

FOCUS[®]
ON THE FAMILY

VALUING LIFE *from the Start*

AGE-SPECIFIC LESSONS FOR THE WHOLE FAMILY

#LoveEveryHeartbeat™



FOCUS^{ON}
THE FAMILY[®]

VALUING LIFE

from the Start

It's never too early or late to educate your family about the sanctity of human life — to help them understand that each person, born and preborn, is valuable. Through age-appropriate activities and discussions, teach your children — from toddler to teen — to **#LoveEveryHeartbeat**.

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BEFORE YOU BEGIN

Help for Parents

A PRAYER AS YOU BEGIN:

LORD, You are the Author of Life. You have created me and each member of my family in Your image and have showered us with Your grace and blessings. As we begin to discuss and learn about Your good gift of life, help me and my children see other people and Your creation as You do. In Jesus' name. Amen.

What does the Bible say?

Key verses to help guide your family.

Genesis 1:27 "So God created man in His own image, in the image of God he created him; male and female he created them."

Job 33:4 "The Spirit of God has made me, and the breath of the Almighty gives me life."

Psalms 139:13-16 "For you formed my inward parts; you knitted me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well. My frame was not hidden from you, when I was being made in secret, intricately woven in the depths of the earth. Your eyes saw my unformed substance; in your book were written, every one of them, the days that were formed for me, when as yet there was none of them."

Isaiah 64:8 "But now, O Lord, you are our Father; we are the clay, and you are our potter; we are all the work of your hand."

Matthew 1:20 "But as he considered these things, behold, an angel of the Lord appeared to him in a dream, saying, 'Joseph, son of David, do not fear to take Mary as your wife, for that which is conceived in her is from the Holy Spirit.'"

Psalms 127:3-5a "Behold, children are a heritage from the Lord, the fruit of the womb a reward. Like arrows in the hand of a warrior are the children of one's youth. Blessed is the man who fills his quiver with them!"

Galatians 1:15 "But God set me apart from the time I was born. He showed me his grace by appointing me."

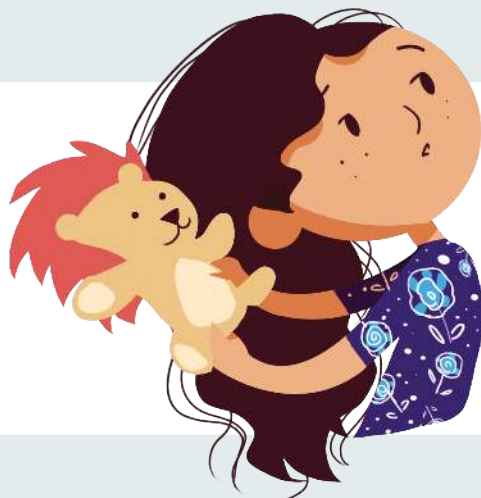
What Would You Say?

How you think about life — including unexpected pregnancies and children born with special needs—is the foundation of being pro-life. Sometimes, an adult's words send a different message to kids than intended.

Consider the following examples.

WHAT WE SAY...

- *"Did you hear that Megan is pregnant again? Doesn't she know where babies come from?"*
- *"Wow, the Shermans' teen daughter is pregnant! I suppose college is out of the picture now."*
- *"I don't care if it's a boy or a girl, as long as it's healthy."*



WHAT OUR KIDS MAY HEAR ...

- *Babies are accidents to be avoided.*
- *Having a baby can ruin your life.*
- *People with special needs have less value.*

INSTEAD, LET'S BE INTENTIONAL ABOUT COMMUNICATING THAT EVERY CHILD IS A BLESSING FROM GOD, NOT A BURDEN:

- *"Did you hear that Megan is pregnant again? That'll be one more baby to love!"*
- *"The Shermans' teen daughter is going to have a baby. I wonder how our family could help."*
- *"I don't care if it's a boy or a girl. We're just excited to see who God is sending to our family!"*

DIG DEEPER!

How do you think Jesus would respond to an unexpected pregnancy? [Read this article](#) that looks at the beautiful heart of Christ.

Additional Bible verses can be found [here](#).

EARLY YEARS (0-3)

Make Preborn Babies "Real" for Toddlers

Young children are naturally curious about newborn babies. We can encourage the same fascination toward preborn babies as well. Help your child understand that the baby inside a mom's body is a real person and that God loves babies yet to be born just as much as He loves us.

DO THEY MAKE PANTS THAT SMALL?

