

EASY ENGLISH

# Unplanned Pregnancy

This means you did  
**not** plan to get pregnant



Care  
Education  
Advocacy



The things in this factsheet are for lots of different people.



For information just about



- you
- your needs



talk to a

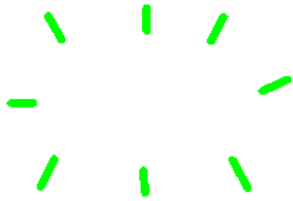


- Doctor or Nurse

or



- Lawyer

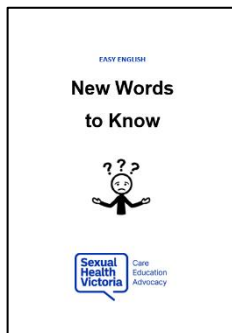


## New words

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.

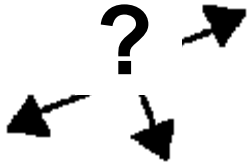
We will make them **blue** the first time we use them.



Read about them in the

Sexual Health Victoria Fact Sheet

**New Words to Know.**



# You need to make a choice



It can be very hard to make this choice

**but**



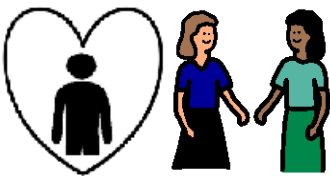
it is **your** choice.



Talk to someone who makes you feel comfortable. Like



- your doctor or nurse
- a counsellor



- your partner
- your friends



- your family.



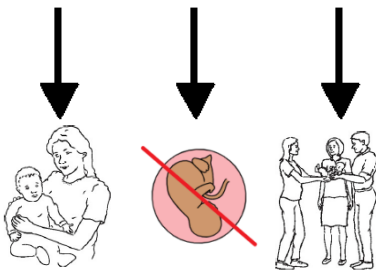
## Remember



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. **Termination.**

This is sometimes called abortion.

It means you do something to  
**end** the pregnancy.



### 3. **Adoption or Foster.**

You have the baby

**but**

you give the baby to someone else  
to be the parent.



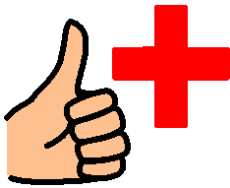
# 1. Have your baby - Be a parent



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. Termination

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

It is also called an **abortion**.



You find out you are pregnant.



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

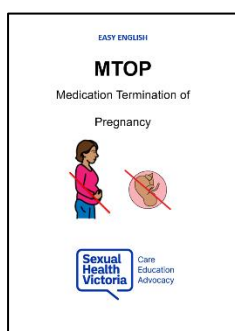


You can have a

- small operation
- **or**
- take some medicine.

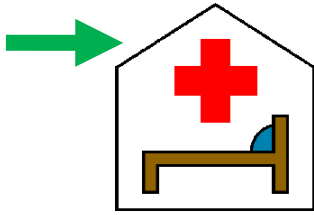
It **ends** your pregnancy.

The doctor will tell you which is best.

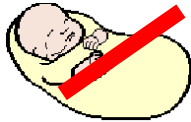


Read more about medication termination in the Sexual Health Victoria Factsheet **MTOP Medication Termination of Pregnancy**





You go to hospital or a special clinic.  
You will be there for about half a day.



You will **not** have **this** baby.



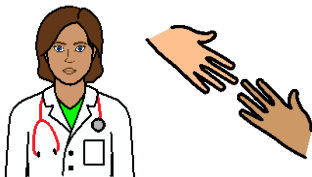
**but**  
It will **not** stop you having another baby.



There are laws about pregnancy termination.



**In Victoria.**



Your doctor can help you.



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



That doctor must find you a different doctor.

**If you are**



**0 to 18 weeks** pregnant

you can have a termination.



between **18 and 24 weeks** pregnant

you can still have a termination, but

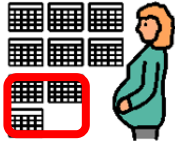


- it may cost more

**and**



- not all doctors can help you.



After **24 weeks** pregnancy

to have a termination



- 2 doctors must say it is OK



- it may cost more

**and**



- not all doctors can help you.



### 3. Adoption or Foster

This means you have the baby

**but**

you give the baby to someone else to parent.



When you find out you are pregnant.



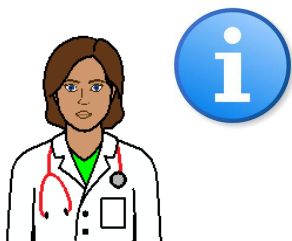
You need to see a doctor or nurse

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.



## Want more information?



Talk to your doctor or nurse.



Sexual Health Victoria clinic



Phone 03 9257 0100



My Options



Phone 1800 696 784



Call DHHS and ask for the Adoption and Permanent Care Program.



Phone 1 300 650 172

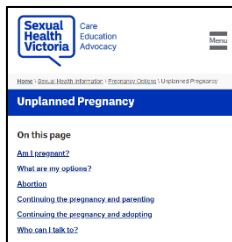


## Images

We have used images from



- Dreamstime
- Sexual Health Victoria
- Boardmaker - Mayer-Johnson
- Picto-Selector.



This Fact Sheet is based on the Sexual Health Victoria Unplanned Pregnancy Fact Sheet. July 2021.



Reviewed by Sexual Health Victoria. March 2023.

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