Using *If I Were Jack* to discuss relationships, sex and pregnancy...

The *If I Were Jack* resource provides an excellent opportunity for you to talk to your teenager about relationships, sex and pregnancy. You might:

Tell your teenager what you think about Jack and Emma's situation and why you think what you do.

Tell them what you would do if you were Jack or Emma's parent. Tell them what advice you would give to them and why.

Ask your teenager how they would feel if they were Jack or Emma. Do they think having a baby would make a big difference in their life? What do they think would be the hardest thing about having a baby? Have they thought about the social, emotional and financial consequences it might have?

Ask them what they think they would do if they were in that situation. What would they do next?

Ask them if they have a plan to avoid an unintended pregnancy. Ask them to specify their plan or help them to make one.

DID YOU KNOW?

Around 29% of boys and 23% of girls in the UK report having sex before the age of 16 and 93% of those said they had used a condom the first time they had sex.

Around 30,000 teenage women in the UK become pregnant every year.

Most teenagers say they find it easier to talk about sex to their girlfriend/ boyfriend or close friends, than to their parents. In a survey, 35% said they found it 'difficult' to talk to their mothers about sex and 57% said they found it difficult to talk to their fathers about sex.

The legal age of consent for males and females in the UK is 16.

The following websites provide a range of views and resources on relationships, sex and pregnancy:

Tips from the NHS on Talking to Teenagers about sex
<https://www.nhs.uk/Livewell/Talkingaboutsex/Pages/Talkingtoyourteen.aspx>

Ten Tips for Parents to Help their Children Avoid Teen Pregnancy
<https://thenationalcampaign.org/resource/ten-tips-parents-help-their-children-avoid-teen-pregnancy>

Tips for Talking to Older Teenagers & 'The Facts' DVD and Booklet
www.crisispregnancy.ie/publication/parents

***If I Were Jack* Website**
www.qub.ac.uk/if-i-were-jack/resources/parents