



Global Girl's 2023 Student Presentations

These presentations are part of the Global Girls Teen Fellowship workshop curriculum.

After the lecture on birth justice by Tammiea Tyler, the fellows brainstormed topics that they wanted to research and do the presentations. The fellows came up with two possible topics, teen pregnancy, and postpartum depression, and each of them signed up for what they wanted to present. The officers grouped the fellows into two presentation groups based on their choices.

These two presentations are the students' original slides.

Daughters Of Artemis



Participation: Caitlin Wymers (17, South Africa)

Khanyii Dube (17, South Africa)

Jael Samuel (16, Trinidad and Tobago)

Anokhi Patel (17, The United States)

ARTEMIS





Postpartum Depression

WE ARE HERE
FOR YOU

You are **NOT ALONE**
1 in 5 women
Experience depression
and anxiety during
pregnancy or after giving
birth

An underrated topic that needs to be heard and we're
here to speak up!

What is Postpartum Depression?

Postpartum Depression is depression suffered by a mother following childbirth. Typically arising from the combination of hormonal changes, psychological adjustments to motherhood and fatigue.



Causes

-During pregnancy a woman's body produces higher levels of estrogen and progesterone. The first 24 hours after childbirth these hormones immediately set into their formal place causing a rapid drop in hormonal changes.

-Some mothers also experience PPD due to the change in their body image after giving birth. (e.g Stretch marks, Changes in breast size, Scars from C-Section, Weight gain/loss etc.)

-Fatigue can cause restlessness, intense irritability and difficulty bonding with baby. Lack of sleep also plays a major role in PPD.

What does it mean to be a mother?

To be a Mother means to bestow the power of Life, Giving/Creating or raising. To be a mother it takes a strong courageous Woman with a whole lot of muscle around her heart. Being a mom is a lifelong commitment and a job that you never clock out from.

The power of giving life is a power unlike any other. It can be tough, tiring, painful, stressful and heart rending too. But it comes with a lifetime of beautiful memories, smiles, pure happiness, proud moments and many tears of joy.

Being a mom means selflessly sacrificing your needs and wants for those of your children's. Loving unconditionally, more than love itself can go. Raising strong and healthy minds that one day will be able to go out into the world and make a positive change. To be a Mother is to nurture and protect and guiding where guidance is needed.



Women have been chosen by God to be the portal between the spiritual realm and the physical realm. Women are the only force on earth powerful enough to navigate unborn spirits into this planet.

The Difference Between Baby Blues and Postpartum Depression

Whilst Postpartum Depression and Baby Blues may have some similarity, they are actually different.

“Baby blues tend to be seen around three to five days after the baby is born and the mom will often experience symptoms for about two weeks”~Janet Weatherly, a certified nurse midwife at Henry Ford Health. This can be caused due to the estrogen and hormonal change a mother experiences after child birth. Postpartum Depression has a longer more severe effect on the mother.



Do you know a new Mom with any of these signs or symptoms?

—SYMPTOMS OF— POSTPARTUM DEPRESSION



Intense
sadness



Hopelessness



Emptiness



Depressive
moods



Loss of interest
in activities



Disrupted
sleep



Reduced
appetite



Fatigue



Restlessness



Guilt



Increased
indecisiveness



Suicidal
tendencies

Call the PSI

HelpLine:

1-800-944-4773

Text “Help” to

800-944-4773

Signs & Symptoms Postpartum Depression



How can we treat Postpartum Depression?

Talk to ones' healthcare professional about specific treatment plans, but there are some paths that can be tailored to everyone.

