

## **Tools for Your Agency: Providing Information on All Pregnancy Options** (This handout intended for service providers)

**Take time to explore how the following elements affect expectant parents' decision about the pregnancy:**

- Knowledge and feelings of each pregnancy outcome
- Values, including personal, religious, spiritual, and cultural
- Expectations from family and community
- Goals and future planning (high school, college, vocational programs, and career planning)
- Financial situation and access to resources
- Who is in their support system, and what support do they offer (realistically)
- Past experiences with pregnancies, parenting or adoption, either personally or among close family and friends
- Gestational age of pregnancy
- Relationship with the birth father/current partner(s)
- Explore prenatal care, access to insurance
- Access to housing, employment

**When addressing the option(s) that they are not willing to consider:**

- What do they know about this option?
- Is there anything more would they like to learn about this option before ruling it out?
- Assure them that you need not discuss this option further at this time, but that they can always come back to it as needed

**When addressing the option(s) that they are ambivalent about:**

- What additional information would they like about this option?
- What would be the pros and cons of choosing this option?

- How might they feel after they make the decision? What support will they have?

Considering all Options: Providing Unbiased Information and Support for Pregnant Teens

A Collaborative Training with Planned Parenthood of the Columbia/Willamette, Insights Teen Parent Program, and Open Adoption & Family Services.

**When addressing the option(s) that they are most open to:**

- Help them affirm their reasons in choosing this option. What concerns, if any, remain?
- Do they feel confident about this decision? Are they able to accept the responsibilities involved?
- Assure them that it is normal to experience some level of grief or loss in making any decision, and they are encouraged to talk about those.
- Options counseling does not bring about certainty; it reduces uncertainty.
- Encourage them to continue to seek support from friends, family, clergy, or any other support person in their lives throughout and after the decision-making process
- Affirm to them your support for any decision that they make, and that you will continue to provide them with additional information and resources for the other two options, should they want them
- What are next steps in designing for an action plan for this pregnancy outcome?

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