

STUDENT HANDBOOK/WEBSITE

[Department listings and links should be placed throughout this handbook or online directory.]

HEALTH SERVICES

Health Services is available to help by providing pregnancy tests and referring you to an ob-gyn or medical center for further services. They will also be able to advise you about maternity coverage, postpartum care, and insurance riders for additional family members. [Provide a phone number and link to your campus health services center.]

Confidentiality

Your privacy is assured. Health Services abides by the Health Information Portability and Privacy Act of 1996 (HIPPA).

Pregnancy tests (or results) are not indicated on your student health insurance bill. (Please check with your provider if you are self-insured or covered under your parents' plan.)

Health Insurance for Pregnant Women

Student health care insurance includes maternity, labor, delivery and postpartum care.

For students on their parent's health insurance, please refer to your family's plan.

Health Services may provide you with a list of local obstetricians/gynecologists, many of which accept Medicaid, as well as the local Health Department. Medicaid is available for students who qualify. Health Services will be able to help you or refer you to a qualified social worker who can guide you through the application process. You may be able to access benefits through Temporary Assistance to Needy Families (TANF) and/or the Women, Infants, and Children (WIC) Nutrition Program.

Healthcare for Parents and Dependents

Additional insurance riders for family members are available at additional charge. To see if you may participate, please speak to someone in Health Services.

If you are on your parent's insurance plan, please check with the insurance carrier.

New parents may qualify for TANF and/or WIC. [Link to government websites for explanation.]

For Prospective Birthmothers

Health services will refer you to an accredited agency to explore adoption options.

Nursing mothers

For students preferring a private place to pump and who need refrigeration to store breast milk, Health Services and the Women's Resource Center can assist you.

Childbirth Classes

Childbirth and parenting classes are available through the university hospital. [Or refer to another agency.]

Paternity Testing

If a paternity test is necessary, Campus Health Services will refer you to your local (city or county) department of Social Services.

HOUSING

If a woman learns she is pregnant while living in the dorms, she may stay there until giving birth. If she plans on placing the child for adoption, birthmothers may return to their dorms. Those who choose to parent have access to alternate housing—either on-campus family housing or affordable off-campus housing. Please talk to your residential advisor or someone in the Residence Life and Housing department for help or referrals.

Family housing is available at _____. *And/or* Many families find off campus housing at _____. Some single parents choose to co-abode. [Student parent support group may have more suggestions.]

If on-campus family housing not available, housing aid will still be protected.

FINANCIAL AID

Housing and Child Care Grants

Financial Aid grants are available to assist with housing and child care. Scholarships are also available to those who qualify. Please schedule an appointment in the financial aid office.

If you are recently been emancipated from your parents, please make an appointment with a financial aid counselor.

Find the Free Application for Federal Student Aid (FAFSA) application at <http://studentaid.ed.gov/>.

If your financial aid is contingent upon living on campus and on-campus family housing is not currently available, the Financial Aid Office will ensure that your aid is protected. The Financial Aid Office will ensure that your current housing aid is protected even if on-campus family housing is unavailable. The office will also help you retain your housing arrangements and aid if you need to adjust your schedule from full-time to part-time.

Child Support

Like you, your baby's father has both rights and responsibilities.

If you are married to each other, family counseling is available through private and government sources.

If you are single and do not plan to marry the father of your child before the baby is born, ask him to voluntarily establish paternity at the hospital when the baby is born. This will provide the basis of financial support for the child and visitation rights for the father.

Child support cannot be enforced until paternity is established. Consider contacting an attorney to protect your child's rights, or call your local Office of Child Support Enforcement and your local Legal Aid organization.

If the father will not accept responsibility for his child, get as much information about him and his family as you can, including his Social Security number, home address, work and home phone numbers, medical history, his parents' address, and his mother's maiden name. This will assist you in securing child support if you choose to parent, and your doctors should have this information for medical purposes. And one

day, when your child has questions, you can provide some answers.

If you are considering adoption, talk to a local adoption agency about what the biological father may need to do, whether he has been informed of the pregnancy, and how his actions may affect the adoption plan.

The father of your child may try to tell you that he will pay for an abortion but will not provide child support. The law prohibits him from withholding child support. Remember, no one has a right to coerce you into making a choice you don't want —not your boyfriend, not your husband, not your parents.

CHILDCARE

Childcare is available to undergraduate and graduate students, faculty, and staff on a sliding fee scale. Please make arrangements to meet with staff as soon as possible.

Infant care is available at the child care center. We also have a list of babysitters and off-campus providers.

Our School of Education provides preschool and after school care.

And/or:

Student parent group members run their own babysitting exchange. Check with Counseling Services to join the group.

