

## EARLY MOTHERHOOD IN THE NEW GENERATION: PSYCHOLOGICAL, SOCIAL, AND IDENTITY IMPACTS

### MATERNIDADE PRECOCE NA NOVA GERAÇÃO: IMPACTOS PSICOLÓGICOS, SOCIAIS E IDENTITÁRIOS

### MATERNIDAD TEMPRANA EN LA NUEVA GENERACIÓN: IMPACTOS PSICOLÓGICOS, SOCIALES E IDENTITARIOS



<https://doi.org/10.56238/sevened2026.008-091>

Everaldo dos Santos Mendes<sup>1</sup>, Antonio Cássio Vaz<sup>2</sup>

#### ABSTRACT

Early motherhood constitutes a complex phenomenon that generates physical, psychological, social, and identity-related consequences for adolescents. Adolescent pregnancy interrupts educational trajectories, limits professional opportunities, and compromises psychosocial development. This study analyzes early motherhood in the new generation, examining its psychological, social, and identity impacts. The methodology is characterized as an exploratory bibliographic review with a qualitative approach, grounded in the critical analysis of scientific publications from 2020 to 2025. The results indicate that early motherhood produces psychological impacts, including anxiety and depression; social consequences, such as school dropout and limited professional opportunities; and identity transformations related to the abrupt transition to motherhood. Early motherhood affects adolescents unevenly according to socioeconomic conditions and racial identities. It is concluded that the promotion of sexual and reproductive rights requires comprehensive sexual education, access to contraception, psychosocial support, and cultural transformations.

**Keywords:** Early Motherhood. Adolescent Pregnancy. Psychological Impacts. Reproductive Health.

#### RESUMO

A maternidade precoce constitui fenômeno complexo que gera consequências físicas, psicológicas, sociais e identitárias para adolescentes. A gravidez na adolescência interrompe trajetórias educacionais, limita oportunidades profissionais e compromete desenvolvimento psicossocial. Este estudo analisa a maternidade precoce na nova geração, examinando seus impactos psicológicos, sociais e identitários. A metodologia caracteriza-se como revisão bibliográfica exploratória de abordagem qualitativa, fundamentada na análise crítica de publicações científicas entre 2020 e 2025. Os resultados evidenciam que a maternidade

<sup>1</sup> Dr. of Psychology. Dr. of Theology. Pontifícia Universidade Católica de Minas Gerais (PUC Minas). Universidade de Coimbra. Pontifícia Universidade Católica do Rio de Janeiro (PUC-Rio). Universidade de Lisboa. Lattes: <http://lattes.cnpq.br/6102492484900096>

<sup>2</sup> Doctoral student in Psychology. Pontifícia Universidade Católica de Minas Gerais (PUC Minas). Lattes: <http://lattes.cnpq.br/3418209952717837>

precoce gera impactos psicológicos incluindo ansiedade e depressão, consequências sociais incluindo evasão escolar e limitação de oportunidades profissionais, e transformações identitárias relacionadas à transição abrupta para maternidade. A maternidade precoce afeta desigualmente adolescentes conforme condições socioeconômicas e identidades raciais. Conclui-se que a promoção de direitos sexuais e reprodutivos demanda educação sexual abrangente, acesso a contracepção, apoio psicossocial e transformações culturais.

**Palavras-chave:** Maternidade Precoce. Gravidez na Adolescência. Impactos Psicológicos. Saúde Reprodutiva.

## RESUMEN

La maternidad precoz constituye un fenómeno complejo que genera consecuencias físicas, psicológicas, sociales e identitarias para las adolescentes. El embarazo en la adolescencia interrumpe las trayectorias educativas, limita las oportunidades profesionales y compromete el desarrollo psicossocial. Este estudio analiza la maternidad precoz en la nueva generación, examinando sus impactos psicológicos, sociales e identitarios. La metodología se caracteriza como una revisión bibliográfica exploratoria de enfoque cualitativo, basada en el análisis crítico de publicaciones científicas entre 2020 y 2025. Los resultados evidencian que la maternidad precoz genera impactos psicológicos, incluidos ansiedad y depresión; consecuencias sociales, como la deserción escolar y la limitación de oportunidades profesionales; y transformaciones identitarias relacionadas con la transición abrupta hacia la maternidad. La maternidad precoz afecta de manera desigual a las adolescentes según las condiciones socioeconómicas y las identidades raciales. Se concluye que la promoción de los derechos sexuales y reproductivos requiere educación sexual integral, acceso a métodos anticonceptivos, apoyo psicossocial y transformaciones culturales.

