

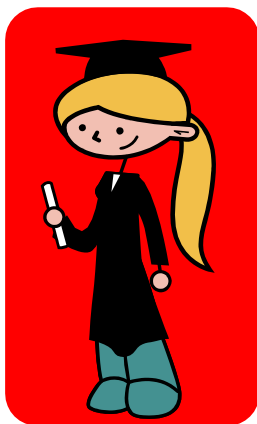


Pregnant?

A Teen Parent?

Protect Your Future

Stay In School!



Are You A Pregnant Or Parenting Teen? Stay In School...Help Is Available!

As a pregnant or parenting teenage student, you have the same right as any other student to continue your education. Also, you are legally required to attend school if you are 18 or under.

Here Are Some Of Your Rights

- You can stay in your current school or program.
- You cannot be excluded from any school program you qualify for, including magnet, honors or special education because of pregnancy or parenthood.
- If you are pregnant, you may choose to attend one of the voluntary specialized programs for pregnant students.
- If you are a teenage parent and need child care, you may be able to transfer to a high school or educational program with a child care center on campus. The place you choose: 1) must have an opening for both you and your child and 2) must be a school site you can get to from where you live. You can also get a referral to a community agency that can help you arrange for off-campus free or low cost child care. See pages 3 and 4
- You can attend one of the alternative programs that can help you stay in school, such as Alternative Education and Work Center, a Continuation School or an Independent Study Program. See pages 11 and 12.

**You Have Many Choices:
Get All The Information You Need
To Make The Best Choice**

**If You Have Dropped Out Of School
Or Fear You May Have To Drop Out:**

You can get help to find a program that will make it easier to return and graduate or one that will help you prepare for the General Educational Development Diploma (GED) test, or the California High School Proficiency Examination (CHSPE). But before deciding to get a GED instead of finishing high school, think about your goals for the future. Getting your GED or passing CHSPE does not make you eligible to attend Cal State or U.S. colleges, and is not as helpful for getting a job as a high school diploma. Get the help you need to continue your education and to look forward to a better future for yourself, your child and your family.

When you are facing a lot of problems that make it hard to stay in school or go back to school, you can get help to tackle those problems. School staff can help you get connected with a school program that can work for you. If something else stands in the way, they can also give you information about child care resources, counseling, health care, parenting and support groups, and other assistance you may need to stay in school. Talk to a counselor, school nurse or psychologist, the principal, or a teacher at your school. **Keep asking questions until you get the help and information you need.** They are there to help you!



**Life Is Often More Complicated For Teen Parents,
But Don't Give Up You Dreams!
Here Are Some Helpful Places You Can Contact:**

- ◆ **ADOLESCENT FAMILY LIFE PROGRAMS (AFLP) for Los Angeles City and County areas.** These programs offer a variety of services and can help you get into or stay in school.
- ◆ **CAL-LEARN.** If you or your family is eligible for CalWORKs (formerly called welfare or AFDC), you may be eligible for the Cal Learn program which can pay for child care and, in other ways, help you finish high school.

Get Help from the AFLP or Cal-Learn agency closest to your home:

AltaMed

Los Angeles323/722-8300
Long Beach562/595-8040

El Nido Family Centers

San Fernando/Antelope Valley818/896-7776
Administrative Office818/830-3646
Manchester323/971-7360

Foothill Family Service — Teen Family Services

Los Angeles626/795-6907
Pasadena/San Gabriel Valley Area626/564-1613
West Covina626/338-9200
El Monte626/442-8391

Project NATEEN

Hollywood, West L.A. and Downtown L.A.323/361-5981

...More Helpful Places You Can Contact

- L.A. County Office of Education at 562/940-1864 (LACOE) or your local school district main office.

At these numbers, you can find out about choices for education, as well as possible answers for other needs. One may be right for you.

THE AGENCIES AND PROGRAMS LISTED ABOVE CAN ALSO HELP BOTH TEEN DADS AND TEEN MOMS TO:

- Make an overall plan that lets you stay in school.
- Get any special support and services you need in your new role as a pregnant teen or as a new mom or dad.
- Learn new everyday skills to help you do your best as a new parent.
- Find routine or specialized health care for your baby.
- Work out problems in getting along smoothly with your family and your partner.
- Plan for your future and your baby's future.



**Something Else Important to Remember:
You Have Legal Rights You Might Not Realize You Have!**

⇒ **YOU HAVE A RIGHT TO BE TREATED WITH RESPECT BY EVERYONE AT SCHOOL.**

No one can treat you differently from other students because you are pregnant or because you are a teen parent. You deserve to be treated with respect if you have had an abortion, miscarriage, or need to take time off from school for the birth of your baby. School staff may not allow other students to bully you or treat you with disrespect.