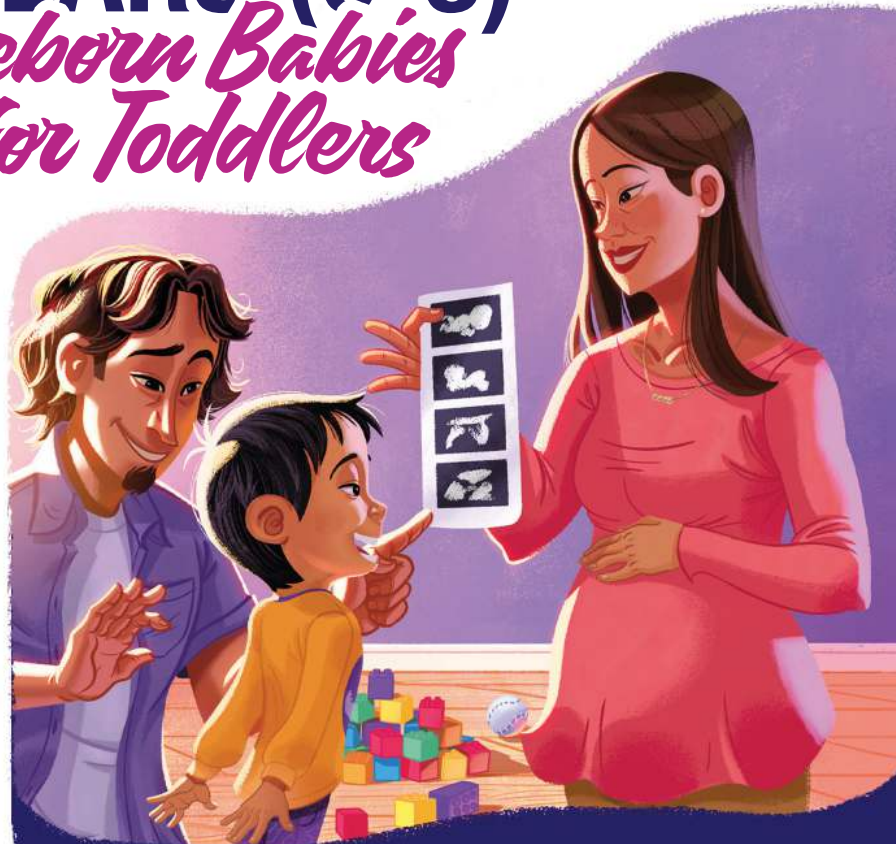
Next time you are at a clothing store, show your toddler different sizes of baby clothes. Explain that babies start out so tiny that we can't see them, then gradually grow big enough to fit into those clothes.

HEAD, SHOULDERS, KNEES AND TOES

If you have a pregnant friend or family member, ask her to share a photo of an ultrasound. If you have one of your child, share it with them and rejoice over the different parts they see.

Baby's First Room

Tell your toddler that moms and dads often prepare a special room for their new baby. Then, print out the coloring sheet on the next page, and have your child color the room as if they were getting it ready for baby's arrival. Point out items in the drawing that the newborn baby will need, such as a blanket to keep the baby warm, a bottle for milk, little clothes to wear, and so on. Explain that a baby's first "room" is inside Mommy's body and God designed for all of the baby's needs to be met inside.



By Allison Lycke • Art by Roman Diaz

Hello, Baby Brother

Mom burst through the door. "I'm home!"

Andy and Dad came running.

"I have something special to show you," Mom said.

"This is a picture of your new baby brother."

"That's my baby brother?" Andy asked, looking at the black-and-white image. "He's so small!"

"Right now, he's just a tiny baby in my tummy," Mom said. "With God's help, he will keep growing."

"Can I play peek-a-boo with him?" Andy asked.

"Right now, the baby can't see you, but he can hear your voice," Dad said.

