
Pregnancy Options

Session 5:

Pregnancy Options

Goals

- Identify all legal options for a person who becomes pregnant
- Discuss why or why not someone might choose a particular option if they become pregnant
- Identify resources for a person who becomes pregnant

Objectives

At the end of this session, students will be able to:

- Name all of the legal options available to a person who becomes pregnant
- Articulate 1 reason why someone may or may not chose each option
- Clarify their beliefs and values about the different pregnancy options
- Name 2 resources a person who becomes pregnant can seek for medical care or support

Pregnancy Options

These options are legally available to people of all ages in CA



Parenting

- Resources
- Support system
- Prenatal care

Safe Surrender

- 72 hours
- 14 days



Abortion

- Medical
- Surgical

Adoption

- Open
- Closed



No Easy Decision

Activity Instructions:

Work in groups to think through a pregnant person's situation.

****Be sensitive and respectful with your language!***

Your job is **not** to decide what they should do. Your job is to **brainstorm reasons** (pros and cons) why they might choose each pregnancy option.



No Easy Decision

1. A 19-year-old college student was raped at a party. As a result of her assault, she is now pregnant.

No Easy Decision

2. A 15-year-old student lives in foster care. Her boyfriend was recently put in jail for selling drugs. A couple of days after he got locked up, she finds out that she is pregnant.

No Easy Decision

3. A 28-year-old sales manager was dating a man for 4 months, but they broke up before she found out she was pregnant. She doesn't want to be a single mother.

No Easy Decision

4. A 50-year-old woman thought she was in menopause because she hadn't had a period in over a year. She was therefore surprised to learn from her doctor that she is pregnant. She already raised 2 children and is going to become a grandmother.

No Easy Decision

5. A 38-year-old woman has 4 children, and recently found out she is pregnant again. Her husband has just lost his job, and they are struggling to pay rent and feed their family right now.

No Easy Decision

6. A 27-year-old woman is pregnant, but was just diagnosed with cancer. She has been trying to get pregnant for 2 years. However, she cannot get cancer treatments while she is pregnant because of the risks to the fetus.

No Easy Decision

7. A 16-year-old high school student recently became sexually active with her boyfriend. They were using a condom but it broke. As a result, she is pregnant. They did not know about taking the emergency contraception pill to help prevent pregnancy after birth control failure.

No Easy Decision

8. A 22-year-old woman is sexually active with multiple partners. She sometimes uses condoms and sometimes the pull-out method. Now that she is pregnant, she does not know who the biological father is.

No Easy Decision

9. A 30-year-old trans man has become pregnant by his husband. They want to have kids eventually, but he is not “out” as transgender to his neighbors and co-workers.

No Easy Decision Worksheet

A pregnant person has the option to choose between adoption, abortion or becoming a parent. (Safe Surrender is an emergency option as well). Please fill in the following grid based on the scenario you are given. List at least 2 reasons in each box.

Pregnancy Options	Why might they choose this option?	Why might they <u>not</u> choose this option?
Parenting		
Abortion		
Adoption		