⇒ **AS A PREGNANT STUDENT OR TEEN PARENT, YOU HAVE A RIGHT TO TAKE PART IN ALL SCHOOL ACTIVITIES.**

You can participate in any classes or school-related activities, including physical education (PE), unless your doctor says you need to limit your physical activity. You can be in honors or awards ceremonies, run for student offices, take part in school clubs and after-school activities, attend field trips, and join in all graduation activities.

⇒ **YOU HAVE A RIGHT AS WELL AS A RESPONSIBILITY TO MAKE UP SCHOOL WORK YOU MISS WHEN YOU HAVE EXCUSED ABSENCES. YOU WILL NEED TO PROVIDE A NOTE OR APPOINTMENT CARD TO EXCUSE YOUR ABSENCE FROM SCHOOL IF:**

- You are absent due to an illness or condition related to your pregnancy.
- You or your child has a medical appointment that can only be made during school hours.
- You are absent for the birth of your child or recovery from childbirth.
- You are absent to care for your sick child.

⇒ **YOU ARE RESPONSIBLE FOR MAKING UP WORK YOU MISS AND YOU MUST BE GIVEN A CHANCE TO DO THAT.**

When possible, it is better to plan in advance to make up work that you will miss. In any case, making up missed work is a right of any student who is absent from school due to health-related conditions.

⇒ **YOU HAVE A RIGHT TO GET THE HELP, SUPPORT AND INFORMATION YOU NEED TO CONTINUE YOUR EDUCATION.**

This includes the right to be informed about alternative educational programs that may meet your special needs or let you fill in school credits you are missing. Your school counselor, teacher or principal can help you make progress toward your goal of graduation or earning your GED.

⇒ **YOU HAVE THE RIGHT TO HAVE YOUR PRIVACY RESPECTED!**

- Your health and personal information should be kept confidential (private) just as any other student's information is kept private.
- That means any information about your pregnancy, whether you have children, and whether you are married is private and should not appear in your school record.
- School staff should not discuss your health or other private information with anyone else without your permission. Staff also cannot use this information against you when you ask for letters of recommendation or when you are being considered for educational or job opportunities or scholarships.
- One exception to this rule of privacy is when there is a concern that you or any other student may have been abused or you are a danger to yourself or others. In this situation, school staff will need to make a report to a child protective service agency to get help.

⇒ **YOU HAVE A RIGHT TO EXPECT YOUR SCHOOL TO TAKE REASONABLE STEPS TO SUPPORT YOUR SUCCESSFUL SCHOOL PARTICIPATION.**

Changes to help a pregnant student remain in school might include: a hall pass to use the restroom as needed, being released early from class at lunch or recess to avoid lines and crowds, or being assigned, when possible, to classes that meet on a lower floor or are closer together – especially during later months of pregnancy. Schools often make these changes for students who have injuries or disabilities. You deserve the same support whenever such changes are possible.

When Your First Question is "How Can I Find Child Care?"

- You can ask your counselor, teacher or school nurse about high schools and alternative programs with child care on campus and about agencies such as AFLPs which can refer you to free or low cost child care in your local community. See page 3 and 4.
- If you need to transfer to another school for child care, schools are not allowed to discriminate against you. You can usually get permission for a transfer to a school with child care on campus as long as there are openings for both you and your child and you can manage the transportation from where you are living.
- You can contact your local Child Care Resource and Referral (R&R) agency for referrals to child care and development programs that meet your needs and preferences. Programs include Early Head Start and Head Start. Call 888/922-4453 to connect to your local R&R.

Special Tips to Find Out More About Your Educational Options

HERE ARE SOME OF YOUR MANY CHOICES:

If staying at your current school or program is your first choice, make use of any support groups, programs or services they provide, such as, teen parent groups or programs, school health clinic services, tutoring, and referrals for counseling, child care and other services.

If staying at our current schools is not working out, think about whether a transfer to a school with a shorter day or a more flexible program may better fit your child care, work or other special needs.

If you are pregnant, you can choose to transfer to a school for pregnant teens like Riley or McAlister High School in LAUSD. They offer a small school setting and some special classes for teen mothers. You can attend while you are pregnant and stay until the end of the semester you deliver. Then you can transfer your credits to your next school. (Other school districts may have a similar schools for pregnant students.)

California GED Test

Remember – Transfers to Riley, McAlister, or other pregnant minor schools are voluntary (your choice) and no one can make you transfer because you are pregnant.

If You Are Going To Make A Change, You Need To Plan Ahead!