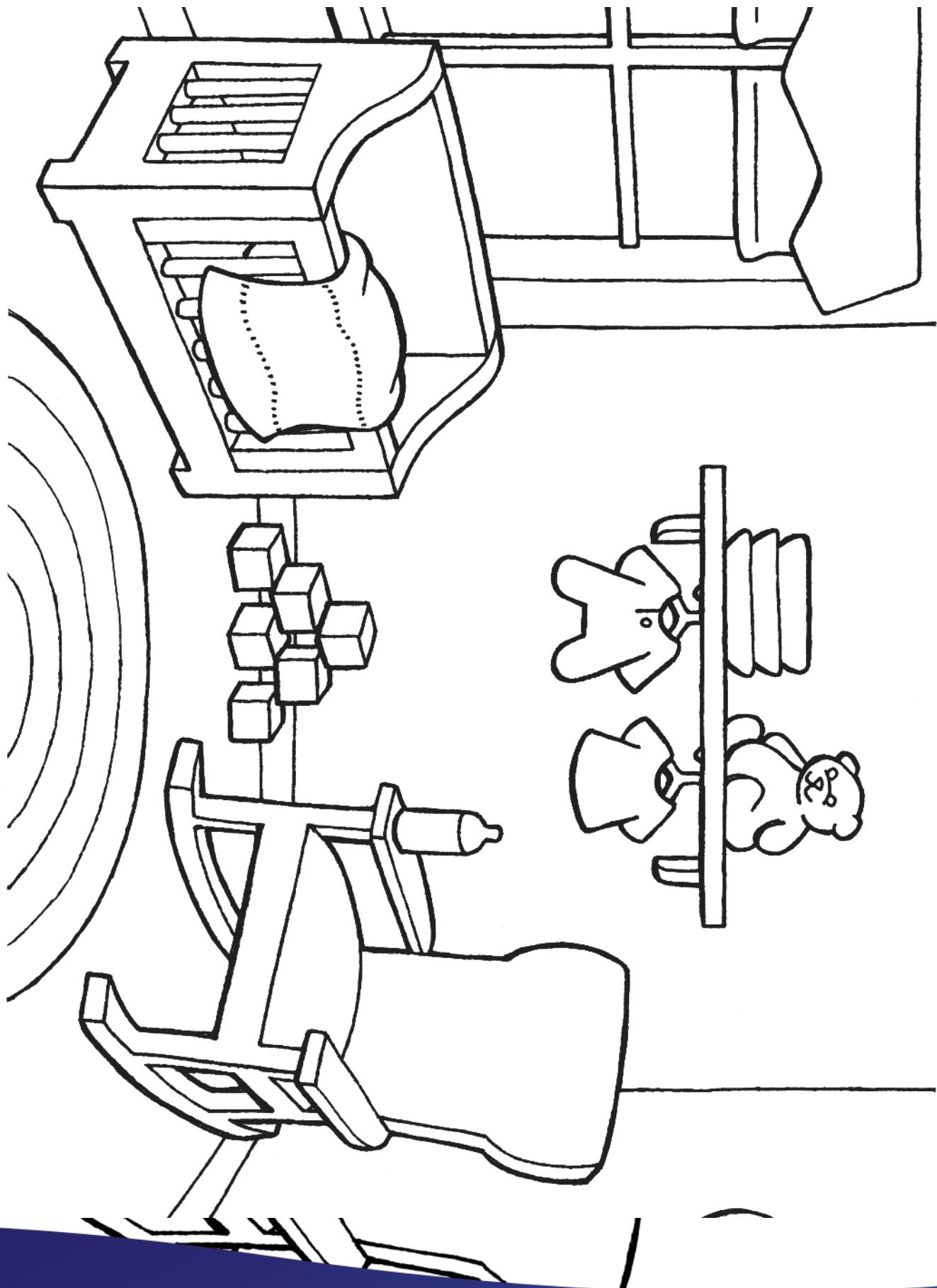
"Will the baby play with my toys?" Andy asked. He looked at his favorite blocks.

"Learning to share is a good thing," Mom said.

Andy thought a minute. "Can I teach him how to build a tower with blocks?" he said.

"When the baby is big enough to play with blocks, you will be a great teacher," Dad said.

"Hello, Baby Brother!" Andy shouted. "I can't wait until we can bring you home."



DIG DEEPER!

Talking about the care a baby needs outside the womb can help little ones understand more about the baby in the womb. These are several articles about newborns at: FocusOnTheFamily.com/Parenting

DISCOVERY TIMES (4-9)

From the Start, Everybody (and every body) is Amazing

Kids love learning about what their bodies can do. Teach your child about fetal development to illustrate that even before birth, we are “fearfully and wonderfully made” with remarkable abilities. Help children develop a deeper understanding of why life is sacred by teaching them that each person, born and preborn, is created in the divine image of God.



Mini-explorers

Explore your home with your child, using as many of your senses as possible (eat a cookie; listen to the noises outside the front door; etc.). Explain that preborn babies explore the “world” inside Mom by moving their arms and legs, listening to voices, and even tasting what Mom had for dinner! Point out how blessed we are to have many ways to learn about the world around us, and help your child memorize Psalm 139:14: *“I praise You, for I am fearfully and wonderfully made. Wonderful are Your works; my soul knows it very well.”*



Made with Care

Have a contest to see who can create the best imaginary pet. Give everyone Play-Doh and set a timer. When the timer rings, let your children explain their creations. Make encouraging comments, such as discussing how carefully they worked on their creatures; then ask each child, “Why isn’t your pet alive?” Remind your family that God is the only one who can give life. Tell your kids that God knew what He was doing when He formed them, and that they were “fearfully and wonderfully” made. Teach the words fearfully (awe and reverence) and wonderfully (amazing and marvelous).

Amazing Facts About Life Before Birth

Did you know that by week eight of gestation, every organ of a developing baby is in place and growing? Teach your child more about fetal development by reading the facts below, then explain that preborn babies are fully human, created in the image of our heavenly Father.

ON THE VERY FIRST DAY

You existed inside of Mom's womb, every detail about you was written in a cell smaller than a grain of salt. God knew what color your hair and eyes would be, whether you would be a boy or a girl, if you'd grow to be short or tall, and even the exact shade of your skin. From your first moment, you were uniquely YOU!

AFTER ONLY 5 WEEKS

Your heart began beating in the womb (possibly before Mom even knew you were there).

AT JUST 6 WEEKS

"Gestation"—a special word for the time you spent growing inside of Mom—your eyes were developing and your little arms and legs were beginning to grow. Your beating heart can be seen on an ultrasound scan. It is beating about 100-120 times a minute – that is fast!

AFTER JUST 8 WEEKS

The taste buds that now allow you to enjoy pizza and ice cream began to form!

