Unplanned Pregnancy

This means you did not plan to get pregnant
New words

There may be words in this factsheet
• that are new to you and
• you may not know what they mean
or
• you may be unsure what they mean.

We will make them blue the first time we use them.

Read about them in the
Family Planning Victoria Fact Sheet
New Words to Know.
You need to make a choice

It can be very hard to make this choice but it is your choice.

Talk to someone who makes you feel comfortable. Like

- your doctor or nurse
- a counsellor
- your partner
- your friends
- your family.
!!!

Remember

It is your choice.

Other people can **not** tell you what you **must** do.
You have 3 choices

1. **Have the baby.**
   Be a parent.

2. **Abortion.**
   It means you do something to **stop** the pregnancy.

3. **Adoption or Foster.**
   You have the baby **but**
   you give the baby to someone else
   to be the parent.
1. Have your baby

Be a parent

You find out you are pregnant.

You need to see a doctor or nurse as soon as you can.

You must look after

- your health
  
  and
  
- the health of your unborn child.

  The unborn child is called a foetus.

You need to choose where to have your baby.
It can be

- in a hospital
  
or
  
- at home.

Talk to your doctor or nurse.
2. Abortion

This means you do something to **stop** the pregnancy.

It is also called a **termination**.

You find out you are pregnant.

Talk to your doctor or nurse as soon as you can.

You can have a

- small operation

  or

- take some medicine.

It **stops** your pregnancy.

The doctor will tell you which is best.

You go to hospital or a special clinic.

You will be there for about half a day.
You will **not** have this baby.

**but**

It will **not** stop you having another baby.

There are laws about abortion.

In Victoria.

Your doctor can help you.

Sometimes a doctor does **not** want to help you.

That doctor must find you a different doctor.
When you are 0 to 24 weeks pregnant you can have an abortion.

After 24 weeks pregnancy

2 doctors must say it is OK to have an abortion.
3. Adoption or Foster

You have the baby.

**but**

you give the baby to someone else to parent.

You find out you are pregnant.

You need to see a doctor or nurse as soon as you can.

You must look after

- your health
  
  **and**
  
  - the health of your unborn child.

Your doctor will help you get more information.
Any Questions?

Talk to your doctor or nurse.

Family Planning Victoria clinic
Phone 03 6257 0100

My Options
Phone 1800 696 784
Call DHHS and ask for the Adoption and Permanent Care Program.

Phone 1 300 650 172

Go to the website Better Health Channel www.betterhealth.vic.gov.au

Look for **Services and Support**.

Click on this.

- Scroll down this page

  Look for **Pregnancy and Birth Services**.

Click on this

There are lots of Fact Sheets here.
Images

We have used images from

- Dreamstime
- Family Planning Victoria
- Boardmaker - Mayer-Johnson
- Picto-Selector.

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