A federal law, called Title IX, protects you from discrimination as a pregnant or parenting student. It guarantees that you have the following rights:

You have the right to stay in school.

No one can force you to leave your school or go to a different school. You have the right to stay in all of your regular classes. You may choose to go to a school designed to support pregnant or parenting teens, but it must be your choice.

You have the right to finish school and graduate on schedule.

If you have to leave school for awhile because of your pregnancy or childbirth, you must be allowed to return to school and pick up where you left off. Your school might be required to provide tutoring or help with schoolwork if a doctor says you have to be absent for a long time.

You have the right to participate in all school activities.

No one can prevent you from doing sports, clubs, assemblies, or other school activities. If you’re pregnant, you might be asked to provide a doctor’s note saying it’s safe and okay for you to participate on a sports team; however, a school can only do this if they require a note from every student who has a physical or emotional condition requiring treatment from a doctor.

Don’t be afraid to speak up for your needs and rights as a parent and as a student. Talk to the Title IX coordinator at your school if you have any questions or concerns, or feel like you’re being treated unfairly.

You have the right to have some of your absences excused.

Your absences must be excused if 1) you have a doctor’s appointment or 2) your doctor tells you that you have to leave school for awhile because of pregnancy or childbirth. Both of these things require that you give your school a doctor’s note, saying it was necessary for you to miss school. 

NOTE: Currently there is no law that requires schools to excuse your absences for taking your child to a doctor’s appointment, or for staying home to take care of your child.

You have the right to make up the schoolwork that you miss.

If other students are allowed to make up missed assignments, then you are too. Some schools set a limit for how many days a student can be absent. However, if they make an exception for other students with medical conditions, then they must also make an exception for you, as long as you have a doctor’s note saying that you had to leave school for awhile because of pregnancy or childbirth.

Need more support or information? Connect with counselors, teachers, administrators, or other young parents at your school to learn about your school’s policies.