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# Pregnancy Options

## **Session 6:**

### Pregnancy Options

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#### **Goals**

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

# Anonymous Question Box

## Introduction to the Anonymous Question Box:

The Anonymous Question Box is a way for students to ask questions that they may not feel comfortable asking during class time, though students are encouraged to ask lots of question during class time as well.

## Anonymous Question Box Guidelines:

- Everyone must put a paper in the box. If students do not have a question at that time, they can write a statement about what they learned in class that day, a specific topic of interest, or write “no question”. This ensures questions remain anonymous.
- No Names. Questions are anonymous and are not to be used to hurt or embarrass others. Questions with names on them will not be read out loud.
- No personal questions of the instructor.
- Nobody can take anything out of the Question Box, except for the instructor.

# Pregnancy Options

All four of these options are **legally available** to people of **all ages** in California.

Pregnant teens do **not** need to get their partner's or parent's permission to choose any of these options, but it is a good idea to talk with their partner, family, and friends for support in making the best decision for them.

# Pregnancy Options

## Continue the pregnancy –

What should a person consider when choosing this option?

How can a pregnant person take care of their body and the developing fetus?

## In an emergency –

- May choose this option within \_\_\_\_\_ **hours** after birth
- May decide to reclaim the baby within \_\_\_\_\_ **days**
- If not reclaimed, the child is placed in **foster care** and may be **adopted**

Some pregnancies may **end unintentionally** in a \_\_\_\_\_

## End the pregnancy –

*Both ways of ending a pregnancy are safe for the body when performed by a doctor at a health clinic or hospital.*

- \_\_\_\_\_
- Only done before \_\_\_\_\_ **weeks** into a pregnancy
- \_\_\_\_\_
- Only done before \_\_\_\_\_ **weeks** into a pregnancy

## Continue the pregnancy –

*Both types involve signing a legal document to remove the rights and responsibilities of childcare from the birth parent(s).*

- \_\_\_\_\_
- **Birth parent(s)** select the adoptive parents
- **May have** contact with or updates about the child
- \_\_\_\_\_
- **Adoption agency** selects the adoptive parents, or the child may stay in the foster care system
- **No** contact with or updates about the child

# Pregnancy Options

## Continue the pregnancy – Parenting

What should a person consider when choosing this option?

- **Resources** – income, education, housing, childcare, healthcare, transportation, etc.
- **Support system** – partner, family, friends, parenting groups

How can a pregnant person take care of their body and the developing fetus?

- **Prenatal care** – doctor's visits, vitamins, healthy eating, light exercise, NO smoke, alcohol, drugs, etc.

# Pregnancy Options

## End the pregnancy – Abortion

*Both ways of ending a pregnancy are safe for the body when performed by a doctor at a health clinic or hospital.*

### ➤ Medical

- Only done before 10 **weeks** into a pregnancy

### ➤ Surgical

- Only done before 24 **weeks** into a pregnancy

# Pregnancy Options

## Continue the pregnancy – Adoption

*Both types involve signing a legal document to remove the rights and responsibilities of childcare from the birth parent(s).*

### ➤ Open

- **Birth parent(s)** select the adoptive parents
- **May have** contact with or updates about the child

### ➤ Closed

- **Adoption agency** selects the adoptive parents, or the child may stay in the foster care system
- **No** contact with or updates about the child



# Pregnancy Options



# Pregnancy Options

## In an emergency – Safe Surrender

- May choose this option within 72 hours after birth
- May decide to reclaim the baby within 14 days
- If not reclaimed, the child is placed in **foster care** and may be **adopted**

# Pregnancy Options

Some pregnancies may **end unintentionally** in a  
miscarriage

# Pregnancy Options

## Continue the pregnancy – **Parenting**

60%

What should a person consider when choosing this option?

- **Resources** – income, education, housing, childcare, healthcare, transportation, etc.
- **Support system** – partner, family, friends, parenting groups

How can a pregnant person take care of their body and the developing fetus?

- **Pre-natal care** – doctor's visits, vitamins, healthy eating, light exercise, NO smoke, alcohol, drugs, etc.

## In an emergency – **Safe Surrender**

?

- May choose this option within 72 hours after birth
- May decide to reclaim the baby within 14 days
- If not reclaimed, the child is placed in **foster care** and may be **adopted**

Some pregnancies may **end unintentionally** in a miscarriage

14%

## End the pregnancy – **Abortion**

26%

*Both ways of ending a pregnancy are safe for the body when performed by a doctor at a health clinic or hospital.*

- **Medical**
  - Only done before 10 weeks into a pregnancy
- **Surgical**
  - Only done before 24 weeks into a pregnancy

## Continue the pregnancy – **Adoption**

<1%

*Both types involve signing a legal document to remove the rights and responsibilities of childcare from the birth parent(s).*

- **Open**
  - **Birth parent(s)** select the adoptive parents
  - **May have** contact with or updates about the child
- **Closed**
  - **Adoption agency** selects the adoptive parents, or the child may stay in the foster care system
  - **No** contact with or updates about the child

# Pregnancy Options

All of these options can be difficult decisions to make.

It is important not to judge anyone's personal choice, even if it is not the choice you would make.

# Pregnancy Options

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Pregnant teens do **not** need to get their partner's or parent's permission to choose any of these options, but it is a good idea to talk with their partner, family, and friends for support in making the best decision for them.

<b>Continue the pregnancy –</b>	
What should a person consider when choosing this option?	
How can a pregnant person take care of their body and the developing fetus?	

<b>End the pregnancy –</b>	
Both ways of ending a pregnancy are safe for the body when performed by a doctor at a health clinic or hospital.	
➤ _____	
• Only done before _____ <b>weeks</b> into a pregnancy	
➤ _____	
• Only done before _____ <b>weeks</b> into a pregnancy	

<b>In an emergency –</b>	
<ul style="list-style-type: none"> <li>• May choose this option within _____ <b>hours</b> after birth</li> <li>• May decide to reclaim the baby within _____ <b>days</b></li> <li>• If not reclaimed, the child is placed in <b>foster care</b> and may be <b>adopted</b></li> </ul>	

<b>Continue the pregnancy –</b>	
Both types involve signing a legal document to remove the rights and responsibilities of childcare from the birth parent(s).	
➤ _____	
• <b>Birth parent(s)</b> select the adoptive parents	
• <b>May have</b> contact with or updates about the child	
➤ _____	
• <b>Adoption agency</b> selects the adoptive parents, or the child may stay in the foster care system	
• <b>No</b> contact with or updates about the child	

Some pregnancies may <b>end unintentionally</b> in a _____	
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**All of these options can be difficult decisions to make. It is important not to judge anyone's personal choice, even if it is not the choice you would make.**