What is Core of Life?

It’s a comprehensive life-education program designed for adolescents, focusing on the realities of pregnancy, birth and early parenting… rather than on idealised notions commonly held and accepted by today’s youth.

Equally relevant to both boys and girls, Core of Life presents evidence-based information in effective, dynamic and meaningful ways. It also identifies the range of support networks available within our communities.

Aims of the Program

Through realistic and competent youth education:

• Reduce the number of teenage pregnancies
• Foster personal responsibility
• Enable informed choices and decision making
• Reduce the isolation, alienation and victimisation of teenage parents.

Teaching methods incorporate multi-media technology, realistic role play and interactive learning, without affiliation to any religious, political or lobbyist group.

Core of Life endorses breastfeeding and the continuing of secondary and tertiary education for young parents.

Teenage Pregnancy Facts

Compared with adults, adolescents:

• Receive less help with decision making
• Are less likely to access antenatal care
• Experience increased rates of
  – premature births
  – medical/obstetric complications
  – perinatal death
  – low birth weight
  – post natal depression

Their children are also more prone to long term illnesses such as non-insulin dependant diabetes and chronic heart disease.

How it Works

To develop community support and resources which can be accessed by young people in each area, program directors train and involve local health professionals, youth workers and community leaders. This training instills a far greater awareness of the socio-economic, cultural and linguistic challenges faced by the youth in each local area. It also helps to create co-operative, community based solutions which are central to the Core of Life program.

Following a comprehensive two day workshop, new facilitators are provided with a packaged program, including a manual and CD, which ensures a consistent approach is presented to young people throughout the country.

To learn how and when you can access training in your region, please visit www.coreoflife.org.au.