



Pregnant?

A Teen Parent?

Protect Your Future

Stay In School!



2003

Public Counsel

President/CEO

Daniel Grunfeld

Children's Rights Project Staff

Directing Attorney

Jenny Weisz

Attorneys

Kelly Evans

Rosa Hirji

Leslie Parrish

Idanys Pomares-Molina

Andrea Ramos

Karen Ullman

Law Fellows

Connie Huang

Inés Kuperschmit

Social Workers

Beth Tsoulos, MSW

Mara Ziegler, LCSW

Paralegal

Virgie Ayala

Legal Assistant

Juli Newhouse

Administrative Assistant

Connie Milligan

Volunteer Social Worker

Fran Greiff

ARE YOU A PREGNANT OR PARENTING TEEN?

**STAYING IN SCHOOL WON'T BE EASY
BUT YOU CAN DO IT!
AND
HELP IS AVAILABLE**

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

Here Are Some Of Your Rights

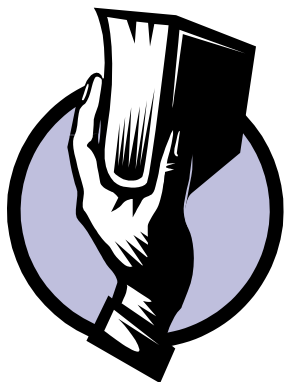
- ◆ You can stay in your current school or programs.
- ◆ You cannot be excluded from any school program you qualify for, including magnet, honors or special education because of pregnancy or parenthood.
- ◆ If you are pregnant, you may choose to attend one of the voluntary specialized programs for pregnant students.
- ◆ If you are a teenage parent without 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 page 3 and 4)
- ◆ You can attend one of the alternative programs that can help you stay in school, such as AEW, a Continuation School or an Independent Study Program. See pp. 11-12.

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 to take the General Equivalency Diploma (GED) test to get an Equivalency Certificate. It can be slow going, but DON'T give up! 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. Don't worry about being a bother to someone who has an important job and always looks busy. They are there to help you!



**Life Is Often More Complicated
For Teen Parents,
BUT DON'T GIVE UP YOUR 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 Cal Learn agency closest to your home:

AltaMed

Monterey Park Office 323/7228300
 Commerce Office 323/980-3061
 Norwalk Office..... 562/462-9009

El Nido Family Centers

San Fernando Valley 818/896-7776
 and 818/830-3646
 Antelope Valley..... 661/274-4192
 Central, South Central L.A. and South Bay 323/757-0101
 323/971-7360

Foothill Family Service — Teen Family Services

Pasadena/San Gabriel Valley Area 626/ 564-1613
 West Covina..... 626/338-9200
 El Monte..... 626/442-8391

Project NATEEN

Hollywood, West L.A. and Downtown L.A. 323/669-5982

Youth and Family Center

Westchester, Wilmington, San Pedro,
 Long Beach and parts of South Bay 310/671-1222
 562/989-4300

**...MORE HELPFUL PLACES
You Can Contact**

- ◆ The LAUSD Teen Parent Programs (Temporary) Office at 213/625-4270.
- ◆ L.A. County Office of Education Pregnant Minor Program 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 the future of yourself, your baby and your family.

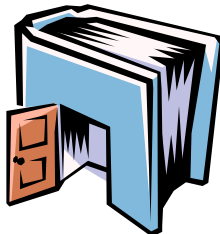
**Something Else Important to Remember:
You Have Legal Rights You Might Not
Realize You Have!**

☞ **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. School staff cannot treat you differently whether or not you are married. You deserve to be treated with respect whether 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 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, and field trips, and join in all graduation activities.



☞ **YOU HAVE A RIGHT AS WELL AS A DUTY 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 and have a note from your doctor or health care provider.
- 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 ALLOWED OPPORTUNITIES 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 optional alternatives educational programs that may meet your special needs or let you fill in school credits you are lacking. 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) the same as information about any student.
- That means any information about your pregnancy, about whether you have children, and if you are married or not is private.
- School staff should not discuss your health or other private information with anyone else without your permission or use this information with anyone else without your permission or 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 MAKE REASONABLE CHANGES OR ADJUSTMENTS 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. Often schools make similar adjustments for students with other medical conditions or physical challenges. 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 or Child Care Resource and Referral agencies which can refer you to free or low cost child care in your local community. (See page 3 and 4)
- This can be a good time to call the LAUSD Teen Parent Programs Office where you can find out which schools have child care and about child care agencies near your home: 213/625-4200. Or, again outside the LAUSD school areas, the County Pregnant Minor Programs (LACOE) at 562/940-1873 is a helpful number to call.
- If you need a transfer to another school or to get child care schools are not allowed to discriminate against you. You can usually get permission for a transfer to a school with the 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.