Many daycare providers can care for children with special needs. Parents of children with special needs should also check out "[Raising Kids on a Shoestring](http://feministsforlife.org/taf/2009/Fall09.pdf)" for suggestions and links to services. [http://feministsforlife.org/taf/2009/Fall09.pdf]

ACADEMIC ADVISORS

Advisors are available to help with life challenges that impact education. Your academic advisor will help you with a plan to ensure your professors are aware of your needs.

Absences and Leave

A school may not exclude a pregnant or parenting student from classes or school-sponsored activities, including sports and extracurricular activities, just because she is pregnant or a parent. A school may offer special programs or schools for pregnant and parenting students, but these must be voluntary and give participating students access to academic and extracurricular opportunities equal to those offered in the regular programs and schools. If a school provides special services to students who must be absent due to a temporary medical condition, these services must also be provided to students who miss school for reasons related to pregnancy or childbirth.

A school must excuse absences for medical reasons relating to pregnancy for as long as a doctor says it's medically necessary. The school must allow students to make up missed work. Our university also excuses absences for a student parent who must be absent in order to take a dependent child to the doctor or to care for a sick child.

Schools may only require a doctor's note for absences due to pregnancy-related medical appointments if the school also requires a doctor's note of all students with medical conditions that require a doctor's attention. (For more information, visit

<http://www.nwlc.org/sites/default/files/pdfs/NWLCItsYourEducation2010.pdf>.) [HYPERLINK to new window/tab]

Regarding sports and extracurricular activities, the school must apply the same participation policies to pregnant and parenting students that it applies to all students with temporary disabilities. Colleges and universities may not end or reduce an athletic scholarship based on pregnancy. For more on the rights of pregnant student athletes, see section below entitled "Athletic Department."

Academic Flexibility

a. Reduced courseload

Pregnant women and parents may need reduced hours for work, healthcare, or infant care issues. Please work with your advisor if you need to reduce hours from full to part-time.

b. Independent study

Independent study may also be arranged with your professors in order for you to complete your course work.

c. Telecommuting options

Many pregnant and parenting students find telecommuting the best choice to complete their education because of convenience, flexibility, and lower cost. Some professors e-mail notes to those students who are on leave. You may be able to participate in classes via webcast, BlackBoard, etc. Talk to your academic advisor and professors about the options available to you. You are entitled to equal access to quality education and we are committed to ensuring excellence in all of our course offerings.

Online classes do not mean parents are disconnected from campus life. Parent support groups share solutions online--and help you stay connected and involved.

International Students

International students with families may also contact the International Student Affairs office for services and assistance.

COUNSELING SERVICES

For services below, please schedule an appointment with a counselor.

For Pregnant Women and Expectant Fathers

Whether a pregnancy is planned or not, pregnant women and expectant fathers experience a range of emotions and face many challenges. School counselors provide non-judgmental support.

For Parents

Student parents operate peer support groups. Solutions and peer services are listed online (such as cooperative child care, shared dinners, etc.). Contact Counseling Services for time and place. Individual counseling is also available.

For Birthparents

Birthparents planning to place their child for adoption, and those who have already placed their child for an adoption, may contact Counseling Services for an appointment. Help is also available through many other agencies off campus. Counseling Services can direct you to those resources.

For Couples

Couples may seek individual or group counseling.

Grief Counseling

Grief Counseling is available to those who have had experienced miscarriage, abortion, adoption, still birth, loss of a child after birth, infertility, divorce, or another death or loss.

For Victims and Survivors

Counseling is available for pregnant women and parents experiencing intimate partner violence, stalking or harassment, and those who have been sexually assaulted. Health Services is also prepared to help victims and survivors.

Spiritual

Chaplains are available for spiritual guidance or can refer students to a variety of local religious communities.

LEGAL SERVICES

Assistance with legal issues, including information about establishing paternity and child support enforcement, is available [on and/or off campus]. Local legal aid offices may also provide support and counsel.

Paternity and Child Support

Like you, your baby's father has both rights and responsibilities.

If you are married to each other, family counseling is available through private and government sources.

If you are single and do not plan to marry the father of your child before the baby is born, ask him to voluntarily establish paternity at the hospital when the baby is born. This will provide the basis of financial support for the child and visitation rights for the father.

If you are considering adoption, talk to a local adoption agency about what the biological father may need to do, whether he has been informed of the pregnancy, and how his actions may affect the adoption plan.

If the father will not accept responsibility for his child, get as much information about him and his family as you can, including his Social Security number, home address, work and home phone numbers, medical history, his parents' address, and his mother's maiden name. This will assist you in securing child support if you choose to parent, and your doctors should have this information for medical purposes. And one day, when your child has questions, you can provide some answers.

