



**TEEN  
PARENTS**



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### ***Important note from the authors***

*This Comic Book is to be used with its Guidebook. If you require instructions, you can find contact information at the end of the book.*

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This content was prepared by Asociacija MINTIES BITĖS (Lithuania), Wyższa Szkoła Nauk o Zdrowiu i Biznesu (Poland), Future in Perspective Limited (Ireland), The Centre of Expertise on Social Welfare in South-East (Finland), WILLINGNESS (Malta) and comic creator – Tomas Januškevičius. Special thanks to comic book characters: Kornelija, Agata, Džiugas, Kamilė, Arnoldas.

Project: Developing an Innovative Tool in Youth Work for Teen Parents, No – 2019-3-LT02-KA205-006638

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## Introduction

In your hands you have a comic strip which is a part of the project “Developing an Innovative Tool in Youth Work for Teen Parents”. In this comic book you will find a story of a teen girl who becomes mother. As a teenage parent, she navigates through various challenges, like finishing school while looking after a baby, working on relationship with her daughter and other people in her life and also looking after herself. By reading this story you will see that she is overwhelmed by the responsibility of raising a child at a young age. Even though some moments are really difficult and she struggles a lot but at the end she feels happy about her life.

While reading this comic strip you will be able to get acquainted with teenage girl and various situations, she gets in. You may even be able to identify with her and some or all the situations she faces and feel more confident about yourself and your life choices. We hope that this story will teach you some important things and will be as an example of positive parenting.

This story is just one example of an experience that a teen parent can have. Every person's story is different, and your experience may be completely different. If you have pending questions or queries after reading this comic you can seek further support. In addition to the comic strip in the last chapter of this book, you will find the list of organizations where you can look for help.

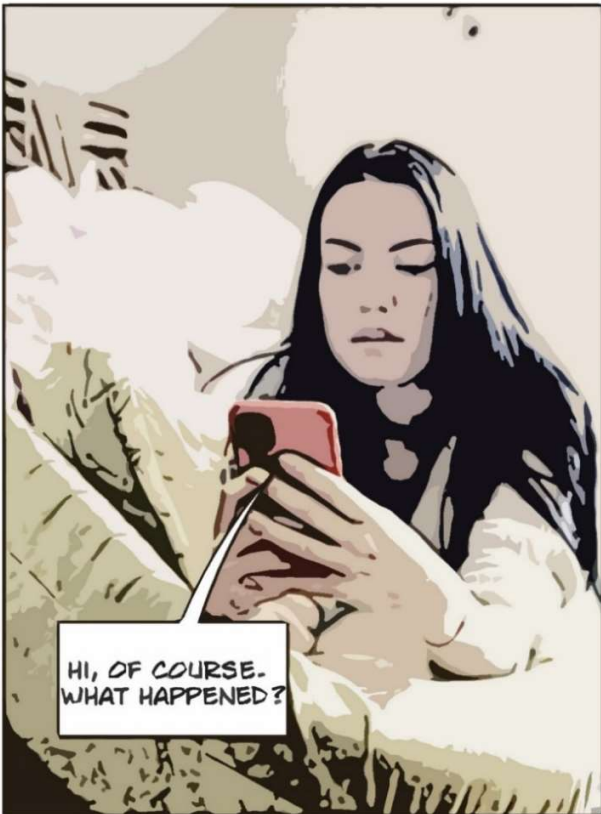




*How to  
tell my  
parents?*









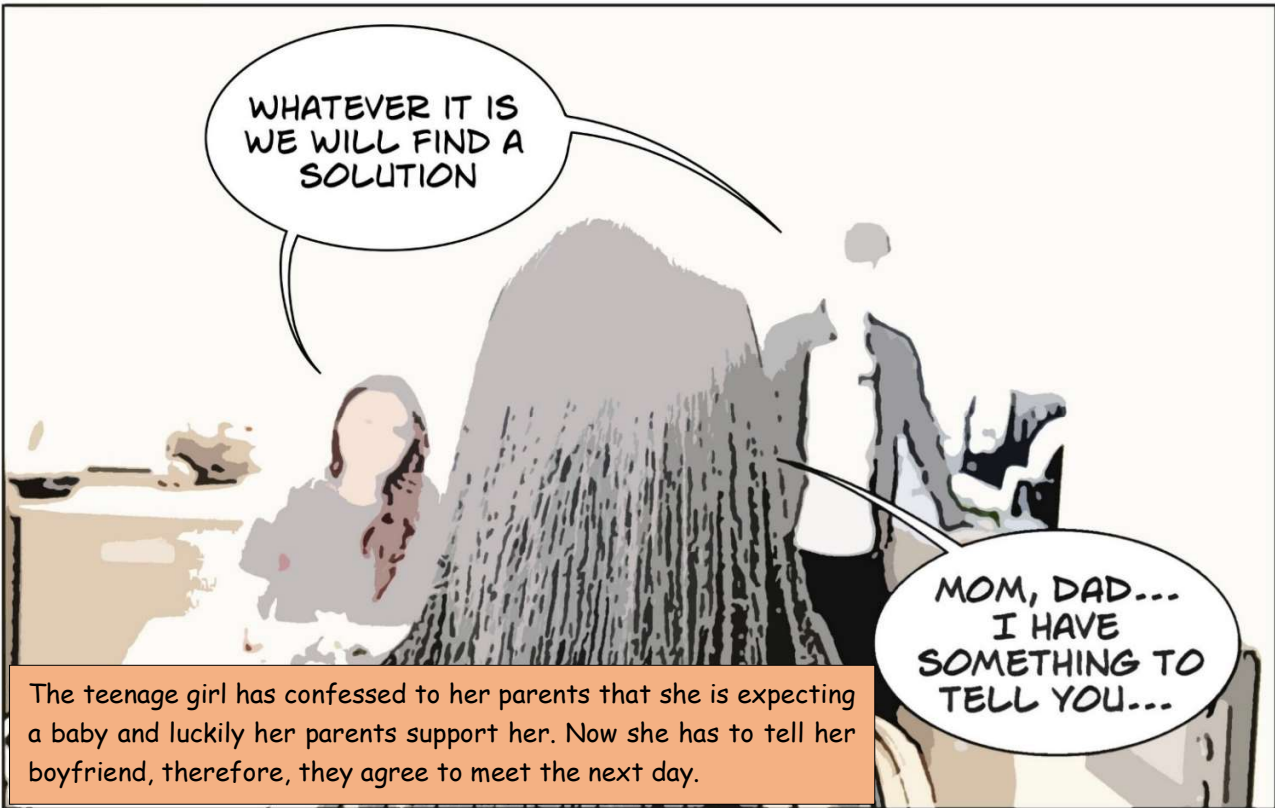














*What to  
do?*







SHOULD WE  
KEEP THE BABY?



