

Pregnancy Options

There is no right or wrong choice to make when you discover you are pregnant. There is only the best choice for YOU. This card is here to help you understand what your choices are, and point you in the direction of resources that can help you think through your options.

Abortion

Abortion means ending a pregnancy. There are two abortion options: in-clinic abortion and an abortion pill (aka medication abortion). Both of these options are safe. Depending on your location within the United States, laws may impact the availability of abortion.

Choosing the right abortion for you depends on how far along you are in your pregnancy, what is available at health centers near you, and what feels most comfortable to you.

Adoption

Adoption is when you give up your parental rights after giving birth. The child then becomes a full and permanent legal member of another family. There are various forms of adoption you may choose.

Open Adoption: The birth family and adoptive family are in direct contact, with support from the adoption agency as needed. Deciding how much contact you want is part of the agreement that you and the adoptive family make.

Partially-Open Adoption: Sometimes called a mediated adoption, information and updates between the birth and adoptive families always pass through the adoption agency. You won't have direct contact/communication with the family.

Closed Adoption: Zero identifying information is exchanged, and no contact is allowed between the birth family and the adoptive family or the child.

Parenting

Parenting can be one of the most rewarding experiences in life. An unplanned pregnancy does not mean that you should not and cannot continue the pregnancy. The choice is yours.

Parenting is a big commitment. It is important that you carefully consider whether having a baby now is right for you and your family. If you know you want to have a baby, but just weren't trying to have one right now, take some time to think about whether and how you might make it work.

This card is available in languages other than English. Please scan the QR code for more.