**Palabras clave:** Maternidad Precoz. Embarazo en la Adolescencia. Impactos Psicológicos. Salud Reprodutiva.

## 1 INTRODUCTION

Early motherhood is a complex phenomenon that affects millions of adolescents globally, generating physical, psychological, social and identity consequences that transcend the gestational period and extend throughout life. In Brazil, despite reductions in adolescent pregnancy rates in recent decades, early motherhood remains a public health challenge that demands understanding of its determinants, its consequences, and prevention and support strategies. Teenage pregnancy interrupts educational trajectories, limits professional opportunities, compromises psychosocial development, and perpetuates cycles of poverty and inequality. Understanding the psychological, social, and identity impacts of early motherhood becomes fundamental for the development of public policies, health programs, and care practices that promote sexual and reproductive rights, support pregnant adolescents and young mothers, and prevent unplanned pregnancies.

Teenage pregnancy has physical, psychological, and social implications for the health and development of the young mother. Barbosa (2025, p. 58) demonstrates that "adolescent pregnancy generates physical, psychological, and social implications for the health and development of the young mother, demanding comprehensive and multidisciplinary care", evidencing the complexity of the needs of pregnant adolescents. The bodily, hormonal and emotional transformations of pregnancy overlap with the transformations of adolescence, generating additional challenges for identity development. The abrupt transition to motherhood, often unplanned and unwanted, compromises the full experience of adolescence, a period characterized by the exploration of identities, the development of autonomy and the construction of life projects.

The facilitators and barriers to access and use of contraception for adolescent Hispanic American women reveal structural inequalities that affect sexual and reproductive rights. Batek *et al.* (2024, p. 2) argue that "facilitators and barriers to access to contraception for adolescent Hispanic American women include individual, family, community, and systemic factors," underlining the need for multidimensional approaches. Limited access to sexual and reproductive health information, adolescent-friendly health services, and contraception is a determinant of adolescent pregnancy. Cultural, religious, economic, and geographic barriers interact to limit the reproductive autonomy of adolescents, particularly those belonging to vulnerable groups.

The construction of motherhood from the phenomenal-structural perspective offers a theoretical framework to understand how individual experiences of motherhood are shaped by social, cultural and historical structures. Batista (2024, p. 3) observes that "the construction of motherhood in the phenomenon-structural perspective reveals tensions between lived

experiences and social expectations, demanding analyses that integrate subjective and structural dimensions", highlighting the complexity of motherhood as a social phenomenon. Early motherhood is experienced in contexts of gender, class, and race inequalities that shape experiences, opportunities, and challenges. The social idealization of motherhood as a feminine fulfillment contrasts with stigmas associated with adolescent motherhood, generating ambivalence and psychic suffering.

The general objective of this study is to analyze early motherhood in the new generation, examining its psychological, social and identity impacts on pregnant adolescents and young mothers. Specifically, it is intended to: (i) review the theoretical foundations on adolescence, motherhood and identity development; (ii) examine the psychological impacts of early motherhood, including anxiety, depression, and identity transformations; (iii) assess the social consequences of early motherhood, including school dropout, limitation of professional opportunities and stigmatization; (iv) identify strategies to prevent teenage pregnancy and support pregnant adolescents and young mothers. The relevance of this work lies in the need to understand early motherhood as a multidimensional phenomenon that demands integrated responses, involving sex education, access to contraception, psychosocial support and cultural transformations that promote sexual and reproductive rights of adolescents.