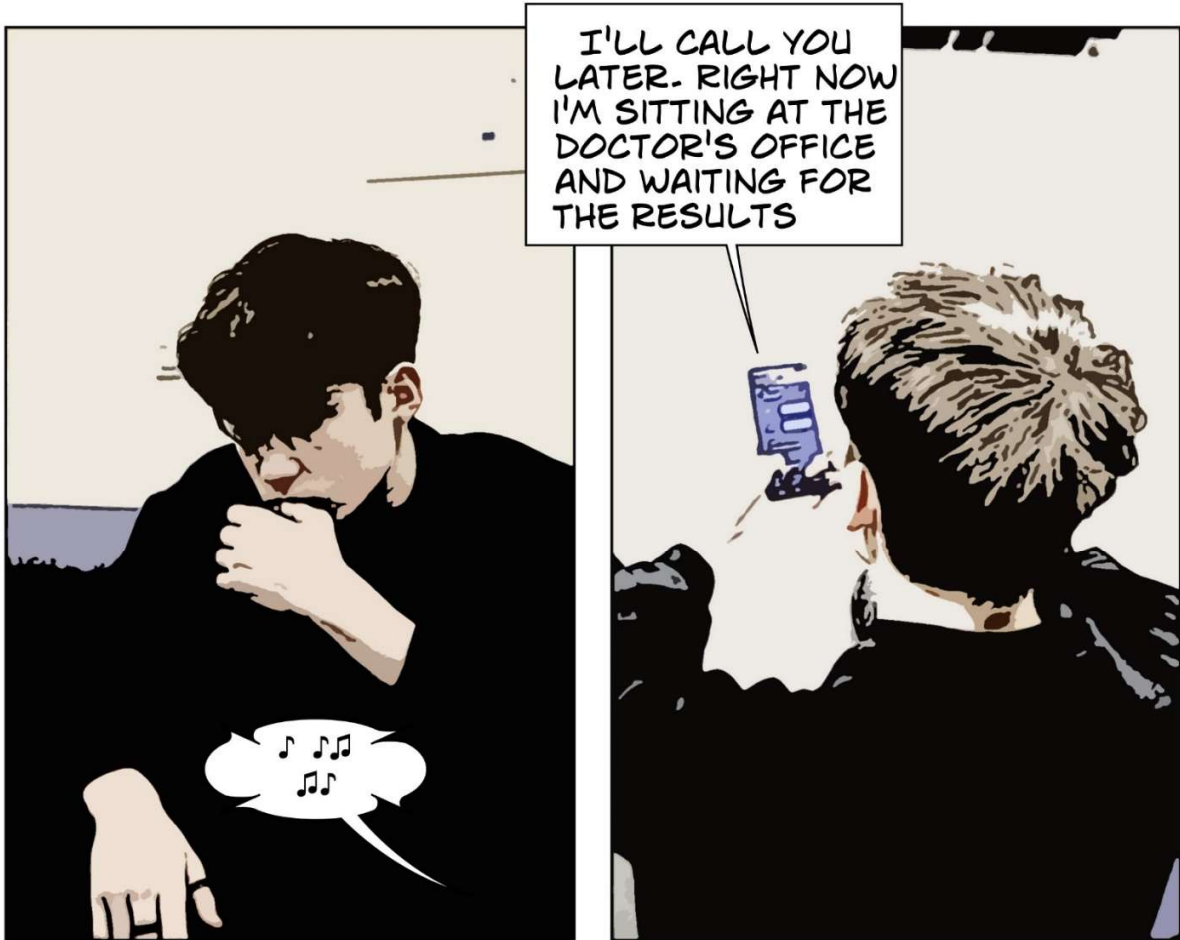
%\$!@  
WHAT CAN I  
DO?

