

Options for Ending Pregnancy

**Abortion is normal,
safe, and common!**

Options become more limited and
costly further into pregnancy.

How far along is your pregnancy?

First day of last period: _____

Gestational age: _____ weeks

Visit AbortionFinder.org to get accurate info on local gestational age limits and laws.

Are you under 18 years old?

- Has parent/guardian consent
- Judicial bypass needed

You can get an order from a judge that allows you to have an abortion without parental notification or consent. Learn more: JudicialBypassWiki.ifwhenhow.org

What kind of abortion do you want?

- Medication: A doctor provides abortion pills (misoprostol alone or in combination with mifepristone). Available up to 11 weeks.
- Procedural: A doctor provides abortion in a clinic.

Visit AbortionFinder.org for info about costs, gestational age limits, and laws in your area. Visit AbortionFunds.org and INeedAnA.com to find abortion funding and support.

What other expenses do you need to plan for?

- Gas money
- Transportation
- Lodging
- Wage replacement
- Food assistance
- Child care

Do you know where the nearest abortion providers are?

Do you have the emotional support you need?

How will your family and friends react to your decision? If you have other children, how will your decision affect them?

[All Options Talkline](https://AllOptionsTalkline.org) is a free counseling support network for anyone at any stage in or after pregnancy. Call (888) 493-0092.

Do you have other needs?

- Birth Control
- Emergency Contraception
- Substance Use
- Testing or Treatment for Hep C/HIV/STIs
- Intimate Partner Violence
- Sexual Assault
- Translation Services



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Options for Continuing Pregnancy

Start prenatal care as soon as possible to screen for and manage potential risk factors.

Do you have a prenatal care provider(s) you trust?

Doula Midwife OB/GYN

Do you know what birthing options are available in your area?

Vaginal Cesarean
 In Home In Hospital
 Medicated Unmedicated

Do you have the emotional support you need?

How will your family and friends react to your decision?

If you have other children, how will your decision affect them?

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Adoption

Do you know what adoption option you want to pursue?

Will your family and/or partner support your pregnancy through adoption?

Adoption Options:

Agency Lawyer (Private)
 Closed Open Familial

Parenting

How important is it to have another person help parent with you?

Will your family and/or partner be able to help raise the child?

What costs do you need to consider?

Other Resources to Consider:

Community support (new parent groups, lactation support, trauma and healing support groups)
 Childcare resources
 Financial support available to parents
 Child development education classes or resources

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 Intimate Partner Violence
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