

Pregnancy Options

Easy English

I am pregnant. What are my choices?



CHILDREN BY CHOICE



New Words



There may be new words in this resource.

The first time we write a new word

- the word is in **orange**.



This means we will explain what the word means.



You are pregnant.



This might be something you planned.

Or it might be a surprise.



You have options and you can choose.

Whatever you choose, it should always be your choice.



People should support your choice.

No one should make you do something you don't want to do.

You have choices

This is a **big decision**.

You can talk to someone to help you choose.



You can choose to **be a parent**.

This is when you continue the pregnancy.

Then you bring up the child.



You can choose to stop the pregnancy.

This is called getting an **abortion**.



Sometimes you can choose **adoption, kinship or foster care**.

This is when someone else takes the baby and looks after it.

Parenting



This is when you continue the pregnancy and have the baby.

Then you raise the child or children.

This can be fun.

It is also hard work.



Everyone needs help sometimes when they are a parent.

It is okay to ask for help.



It is **not** okay for someone to pressure you to be a parent.

Remember it is your choice.

Abortion



If you don't want to be pregnant
you don't have to be.

You can have an abortion.



An abortion is when you choose
to stop the pregnancy.



It is safe and legal.

Abortion with pills



This can be called '**medication abortion**'.

You can be up to 9 weeks pregnant.

You take 2 pills on 2 different days.

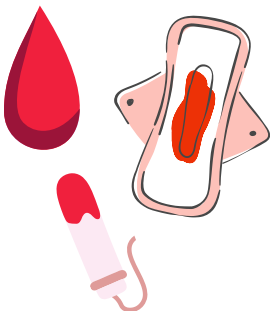


You must see a doctor before and after you take the pills.



You can usually do it at home.

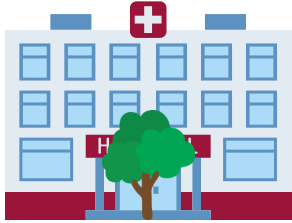
You should have someone with you.



The pills end the pregnancy.
They make you cramp and bleed.

It can hurt more than a normal period.

Surgical abortion



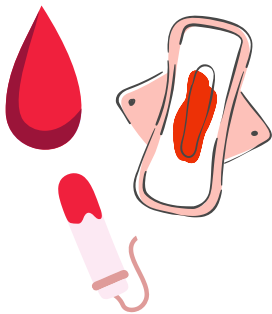
This is a common surgery.

Someone can go with you to the hospital or clinic.



You will have an anaesthetic.

This is medicine that puts you to sleep.



The doctor will take out the pregnancy through the vagina.

You will have some bleeding like a period after.



Talk to your doctor or sexual health service.

Adoption



Adoption is when you have the baby but give the baby to someone else to raise.

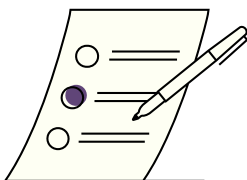


The other parent makes all the decisions for the child.

You may get to see the child. Or you may not see the child.



There are a lot of things to do to organise an adoption.



You will need to fill in lots of papers.



You may need someone to help.

Kinship or Foster care



Kinship care

This is when someone you know takes care of your child.

This might be someone in your family or a friend.



You may get to see the child or you may not.



Foster care

This is when someone you don't know looks after your child.

This might be for a short time or a long time.

Child protection will be involved.

How to decide



Here are some questions that might help you make a choice.



How do you feel about being pregnant?

Do you want to be a parent?



What help would you need to be a parent?

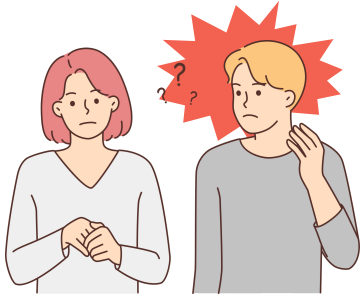
Is there someone to help you?



Do you know what you want to do?

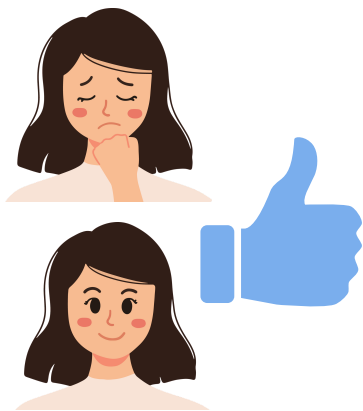


Is this your choice?



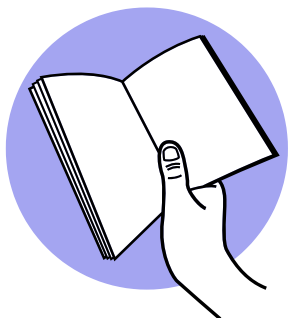
Is anyone pressuring you?

It is not okay for anyone to pressure you.



You may have sad and happy feelings.

Your feelings might change.
This is normal.



Would you like more information about any of the choices?

People who can help



You can talk to...

- your doctor or health worker



- sexual health service

- a school nurse



- your carer or support worker



- your parents or guardian



- family, friends or someone you trust.

**CHILDREN
BY CHOICE**



Call **Children by Choice** from
Queensland on **1800 177 725**
It's a free phone call.

They can help you decide.



If you're somewhere else ask
your doctor to get more
information.



To learn more about
your choices:



www.childrenbychoice.org.au/information-support/

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