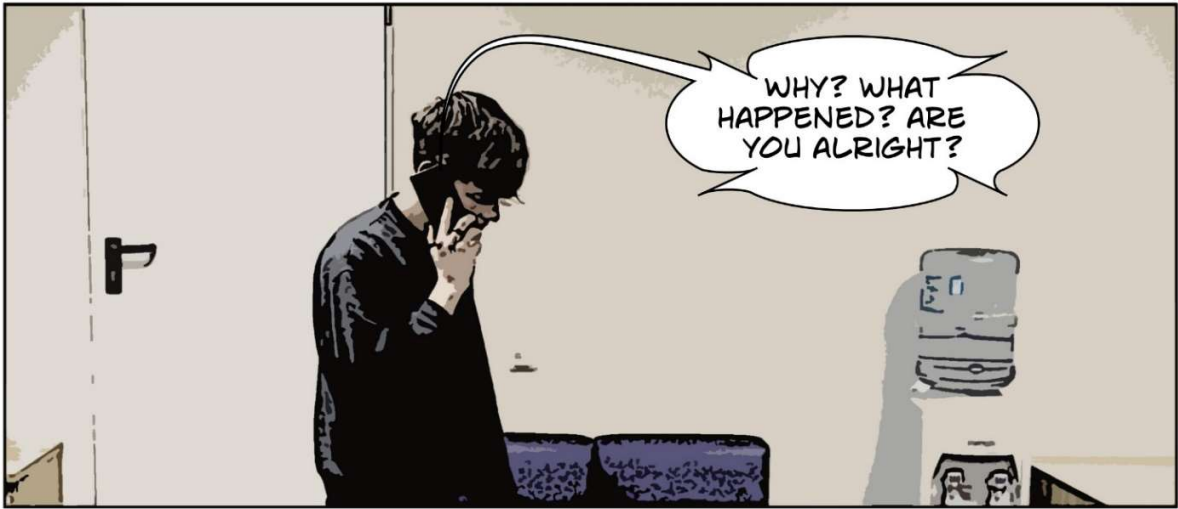
LATER AT DOCTORS  
OFFICE



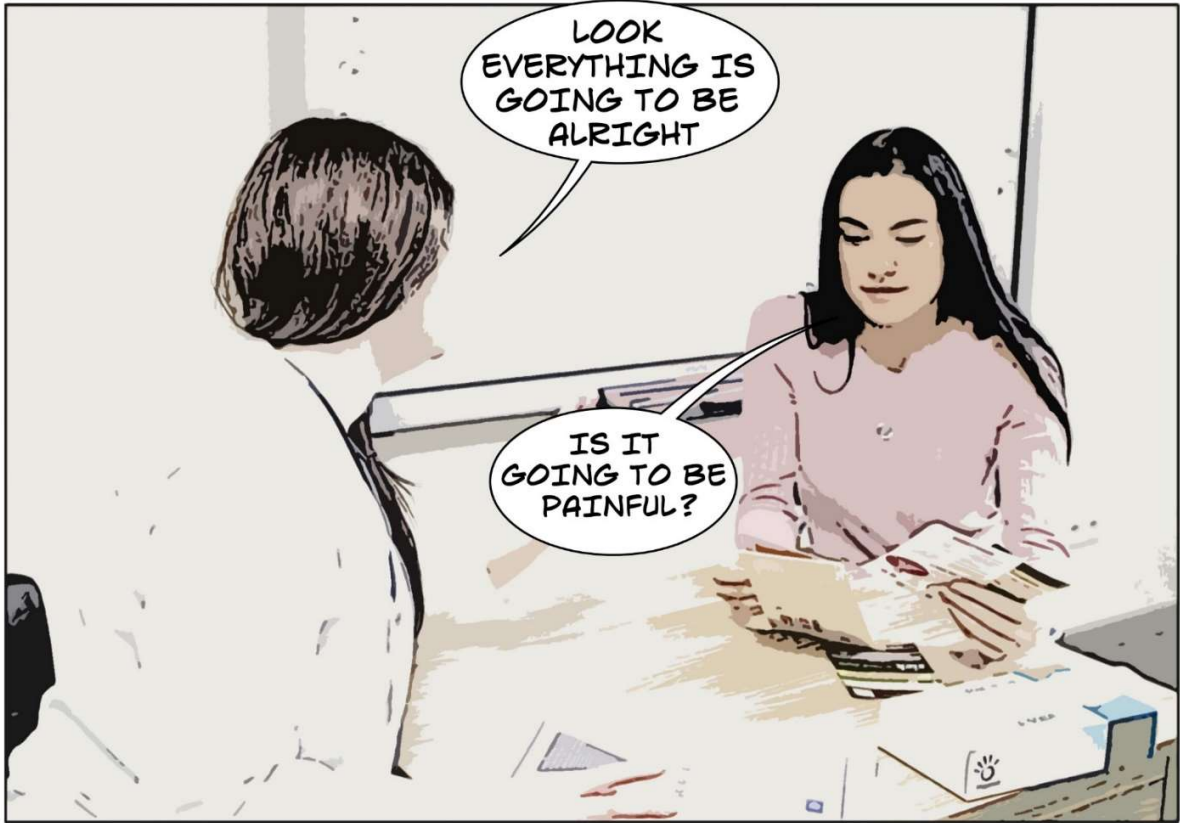
WILL I DIE?

%£!\$@









LOOK EVERYTHING IS GOING TO BE ALRIGHT

IS IT GOING TO BE PAINFUL?



CAN I GIVE MY BABY UP FOR ADOPTION?



HOW MUCH TIME DO I HAVE TO DECIDE?

Both teens are confused and don't know what to do about the pregnancy. Nevertheless, she decides to keep the baby, but the next day when she sits in the classroom she worries about her future.



*I'm a  
schoolgirl!*







BABY CLOTHES ARE SO SMALL



BEST FRIEND IS CALLING



OMG SHE'LL SEE ME IN BABY CLOTHES SHOP



HI WHAT'S UP?  
WHERE ARE YOU?



NOTHING..  
JUST DOING  
SOME LAUNDRY



COME WITH US  
TO THE SCHOOL  
DANCE.

IT'S GONNA BE  
FUN!

WE HAVE  
SOME BEER.



MY  
FRIENDS WILL  
NEVER  
UNDERSTAND

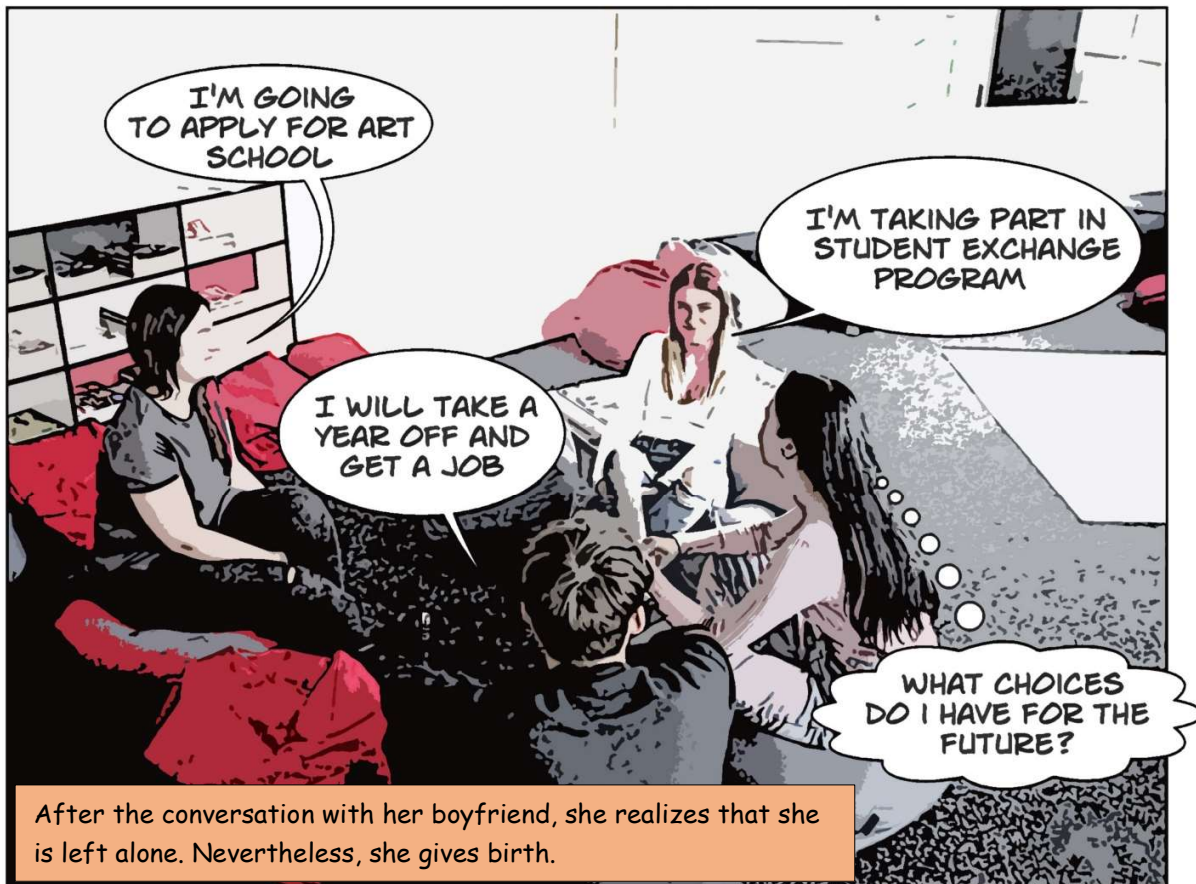
AM I GOING TO  
LOSE THEM?