BY 10 WEEKS

Your brain was growing every minute. Your fingers and toes are developed. Also, around 10 weeks, you were able to move your arms and legs, although your mom may not have felt your movements for several more weeks

AT 18 WEEKS

You were able to blink and frown. Around the same time, you already had your own unique set of fingerprints, and Mom began to feel you wiggle inside of her!

BY 20 WEEKS

You were able to suck your thumb, yawn and stretch, and you may have gotten the hiccups! You may have even had a favorite position for sleeping.

BY 24 WEEKS

Your ears were able to recognize the sound of your mother's voice, and loud noises in Mom's environment may have startled you.

BY 26 WEEKS

Tooth buds for your permanent teeth were growing in your gums, getting ready for the moment you would lose your first tooth about six years later! That's planning ahead!

BY 28 WEEKS

You were gaining weight and adding a little layer of baby fat, making your skin look smooth and kissable!

And perhaps the most amazing, wonderful fact of all: Even before you began to grow inside of your mom, God knew you and loved you!

HOW BIG IS BABY?

To help illustrate the gradual growth of babies in the womb, print out the following two pages and assemble this mini-book with your child, according to the instructions. Then, read the book with your child.

INSTRUCTIONS:

Print out both pages, and glue them back-to-back. Fold in half lengthwise, cut along dotted lines and put pages in order to create a mini-book. Secure with a staple or small rubberband.

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HOW BIG IS Baby

"BEFORE I FORMED YOU IN
THE WOMB I KNEW YOU, BEFORE YOU
WERE BORN I SET YOU APART."

- JEREMIAH 1:5

I PRAISE YOU BECAUSE
I AM FEARFULLY AND WONDERFULLY
MADE; YOUR WORKS ARE WONDERFUL,
I KNOW THAT FULL WELL.

- PSALM 139:14



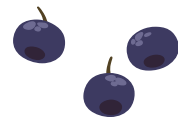
9
months
baby is the size of



A STRAWBERRY SEED



8
months
baby is the size of



A BLUEBERRY



7
months
baby is the size of



A LIME



6
months
baby is the size of



AN ONION

2

23



**1
month**
baby is the size of



A PUMPKIN

4

21



**2
months**
baby is the size of



A CANTALOUPE

6

19



**3
months**
baby is the size of



A BUTTERNUT SQUASH

8

17



**4
months**
baby is the size of



AN EGGPLANT

10

15



**5
months**
baby is the size of



A GRAPEFRUIT

12

13

Breath of Life

Use this activity to help your kids understand that life is sacred. Using a bottle of bubble solution, blow bubbles into the air while encouraging your children to clap them, pinch them, or catch them in their hands. Ask how the bubbles feel against their skin. Ask your kids what is inside the bubbles. Air? No, breath. Let them take a turn blowing the bubbles.

Now share this truth: Just as we can fill a bubble with our breath, God fills human beings with His breath as we are created. Since it is easy for a bubble to pop or burst, it must be treated with care. In the same way, human life is fragile and must be protected because it is so valuable. Of everything He created, God only shared His breath with humans, which makes us His most special creation.

Finally, blow more bubbles together and talk about the differences in their sizes. Think about the people in your family and discuss each person's uniqueness. Explain that, though we are all different, we are similar in this: we have been made in God's image.

"Then the Lord God formed the man of dust from the ground and breathed into his nostrils the breath of life, and the man became a living creature." - Genesis 2:7



Every Life is a Gift

Help a young school-age child understand that life is a gift from God by using gift tags that say "To:" and "From:" (you can make these on your own using strips of paper).

Take these tags with you as your child looks around your home and names his favorite possessions. Ask, "Who does this belong to?" and "Where did we get it?" Recognize each item's ownership by filling out and attaching gift tags accordingly.

Turn the discussion to your child. Fill out a tag to read "To: [your child's name]" and "From: God," then attach it to your child. Explain, "We can give each other things, but only God gives life." Have your child feel their own heartbeat and see if they can catch the rise and fall of their chest with each breath. Explain that their very breath is a gift from God. And remind them that since he or she is made in God's image, his or her life is very special. With your child, say a prayer thanking God for the gift of life He has given.



God's Image in the Womb

We can even see God's image when a preborn baby is inside his or her mother. Doctors use a tool called an ultrasound scan (also known as a sonogram) to see a picture of the baby in the womb. It used to be that ultrasounds showed fuzzy, black-and-white, two-dimensional images, but you could still see the baby's heart and lungs, along with other parts of the body. Today, 3D ultrasounds can show even more of the developing baby, including the shape of his or her face. A 4D ultrasound shows a live video of the baby in action: kicking, stretching, yawning, sucking their thumb, opening and closing their eyes, and more. No matter what kind of sonogram you get, an ultrasound confirms a very important point: A preborn baby is alive long before the day of birth!

Show your child an ultrasound image or video of them. Then ask: "What do you see in the image? How did you reflect God while still inside Mom's body?" (If you don't have an ultrasound image or video handy, you could [show your child this video](#) from the Mayo Clinic of an ultrasound that shows a baby's heart beating while opening and closing their mouth.)



