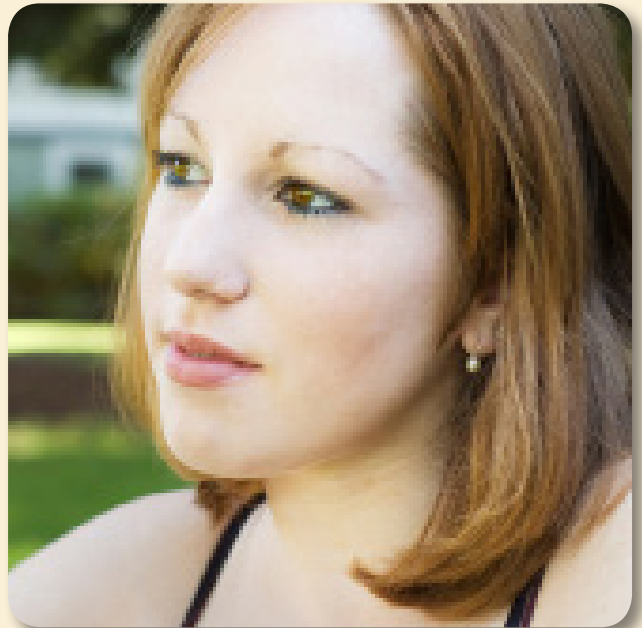


Your options: parenting, abortion or adoption.

Questions to consider:

- Before you were pregnant, what were your impressions of each option based on your values/cultural/religious/spiritual beliefs?
- What additional information would you like to have in exploring these choices?
- How will your choice change your current lifestyle and the goals or plans you had for yourself?
- What challenges do you expect? (e.g. financial needs, emotional needs, and personal goals ...)
- How might you meet these challenges?
- Explore and list community resources available to help you meet your needs for each option.
- What is your relationship like with the father? Will he be involved? If so, in what ways?
- How might you feel after making this decision?
- What emotional support will you have?
- What are the expectations of your family and community?
- What do you hope your life looks like in five years?
- After talking to your friends and family, list the types of support they can realistically provide if you choose parenting.
- Do you have information about the types of abortion, including the procedures and costs?
- Do you know what open adoption is? What qualities would you be seeking in an adoptive family? What would you want your relationship with them to look like?



This is a very personal decision. There are no right or wrong answers. It may be helpful to create your own individual list of the pros and cons of parenting, abortion and adoption.

Pregnant?

Text "open" to 971-266-0924
or call 1-800-772-1115 any time.
(Text answering available 9 am-5 pm PST M-F)