I DON'T  
KNOW...









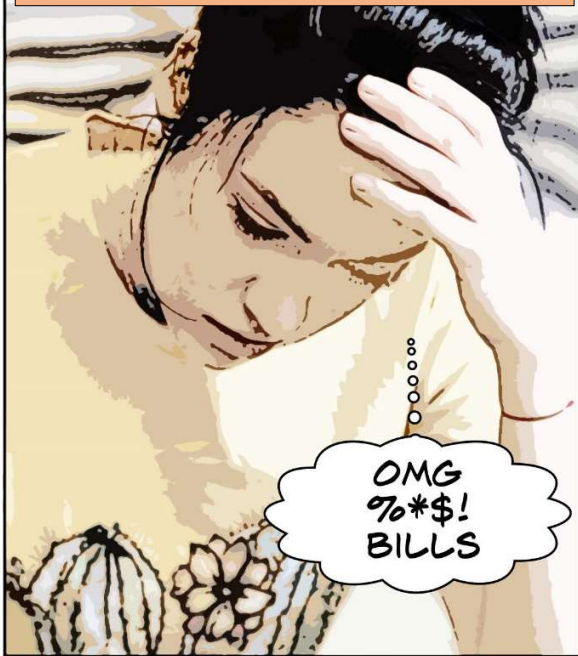
After the conversation with her boyfriend, she realizes that she is left alone. Nevertheless, she gives birth.



*Early  
motherhood.  
Mothers'  
needs*



5 years have passed by. The teenage girl has already finished school and now tries to cope with the role of a mother of a growing child.









WHO COULD HELP ME



HI MOM..

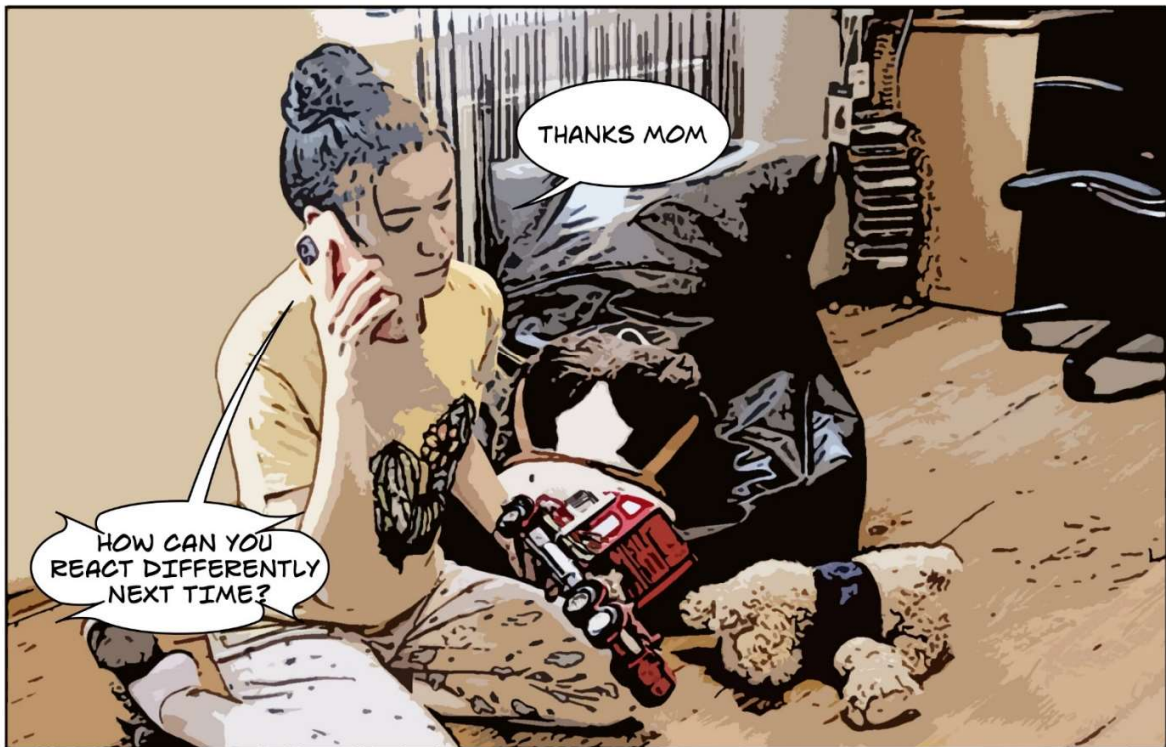
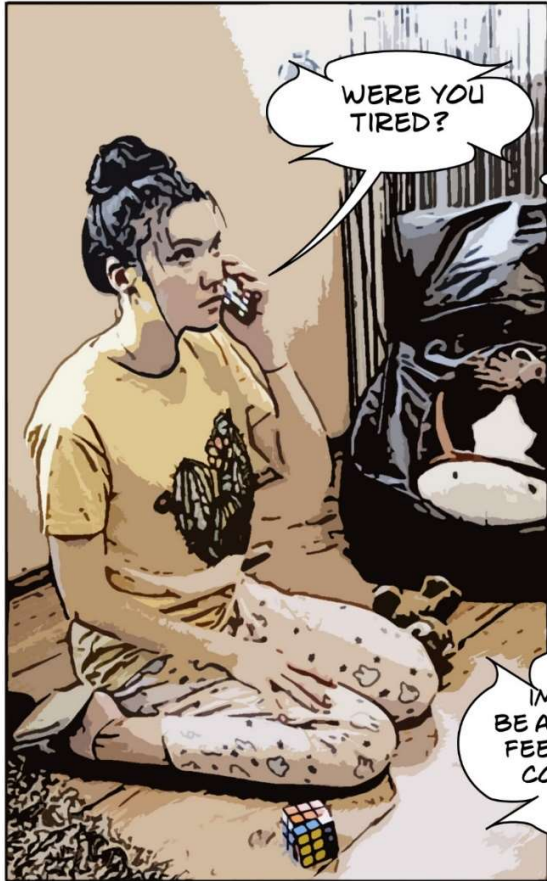


WHAT HAPPENED?

I WAS.. SHOUTING.. I REACTED BADLY AND DON'T KNOW WHY..



WERE YOU ALREADY UPSET FOR ANOTHER REASON?









IT BROKE INTO MORE PIECES

AND THEN HOW DID YOU FEEL?



