

Parenthood Services

Clackamas Health Centers	503-655-8471
BabyLink Resource Line	503-656-2530
Insights Teen Parent Program	503-239-6996

Adoption Agencies

Christian Family Adoptions	503-232-1211
Boys and Girls Aid	1-800-342-6688
Catholic Charities	503-231-4866
Open Adoption & Family Svcs.	503-226-4870
LDS Family Services	1-800-537-2229

Termination Services

Downtown Women's Center	503-224-3435
Planned Parenthood	1-888-576-7526
Lovejoy Specialty Surgi Center	503-221-1870

Clackamas Women's Services

503-655-8600

An Unplanned Pregnancy

An unplanned pregnancy can be a very stressful time. Choices have to be made that have a great effect on your future. You may not be sure about your feelings for your partner.

You may want to talk to someone about your feelings and about what to do. This pamphlet will help you think about the choices you have when you are pregnant.

Read this pamphlet, take time and talk to your partner, parent or family member, a counselor, an informed friend. Make your choice with care.

Choices

Parenthood Adoption Termination of Pregnancy

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Pregnancy Options



If the following symptoms of a tubal (ectopic) pregnancy occur call your doctor, go to urgent care or if your symptoms are severe go to the emergency room:

- Abdominal or pelvic pain
- Shoulder pain
- Heavy vaginal bleeding
- Dizziness / Fainting
- Or any other concerns

Parenthood

You may choose to raise the child alone or with your partner. The choice to be married should be made apart from the choice to raise a child. Marriage because of being pregnant often does not succeed and causes a lot of stress to any children involved. You may choose to live with your family and raise your child with their help.

You need to plan how you will pay for the things your child will need. Your plans for the future and/or going to school or work may have to change.

You need to contact a health clinic about starting care early so that you and your child stay healthy and you will have a safe birth.

Reasons for Parenthood:

- Raising a child can be a very good and happy time of your life
- You and your partner may become closer

Reasons against Parenthood:

- It may prevent you from going to school, work, or having other plans for the future
 - It may cause problems with your partner
 - It costs a lot of money to raise a child
- Raising a child alone can be very stressful

Adoption

Adoption is a legal way to give up a child you cannot or do not want to raise.

Adoption agencies find out the background of the people who want to adopt and the reasons why they want a child. The parents are screened with care so that children go to good parents.

Closed adoption is a way to place your child with parents that you will never meet or know. The parents who adopt your child will never know who you are. Many people prefer this option when having someone adopt their child.

Open adoption is a way you can place your child with parents who wish to care for your child. You can choose the parents and whether or not you want to meet them. You would know the parents and be able to contact your child. This way offers the peace of mind that comes from knowing.

Reasons for Adoption:

- There are many good families who want children
 - It can provide the child with parents who want a child
 - It will allow you to go on with your life plans
- It is a choice of those who believe termination of pregnancy is wrong

Reasons against Adoption:

- Some people have a lot of stress and problems leaving the child after birth
- It ends your rights as parents forever
- You may feel guilty or sad

Termination of Pregnancy

Termination of pregnancy is a legal and safe way to stop being pregnant. It is done most often during the first twelve weeks when it is the safest. Research shows that an early termination is generally safe and usually causes no problems if you want a child in the future. This is a choice that may affect your mental health. You should discuss this with your partner and/or family.

Reasons for Termination:

- It allows you to go on with your plans for the future without stopping your schooling or leaving your job
- It can be kept private

Reasons against Termination:

- You may think it is wrong and/or against your values
 - It may cause feelings of grief and guilt
 - be-fore and/or after
- There is some health risk but less than carrying a pregnancy
- After the 12th week into the pregnancy, health risks increase.