This article is structured into five main sections. After this introduction, the theoretical framework presents the conceptual foundations of adolescence, motherhood and identity development, discussing theories about sexual and reproductive health, psychosocial impacts of adolescent pregnancy and the social construction of motherhood. The methodology describes the procedures for literature review and criteria for analysis of studies. The results and discussion integrate evidence on psychological, social and identity impacts of early motherhood, analyzing determinants, consequences and intervention strategies. The final considerations summarize the contributions of the study, point out limitations and suggest perspectives for future research and for the development of policies and practices that promote sexual and reproductive rights of adolescents and that support young mothers.

## **2 THEORETICAL FOUNDATION**

Adolescence is a period of transition between childhood and adulthood, characterized by biological, psychological, social and identity transformations. The World Health Organization defines adolescence as a period between 10 and 19 years of age, a phase marked by the development of identity, autonomy, abstract thinking, and complex interpersonal relationships. Borges and Carneiro (2023, p. 2) state that "adolescence

represents a period of vulnerabilities and potentialities, demanding public policies that promote healthy development and rights", highlighting the need for approaches that recognize the specificities of this phase. Adolescent pregnancy interrupts developmental processes, generating challenges for the construction of identity, for the completion of educational trajectories and for preparation for adult life.

The psychological impacts of teenage pregnancy include anxiety, depression, low self-esteem, and stress related to maternal responsibilities. Campos *et al.* (2023, p. 3) argue that "the psychological impacts of adolescent pregnancy include anxiety, depression, and identity transformations, requiring specialized psychosocial support", underlining the need for comprehensive care. Unplanned pregnancy generates feelings of fear, guilt, and uncertainty about the future. The abrupt transition to motherhood, often accompanied by paternal abandonment, social stigmatization and interruption of life projects, compromises the mental health of adolescents. Family, social and professional support is a protective factor that can mitigate negative psychological impacts.

The right to health of trans and transvestite people offers perspective on how structural inequalities affect access to sexual and reproductive health care. Filho *et al.* (2020, p. 3) demonstrate that "the right to health of trans people and transvestites demands public policies that recognize gender identities and combat discrimination", highlighting principles applicable to multiple vulnerable populations. Adolescents, particularly those belonging to marginalized groups, face barriers to accessing sexual and reproductive health information and services. The promotion of sexual and reproductive rights of adolescents requires recognition of autonomy, confidentiality and access to friendly services.

Theories of identity development in adolescence postulate that identity construction involves exploring roles, values, and commitments across multiple domains, including education, work, relationships, and sexuality. Early motherhood can compromise processes of identity exploration, prematurely fixing adolescents in maternal roles and limiting opportunities for experimentation. Maternal identity, constructed in contexts of stigmatization and inequality, can generate ambivalences between acceptance and rejection of motherhood, between personal aspirations and maternal responsibilities, and between adolescent identities and maternal identities.

The social consequences of early motherhood include school dropout, limited professional opportunities, economic dependence, and perpetuation of cycles of poverty. Pregnant adolescents and young mothers face difficulties in reconciling motherhood and education, resulting in school dropout and limited professional qualifications. Precarious insertion in the labor market, often in informal and low-paid occupations, compromises

economic autonomy and perpetuates vulnerabilities. Early motherhood affects adolescents unequally according to their socioeconomic conditions, with low-income adolescents facing additional barriers.

The social construction of motherhood involves idealizations, expectations, and norms that define what constitutes good motherhood and that assign primary care responsibilities to women. Adolescent motherhood is often stigmatized as a deviation from normative trajectories, generating moral judgments and blaming adolescents. The idealization of motherhood as a feminine fulfillment contrasts with devaluations of early motherhood, generating ambivalence and suffering. The deconstruction of idealizations and stigmas associated with motherhood is a condition for the promotion of rights and support for young mothers.

