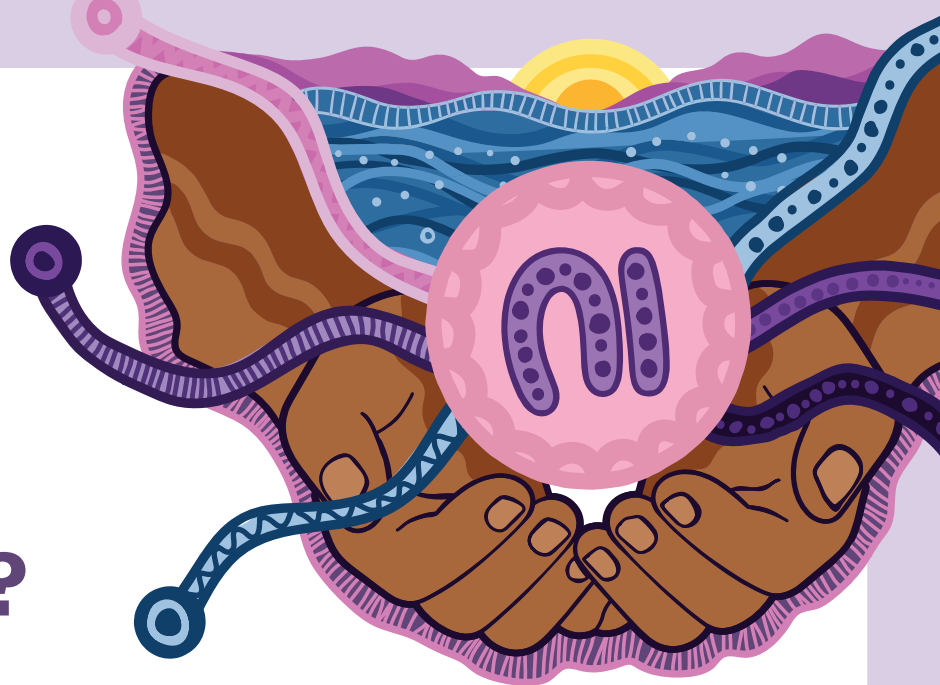


Hey Sista, If you find yourself pregnant... which way?



You have options and support is available. There are no right or wrong decisions. It is your right to make choices about your body, your pregnancy, and your future.

To start your journey:

Confirm

You can take a pregnancy test at home, or visit your local health service, doctor or Aboriginal Health Worker.

They may help you confirm the pregnancy with a blood test or ultrasound. This can also help work out how many weeks pregnant you are.

Have a yarn

You do not have to carry this decision by yourself. You might want to yarn with someone you trust, such as:

- your partner
- a friend
- family
- Auntie
- your doctor
- an Aboriginal Health Worker
- another trusted health worker

If you need a private and safe space to talk with someone outside your community, Children by Choice can support you for free. They can talk you through your options and help you understand the next steps, no matter what path you choose.

Choose your path

Take some time to think about what feels right for you.

You may want to continue the pregnancy. You may want to look at adoption, kinship care or other care arrangements.

You may want to end the pregnancy through termination.

All of these are options, and support is available.

Continuing the pregnancy

You can choose to continue the pregnancy and raise the child as their parent.

If you choose this path, health professionals can support you through pregnancy, birth and after the baby arrives.

You have choices about:

- where you give birth
- how you give birth
- who is with you during birth
- what support you need during pregnancy
- what support you need after the baby is born

Adoption

Adoption is when another person or family becomes the child's legal parent.

This is a permanent arrangement and needs to be organised through [Adoption Services Queensland](#).

You can ask questions and get support before making any decisions.

Kinship care

Kinship care is when a family member, trusted person or someone from Community cares for the child.

Kinship care can help keep the child connected to family, Culture and Community.

Free & Confidential Helpline
1800 177 725

**CHILDREN
BY CHOICE**

Other care arrangements

If kinship care is not an option, you can ask about other care arrangements for the child.

These may be short term or long term, depending on your situation.

[Queensland Foster and Kinship Care](#) can provide information and support about care options and the process.

Termination

If you do not want to be pregnant, termination is a safe and legal healthcare option in Queensland.

There are two main types of termination:

Medication termination

Medication termination uses tablets to end a pregnancy.

This may be available if you are up to 9 weeks pregnant.

A doctor, nurse or other trained health professional can help you understand if this option is right for you.

Surgical termination

Surgical termination is a medical procedure.

It may be provided at a clinic or hospital. Availability can depend on how many weeks pregnant you are, your health needs and the services available near you.

Not sure what to choose?

It is okay if you are unsure.

Children by Choice can talk you through each option, what is involved and what support is available.

They provide free, confidential and non-judgemental support.

Whichever path you choose,
you're supported. This is
your life and your decision.

If you need a private, safe space to share with someone outside your community, the team at Children By Choice can talk to you for free and help you with the next stages of the journey.

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