I WAS ANGRIER

DID IT HELPED YOU THROWING CRAYON ON THE FLOOR?

NO



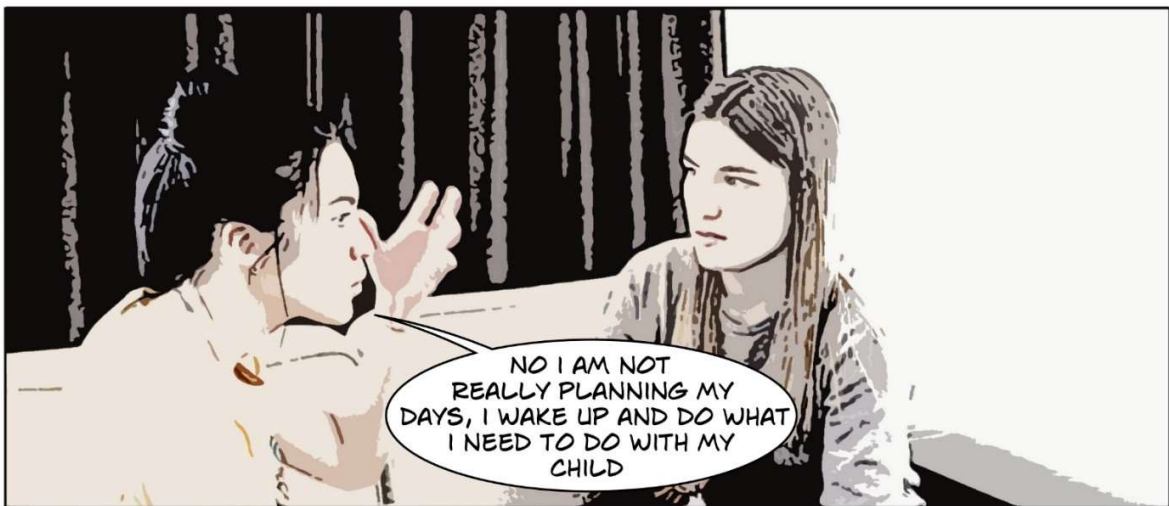
THANK YOU FOR SHARING WITH ME THAT YOU ARE ANGRY. SOMETIMES WE FEEL HAPPY, SOMETIMES SAD. IT'S GOOD THAT WE UNDERSTAND HOW WE FEEL.

SO WHAT CAN YOU DO DIFFERENTLY NEXT TIME?















I WOULD LIKE TO ENCOURAGE MY CHILD TO GROW UP WITH CONFIDENCE.

HOW DO I DO THAT?

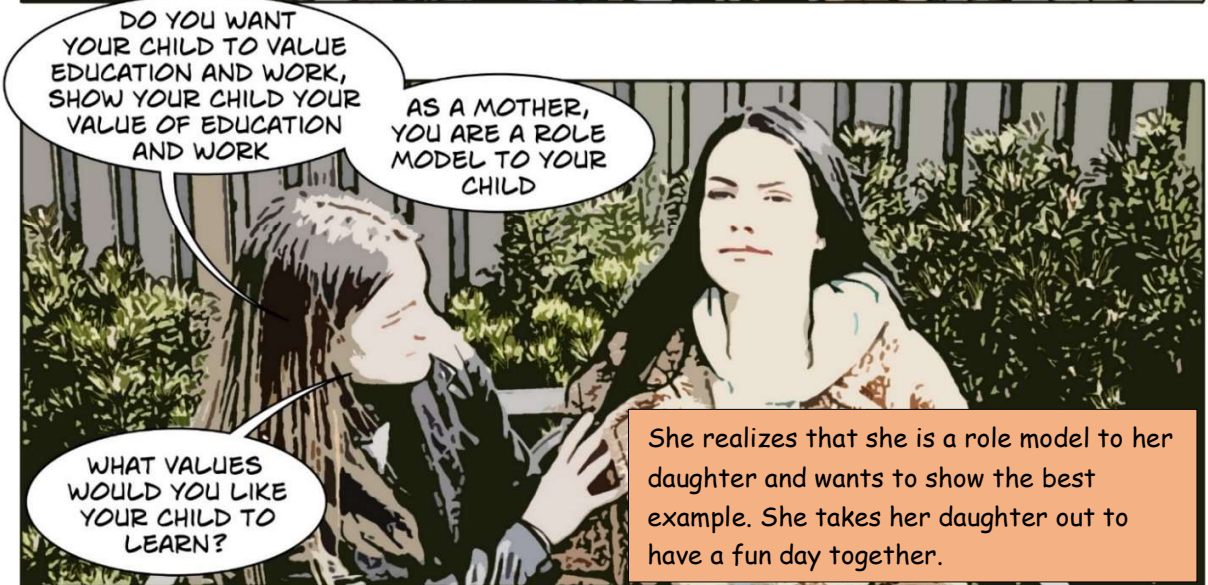


YOU HAVE TO THINK ABOUT THE WAY THAT YOU TALK ABOUT YOURSELF IN FRONT OF THE CHILD

ABOUT THE ACTIONS THAT YOU DO

HOW I ACT TEACHES MY CHILD HOW TO ACT.

THIS IS NOT SOMETHING I THOUGHT ABOUT BEFORE



DO YOU WANT YOUR CHILD TO VALUE EDUCATION AND WORK, SHOW YOUR CHILD YOUR VALUE OF EDUCATION AND WORK

AS A MOTHER, YOU ARE A ROLE MODEL TO YOUR CHILD

WHAT VALUES WOULD YOU LIKE YOUR CHILD TO LEARN?

She realizes that she is a role model to her daughter and wants to show the best example. She takes her daughter out to have a fun day together.





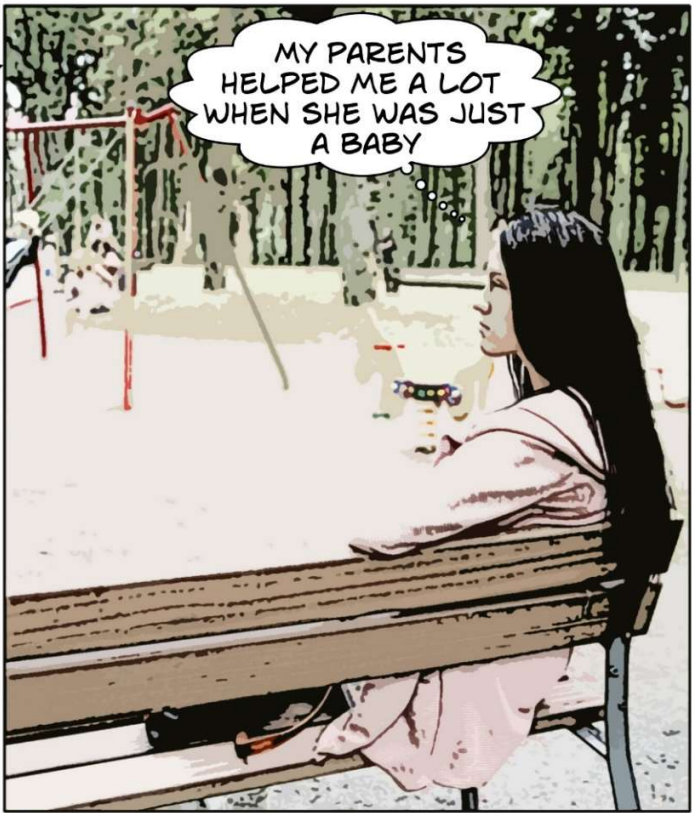
*Positive  
parenting*







ONCE GRANDPA SWUNG ME REALLY HIGH. IT WAS FUN!!



