

women's
health
matters!



About pregnancy and your choices

Women's Health Matters



Easy English

Blue words



Some words in this book are **blue**.

We write what the blue words mean.

Help with this book



You can get someone to help you

- understand this book
- find more information.



Contact information is at the end of this book.



About this book

This book is from Women's Health Matters.



We give people in the ACT information about women's health.



Some things in this book might make you feel sad or upset.

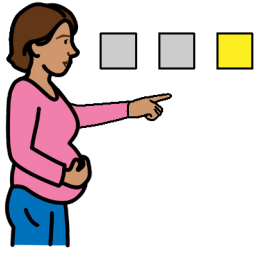


If you feel sad or upset, you can

- talk to someone you know
- contact a support service.



Support services are at the end of this book.



This book is about your choices when you are pregnant.

When you are pregnant, you have options.

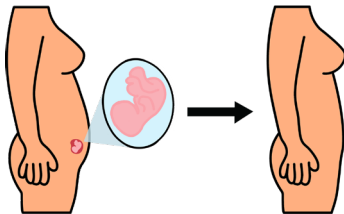


For example, you can choose to

- continue the pregnancy and be a parent



- continue the pregnancy and give the baby to another person to be the parent



- have an **abortion** to end the pregnancy.

Abortion is how you end a pregnancy.

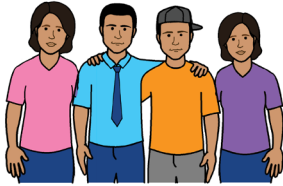


To make a decision, you might think about if

- you want to be a parent



- you need help



- you have help from your family and community.

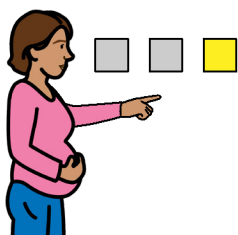


It is your choice.

Your right to choose



Rights are things the law says everyone should have.



You have the right to make your own choices.



Some people might find making a choice

- easy

or



- hard.



No one can make you do something you do **not** want to do.



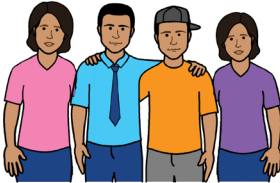
You **should** decide what is best for you.

You can talk to a person you know and trust about the choice you might make.

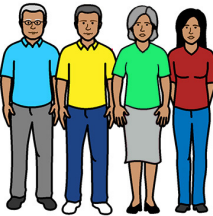


For example

- your partner



- family members



- elders



- friends.



Everyone has their own beliefs about pregnancy.



You should ask people you know about their beliefs **before** you tell them your choice.



This will help you to know if they might support your choice.

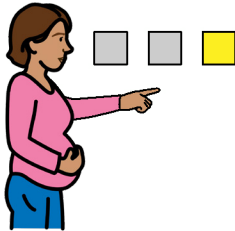
You can talk to a **pregnancy counsellor**.



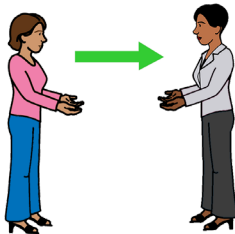
A pregnancy counsellor is a person who

- talks with you

and



- helps you to make a choice about your pregnancy.



You can share what you think and how you feel in **private**.



Private means the person you talk to will **not** tell other people what you say.

If you choose to be a parent

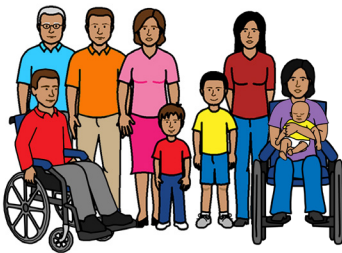


Being a parent means you will

- continue the pregnancy
- have the baby
- take care of the baby.



There is **no** perfect way to be a good parent.



Families do **not** all look the same.

Every family is different.



Your choice to be a parent or not
might depend on

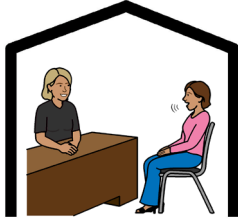
- what you want to happen in your life



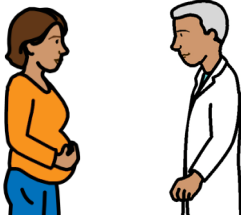
- the help you can get to be a parent



- your feelings and what you believe in about being a parent.



There are support services to help you choose what to do.

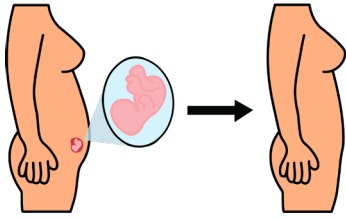


You can talk to your doctor if you want to continue the pregnancy.



Your doctor can help you make sure you have a healthy pregnancy and baby.

If you choose to end the pregnancy



Abortion is how you end a pregnancy.



Abortion is a **medical procedure**.

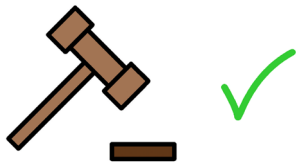
Medical procedure means treatment by a doctor or nurse.



Abortion in Australia is

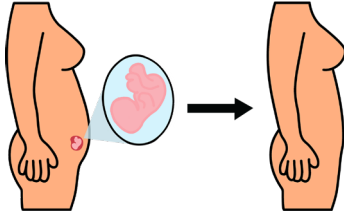
- safe

and



- **legal.**

Legal means allowed as part of the law.



