
LESSON A

Goals, Values, and Parenting

FOCUS: Analyze the influence of values and goals on preparing for parenthood.

ACTIVITIES:

1. Students will explore responsible and irresponsible choices for having children. Use Student Handout, "Why Parenthood." Discuss with the class how the reason for having a child affects the parenting of the child.
2. Assign students to make a birth collage. Have them learn about the events surrounding their own birth. Use Student Handout, "My Own Birth." Have the students ask their parents what their values and goals were at the time of the student's birth.
3. Students will understand how parenthood affects their goals. Use Student Handout, "Parenthood Affects Goals." Have the students ask their parents how their goals changed when they had children.
4. Ask the students, "If you were going to be born tomorrow, under what conditions would you like to be born?" Have them make a list of financial, emotional, physical, psychological, parental, and familial conditions. Then ask the students, "If you were to have a child tomorrow, what would you like the conditions to be surrounding his/her birth?" Have them make another list. Then have the students examine their present circumstances and set some goals in areas that they need to work on in order to achieve the best situation possible when their own child is born in the future.

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What can I do to prepare for parenthood?

Why Parenthood

Responsible parenthood begins with a choice. You can choose to become a parent or not. Read through the list of reasons listed for wanting to become a parent. Add to the list any other reasons you can think of. Place an asterisk (*) by the reasons that show both parents are ready to assume the responsibilities of parenting.

- I am healthy and could have a healthy child.
- A baby will prove I am an adult.
- I have a secure relationship and could make a child secure.
- I can accept a child "as is" and not be disappointed.
- I want a baby to love me.
- A baby will improve the relationship I'm in.
- I'm ready to give time, energy, and money to care for a child.

Discuss with a partner why a couple might choose NOT to have children?

List the reasons in the space below.



My Own Birth

Think back to your own birth. You can not remember much yourself, but have your parents share that experience with you. How did your birth affect your parents' lives?

What was their world like when you were born?

Look in a newspaper or magazine that was printed on or near the time you were born. Find out what special events took place then. In the space below or if you want, on a larger piece of paper, make a collage of people and events that marked the time of your birth.

Birth Collage

Write a short paragraph about your birth—focus on some specific aspect that is important to you.

Journal Entry #1

One thing I will probably do the same as my parents is ...

Parenthood Affects Goals

Becoming a parent will affect your goals, both short-term and long-term.

Think back to some short-term and long-term goals you have. Consider several of these goals in light of becoming a parent.

Describe how becoming a parent will influence your goals.

Journal Entry #2

One thing I will probably do differently than my parents is ...