

PREGNANT?

Being pregnant right now might be part of what's next, or maybe not.

No matter what, you've got options.

YOUR OPTIONS

It's totally normal not to know what's best right now. You can talk to your pediatrician or a trusted adult about your options—there is no right or wrong answer.

PREGNANCY



If you're ready to be a parent or considering adoption, the next steps are:

- Finding a prenatal care provider
- Taking a daily folic acid supplement and prenatal vitamin
- Avoiding smoking, drugs, and alcohol
- Talking to your pediatrician about any current medications or health conditions

Learn more about pregnancy from the March of Dimes using the QR code above.

ABORTION



If you don't want to continue the pregnancy, abortion is a safe and effective way to end a pregnancy.

Depending on how far along you are, there are two options—medication abortion or an abortion procedure. With medication abortion (also called abortion pills), you take medications to end the pregnancy and have the abortion. For an abortion procedure, you'll have the abortion in a health center with a health care provider.

Learn more about abortion options where you live, finding a verified provider, and paying for an abortion from Abortion Finder using the QR code above.

ADOPTION



If you continue the pregnancy but aren't ready to parent right now, kinship care, guardianship, or adoption might be options.

Kinship care and guardianship are temporary options where a relative or friend provides care and protection. Adoption is a permanent option where you give up your rights as a parent forever. For all of these options, you'll continue being pregnant and still need to get prenatal care and be as healthy as possible during pregnancy.

Learn more about adoption from the Child Welfare Information Gateway using the QR code above.

UNDER 18?

Some states require you to get an adult involved or get a judicial bypass. Learn more at: judicialbypasswiki.ifwhenhow.org



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