Am I pregnant? How can I

SIGNS

Changed or missed period
Wanting to throw up
Peeing a lot
Feeling really tired
Weight gain or loss
Sore or tender breasts
Mood swings
Change in appetite

Think there’s a chance you might be pregnant? Get a free pregnancy test at any teen clinic, community health centre, nursing station, or buy one at a pharmacy.

Things to think about:

- How will I cope if I don’t agree with my partner’s decision?
- How do I feel about abortion? adoption? parenting?
- What option will I choose?
- What’s most important in my life right now?
- What are my plans and dreams for the future?
- Does my drinking influence my decision?
- Who can I go to for support?

Resources

www.projectchoices.ca - Talk to a counselor to help find ways to be safer and reduce the risk of alcohol use and pregnancy. Call 204.784.4072.

www.womenshealthclinic.org - A feminist health clinic in Winnipeg offering health and wellness services, including pregnancy and abortion services, and info on parenting options. Call 204.947.1517.

www.teenclinic.ca/ - Find a teen clinic near you.

www.adoptionoptions.mb.ca/ - Providing info on adoption from a Winnipeg based organization.

www.sexualhealthandrights.ca - A resource centre for sexual and reproductive health information and services.

Postpartum Warmline— Support after someone has given birth; call if feelings of sadness do not go away after a few weeks. 204.391.5983
Pregnancy Options: Abortion, Adoption and Parenting

Listen to them supportively without judging.

Offer to go with them to any appointments.

Be there for them after they have made their decision.

Get information about pregnancy and options.

Find support if being a helper is starting to overwhelm you.

Hang out with them and do fun stuff like watch a movie, listen to music, go for a drive or walk.

If they plan on giving birth, be supportive after the birth as well.

Do they listen to concerns and answer questions in an easy to understand and non judgmental way?

Do they offer clear, supportive information on all of the options: abortion, adoption, parenting - and not say that one option is better than the others?

Will they get you the help you need no matter if it is for abortion, adoption or parenting?

Do they use words like “unplanned” or “unintended pregnancy”? (Places that have “crisis” or “distress” in their name may not give you all the facts about each pregnancy option.)

Are they clear about what information they will keep private?

You should not feel pressured into an option—you have the right to choose.

Supporting a pregnant

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Teen Talk is not a crisis service. If you need to talk, please call the Klinic Crisis Line at 204.786.8686 or toll-free at 1.888.322.3019

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