

# Unplanned Pregnancy

Unplanned pregnancy is very common. There are a few different options for women who experience unplanned pregnancy, they can choose to have the baby, they can have an abortion to end the pregnancy, or they can decide to have the baby adopted. For many women the choices are confusing and they have to consider a number of things, including:

- Health and age
- Living situation
- Relationships and supports
- Financial situation
- Feelings about being a parent, abortion or adoption
- Religious and moral values
- Life goals and career options
- The needs of existing children (where relevant).

If you experience an unplanned pregnancy it is helpful to talk to people you trust and who won't judge you or try to pressure you into a decision. Talking to your doctor or a professional counsellor can also help.

## Abortion

About one third of women who experience unplanned pregnancy decide to end their pregnancy with an abortion because they do not think having a child is the right thing to do at the time.

Most women who have had an abortion feel they made the right decision and feel relieved.

There are different laws about abortion in different states and territories in Australia, but abortion for a pregnancy up to 14 weeks is legal across the whole of Australia.

If you are experiencing an unplanned pregnancy talk to your doctor or make an appointment with one of the sexual health services listed on this website.

## Continuing the pregnancy

If you decide to continue with the pregnancy, you should see your doctor as soon as possible. Your doctor will check your health and advise you about certain foods and supplements that are helpful or not good for the baby. Your doctor will also be able to advise you on support services to help you plan your life with your baby.