

"Thank you for making it possible to graduate and take care of my baby with the same love I do!...Love you PEL!" ~Gabriana G.

"....They don't judge you because you're a teen mom, but they help you out, ask you how you are feeling everyday, call you out of class if something goes wrong. Having a day care at school is pretty cool because you can finish your work and graduate on time.....thank you!" ~Paola M.

"Southlake High School is a hidden gem in the Seattle Public School District. With a small and close-knit student body and staff, students are well supported and provided with opportunities for growth and future planning." ~ School Nurse



Contact Us

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Alan T. Sugiyama High School at South Lake

Graduation.Reality.And
Dual-Role Skills for the Future

An In-School Program
for Parenting Teens





About US

The South Lake Parent Education Lab is an on-site and in-school secondary program for pregnant students and parenting teens (both male and female), to learn practical skills while enrolled in school toward the goal of graduation, quality employment and career opportunities. Students are supported through a number of services created to build sustainable parenting, financial and life skills to support their families.

Alan T. Sugiyama High School at South Lake offers an opportunity to take classes with other teen parents and learn how to make the first step to a career and successful family life. This is a dual-credit program and students enrolled can earn college credits along with their high school graduation credits.

You Can Choose Your Future

Talk to your school counselor, nurse or other caring adult to learn more about the Alan T. Sugiyama High School option for your education and success!



Program Highlights

Skills-focused teaching and hands-on learning related to:

- Pregnancy Wellness, Maternal and Fetal Development, Labor and Delivery and Postnatal Care.
- Parenting: Newborn Expectations, Adjustments to Parenting, Child Development and Child Care.
- Interpersonal Development: Relationships, Practical Problem-Solving, Options and Decisions.
- Economic Independence: Career Exploration, Goal Setting, Job Development and Applications, Work-Life - School-Life Balance, Economic Resources.

Educational Instruction

Emphasis is placed on a comprehensive Family and Consumer Sciences Education curriculum where students can earn credit.

Health Services Support

The Department of Health and Human Services provides support to and resources for students.

On-Site Support

Licensed child care is provided for both mothers and fathers enrolled in the program with children one month to 36 months old.

- Child bonding (building relationships).
- Creating routines and nutritional support.
- Promoting parents as advocates for children.
- Supporting student-parents with their needs.
- Assistance accessing community resources is also available.