

Making a decision about an unplanned pregnancy is personal.

Accurate information and support helps, but only you can know what's best for you. Here at the Student Health Center, we are available as a resource for you.

Finding out you're pregnant when you don't expect it can be stressful, but it's a pretty common experience. About half of all people who can get pregnant in the U.S. have an unplanned pregnancy at some point in their lives.

The decision is 100% yours.

For more information on local pregnancy resources, you can request a contact sheet from the Student Health Center.

Cal Poly
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STUDENT HEALTH CENTER

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Cal Poly
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STUDENT HEALTH CENTER

**PREPREGNANCY
OPTIONS**

PEOPLE WHO ARE PREGNANT HAVE 3 OPTIONS

Parenting

Giving birth and raising the child

Abortion

Taking a medication or having a medical procedure that would end the pregnancy

Adoption

Giving birth and placing the child with another person or family permanently

NEED MORE SUPPORT IN MAKING A DECISION?

Make an appointment with CAPS, call the **All-Options Talk Line** 1-888-493-0092 or visit www.all-options.org for unbiased and judgement-free support.

WHEN TO MAKE A DECISION

It's important to take the time you need to make the best decision for you, but timing can affect which options you have. To get the best medical care possible, it's a good idea to figure out what you want to do as soon as you can.

Getting an abortion is the most time sensitive option.

Medication Abortion can be done up to 10 weeks (70 days). In-Clinic Abortion at the Eureka Planned Parenthood can be done up to 13 weeks 6 days. In the case you are 14 weeks or over, you will most likely be referred out of county to another clinic.

If there's a chance you'll continue your pregnancy, start getting prenatal care as soon as you can. At any point in your pregnancy, you can choose adoption.

WHAT TO THINK ABOUT WHEN DECIDING

It may be helpful to ask yourself questions like:

- How would my decision affect my future?
- How would my decision affect my family and other children?
- Am I ready to go through pregnancy and childbirth?
- Am I ready to raise a child right now?
- Do I have strong personal or religious beliefs about abortion, parenting, or adopting?
- Is anyone pressuring me to make a certain choice?
- Would my decision change my life in a way I don't want?
- Will my family, my friends, and my partner support my decision?