



Video AD Transcript: Sophia

Speaker 1 (00:02): Non-Directive Pregnancy Options Counseling, Best Practices. These videos were created by RHNTC, Reproductive Health National Training Center, and Envision Sexual and Reproductive Health. 16-year-old Sophia, she/her, no medical problems. Visit with a health educator in a school-based health center.

Health educator (00:29): Hi, Sophia. It's good to see you, it's been a while.

Sophia (00:32): Hi.

Health educator (00:33): How have things been going?

Sophia (00:36): I'm okay. My parents are going through a divorce, so it's been pretty crappy.

Health educator (00:41): I'm sorry to hear that. It sounds like a lot.

Sophia (00:45): Yeah, it is, but whatever.

Health educator (00:50): Well, tell me a little about why you came in today, and just a quick reminder that whatever we talk about stays between us, unless you tell me you're thinking about hurting yourself or someone else, or someone is hurting you.

Sophia (01:01): Yes, yes, I know. Well, I've been feeling really tired and kind of sick to my stomach, off and on. And so I decided to take a pregnancy test at home, and I believe it was positive.

Health educator (01:17): Okay, and how did you feel when you saw the test at home was positive?

Sophia (01:23): Well, I mean, I wasn't 100% sure what the lines on the test meant, but I wanted to take a test here and well, make sure.

Health educator (01:33): And what are you hoping the result here will be?

Sophia (01:37): I really, really hope I'm not pregnant.

Health educator (01:41): Gotcha. I will say those tests are usually pretty accurate, but let's run another one here, just to be sure, and then we can talk about options?

Sophia (01:52): Okay.

Description Narrator (01:53): The health educator exits the room and re-enters sometime later with the test results.

Health educator (02:00): Sophia, the test did come back positive, which means that you are pregnant.

Description Narrator (02:11): Sophia appears shocked and anxious.

Health educator (02:00): What's coming up for you right now?

Sophia (02:21): I just can't believe one more thing.

Health educator (02:23): Yeah.

Sophia (02:24): And, you know, I really didn't even think that I could get pregnant. I mean, I've never, never gotten pregnant before.

Health educator (02:33): I hear that so often. It's common for people who have had sex without using anything to prevent a pregnancy, to start to wonder if they even can get pregnant. And it's usually just that they haven't been having sex on one of the days where they could get pregnant.

Sophia (02:49): I guess that's me.

Health educator (02:52): Would it be okay with you if I ask you a few questions to get a sense of how many weeks pregnant you are?

Sophia (02:59): Okay.

Health educator (03:00): Do you remember the first day of your last period by any chance?

Sophia (03:08): It was a couple of months ago. My periods aren't really regular. In my head, I think I miss two periods. Yeah, two.

Health educator (03:19): And when do you think the last time you had sex was?

Sophia (03:27): Well... what kind of sex?

Health educator (03:31): Important question, thank you for clarifying. When was the last time you had penis and vagina sex?

Sophia (03:37): It was a little over two months ago with Derek after Olivia's quinceañera.

Description Narrator (03:45): Sophia checks her phone and shows the health educator.

Health educator (03:48): And are you and Derek still seeing each other?

Sophia (03:51): No, not anymore. I'm not hooking up with anyone right now.

Health educator (03:56): Okay, well, if you haven't had any other kind of penis and vagina sex since the quinceañera, then we know you are at least ten weeks pregnant, or two-and-a-half months.

Sophia (04:11): Okay.

Health educator (04:13): Are you familiar with the options someone has when they're pregnant?

Sophia (04:17): Yeah, they can get an abortion. That sounds so scary.

Health educator (04:21): Right, someone can have an abortion and end the pregnancy.

Sophia (04:26): Or they can have a baby.

Health educator (04:29): Yeah, they can continue the pregnancy and either decide to parent or make an adoption plan.

Sophia (04:34): Yeah. I'm not having a baby.

Health educator (04:39): Okay. So, on one hand, you're clear that it is not an option for you to have a baby now. On the other hand, having an abortion feels scary.

Sophia (04:51): And my mom is going to be really upset.

Health educator (04:54): What makes you think she's going to be upset?

Sophia (04:57): Well, you know, she had me when she was 15, and all my life she told me she didn't want that for me.

Health educator (05:04): And really, as much as she might be upset, it sounds like she cares about you a lot and—

Sophia (05:11): Yeah, and that's why I'm still going to talk to my mom, you know, to figure out what to do.

Description Narrator (05:17): The health educator turns and speaks to the viewer.

Health educator (05:19): It's important to know your state laws around age of consent and parental notification. Encouraging parental involvement is a Title X requirement in all states, and depending on where you work, a discussion regarding the legal requirements of seeking pregnancy-related care may also be essential with adolescent clients.

Description Narrator (05:36): The health educator returns to the conversation.

Health educator (05:39): I'm glad she's someone you can talk to. I also wanted to ask if you have a counselor or a therapist that you can talk to about everything that's been going on.

Sophia (05:49): No, not really, no.

Health educator (05:51): If you'd like, after a visit today, I can introduce you to Anna, one of our counselors here.

Sophia (05:56): Okay.

Health educator (05:57): And it is totally okay not to know what you're going to do about being pregnant. What questions do you have about any of the options we just talked about?

Sophia (06:12): Where would I go if I wanted to... you know, and not have this baby?

Health educator (06:22): This packet has information on the closest places to go for abortion services. This also has information on prenatal care and adoption services, just so you know.

Sophia (06:33): Okay, I'll show it to my mom. I'm like...

Description Narrator (06:40): Sophia makes an exaggerated stressed expression.

Health educator (06:45): I totally get that, it's a lot to think about. Before you leave, it's important that we check in with one of our clinicians to get a better sense of how many weeks pregnant you are. Can I introduce you to Julia?

Sophia (06:59): Sure.

Health educator (07:00): Okay.

Speaker 1 (07:04): Learn more at RHNTC.org and EnvisionSRH.com.