ADOPTION: A SPECIAL BEGINNING

Some couples are not able to have a baby, so they adopt a child (and sometimes, more than one). Adoptions often make wonderful stories—there is even one in the Bible. Do you remember the account of Moses? Born to a Hebrew family during a time when baby boys were being killed by Pharaoh of Egypt, infant Moses was discovered in a basket along the banks of the Nile River ... by Pharaoh's daughter. She welcomed Moses into her family and cared for him. Eventually, he would lead the Israelites out of slavery in Egypt. Imagine if he had not been adopted!



Family Tree Craft

Trace your family history with this fun activity!

Supplies you'll need:

vine-covered wire
scissors
hot glue
short can or bucket
moss
colored paper
markers
family photos
hole punch
ribbon or string

INSTRUCTIONS:

1. Cut 9 pieces of wire 2 feet long.
2. Gather the wires so the ends are matched up. Starting 2 inches from one end, twist the wires together to form a tree trunk. When half of the length is twisted, start separating wires from the twist to form branches.
3. Spread out the 2-inch ends at the bottom to form flat trunk "roots." Glue roots to the bottom of the can.
4. Fill the can with moss. Bend or curl the wires at the top to give more shape to the branches.
5. Draw a leaf template and cut out. Write your favorite memories of your grandparents and things you love about them on some leaves. Decorate other leaves with pictures of your family.
6. Punch a hole in the leaves and use the ribbon to tie the leaves to the branches. Give your tree to your grandparents!

(Great crafts like these can be found at: FocusOnTheFamily.com/clubhouse-magazine/crafts/)

DIG DEEPER!

Sometimes, couples feel led to adopt children who have special needs. [Join a family](#) who shares their journey and special adoptions.

When a child learns he or she is adopted, they may be curious about their birth mother. Sometimes, the answers are difficult or are hard to find; however, God can work through the tough questions. [Listen to Lexie](#) and what God taught her through her adoption.

TEEN AGES (10-12)

God Has a Plan for Each of Us

By their tween years, many children understand that the way you've taught them to view the world is different from how others may view it. Teach your child that you follow what God says in the Bible, even when others don't agree. God's plan for our lives began even before our first moment in our mother's womb and communicate that all babies are gifts to be celebrated.



What the Bible says about life before birth

Print out this page and the next page. Cut along the lines so that each verse is on a separate slip of paper. Place the verses in a bowl. Have your tween pull the verses out of the bowl, one at a time, and read aloud. Then, ask him to match the verse with the lesson it teaches about life before birth. When finished, glue the verses beside the correct lessons.

"Oh yes, you shaped me first inside, then out; you formed me in my mother's womb. I thank you, High God—you're breathtaking! Body and soul, I am marvelously made! I worship in adoration—what a creation!"
(*Psalm 139:13-14, MSG*)

"Children are a gift from the LORD. They are a reward from him." (*Psalm 127:3, NIV*)

"Before I formed you in the womb I knew you." (*Jeremiah 1:5, NIV*)

"Like an open book, you watched me grow from conception to birth; all the stages of my life were spread out before you, The days of my life all prepared before I'd even lived one day." (*Psalm 139:15-16, MSG*)

"So God created man in his own image, in the image of God he created him; male and female he created them." (*Genesis 1:27, NIV*)

Even before I was born, God knew
what life had in store for me.

Before I was born, I was marvelously
made, inside and out, by God.

I was a gift from God!

God knew all about me even before
I was created!

God made me in His own image.



DIG DEEPER!

If your family wants to study additional Scripture or have more discussion on the topic of the sanctity of human life, [check out these verses](#).

YOUR “TRUE” AGE

Although some people believe that a preborn baby is not yet a person, the Bible teaches that life—and personhood—begins at our creation, not our birth. In South Korea, their culture affirms that life begins at conception by including the time in a mother’s womb when calculating a person’s age. Remind your child of her “true” age and consider celebrating the special day nine months prior to her next birthday.

THE BIG PICTURE

Work on a puzzle with your tween. As you work, the picture is revealed a little at a time. Similarly, when a child is born, we only see a glimpse of who he or she will become. As a child continually changes and grows, he or she gradually reveals “pieces” of themselves. God, on the other hand, sees the complete picture before a person is even created. Read Jeremiah 1:5 together, and discuss how God knew each one of us before we were even formed.

VIEWING LIFE THE WAY GOD DOES

Together, make a list of the ways your child was “fearfully and wonderfully made.” Then, during the week, affirm your child’s gifts and personality traits.

Discuss these concepts with your tween:

- How do you know if something is alive?
- Where does life come from?
- What is the difference between human and animal life? (God made us in His likeness. We’re set apart to be like Him.)
- If human life comes from God and belongs to God, how should you treat your siblings? Your grandparents? A classmate with special needs? Your teachers? Someone who teases you? A homeless person? A baby yet to be born?

