

# What Can Teens Do to Support The National Day to Prevent Teen Pregnancy?

## Get Your Friends to Take the Quiz!

- ★ On May 2nd, send out an email to all your friends with a link directly to the National Day Quiz at [www.teenpregnancy.org](http://www.teenpregnancy.org). Tell them to log on and take the Quiz, but also tell them to pass along the link to friends so it spreads like a chain letter.
- ★ If you or any of your friends are involved with an organization that has a website, ask them to run a National Day web banner on the site which links to the National Day Quiz. Web banners will be available at [www.teenpregnancy.org](http://www.teenpregnancy.org).
- ★ Place a link to the National Day Quiz on your MySpace.com profile or your personal website and ask your friends to add link to their pages, too. The National Campaign has a MySpace page, too. Visit [www.myspace.com/nationalcampaign](http://www.myspace.com/nationalcampaign) and add us as a friend.
- ★ Put a link to the National Day Quiz on your IM online profile and tell your friends to do the same.

## Spread the Word Throughout Your School!

- ★ Create flyers that highlight teen pregnancy statistics and urge teens to log on to [www.teenpregnancy.org](http://www.teenpregnancy.org) on May 2nd and take the National Day Quiz. Hand out these flyers in school (for example, in your homeroom or in the cafeteria) or at well attended events like dances, football games, pep rallies, assemblies, concerts etc.
- ★ Make posters about the National Day and put them up on your locker, around school, and any other place where teens will see them.
- ★ Ask your principal to talk to all teachers in the school, or approach teachers individually, about giving out extra credit points to students who can prove they took the National Day Quiz by handing in a printout of the last page of the Quiz and talking about something they learned from it.
- ★ Ask your art teacher to assign a project dealing with teen pregnancy. Projects could include paintings, drawings, sculptures, collages, pretty much whatever. The projects could then be displayed throughout the school (in classrooms, art rooms, the school entrance, the gym, hallways, etc.) throughout the month of May.
- ★ Make an announcement during the day on May 2nd (even if it's just in your homeroom) urging other students to log on and take the National Day Quiz.
- ★ During the weeks leading up to the National Day, ask for permission to make a short announcement about the event at the beginning of school performances such as, school plays, band concerts, and choral performances etc.
- ★ Write an article about the National Day for your school newspaper. A sample article is available on [www.teenpregnancy.org](http://www.teenpregnancy.org). Make sure you include instructions for logging on and taking the National Day Quiz.
- ★ If your school does not have computers available for teens to take the National Day Quiz, download and print out the hard copy version from [www.teenpregnancy.org](http://www.teenpregnancy.org). Make lots of copies and hand them out to everyone you know!
- ★ Ask your health class teacher (or any other teacher of an appropriate subject) if class time on May 2nd could be spent taking the National Day Quiz. If a computer lab is not available to use, print out copies of the National Day Quiz and have the class take it using a hard copy paper version. Use the Campaign's Teen Discussion Guide to further the conversation.
- ★ Work with your school's drama club to develop a series of one-act plays dealing with the consequences of sex and teen pregnancy and present them to the students at your school.

## Spread the Word in Your Community!

- ★ Talk to your friends who go to other schools about the things you are doing to promote the National Day, and encourage them to start similar efforts in their schools!
- ★ Ask your religious group leader to focus a portion of the service during the first week in May on the importance of teen pregnancy prevention, and ask him to urge the young members of the community to take the National Day Quiz.
- ★ Send a press release to your local newspaper! A standard press release that you can customize is available on [www.teenpregnancy.org](http://www.teenpregnancy.org). Make sure to add information about any cool National Day activities or events you know of that are happening in your community!

## Ask Local Businesses for Help!

- ★ Ask local business owners to hang up posters or flyers about the National Day in their store!
- ★ Talk to your local coffee shops and other businesses that offer free wireless internet connections. Ask them if they are willing to display flyers that encourage their customers to visit [www.teenpregnancy.org](http://www.teenpregnancy.org) to take the National Day Quiz.
- ★ Ask local businesses that are popular with teens to put flyers with teen pregnancy statistics and information about the National Day Quiz in their bags with each purchase. It's a good idea to offer to stuff the bags with flyers for the business owner so that they don't have to do it themselves.
- ★ Ask business owners to donate incentive prizes such as coupons, discounts, or merchandise to groups that are holding National Day events where teens will be taking the National Day Quiz!
- ★ On May 1st and 2nd call up local radio stations and request a song dedicated to teen pregnancy prevention in honor of The National Day to Prevent Teen Pregnancy. Ask the station if you could talk on air **very briefly** about the importance of the National Day Quiz.
- ★ Make an announcement promoting the National Day in a movie theater before the previews begin. Be sure to ask a movie theater employee first.
- ★ Put up flyers about teen pregnancy prevention and the National Day Quiz at popular areas in your community, like grocery store bulletin boards, recreation centers, doctor's office waiting room, etc. Make sure that you ask permission first!
- ★ Create small cards (business size) with teen pregnancy statistics and information about the National Day Quiz printed on them, and ask local florists to put them in the boxes with prom corsages and boutonnieres.

## How Can the Campaign Help?

The Campaign has many National Day promotional materials and resources that can help you out with your National Day efforts. Some of these materials are available for purchase or you can download any of them for free from [www.teenpregnancy.org](http://www.teenpregnancy.org). If you do not have money to buy materials on your own, you may want to talk to the adult supervisor of an organization you are involved with and ask if there is room in the organization's budget to purchase materials for your project. Look for these materials on [www.teenpregnancy.org](http://www.teenpregnancy.org) around the beginning of 2007.

### Items you can purchase on the website:

Wristbands, pens, and temporary tattoos

### Resources you can download for free from the website:

- ★ A National Day brochure
- ★ A generic ad for the National Day - Great to put in your school's newspaper!
- ★ A sample newsletter/newspaper article about the National Day - Also great for your school newspaper!
- ★ A sample press release - Send it to your newspaper to make sure they know about the National Day!
- ★ Fact sheets with plenty of teen pregnancy statistics and information