MY PARENTS HELPED ME A LOT WHEN SHE WAS JUST A BABY



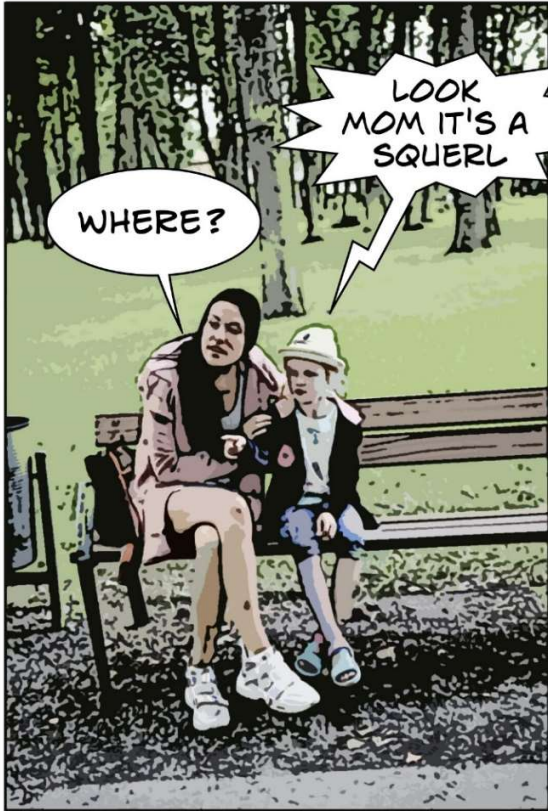
I'M SO LUCKY THAT I CAN TRUST THEM IN TIMES OF NEED



I FELT SAFE WHEN I KNEW THAT SOMEONE WILL ALWAYS COME WHEN I NEED HELP

BE CAREFUL SWEETY



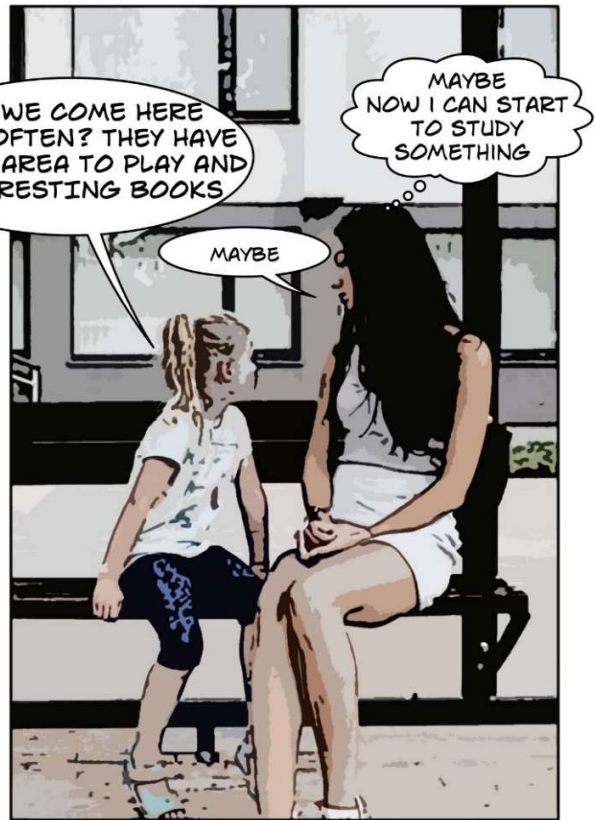
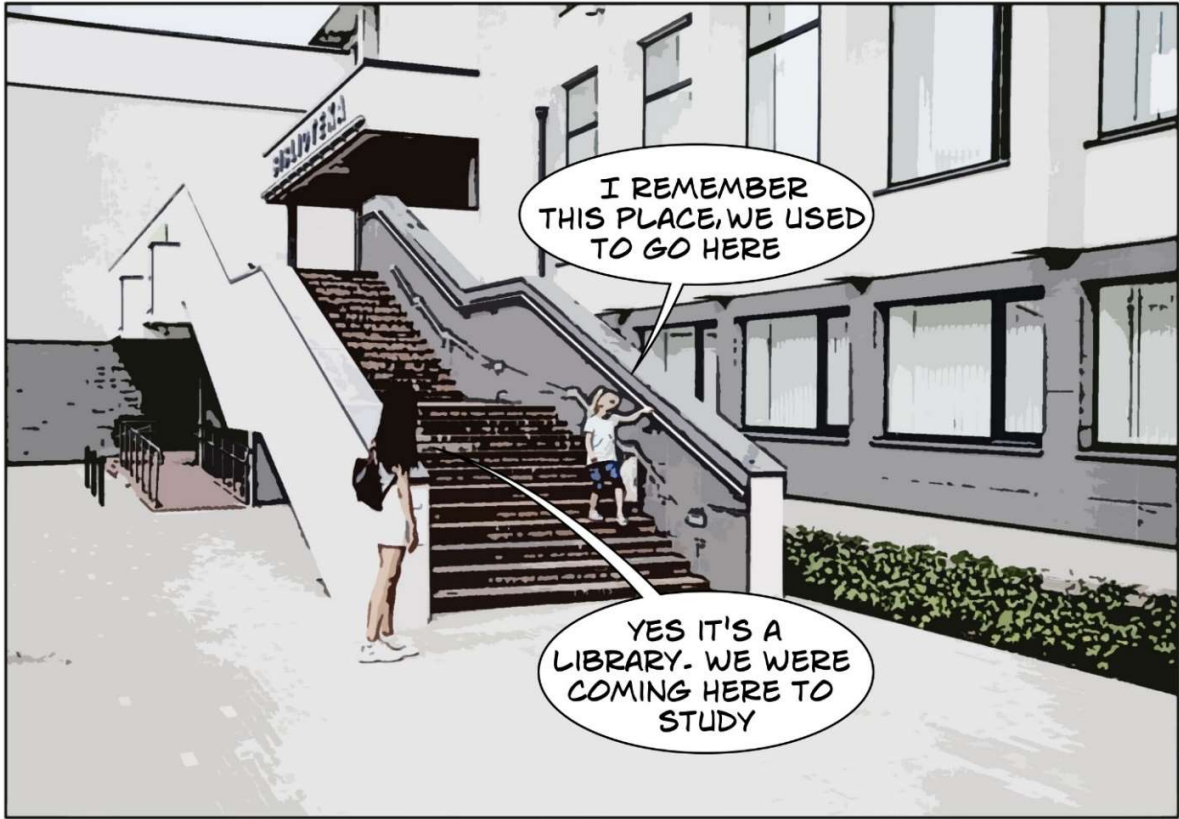






