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 IMPACT groups, teen parent groups or programs, teen fathers' groups, school health clinic services, tutoring, and referrals for counseling, child care and other services.

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.

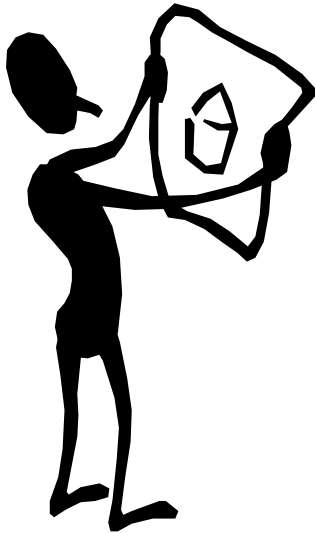
If you are pregnant, you may like the idea of transferring to a school for pregnant teens like Riley or McAlister High School in LAUSD or an L.A. County Pregnant Minor Program or a similar program if you are in another school district. These are voluntary school programs at several locations. They offer a small school setting with a supportive staff 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. (Most school districts have a similar optional program for pregnant students.)

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 and McAlister has locations in Central LA, South West, West LA and in the Valley. Call 213-381-2823 for more information.

- ☛ **RAMONA OPPORTUNITY SCHOOL: (GRADES 7-12):
SHERRY BRESKIN, PRINCIPAL**
An additional option for pregnant and parenting teen girls at a small, all girls campus with an early childhood infant/toddler center on campus. Continuous enrollment calendar. East L.A. area
231 S. Alma Avenue,
Los Angeles, CA 90063
Phone: 323-263-7429 Fax: 323-262-3249

- ☛ **ALTERNATIVE EDUCATION AND WORK CENTER (AEWC) PROGRAMS**
Serve 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 has a more flexible schedule. Call the LAUSD AEWc office at 213/202-5470 or contact your local school district for similar programs.

- ☛ **CONTINUATION HIGH SCHOOL PROGRAMS AND CENTRAL HIGH SCHOOL**
These are in community-based sites throughout the LAUSD district serving students age 16 and older with an individualized program of learning contracts. They offer diploma, GED and other programs. Call the Options Programs office at 213/241-4586 or call your local school district for similar 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 after-noon, 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.



LAUSD SCHOOL PROGRAMS WITH CHILD CARE ON CAMPUS

For information about school sites that have child care programs for children of students who attend that school, call Teen Parent Programs at 213/625-4270. Schools with child care centers on campus include:

- Jordan High School (S. Central LAUSD)
- Locke High School (S. Central LAUSD)
- Ramona Opportunity High School (East Area LAUSD) (grades 7-12 with alternative school program)
- Roosevelt High School (East LA LAUSD)
- Y.O.U. High School (S. Central LA Fremont H.S. Area LAUSD) (ages 14-21 with alternative program)
- Mc Alister High School – Central Location and South West

☞ **INDEPENDENT STUDY PROGRAMS**

These Programs provide contacts with complete at home for school credit. These credits are transferable to any school. 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 Angeles has independent Study Program locations throughout the District. Call 213/625-4188 or 818/995-4276. For Other Districts call the local District Office or the L.A. County Office of Education at 562/940-1864.

☞ **HOME AND HOSPITAL INSTRUCTION**

An education program for students confined to home (bed rest) or a hospital due to a serious medical 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.

These programs or similar ones are available in most school districts. Check with a school counselor, administrator, or with your local school district office for information and referrals.

The Los Angeles County Office of Education Alternative Education phone number is 562/940-1864.

**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, first, to get help from someone who is assigned to the same school you are attending.
- If you still feel you are being treated unfairly, you can call the Educational Equity Compliance Office at 213/241-6000. They can help if you have a complaint about 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 or call your school district.
- Call Public Counsel if you need legal assistance to obtain services or to protect your rights at 800/870-8090 ext. 500.





Protect Your Future Stay in School

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Notes

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*Public Counsel
P.O. Box 76900
601 South Ardmore Avenue
Los Angeles, CA 90076*

213/385-2977 ext. 500

or

800/870-8090

Adoptions: 323/526-6360

www.publiccounsel.org