

# KNOW THE FACTS

Belize has the highest rate of teenage pregnancy in the Caribbean. If you become more aware of prevention, you can help yourself and others.

When being sexually active, it is important to be aware of the results that can occur due to sexual activity. Along with pregnancy, there are several other things to consider before choosing to be sexually active. Sexually transmitted diseases (STD's) are an important thing to consider.

Belize has the highest rate of HIV (Human Immunodeficiency Virus) in the Caribbean, Along with this, it is the fastest growing country with HIV. Of people diagnosed with HIV, 30% are teenagers. There is no contraception that can protect against STD's, such as HIV. HIV can help spread through the exchange of blood, saliva, vaginal secretion, and semen. The best STD prevention is abstinence. Abstinence is refraining from all forms of sexual activity.

Abstinence is the best solution to ensure pregnancy and STD prevention for all ages. While STD's can be life changing, so can pregnancy.

Partners should be careful before beginning to have sexual intercourse. Talk to your partner before having sex to communicate prevention options to avoid teenage pregnancy and STD infections

In an ideal family, there is a mother and father raising a child. But, this is not always the case when it comes to teenage pregnancy. In Belize, 25% of children are raised by single mothers

**TO LEARN MORE ABOUT TEENAGE PREGNANCY PREVENTION PLEASE CONTACT THE CORNERSTONE FOUNDATION**

## TEEN PREGNANCY PREVENTION

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