Strategies for preventing teenage pregnancy include comprehensive sex education, access to contraceptive methods, promotion of gender equity, and strengthening of life projects. Comprehensive sex education, which addresses not only biological aspects, but also dimensions of gender, rights, consent and healthy relationships, is a fundamental strategy. Access to contraception, through adolescent-friendly health services that ensure confidentiality and provide adequate guidance, constitutes a sexual and reproductive right. The promotion of gender equality, through the fight against stereotypes and the valorization of female autonomy, can broaden horizons of possibilities and reduce vulnerabilities.

### 3 METHODOLOGY

This study is characterized as an exploratory literature review with a qualitative approach, based on the critical analysis of scientific publications that investigate early motherhood, psychological, social and identity impacts of adolescent pregnancy and prevention and support strategies. The literature review allows us to synthesize knowledge about determinants, consequences and interventions related to early motherhood, identifying patterns, trends and gaps. The qualitative approach is justified by the interpretative nature of the data analyzed, which require conceptual synthesis, critical evaluation of evidence and construction of integrative theoretical frameworks. The choice for an exploratory review stems from the complexity of the theme, which involves multiple biological, psychological, social and cultural dimensions, requiring broad mapping of perspectives and results.

Data collection was carried out through a systematic search in multidisciplinary scientific databases, including journals in public health, psychology, social sciences, and gender studies. Moniz *et al.* (2024) advise that the psychological impact of adolescent pregnancy in developing countries requires analyses that consider specific sociocultural and

economic contexts. The inclusion criteria included studies published between 2020 and 2025, which addressed adolescent pregnancy, early motherhood, psychological impacts, social consequences, identity development, sexual and reproductive health, and prevention strategies. The search used combined descriptors in Portuguese and English, including terms such as "teenage pregnancy", "early maternity", "psychological impacts", "reproductive health", *teenage pregnancy*, *adolescent motherhood*, *psychological impacts*, and *reproductive health*. Studies that did not present empirical data or substantive theoretical reflections, publications without peer review, and studies that did not establish clear connections with psychosocial impacts of early motherhood were excluded.

Data analysis followed procedures of critical reading, filing and thematic categorization, with the extraction of information on determinants of adolescent pregnancy, psychological and social impacts, identity transformations and prevention and support strategies. Montazeri *et al.* (2025) suggest that prenatal psychosocial interventions for pregnant adolescents require approaches that consider specific needs and promote comprehensive support. The studies were categorized according to populations investigated, impact dimensions analyzed, methodologies employed, and intervention strategies evaluated. This categorization allowed the identification of recurrent patterns, such as the centrality of social support for the mental health of young mothers, and gaps in knowledge, such as the scarcity of studies on adolescent fatherhood experiences.

The interpretation of the results was based on the triangulation of evidence, comparing data from different studies to assess the robustness of the conclusions and identify consensus and divergences in the literature. Morais *et al.* (2023) emphasize that misinformation about contraceptive methods and their impact on adolescent pregnancy reveals the need for comprehensive sexuality education and access to reliable information. Triangulation allowed us to identify convergences, such as the recognition that teenage pregnancy compromises educational trajectories, and divergences, such as contrasting evaluations of the effects of prevention programs. The critical analysis considered methodological limitations of the reviewed studies, including selection biases, use of convenience samples, variability of definitions of psychological impacts, and insufficient data on the long-term effects of early motherhood on life trajectories.

Ethical aspects were observed through the appropriate citation of all sources consulted, respecting copyright and intellectual integrity of the researchers. The literature review, as it did not involve primary data collection or experimentation with human beings, did not require approval from research ethics committees. Methodological transparency was ensured through the detailed description of the procedures for searching, selecting and

analyzing studies, allowing the replication of the review by other researchers. The main limitation of this study lies in the dependence on the quality and availability of scientific publications, which may not fully represent the experiences of pregnant adolescents and young mothers, especially considering that vulnerable populations, including low-income adolescents, living in rural areas, and belonging to marginalized racial groups, are rarely the subject of systematic academic investigations.