## Additional information

### Asociacija MINTIES BITĖS

Since 2012, MINTIES BITĖS has been bringing together organizations and individuals to carry out activities of public benefit in the public interest; ensure the psychosocial integration of socially vulnerable and disadvantaged persons / groups, seek their equal rights and opportunities, and implement preventive and interventional measures for social problems.

The Association promotes, organizes, designs, develops, evaluates and implements the innovative and effective programmes and tools such as social integration, increase of professional rehabilitation and employment, violence prevention and help, strengthening and development of communities and non-governmental organizations, equal opportunities for men and women, educational, informational and training of prevention, educational activities, integrated services, etc., for various social groups and persons.

### Contact Information

Phone: +370 600 76148

E-mail: [asociacija@mbites.lt](mailto:asociacija@mbites.lt)

Website: [www.mbites.lt](http://www.mbites.lt)

Facebook: [@AsociacijaMintiesBites](https://www.facebook.com/AsociacijaMintiesBites)

Instagram: [@mintiesbites](https://www.instagram.com/mintiesbites)

LinkedIn: [@AsociacijaMINTIESBITĖS](https://www.linkedin.com/company/AsociacijaMINTIESBITĖS)

Lithuania

List of organizations which you can contact for help:

Name of organization	Website	Phone	E-mail
Krizinio nęštumo centras	<a href="https://neplanuotasnestumas.lt">https://neplanuotasnestumas.lt</a>	+370 60357912	<a href="mailto:pagalba@neplanuotasnestumas.lt">pagalba@neplanuotasnestumas.lt</a>
Jaunimo linija	<a href="https://www.jaunimolinija.lt">https://www.jaunimolinija.lt</a>	880028888	<a href="mailto:info@jaunimolinija.lt">info@jaunimolinija.lt</a>
Pagalbos moterims linija	<a href="https://pagalbosmoterimslinija.lt">https://pagalbosmoterimslinija.lt</a>	880066366	<a href="mailto:pagalba@moteriai.lt">pagalba@moteriai.lt</a>



## Wyższa Szkoła Nauk o Zdrowiu i Biznesu

The Academy of Business and Health Sciences is one of the three biggest schools of non-public higher education in Lodz. Currently in our Academy they are studying over 1000 students. The Academy carries out its unique, modern syllabuses which are, one hand, tailored to the current needs of the labour market, and on the other hand, they are in accordance with the syllabus requirements established by the Ministry of Science and Higher Education. The Academy educates in a practical profile, which means that over 60% of classes are conducted in the form of workshops and projects. Trying to meet the expectations and using the technological possibilities our Academy also offers online studies, aiming at those who want to combine education with professional and family duties. The students of the Academy have an opportunity to do internships and work placements in the countries of the European Union within the Erasmus + programme.

The Center for European Educational Initiatives is an all-university organizational unit established in May 2011, whose aim is to support and stimulate the processes of sustainable development of a modern and open society. CEIE deals with the initiation of partnerships and agreements aimed at social integration, promotion of participation in social and public life of children, youth and adults, especially 50+, and development of volunteering, through the organization of training, workshops, seminars, conferences, debates and other forms of education.

### Contact Information:

Phone: +48 42 683 44 22

E-mail: [m.sujka@wsbinoz.pl](mailto:m.sujka@wsbinoz.pl)

Website: [www.wsbinoz.edu.pl](http://www.wsbinoz.edu.pl)

WSBINOZ Facebook: <https://www.facebook.com/wsbinoz>

CEIE Facebook:

<https://www.facebook.com/search/top?q=centrum%20europejskich%20inicjatyw%20edukacyjnych>

Poland

Name of organization	Website	Phone	E-mail
Ośrodki pomocy społecznej	<a href="https://www.gov.pl/web/rodzina/institucje-pomocy-spoecznej">https://www.gov.pl/web/rodzina/institucje-pomocy-spoecznej</a>	Search by location	Search by location
Fundacja Sama Mama	<a href="https://www.facebook.com/FundacjaSamaMama/">https://www.facebook.com/FundacjaSamaMama/</a>	Search by FB	<a href="mailto:fundacja@sama-mama.pl">fundacja@sama-mama.pl</a>





Fundacja Samotna Mama	<a href="http://www.fundacjasamotnama.org/">http://www.fundacjasamotnama.org/</a>	+48 511 460 803	kontakt@fundacjasamotnama.org; m.korplaska@fundacjasamotnama.org; k.balcer@fundacjasamotnama.org
Fundacja Mama	<a href="https://www.facebook.com/FundacjaMama/">https://www.facebook.com/FundacjaMama/</a>	+48 790 696 493  +48 694 733 798	mamawmiesciekielce@gmail.com
Fundacja Po Drugie	<a href="http://podrugie.pl/">http://podrugie.pl/</a>	+48 607 209 124	fundacja@podrugie.pl

### Future in Perspective Limited

Future In Perspective is a private company based in the border region of Ireland specialising in the areas of education and e-learning, media production, strategic planning and business development and evaluation. Through our work on national and EU funded projects, we have engaged and supported local youth groups, migrant communities, older persons, and individuals who have been absent from education to re-engage with service providers and mainstream education and training offerings. We have expertise in supporting businesses in niche markets such as the creative, cultural and green sectors to develop sustainable business models. In addition, we have collaborated with young people and adults to deliver a range of diverse programmes in the areas of media production and career management – supporting the next generation of creative individuals to build and sustain successful careers in the sector. Future In Perspective is a modern business that is structured to reflect the current business reality. It operates in an ecosystem comprising dynamic partnerships and alliances. We have a core staff of 12 highly skilled experts in complementary disciplines that include project management, media production and design, instructional design and e-learning, youth development and research and general administration. Our core team is supplemented by a panel of part-time experts from Ireland and Europe.