- ◆ Pregnant minor schools may not provide all the classes you need if you want to prepare for college. Check with a school counselor to make sure a program is right for you and that you will have access to any other classes you need.

- ◆ Plan the timing of your transfer carefully with the help of a school counselor to protect your school grades and credits and to help you work toward your graduation or your GED.

One of these LAUSD Educational Options Programs May be A Good Choice For You

⇒ RILEY AND MCALISTER PREGNANT MINOR HIGH SCHOOL PROGRAMS

Riley has locations in South Central, Gardena and East L.A. Call 323-563-6692 for more information. McAlister has locations in Central LA, South West, Chatsworth and in the San Fernando Valley. Call 213-381-2823 for more information.

⇒ **CALIFORNIA SCHOOL AGE FAMILY EDUCATION (Cal-SAFE)**

An additional option for pregnant and parenting teen girls at a small, all girls campus with a Cal-SAFE early childhood infant/toddler center on site is Ramona High School. Call (323) 266-7600 for more information.

Other campuses with a Cal-SAFE early childhood infant/toddler center on site include:

Cleveland: 818-885-2300

Locke : 323-420-2100

Roosevelt: 323-780-6500

⇒ **ALTERNATIVE EDUCATION AND WORK CENTER (AEWC) PROGRAMS**

Serves Students 14-18 who have dropped out of school for at least 45 days and are trying to return. AEWc programs offer both diploma and GED programs and have more flexible schedules. Call the LAUSD AEWc office at 213/241-3154 or contact your local school district for similar programs.

⇒ **CONTINUATION HIGH SCHOOL PROGRAMS**

These are in community-based sites throughout the LAUSD district. These schools offer individualized programs to help each student make up credit deficiencies in order to graduate from high school. Call your local school district for information on these programs.

⇒ **ADULT EDUCATION AND OCCUPATION TRAINING CENTER PROGRAMS**

These Programs, available throughout most school districts, are useful if you have child care limitations or a job that makes it hard to attend regular school hours. With afternoon, evening and some Saturday classes as well as independent study, they offer GED and other educational and vocational programs. Call your local high school or school district office and ask to be referred to an adult education counselor at a site near you. The LAUSD information line for adult education programs is 213/625-3276, or 213/241-6701 for special education programs..

⇒ **LAUSD SCHOOL PROGRAMS WITH CHILD CARE ON CAMPUS**

Some school sites have child care programs for children of students who attend that school, call the school. Schools with child care centers on campus include:

- Locke High School (South Los Angeles LAUSD)

- Ramona Opportunity High School (East Area LAUSD) (grades 7-12 with alternative school program)
- Roosevelt High School (East LA LAUSD)
- McAlister High School – South West campus
- New Village Charter School

⇒ **INDEPENDENT STUDY PROGRAMS**

Students work independently according to a written agreement and under the supervision of a teacher. These programs follow a district-adopted curriculum and offer flexibility. Students meet with a teacher once (or in some programs twice) a week for assistance and to turn in their completed work. In LAUSD, City of Angels School has independent study program locations throughout the district. Call City of Angels at 213/745-1100.

For other school districts call the District Office directly or the L.A. County Office of Education at 562/922-6111.

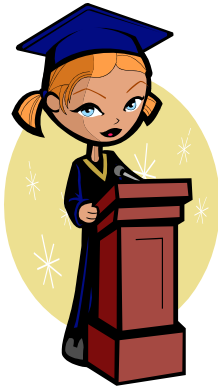
⇒ **HOME AND HOSPITAL INSTRUCTION**

An education program for students confined to home (bed rest) or a hospital due to a temporary condition that makes school attendance impossible. Only serious complications to your pregnancy will make you eligible. This program requires a doctor's referral and coordination with your school nurse. If you are an LAUSD student, call Carlson Home and Hospital at 818/509-8759.

Similar programs are available in other school districts. Check with a school counselor, administrator, or with your local school district office for information and referrals.

**If You Are Not Getting The Help You Need
Or You Feel You Are Not Being Treated Fairly
At School - Don't Give Up!**

- Talk about your concerns with a teacher, counselor, school psychologist, principal or other administrator. It is usually best to try, to get help from someone at the school you are currently attending.
- If you feel you are being treated unfairly, you can call the Educational Equity Compliance Office at 213/241-7682. They can help if you have a complaint about unequal or unfair treatment by LAUSD school staff or students. Each district will have a similar program or staff person to assist you with complaints. Keep calling until you get the help you need.
- Call Public Counsel if you need legal assistance to obtain services or to protect your rights at 800/870-8090 ext. 500.



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Stay in School

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