

Week 3 Discussion: Dealing With Adolescent Pregnancy

Student's Name

Institutional Affiliation

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As the school counselor, I would present Maria with several options, emphasizing her autonomy in making an informed decision. These include continuing the pregnancy with plans to raise the child, considering adoption, or exploring abortion as a medically safe option, given her circumstances. Importantly, each option would be discussed in detail, exploring both the short-term and long-term implications on her physical health, emotional well-being, and educational prospects. Confidentiality is paramount in counseling sessions, especially with sensitive issues such as adolescent pregnancy. I would reassure Maria of her privacy rights, highlighting that our discussions are confidential, with certain legal exceptions concerning her safety. This assurance aims to create a trusting environment where Maria feels safe to express her feelings and fears about her pregnancy. Abortion is a legally protected right in many jurisdictions, yet it involves several considerations, including Maria's emotional readiness, health implications, and the legal need for parental consent depending on state law. Alternatives to abortion, such as adoption, would also be explored, discussing how each choice aligns with her personal beliefs and long-term desires. Providing Maria with comprehensive information and support is crucial for her to make a decision that she feels is right. In counseling Maria, it is essential to adhere to state laws regarding minors' rights to abortion and health care. For instance, some states allow minors to seek certain medical treatments without parental consent. According to the ACA Code of Ethics, maintaining Maria's confidentiality is ethical unless disclosure is necessary to prevent serious harm. This ethical framework guides the counseling approach, ensuring Maria's rights and safety are prioritized.

**Peer Response**

### DISCUSSION 3-1 3

I appreciate your emphasis on immediate parental involvement in Maria's situation, highlighting the potential benefits of family support. While I agree that family can provide significant emotional and practical support, it's crucial to consider the individual context of each case. Maria's fear of parental reactions suggests a need for a more cautious approach. Balancing her autonomy with the benefits of parental support is delicate. This discussion highlights the importance of tailoring our approach based on the client's specific circumstances and comfort, ensuring we uphold both ethical standards and the client's best interests in sensitive situations.