Be a part of the pro-life generation

In our current culture, it's more important than ever to pass along pro-life values to the next generation. So, how can you encourage your kids to take a stand and be a part of the pro-life generation? Follow these simple steps with your whole family and build in them passionate pro-life hearts!

STEP 1 - DISCOVER YOUR LOCAL PREGNANCY RESOURCE CENTER OR CLINIC

Pregnancy resource centers (PRCs) and pregnancy clinics exist to help women facing unplanned pregnancies and provide them with alternatives to abortion. Did you know that there are about 2,700 PRCs across the United States? Is there one near you? Follow these links to My Choice™ Network and Option Line to discover how close your local pregnancy resource center is.

STEP 2 - GET INVOLVED AND SUPPORT YOUR PRC

Most PRCs aren't formally tied to a particular church, but the bulk of their support—including volunteers and donors—comes from the faith community. This support allows most PRCs to offer services for free or at minimal cost. How could your tween and your family help a PRC? Here are a few ideas:

- Pray for the clinic, workers, volunteers, and the women and men they see.
- Serve as a volunteer. There are a lot of things to do.
- Support the center financially, either monthly or during a fundraiser.
- Encourage the staff at the PRC by bringing them lunch or writing kind notes.
- Invite a PRC leader to speak at your church.



SAWYER'S STORY

Sawyer is a 12-year-old boy from California who saw a Focus on the Family pro-life ad while playing a video game. He wanted to help, so he started spreading the news that \$60 could save a baby from abortion through the Option Ultrasound™ program.

[Watch this video](#) to see how he helped and why.

DIG DEEPER!

Gen Z and Generation Alpha have a heart to change the world. Like Sawyer, what might you and your tween do to make an impact for life? Find out more [here](#).

[Find out more about PRCs and pregnancy clinics.](#)

Special needs, special impact

In the pro-life space, we appreciate all life. Individuals who have special needs often exhibit a beautiful perspective on life and a zest for living.



Max has autism and loves to go to church and serve as a greeter. His contagious joy says to everyone, "All are welcome."

[See more of his story.](#)



Trevor has Down syndrome and is a devoted sports fan. With his ready smile and boundless energy, he works as a team ambassador. Trevor helps promote hiring other individuals with Down syndrome as greeters.

[Watch Trevor in action.](#)



Ironclad Friendship Necklace Craft

Just like Max and Trevor, your tween can be an example to other kids by appreciating the value of others in tangible ways. This necklace craft is a great way to make a gift you can share. You could even put your favorite Bible verse on it!

Supplies you'll need:

scrapbook paper
2 metal washers
pencil
scissors
tacky glue
craft knife
Mod Podge sealer
paintbrush
72 inches of leather cord

INSTRUCTIONS:

1. With a friend, pick two designs of scrapbook paper.
2. Trace the outside edge of a washer twice on each paper.
3. Cut out the circles. Glue your design to the front of each washer.
4. Using a craft knife, carefully cut through the center of the washer.
5. Glue your friend's design to the other side of each washer and cut the hole again.
6. Paint both sides with Mod Podge sealer. Let dry completely.
7. For each necklace, take a 36-inch piece of cord. Poke a loop of cord through the center of the washer, then pull both ends through the loop to make a knot.
8. Tie the ends together, leaving room for the necklace to easily fit over your head.
9. Give the second necklace to your friend.

(For more crafts like this, check out Focus on the Family on Pinterest.) [This craft comes from [Clubhouse®](#).]

Our bodies grow and change inside and outside of the womb

God gives everyone the gift of life and makes them in His image, no matter what they look like on the outside. God also designed our bodies to grow and mature. Your preteen is just starting that journey, and you can prepare them for what is coming. Kids may feel as if God is pulling a prank on them because their bodies experience so many changes. But He's not! They're changing because God has given their bodies a purpose and part of that purpose, strictly speaking, is to create life. And this is when parents have "the talk."

Talking about puberty and sex doesn't have to be awkward though, especially when you view it the way God does. Helping your tween understand the biblical perspective on sex and their bodies will help them navigate the confusing messages coming from society.



DIG DEEPER!

Need some help talking about sexuality and puberty? ***Launch into the Teen Years™*** is a dynamic video-based program that can help get the conversation started.

TEEN PHASES (13-18)

*Knowledge + Compassion =
Power to Impact Lives*

Life is sacred.

How often have you and your teenagers heard this statement? Do you agree? How do you know? These are important questions because your answers reveal how you view the world, other people, and even yourself.

[Watch the short video "Will I?"](#)

Life offers a lot of experiences, but is it sacred? It is when we acknowledge Who authored life, Who created life, and Who designed life to have meaning and purpose. Suddenly, life is a lot bigger than just one person's opinion! This big-picture discussion is worth having as a family. It's good for them and you!

YOU ARE WORTHY

"Who am I?" is a question that the culture answers daily through media messages, sports stars, and peers. These influences can shape your teens' self-worth by measuring their beauty, talent, and wealth against a questionable "standard." Talk about the concept of human dignity and how that affects our actions.