You can get an abortion if you do **not** want to be pregnant and have a baby.



You can choose to have an abortion even if your partner does **not** know you are pregnant.



No one can make you have an abortion if you **do** want to be pregnant, for example

- a doctor



- a support worker



- a family member.

If you choose someone else to be a parent to your child



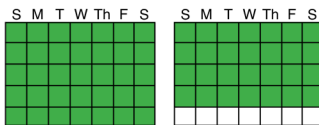
You might choose to

- have the baby

and



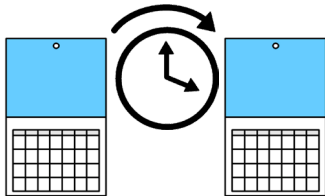
- give the baby to someone else to care for.



The person can care for your child for

- a short time

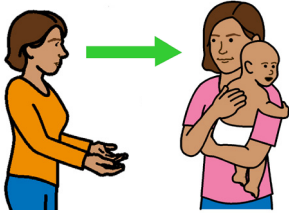
or



- a long time.

There are different ways for other people to care for your child.

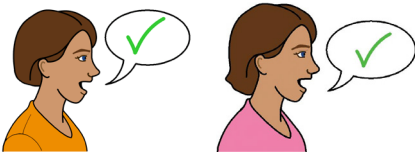
Adoption



Adoption is when you have a baby and give the baby to someone else to raise.

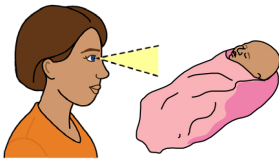


The other person becomes the child's legal parent forever.



You and the other person must **consent** to the adoption.

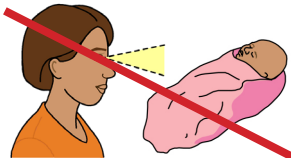
Consent means you say **yes**.



If you live in the ACT you can

- choose to see your child after the adoption

or



- choose to **not** see your child anymore.



You can help to choose the adoption parents
so that your child can grow up with

- the same culture as you



- the same religion as you.

Kinship care

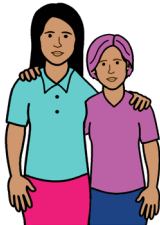


A **kinship carer** is someone you know that takes care of your child.



They might be

- someone in your family



- a friend



- a member of your cultural community who shares your

- culture

- traditions

- background.





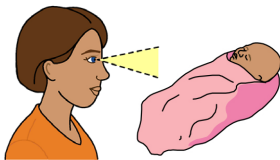
You might agree to have

- some legal rights as the parent

or



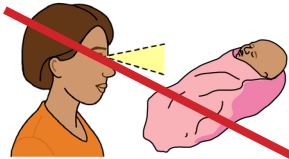
- all legal rights as the parent.



You might

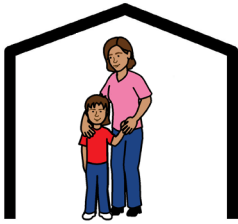
- get to see the child

or



- **not** get to see the child.

Foster care

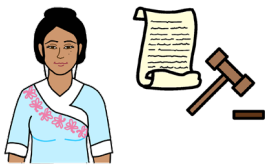


A **foster carer** is someone who you do **not** know who

- can look after your child in a safe place



- has had a police check.



You might agree to have

- some legal rights as the parent

or



- all legal rights as the parent.



Child protection services will be involved.

Other ways to get help

Sexual Health and Family Planning ACT (SHFPACT)



There is a support service you can call for

- appointments with a doctor or nurse



- support on sexual health and relationships



- free information, counselling and support about pregnancy for women and **gender diverse** people.



Gender diverse means your gender does **not** fit what people usually expect men or women to be like.



Call 02 6247 3077



Website shfpact.org.au

Women's Legal Centre



For legal advice about adoption, foster care and kinship care.



Call 02 6257 4377



Website wlc.org.au

Child and Youth Protection Services



For more information about adoption, foster care and kinship care.

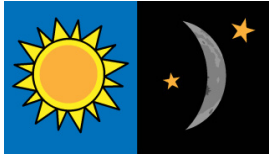


Call 02 6207 1069



Website act.gov.au/community/families/adopting-a-child

Support services



There are free support services you can call

- any time of day or night



- any day of the week.

Lifeline



Call 13 11 14

13 YARN



For First Nations people of all ages.



Call 13 92 76

1800 RESPECT



Call 1800 737 732



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More information

For more information contact
Women's Health Matters.

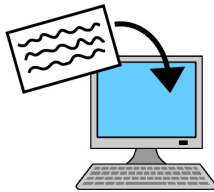


Call 02 6290 2166



Website

mypregnancyoptionsact.org.au



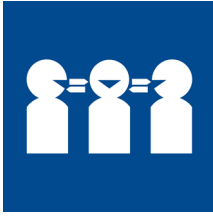
Email

reproductivehealthfund@
womenshealthmatters.org.au



You can read more about pregnancy and your
choices in our other books.

If you need help with English



Use the free Translating and Interpreting Service or TIS to make a phone call.

You can call the TIS in your language.



Call 131 450

Give the TIS officer the phone number you want to call.

If you need help to speak or listen



Use the National Relay Service to make a phone call.

You must sign up to the service first.



Website accesshub.gov.au/nrs-helpdesk



Call 1800 555 660

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Notes

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