### Contact Information

Website: [www.futureinperspective.com](http://www.futureinperspective.com)

Facebook: [@futureinperspective](https://www.facebook.com/futureinperspective)

Instagram: [@future\\_in\\_perspective](https://www.instagram.com/future_in_perspective)

Ireland



List of organizations which you can contact for help:

Name of organization	Website	Phone	E-mail
JIGSAW	<a href="https://jigsaw.ie/what-we-do/">https://jigsaw.ie/what-we-do/</a>	Contact by location	Contact by location
CHILDLINE	<a href="https://www.childline.ie/about-us/">https://www.childline.ie/about-us/</a>	1800 66 66 66/ Free text 50101	-
BELONG TO	<a href="https://www.belongto.org/about-us/">https://www.belongto.org/about-us/</a>	01 670 6223	info@belongto.org
BESSBOROUGH	<a href="https://www.bessborough.ie/">https://www.bessborough.ie/</a>	021-435 7730	info@bessborough.ie
SPUNOUT	<a href="https://spunout.ie/about">https://spunout.ie/about</a>	-	-

### SOCOM - The Centre of Expertise on Social Welfare in South-East

The Center of Expertise on Social Welfare in South-East Finland, called also as Socom, is one of the eleven centers of expertise on social welfare in Finland. The Centers of Expertise provide their services in provinces. Socom provides their competence/their know-how in South Karelia and Kymenlaakso.

The central objective of Socom is to establish a working method/model and stable co-operation structure between practical work in the social field, research and education, and municipalities and other service providers. The Centers of Expertise on Social Welfare are open networks based on territorial cooperation needs. The management of the organization is as light as possible. This enables flexible and innovative activities.

#### Contact Information

Website: <https://socom.fi/socom-in-english/>

Phone: +358 044 7485307

Facebook: @SocomOy

Twitter: @OySocom

Finland





List of organizations which you can contact for help:

Name of organization	Website	Phone	E-mail
Ensi- ja Turvakotien Liitto	<a href="https://ensijaturvakotienliitto.fi/vauvaperhe/raskausaika/">https://ensijaturvakotienliitto.fi/vauvaperhe/raskausaika/</a>	-	Live chat
Finlex	<a href="https://www.kela.fi/lapsiperheet-pikaopas">https://www.kela.fi/lapsiperheet-pikaopas</a>	-	-
Mannerheimin Lastensuojeluliitto	<a href="https://www.mll.fi/vanhemmille/tietoa-lapsiperheen-elamasta/raskausaika/">https://www.mll.fi/vanhemmille/tietoa-lapsiperheen-elamasta/raskausaika/</a>	Parents: 0800 92277 Children and young people: 116 111	Live chat
Nuorten Helsinki	<a href="https://nuorten.helsinki/terveys-ja-hyvinvointi/keho-ja-hyvaolo/ehkaisy-ja-seksuaalisuus/raskaus/">https://nuorten.helsinki/terveys-ja-hyvinvointi/keho-ja-hyvaolo/ehkaisy-ja-seksuaalisuus/raskaus/</a>	-	Live chat
NuPa Nuorten Paikka Kouvola	<a href="https://www.nuortenkouvola.fi/vapaa-aika/nuorisotilat/nupa-nuortenpaikka/">https://www.nuortenkouvola.fi/vapaa-aika/nuorisotilat/nupa-nuortenpaikka/</a>	-	youth@kouvola.fi

## WILLINGNESS

Willingness was founded in 2011 with the concept of providing holistic services with regards to Family, Sex and Health. Willingness Team is a multidisciplinary team composed of different professionals with backgrounds in the therapeutic, medical, educational or social fields among others, mainly with a background in psychology. Our mission is bringing professionals and students together to fight the stigma of mental health by encouraging ‘the willingness to adapt’. Our vision is a resilient self-aware society, capable to address mental health effectively and adapt to life’s adversities more easily. To do this we follow the values of professionalism, approachability, evidence-based practice, and team.

Currently, Willingness offers the following services: individual therapy, couples therapy, family therapy, sex and relationship therapy, integrative counselling, psychological assessments, cognitive behavioural therapy, child psychology, educational psychology, health psychology, counselling for families going through illness, gestalt psychotherapy, career guidance, life coaching and parent coaching and consultations, among others. The Willingness Team also includes Physiotherapy, Nutrition & health coaching, Gynaecological services as well as Genitourinary Services, and other services related to health. Therapeutic services are also available online through our online clinic.

In addition to clinical services, Willingness offers Childminders by Willingness, psycho-sexual education sessions, and other psycho-educational, practical, and training activities such as



webinars. Meanwhile, we present information at Conferences, Congresses and Educational and Training Events, both locally and internationally.

### Contact Information

Website: [www.willingness.com.mt](http://www.willingness.com.mt)

Phone: +356 79291817

Facebook: @WillingnessTeam

Instagram: @WillingnessTeam

LinkedIn: Willingness

Malta

List of organizations which you can contact for help:

Name of organization	Website	Phone	E-mail
Dar Ġużeppa Debono	<a href="http://darguzeppadebono.org/en/">http://darguzeppadebono.org/en/</a>	+356 21552595	<a href="mailto:info@darguzeppadebono.org">info@darguzeppadebono.org</a>
Servizz Għożża	<a href="https://education.gov.mt/en/education/student-services/Pages/Psycho-Social_Services/G%C4%A7o%C5%BC%C5%BCa-Service.aspx">https://education.gov.mt/en/education/student-services/Pages/Psycho-Social_Services/G%C4%A7o%C5%BC%C5%BCa-Service.aspx</a>	+356 2598 0000	<a href="mailto:edu.servizz@gov.mt">edu.servizz@gov.mt</a>
Aġenzija Żgħażaġh	<a href="https://youth.gov.mt/">https://youth.gov.mt/</a>	+356 22586700	<a href="mailto:agenzija.zghazagh@gov.mt">agenzija.zghazagh@gov.mt</a>
St Jeanne Antide Foundation	<a href="https://www.antidemalta.org/">https://www.antidemalta.org/</a>	+356 2180 9011 / 2180 8981 / 2767 2367	<a href="mailto:info@antidemalta.org">info@antidemalta.org</a> SOAR Service: <a href="mailto:soar@antidemalta.org">soar@antidemalta.org</a> Emotional Freedom Service: <a href="mailto:efs@antidemalta.org">efs@antidemalta.org</a>
YMCA Malta	<a href="http://www.ymcamalta.org/">http://www.ymcamalta.org/</a>	+356 27674278	<a href="mailto:info@ymcamalta.org">info@ymcamalta.org</a>