QUESTIONS TO CONSIDER:

- What does sacred mean?
 - What gives your life value? Read Genesis 1:27 together. How does that compare with what is seen in social media?
 - If all human life is worthy of respect, how does that influence the way you treat someone? What about someone who is "different" than you?
 - Why is everyone entitled to respect? Read Psalm 139:1-18 together. How does that compare with your answer?
 - How does having dignity and respect relate to showing respect for others and for one's self?
 - How does respect affect family relationships?
 - How can I better model respect in our relationship? What can I do to affirm your value?
- Tell your teens they have inherent dignity and worth both to God and you.

Preparing teens to be a voice for life

Most teenagers will encounter real-life situations that test their beliefs about the value of life, whether that be through a social media post, a friend seeking advice, or a classroom discussion.

It helps to have an ongoing, open dialogue — parent to teen. Encourage your teenager to ask questions if they're unsure of biblical truths. Share your own understanding of what Scripture says about the value of life. Be open to having the hard conversations so they will be prepared to share their views with truth, compassion, and confidence.

Not sure where to start? On the next few pages are some scenarios you could discuss together. Think about how you and your teen could respond in a way that is both loving and truthful. Your teen's friends may have different views than your family does, or they may be unsure. How could your teen speak honestly with them and still share a message of hope and forgiveness?

Your friend has learned she is pregnant and is unsure what to do.

- How do you think your friend might be feeling?
- How could you demonstrate compassion? How might you show her she can trust you?
- What types of resources could you share?

Hint: Here are some ways to help a with an unplanned pregnancy:

- **Helpful suggestions** on how to help a friend who is thinking about abortion.
- **Find a PRC / pregnancy clinic** where she can find out all of her options.
- Call Focus on the Family and **talk with a counselor for free.**

Your friend tells you she had an abortion in the past.

- What emotions may she be experiencing now?
- What Scripture passages might be comforting to her? (Here are a few examples: Ephesians 1:7, Psalm 32:5, Hebrews 8:12, 1 John 1:9)
- To whom could she turn for additional counseling?

Hint: [A web page](#) with resources and encouragement for your friend

You encounter abortion advocates at school or among friends.

- How would you feel voicing beliefs that are different from your peers?
- What could you say if asked why you are pro-life?
- What could you say if someone says that abortion is not wrong because a fetus is not a human being? How do you know that a fetus is fully human?
- How could you respond to someone who says a woman's right is healthcare?

Hint:

- [Learn how](#) you can speak confidently about your pro-life views
- *Brio*® magazine for girls has a [helpful article](#).
- [Check out](#) what college, high school, and even middle school students are doing:

You hear someone say that abortion is a topic "off limits" for guys.

- How do you think a young man is impacted by decisions made about pregnancy?
- If a young man is part of an unexpected pregnancy, what role should he play?
- How can men support women?

Hint:

- Men can be involved. [Here is an example](#)
- Also, check out [this video](#) from Greg Smalley, Vice President of Marriage at Focus on the Family, who regretted his girlfriend's abortion.

Truth vs. Lies

It is important for all of us to live the truth of who God says we are. When negative thoughts creep into your mind, replace them with God's truth. Think on these verses and discuss as a family how they could help a young couple who are facing an unplanned pregnancy.

THE TRUTH ABOUT YOUR SITUATION		
LIE	TRUTH	GOD SAYS
Abandoned Unplanned Victim Unwanted Powerless Endless	Rescued Planned Overcomer Wanted Empowered Temporary	I sent My Son to rescue you. <i>(1 John 4:14)</i> Before I formed you in the womb, I knew you. <i>(Jeremiah 1:5)</i> I am an overcomer. <i>(Revelation 12:11)</i> I have great plans for your future. <i>(Jeremiah 29:11)</i> I can do all things through Christ Jesus. <i>(Philippians 4:13)</i> Your circumstances are brief. <i>(2 Corinthians 4:18)</i>

THE TRUTH ABOUT WHO YOU ARE		
LIE	TRUTH	GOD SAYS
Alone Unlovable Worthless Damaged Failing Ashamed	Never Alone So Very Loved Priceless Beautiful Victorious Freed	God will never leave me. <i>(Psalm 139:7-11, Hebrews 13:5)</i> I am greatly loved by God. <i>(Romans 1:7, Ephesians 2:4, Colossians 3:12)</i> You are fearfully and wonderfully made. <i>(Psalm 139:13)</i> I am God's workmanship. <i>(Ephesians 2:10)</i> You are a conqueror. <i>(Romans 8:37)</i> You are forgiven. <i>(1 John 1:9)</i>

[Excerpted from [You're Braver Than You Think](#) pages 7 and 22]

Educate your teen

An unplanned pregnancy doesn't happen at a time when it is easy. Every option is life-changing. Many people might be uncomfortable and unsure of how to respond, including close friends and family. So, discuss the different options as a family. What are the ramifications of each? Know all of the choices so that you can speak life to a woman who may be feeling scared and alone.