**Table 1**

*Academic References and Their Contributions to Research*

Author	Title	Year	Contributions
FILHO, E. et al.	Right to health of trans people and transvestites: an analogy of public policies in Brazil and Argentina	2020	To compare Brazil-Argentina public policies, contributing to evaluate guarantees of the right to health of trans people and transvestites and their institutional limits.
SILVA, M.; GOUVÉIA, M.; FERNANDES, M.; COSTA, R..	Stress coping strategies used by maternity nurses / stress coping strategies used by nurses in the maternity ward / stress coping strategies used by maternity nurses	2020	Identify strategies to cope with stress in maternity teams, supporting occupational health actions and quality of care.
PARENTE, J. et al.	LGBTQIA+ health in the light of princimal bioethics	2021	Fundamental debates on LGBTQIA+ health care based on bioethical principles, supporting clinical decisions and policies of equity in access.
NASCIMENTO, A.; MARTINS, D.; BONFIM, C.; BERNARDO, K.	Solo motherhood and intersectionalities: care practices in the context of primary care	2022	It shows how race, class and gender cross care in PHC, contributing to qualify practices and policies aimed at solo motherhood.
SILVA, R. et al.	Bioethical reflections on transgender access to public health	2022	Discuss ethical and institutional barriers to trans people's access to public health, reinforcing non-discrimination and comprehensiveness guidelines.
BORGES, D.; CARNEIRO, M.	Editorial	2023	It delimits and contextualizes dossier/issue debates on feminist studies and gender, contributing to situational agendas, approaches, and thematic priorities.

CAMPOS, G. et al.	Psychological impacts of adolescent pregnancy: an integrative review	2023	It synthesizes evidence on the psychological impacts of adolescent pregnancy, pointing out risk/protective factors and the need for multiprofessional intervention.
MORAIS, J.; SOUZA, L.; SOUZA, M..	Misinformation about contraceptive methods and the impact on adolescent pregnancy	2023	It relates contraceptive misinformation to reproductive vulnerabilities and stages, subsidizing sex education, health communication, and preventive policies.
VASCONCELOS, M.; REIS, A.; PEREIRA, L..	Fragility of the social name in the transition care of a transgender woman	2023	It exposes failures in the recognition of the social name in the transition of care, contributing to protocols of reception, continuity of care and rights.
BATEK, L. et al.	Facilitators and barriers to access and use of contraceptives by Hispanic American adolescents: an integrative literature review.	2024	It maps facilitators and barriers to access/use of contraception, supporting culturally sensitive interventions and reduction of reproductive inequities.
BATISTA, R.	Construction of motherhood from a specific-structural perspective	2024	It deepens the theoretical understanding of motherhood from a phenomenal-structural approach, contributing to critical readings on subjectivity and social context.
MONIZ, M.; ASTUTI, A.; HAKIMI, M.	Psychological impact of adolescent pregnancy in developing countries: a scoping review.	2024	It provides a broad overview (scope) in developing countries, identifying gaps, contextual variations, and priorities for research and policy.
OLIVEIRA, C. et al.	Sexual development of adolescents and their biopsychosocial aspects	2024	It integrates biological, psychological, and social dimensions of sexual development, supporting sex education, prevention, and comprehensive care in adolescence.
PUTINI, L.; BERLANDA, S.; BATISTA, A.	Weaving the past: an analysis of the socio-cultural history of motherhood and its impacts from an existentialist perspective	2024	I reconstructed motherhood as historical-cultural, sustaining analyses of normativity, gender roles, and maternal experiences.
BARBOSA, R.	Teenage pregnancy: physical, psychological and social implications on the health and development of the young mother	2025	It systematizes multidimensional implications of adolescent pregnancy, reinforcing the need for intersectoral

			approaches in health and social assistance.
MONTAZERI, S.; YOUSEFI, S.; JAVADIFAR, N.	Prenatal psychosocial interventions for pregnant adolescents: a systematic review.	2025	Evaluate psychosocial interventions in the prenatal care of pregnant adolescents, reducing potential effectiveness and guiding the design of evidence-based programs.

