



PREGNANT TEENAGERS GET EASY ACCESS TO SUPPORT AND INFORMATION

MEDIA RELEASE

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Support and information are now readily available online for pregnant teenagers. Pregnancy, Birth and Beyond has added a new section to its website solely dedicated to teenage pregnancy.

Being a teenager is difficult enough, but being a teenager and pregnant is even more challenging. It can be a very confusing, scary and isolating experience. At 19 Mary became pregnant. She felt her whole life was crumbling in front of her and the future she envisaged for herself was disappearing. Brought up by her siblings with very high expectations, she was scared of repercussions. She could not bring herself to tell even her best-friend about her situation. For five months she agonised over her predicament, going through the symptoms of pregnancy on her own, trying to hide it from the rest of the world. Looking back, Mary felt she needed help to understand her options and access health care a lot earlier. [Pregnancy, Birth and Beyond](#), aware of the difficulty accessing information and support, has developed a new website section solely dedicated to [teenage pregnancy](#).

Jane Palmer, midwife and director of Pregnancy, Birth and Beyond, knows that teenage pregnancy is a very different experience to being pregnant during adulthood. "Most teenagers are not ready for parenthood. So I feel it's very important that we have the teenage pregnancy section on our website as a starting point for pregnant teens to find out what services and support are available and to provide helpful information on pregnancy."

The new section of the website provides information and support to pregnant teenagers, like Mary, to help them make informed decisions. Offering down-to-earth advice on issues relating to teenage pregnancy, the website includes information on healthy eating, risks of smoking and lots of information on all aspects of pregnancy and birth. The teenage pregnancy section also provides links to organisations offering emotional assistance, support groups and counselling services.



You'll also find feature stories of teenage parents who share their personal experiences. Featured stories include teenage mothers who've gone on and built successful careers after having their babies. The stories give teenage mothers a glimpse of how others coped with similar situations and offer hope that a bright future still awaits them after giving birth.

Founded in July 1992, Pregnancy, Birth and Beyond's mission is to provide an up to date and extensive source of information on pregnancy, birth, parenting and breastfeeding. For further information on teenage pregnancy contact [Jane Palmer](mailto:jane@pregnancy.com.au), director and well known privately practicing midwife. Pregnancy, Birth and Beyond is a private organisation and is headquartered in Sydney, Australia.

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*Mary's story is true but her name was changed to protect her identity due to the sensitivity of her decision.