OPTION 1 - ABORTION

Abortion is not just a simple medical procedure. It's a life-changing event, and most women who struggle with past abortions say they wish they had been told all of the facts before they made their decision. Some women think that having an abortion might just let them get on with their life, but the reality is that it will never be the same. Abortion takes a life and is something a mother lives with for the rest of her life. Abortion also has physical and emotional risks and complications involved, like the possibility of damaging important reproductive organs. About 20% to 30% of women report psychological difficulties after an abortion, including anxiety, post-traumatic stress, depression, sleep disturbances, and substance use or abuse.

OPTION 2 - ADOPTION

Adoption is a selfless decision. It is a loving choice that involves the personal sacrifice of being pregnant for nine months to give the baby the best possible life and future. There are two main kinds of adoptions: closed adoptions and open adoptions. In a closed adoption, birth parents and adoptive parents do not share identifying information or have contact with one another. In an open adoption, birth parents and adoptive parents share information freely, communicate with each other, and may schedule periodic visits between the adoptive family and birth mother.

OPTION 3 - PARENT

Parenting a child is the most common choice following an unexpected pregnancy and is a gratifying experience for millions of women across the country. Motherhood isn't easy (even when a family is planned), but there is support available to help along the way. If your friend is single and pregnant, they might be concerned about being a single-parent family. They need to know there is hope and they aren't alone—you can help them. You can point them to other people who can provide love and assistance. You can also lead them to God. Remind them that their pregnancy is not God's plan B for their life — this is plan A. They can still have their baby and their dreams too. Yes, it may be hard at times. It may take a little longer. But their baby can fuel their dreams even more.

DIG DEEPER!

Resources to share: [*You're Braver Than You Think*](#)

Pregnancy resource centers and pregnancy medical clinics can offer free pregnancy tests, nonjudgmental and confidential counseling. Some clinics even provide free ultrasounds. Click on the links below to locate a pregnancy center or clinic in your area and see what services they provide:

[*My Choice Network*](#) – pregnancy screenings, ultrasounds, nurse consultations

[*Option Line*](#) – pregnancy tests, consultations, emergency contraception, after-abortion support

OTHER WAYS TO HELP - UNDERSTANDING HOW A BABY GROWS

A teen considering abortion may be unaware that her baby's heart began beating only 21 days after conception — possibly before she even knew she was pregnant. Your teenager can share this free, downloadable booklet with a pregnant friend to help expand her knowledge of fetal development:

[*The First Nine Months \(English\)*](#)

[*The First Nine Months \(Spanish\)*](#)

OTHER WAYS TO HELP - UNDERSTANDING HOW ADOPTION WORKS

Adoption is an important option to discuss with those experiencing an unexpected pregnancy. This booklet provides good information about the three adoption types, which respect the dreams and plans that a young woman may have for her own future, as well as that of her baby:

[*"I Might Consider Adoption If . . ." \(English\)*](#)

[*"I Might Consider Adoption If . . ." \(Spanish\)*](#)

OTHER WAYS TO HELP - UNDERSTANDING POST-ABORTION RECOVERY

If your teen's friend has had an abortion and regrets her choice, here are some helpful online resources you can share to help her take the first steps toward healing and forgiveness:

[*Care for a Friend Who's Had an Abortion*](#)

OTHER WAYS TO HELP - GET INVOLVED AND STAY CONNECTED

You and your teen can do so much to help the people around you who are scared or have been hurt by abortion. Continue to learn about pro-life views and connect with other pro-life teens and families by putting your beliefs in action:

Follow the I Am Pro-Life social channels — [Facebook](#) and [Instagram](#)

[Sign the pledge to #LoveEveryHeartbeat and participate in See Life events](#)

Sign up for the FREE video series [8 Lies About Abortion](#) to educate yourself and share grace and truth with others.

FREE RESOURCES

[Pro-Life and Pro-Choice: What Does It Mean?](#)

[How to Join the Pro-Life Movement](#)

[Teaching Kids That Life Is Sacred](#)

[4 Ways to Teach the Sanctity of Human Life](#)

[Talking to Your Spouse About an Abortion in Your Past](#)

[How to Deal with a Past Abortion in Marriage](#)

FOCUS ON THE FAMILY CLUBHOUSE® MAGAZINE ARTICLES:

[The Fab Hatter](#)

[God's Wow Factor](#)

[When I Look at Maria](#)

AVAILABLE FOR PURCHASE

Visit [*Focus on the Family's store*](#) to find:

Broadcast

[*Reaching Hearts on Abortion I-II Books*](#)

[*Pro-Life Answers to Pro-Choice Arguments*](#) by Randy Alcorn

[*Unplanned*](#) by Abby Johnson

AUDIO DRAMAS

[*Adventures in Odyssey*®: "Underground Railroad," parts 1-3](#)
[*\(found on Adventures in Odyssey*® No. 24: Risks and Rewards\)](#)

[*Adventures in Odyssey*®: "Pamela Has a Problem"](#)

Parent note: Please be advised that this episode addresses mature themes including abortion.

FAITH - PARENTING - MARRIAGE

advice, tips and activities from a biblically based perspective

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