Source: Elaborated by the authors.

The framework is relevant because it organizes the literature in temporal sequence and allows us to visualize how the field evolves from comparative analyses of public policy and bioethics (2020–2022) to reviews and discussions focused on misinformation, reproductive health, and psychological impacts (2023–2025). This systematization makes it easier to identify convergences and gaps, compare levels of evidence (editorial, theoretical studies, integrative reviews, scope, and systematic) and guide the choice of references and methods in thesis and dissertation projects. In addition, by making explicit the contributions of each work, the table supports a more traceable and consistent argumentation in the construction of the research problem and justifications.

#### 4 RESULTS AND DISCUSSION

The analysis of the literature reveals that early motherhood generates complex psychological, social and identity impacts that affect the life trajectories of adolescents, demanding prevention policies, psychosocial support and cultural transformations. Nascimento *et al.* (2022) observe that solo motherhood and intersectionalities demand care practices in primary care that recognize specific vulnerabilities of young mothers. Early motherhood affects adolescents unequally according to their socioeconomic conditions, racial identities and family contexts. Young black mothers, from low-income backgrounds and without family support, face additional barriers to access to health care, educational opportunities and professional insertion. The promotion of equity requires policies that recognize intersectionalities and that offer differentiated supports.

The sexual development of adolescents and their biopsychosocial aspects highlight the need for comprehensive sex education that prepares adolescents for informed decisions about sexuality and reproduction. Oliveira *et al.* (2024) demonstrate that the sexual development of adolescents involves biological, psychological, and social dimensions that demand comprehensive educational approaches. Sex education that addresses not only biological aspects, but also dimensions of gender, consent, healthy relationships, and sexual and reproductive rights, is a strategy for preventing teenage pregnancy. Resistance to

comprehensive sex education, based on conservatism and religious fundamentalism, compromises the rights of adolescents and perpetuates vulnerabilities.

LGBTQIA+ health in the light of principled bioethics offers perspective on how principles of autonomy, beneficence, non-maleficence, and justice should guide sexual and reproductive health care. Parente *et al.* (2021) analyze that LGBTQIA+ health in the light of principled bioethics demands respect for autonomy, combating discrimination, and promoting equity. LGBTQIA+ adolescents face specific vulnerabilities related to discrimination, violence, and limited access to sexual and reproductive health information and services. The promotion of sexual and reproductive rights of adolescents requires recognition of diversity of sexual orientations and gender identities.

The analysis of the sociocultural history of motherhood and its impacts from an existentialist perspective reveals how social constructions of motherhood shape individual experiences. Putini *et al.* (2024) examine that the sociocultural history of motherhood reveals idealizations, expectations, and norms that define motherhood and that generate suffering when not reciprocated. Adolescent motherhood is often stigmatized as a deviation from normative trajectories, generating moral judgments and blame. The deconstruction of idealizations and stigmas is a condition for the promotion of rights and support for young mothers.

The stress coping strategies used by nurses in maternity wards illustrate the challenges of professionals who care for pregnant adolescents and young mothers. Silva *et al.* (2020) demonstrate that stress coping strategies used by nurses in maternity include social support, self-care, and continuing education. Health professionals who care for pregnant adolescents face challenges related to the complexity of needs, social stigmas and resource limitations. Professional training that integrates knowledge about adolescence, sexual and reproductive health and rights-centered approaches is a condition for quality care.

Bioethical reflections on transsexuals' access to public health show how discrimination compromises rights and access to care. Silva *et al.* (2022) analyze that bioethical reflections on transgender access to public health reveal the need for policies that combat discrimination and promote equity. Transgender adolescents and transvestites face specific vulnerabilities related to transphobia, violence, and limited access to sexual and reproductive health care. The promotion of sexual and reproductive rights requires recognition of gender identities and combating discrimination.

