

What can we do to avoid early pregnancy?

- Set aspirations and life priorities and cast an option to pursue them.
- Focus on energy in productive activities such as learning, sports, social activities and other endeavors that can enhance your potential.
- Join friends who have a good influence on you.
- Have the right information about any decisions you need to make.
- Consult parents, health workers, religious leaders and people with knowledge that can help you.
- Be active and participate in adolescent health development activities at your school or in your community.

Do not dream, do not swallow it!

(source: popcom)