Teenage pregnancy prevention

A conversation guide for young people, parents and caregivers

Begin with trust

Ask what the young person knows and what questions they have. Listen without shame or threats. Return to the conversation more than once.

Talk about consent, respect, pressure, personal boundaries and future plans. Include boys and partners in responsibility for prevention.

Health information and support

A youth-friendly clinic can explain contraceptive choices, condoms, HIV and STI prevention, and how to access care. A clinician can help a young person decide what is suitable for them.

Make a simple support plan: identify a clinic, a trusted adult, and a confidential helpline if a young person feels unsafe or overwhelmed.

When safety is a concern

If a young person describes coercion, violence or abuse, focus on safety and support. Childline can assist children on 116; the GBV Command Centre is available on 0800 428 428.

For immediate danger call 112 from a cellphone, 10177 for an ambulance, or 10111 for police.

Make your next step

- Who can I speak to without fear of judgement?

- Where is the nearest clinic?

- What would make it easier to seek care?

Trusted sources and further reading

National Adolescent and Youth Health Policy

National Sexual and Reproductive Health and Rights Policy

Childline

General information only. Ask a qualified local service for advice about your situation. For immediate danger in South Africa, call 112 from a cellphone, 10177 for an ambulance or 10111 for police. Sources checked 29 September 2026.