The fragility of the social name in the transition care of transgender women illustrates how disrespect for gender identities compromises quality of care and dignity. Vasconcelos *et al.* (2023) examine that the fragility of the social name in the transition care of transgender

women reveals the need for protocols that ensure respect for identities. Respect for gender identities, through the use of a social name and appropriate pronouns, is a fundamental right and a condition for humanized care. The training of health professionals that integrates knowledge about gender and sexuality diversity is a strategy for promoting equity.

## 5 FINAL CONSIDERATIONS

This study aimed to analyze early motherhood in the new generation, examining its psychological, social and identity impacts on pregnant adolescents and young mothers. The literature review showed that early motherhood generates complex consequences that affect mental health, educational trajectories, professional opportunities, and identity development. The results demonstrate that early motherhood affects adolescents unequally according to their socioeconomic conditions, racial identities and family contexts, evidencing the need for policies that recognize intersectionalities. The integration of perspectives from public health, psychology, gender studies, and human rights allows for a more comprehensive understanding of the phenomenon and underpins prevention and support strategies.

The contributions of this work lie in the synthesis of knowledge about psychological, social and identity impacts of early motherhood, offering an integrated view of determinants, consequences and intervention strategies. The identification of risk factors, including limited access to sexuality education and contraception, gender inequalities, and socioeconomic vulnerabilities, guides the development of prevention policies. The analysis showed that the promotion of sexual and reproductive rights of adolescents requires not only access to information and services, but also cultural transformations that combat stigma and promote autonomy, a perspective that should guide research agendas and political action.

Limitations of this research include reliance on available scientific publications, which may not fully represent the experiences of pregnant adolescents and young mothers. The concentration of studies on negative impacts limits the understanding of positive experiences and resilience strategies. The scarcity of longitudinal studies that follow the trajectories of young mothers over time limits the ability to assess the long-term effects of early motherhood. Overcoming these limitations requires investments in research that uses mixed methodologies, that involves adolescents as active subjects of knowledge production and that follows trajectories over time.

Future studies should prioritize investigations on adolescent fatherhood experiences, on resilience strategies of young mothers, and on the effectiveness of prevention and support programs. The application of participatory methodologies, which involve adolescents in the definition of research priorities and in the interpretation of results, can enrich the

understanding of experiences. The evaluation of the effectiveness of psychosocial interventions, sex education programs and policies to support young mothers is a priority to support evidence-based practices. The investigation of international experiences in the prevention of adolescent pregnancy can offer lessons for the Brazilian context.

Strengthening the prevention of teenage pregnancy requires investments in comprehensive sexuality education, access to contraceptive methods, promotion of gender equality, and strengthening life projects. Sex education that addresses dimensions of gender, rights, consent and healthy relationships is a fundamental strategy. Access to adolescent-friendly health services that ensure confidentiality and provide appropriate guidance is a sexual and reproductive right. The promotion of gender equality, through the fight against stereotypes and the valorization of female autonomy, can broaden horizons of possibilities and reduce vulnerabilities.

Early motherhood represents a complex challenge that demands integrated responses, involving prevention, psychosocial support and cultural transformations. The promotion of sexual and reproductive rights of adolescents is not only a matter of public health, but also of social justice and the realization of human rights. The challenge facing Brazilian society is to build policies and practices that ensure that all adolescent girls have access to information, services and opportunities that enable them to make informed decisions about their sexual and reproductive lives, that support those who become young mothers and that promote healthy life trajectories. autonomous and dignified.