- **Therapy**→ going to a therapist and talking and working your concerns with a licensed professional can help!
- **Medicine**→ depression is a chemical imbalance so different types of drugs can be used to treat this chemical imbalance
- **Going Outside and Exercise**→ by getting in touch with nature and doing physical exercise it is proven to increase dopamine which can help combat Postpartum Depression
- **Accepting Help**→ talking to family and friends can allow one to have a chance to breathe and be calm

SOURCE: <https://www.mayoclinic.org/diseases-conditions/postpartum-depression/diagnosis-treatment/drc-20376623>

Prevention/ Reduce Postpartum Depression

- Drink lots of water or tea instead of coffee
- 8 hours of sleep
- Solid meals 3 times a day
- Create daily routine that suits you best
- Self care sundays with baby
- Journaling
- Gain a good habit/hobby
- Skill development
- Yoga
- Meditation



By practicing these methods of prevention/reduction, one can eliminate postpartum depression and can help deal with this illness



Postpartum Support

Mothers support groups

Professional therapist

Family member/partner

Trusted friend

Experienced mothers

Midwife, Doula

Daycare

**THANK YOU
MOM!**

W
wild

N
nature

O
overflowing

E
empowering

M
majestic

**YOU ARE
ENOUGH!**

SAGEGODDESS.COM



YOU MATTER!

YOU ARE APPRECIATED!

YOU ARE LOVED!

The Power of Feminism



Participation: Annissa Patrick (17, Trinidad and Tobago)
Carlesia Williams (17, Trinidad and Tobago)
Eduarda Dias (16, Brazil)
Medina Wynne (17, Trinidad and Tobago)
Vitoria Santos (15, Brazil)
Rafaella Patrice (18, Trinidad and Tobago)

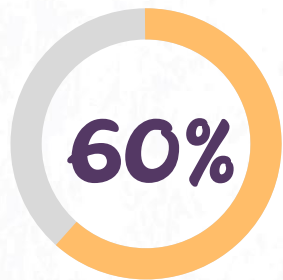
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Maternal mortality among
black women exceeds by 78%
that of white women”

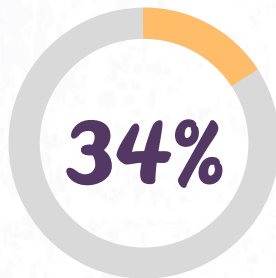
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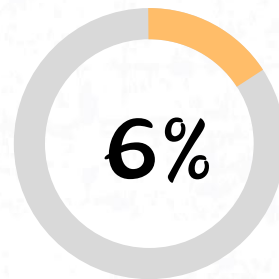
How about including percentages?