The father of your child may try to tell you that he will pay for an abortion but will not provide child support. The law prohibits this. Remember, no one has a right to coerce you into having an abortion—not your boyfriend, not your husband, not your parents.

Child support cannot be enforced until paternity is established. Consider contacting an attorney to protect your child's rights, or call your local Office of Child Support Enforcement and your local Legal Aid organization.

ACCESSIBLE CAMPUS

Accommodations for Pregnant Women

Your professor or advisor can arrange for a table and chair rather than flip-top desks or one-piece desks and chairs in auditoriums and classrooms.

Child Friendly Campus

Diaper decks and family bathrooms are available throughout campus and locations may be found on the campus map.

We are in compliance with the Americans with Disabilities Act. If you can't manage stairs, please look for elevators and ramps. Please report inaccessibility or concerns about accessibility to _____.

Parking

Parking spaces designated for expectant parents and parents with young children are strategically placed across campus, especially near family housing. Parking passes for these spots are available at _____. Please respect these reserved spaces.

ATHLETIC DEPARTMENT

Our athletic department is in compliance with NCAA policies and recommended practices.

[Model Handbook Policy based on FFL's Advocacy and NCAA's Model Pregnancy and Parenting Student-Athlete Handbook Statement]

Our athletics department will allow a pregnant student-athlete to continue to participate in a limited manner on the team, including all team-related activities, unless the student-athlete's physician or other medical caregiver certifies that partial participation is not medically safe.

We recognize that a student-athlete's pregnancy is often a stressful event. As soon as you learn that you are pregnant, we encourage you to tell someone with whom you feel safe or who can best support you during this difficult time. While you are in the best position to determine who is safe to discuss your pregnancy with, be assured that we will respect your confidentiality within our institution as long as it is medically safe to do so. We want to help you achieve your academic goals while protecting your physical and psychological health and the health of your pregnancy. You should know that many student-athletes have traversed these life transitions successfully, and there is usually no reason to make overly-rushed decisions.

Below are some NCAA FAQ's concerning a pregnant student athlete:

What happens to your team membership:

Federal law provides many legal protections for your continued involvement with our athletics department. As long as you are in good academic standing with the university and you do not voluntarily withdraw from your team, federal law protects your membership on the team. This would include access to services provided to other student-athletes with injuries or temporary disabilities, such as academic tutoring, training table, medical services, rehabilitation services, among others. We will modify your workouts as your pregnancy progresses if needed. Federal law also requires us to grant you as much leave as is medically necessary and to reinstate you to active team membership. You may have to earn back your specific playing position that you achieved before your pregnancy, but others have successfully made the transition back to their former playing shape. You can too.

What happens to your scholarship:

As long as you are in good academic standing with the university and you do not voluntarily withdraw from your team, it is against federal law for us to withdraw or reduce your financial aid in the event of your pregnancy, childbirth, conditions related to pregnancy, false pregnancy, termination of pregnancy, recovery from pregnancy, or parental or marital status during the term of the award. Federal law also requires us to grant you as much leave as is medically necessary and to renew your scholarship under certain circumstances. Finally, you should also know that

NCAA bylaws allow a female student-athlete to apply for an additional year of eligibility if her athletic career is interrupted by pregnancy.

How to continue training and competing:

If you decide to remain pregnant and wish to continue in your sport, we will help you assemble a decision-support team that you feel comfortable with. It could include you, your obstetrician or other maternal health care provider, your coach, athletic trainer, team physician, academic counselor, a mental health counselor or others as needed. Your decision-support team will monitor your health and academic progress, and will assist your rehabilitation and your return to competition if that is your desire. Medically necessary absences due to pregnancy from team activities are considered excused absences.

If you're a male student-athlete whose partner becomes pregnant:

Obviously, you won't be affected by physical changes associated with pregnancy. However, you may suffer psychological stress, have concern about the health of your pregnant partner and her pregnancy, and question your readiness for fatherhood and the personal and financial obligations you face. You may disagree with your partner about the pregnancy, whether to carry the pregnancy to term or to terminate the pregnancy. We encourage you to take advantage of our psychological counseling services and join in any decision-support team your partner may have formed. You should also know that Title IX also protects you from being discriminated against because of your partner's pregnancy or your status as a parent.

Complete NCAA Rules are available [online](#).

[<http://www.ncaa.org/wps/wcm/connect/432232804e0d5febb885f81ad6fc8b25/Model+Policy+Legal+Review.pdf?MOD=AJPERES&CACHEID=432232804e0d5febb885f81ad6fc8b25>]

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