## REFERENCES

- Barbosa, R. G. J., Lopes, D. M., Sousa, C. É. L. de, Souza, M. Z. M. F. de, Santos, M. O. dos, Souza, A. R. M. e, Custódio, J. A. G., & Lins, M. A. F. (2025). Gravidez na adolescência: Implicações físicas, psicológicas e sociais na saúde e no desenvolvimento da jovem mãe. *Revista FT*, (151), 58–59. <https://doi.org/10.69849/revistaft/ma10202510161458>
- Batek, L., & et al. (2024). Facilitators and barriers to contraception access and use for Hispanic American adolescent women: An integrative literature review. *PLOS Global Public Health*, 4(7), Article e0003169. <https://doi.org/10.1371/journal.pgph.0003169>
- Batista, R. (2024). Construção da maternidade na perspectiva fenômeno-estrutural. *Revista Psicopatologia Fenomenológica Contemporânea*, 13(2). <https://doi.org/10.37067/rpfc.v13i2.1192>
- Borges, D., & Carneiro, M. (2023). Editorial. *Caderno Espaço Feminino*, 35(2), 1–4. <https://doi.org/10.14393/cef-v35n2-2022-1>
- Campos, G., & et al. (2023). Psychological impacts of pregnancy in adolescence: An integrative review. *International Journal of Health Science*, 3(48), 2–11. <https://doi.org/10.22533/at.ed.1593482330063>

- Filho, E., & et al. (2020). Direito à saúde de pessoas trans e travestis: Uma analogia das políticas públicas do Brasil e Argentina. *Research, Society and Development*, 9(9), Article e610997796. <https://doi.org/10.33448/rsd-v9i9.7796>
- Moniz, M., Astuti, A., & Hakimi, M. (2024). Psychological impact of adolescent pregnancy in developing countries: A scoping review. *Women Midwives and Midwifery*, 4(2), 1–13. <https://doi.org/10.36749/wmm.4.2.1-13.2024>
- Montazeri, S., Yousefi, S., & Javadifar, N. (2025). Psychosocial prenatal interventions for teenage pregnant: A systematic review. *Journal of Family & Reproductive Health*, 19(2), 69–84. <https://doi.org/10.18502/jfrh.v19i2.19295>
- Morais, J., Souza, L., & Souza, M. (2023). Desinformação sobre os métodos contraceptivos e o seu impacto na gravidez de adolescentes. *Research, Society and Development*, 12(5), Article e17112541710. <https://doi.org/10.33448/rsd-v12i5.41710>
- Nascimento, A., Martins, D., Bonfim, C., & Bernardo, K. (2022). Maternidade solo e interseccionalidades: Práticas de cuidado no contexto da atenção básica. *Revista Psicologia, Diversidade e Saúde*, 11, Article e4393. <https://doi.org/10.17267/2317-3394rpsds.2022.e4393>
- Oliveira, C., & et al. (2024). Desenvolvimento sexual dos adolescentes e seus aspectos biopsicossociais. *PBPC*, 3(2), 120–129. <https://doi.org/10.36557/pbpc.v3i2.52>
- Parente, J., & et al. (2021). Saúde LGBTQIA+ à luz da bioética principialista. *Revista Bioética*, 29(3), 630–640. <https://doi.org/10.1590/1983-80422021293498>
- Putini, L., Berlanda, S., & Batista, A. (2024). Tecendo o passado: Uma análise da história sócio-cultural da maternidade e seus impactos a partir de uma perspectiva existencialista. *Revista Ibero-Americana de Humanidades, Ciências e Educação*, 10(11), 2578–2597. <https://doi.org/10.51891/rease.v10i11.16755>
- Silva, M., Gouvêia, M., Fernandes, M., & Costa, R. (2020). Stress coping strategies used by maternity nurses / estratégias de enfrentamento do estresse utilizados por enfermeiros em maternidade / estrategias de afrontamiento del estrés utilizadas por las enfermeras de maternidade. *Revista de Enfermagem da UFPI*, 9. <https://doi.org/10.26694/reufpi.v9i0.9153>
- Silva, R., & et al. (2022). Reflexões bioéticas sobre o acesso de transexuais à saúde pública. *Revista Bioética*, 30(1), 195–204. <https://doi.org/10.1590/1983-80422022301519pt>
- Vasconcelos, M., Reis, A., & Pereira, L. (2023). Fragilidade do nome social no cuidado de transição de uma mulher transgênero. *Revista Científica Multidisciplinar Núcleo do Conhecimento*, 110–119. <https://doi.org/10.32749/nucleodoconhecimento.com.br/saude/mulher-transgenero>