Black



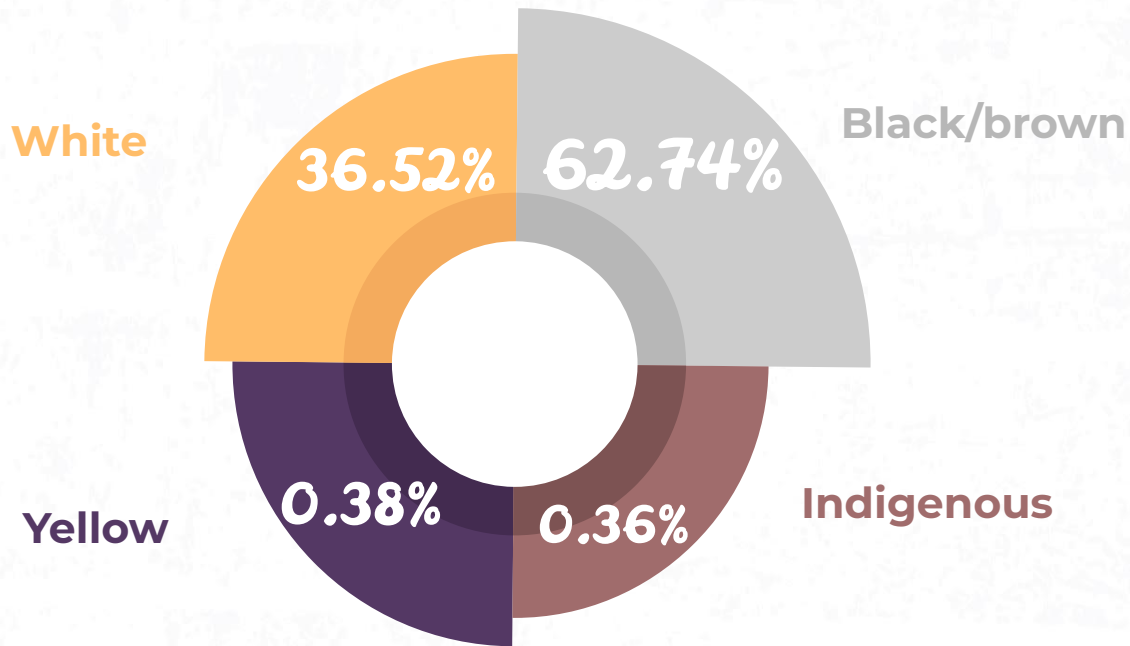
White



**Yellow and
indigenous**

In Brazil, 60% of victims of maternal mortality are black (black and brown) and 34% are white, according to the Ministry of Health. The numbers reflect death during pregnancy, childbirth and abortion.

-- This is an infographic





A recent survey by the Brazilian Federation of Gynecology and Obstetrics Associations (Febrasgo) pointed to a 37.2% drop in teenage pregnancy cases in the country between 2000 and 2019. Even so, cases are still more frequent among black teenagers aged 10 to 17 years.



Teen Pregnancy in Trinidad & Tobago

Based on a survey conducted between the time period of 2014 to 2019, 31 teenagers got pregnant in 2014, 745 teenagers in 2015, 850 in 2016, 575 in 2017 and 377 in 2018. There were a total of 2,578 pregnancies between the ages of 13-19 which is very disturbing.

Teen Pregnancy in Trinidad & Tobago

The adolescent pregnancy and birth rate in Trinidad and Tobago was 33% between ages 15-19. It should be known that Trinidad and Tobago is a multicultural society and is composed of different ethnicities such as East Indians, Africans, Mixed (Dougla), White and others. Afro-Trinbagonian girls make up 48.6% of teen pregnancy, East Indian/ Indo Trinbagonian girls make up 20% and 31.4% are mixed trinbagonians and only 0.6% of the white trinbagonians.

Statistics of the ethnic composition of Teen Pregnancy in Trinidad & Tobago

Variables	Teen mother (%)
Ethnicity	
Afro-Trinidadians	48.6
Indo-Trinidadians	20.0
Bi-racials/mixed	31.4

WHAT CAUSES TEENAGE PREGNANCY?

- Lack of information about sexual and reproductive health and rights.
- Inadequate access to services tailored to young people.
- Family, community and social pressure to marry.
- Sexual violence.
- Child, early and forced marriage, which can be both a cause and a consequence.
- Lack of education or school drop-out.



ACCORDING TO THE RESULTS OF STUDENTS, TEEN MOTHERS FACE MANY PHYSICAL, PSYCHOLOGICAL, SOCIAL AND SPIRITUAL CHALLENGES SUCH AS:

- A constant need for support and training
- inability to planning and decision making
- lack of maternal skills
- encountering unknown situations and major changes
- high risk pregnancy and birth

- mental health problems(depression, anxiety, shock, low self-efficacy, isolation)
- multiple responsibilities
- inadequate social and spiritual support
- disruption of education and employment
- financial problems
- family conflicts

Support for teenage pregnancy

- ~One of the ways is through a hotline. There are educators who can inform you on the process of pregnancy.
- ~ You can also support by being present in the mother's life and giving them advice. By giving advice on the value of life or on how her life would be affected can help teens understand what exactly they are going through emotionally and physically.
- ~ Facilities are also a source of support. For example there are Pregnancy Resource Centers placed in different countries along with Crisis Pregnancy Centers. These facilities focus a lot of the pregnant teen along with their unborn child

Similarities Between Brazil and Trinidad & Tobago

Important similarities about teen pregnancy

- Lack of information about sexual and reproductive health and rights.
- Inadequate access to services tailored to young people..
- Sexual violence.
- Lack of education or school drop-out.





Differences between pregnancy rate in Brazil and Trinidad & Tobago

The adolescent pregnancy and birth rate in Trinidad and Tobago was 33% between ages 15-19

In Brazil, the birth rate of children of mothers between 15 and 19 years old is 50% higher than the world average — the world rate is estimated at 46 births per 1,000 girls, while in Brazil there are an estimated 68.4 pregnancies at this stage of life.

@grandesite

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A picture is worth a thousand words

