

## I'm pregnant. What are my options?

You have three choices, all of which are options for people of any age in Minnesota:

- *Abortion* - when you're not ready to be pregnant or parent
- *Adoption* - when you want to be pregnant but don't want to be a parent.
- *Parenting* - when you want to raise a child.

## What is the best decision for me?

Deciding which pregnancy option to choose can be a difficult and is an individual decision. There is no one choice that is right for everyone. Talk with trusted people in your life and take the time you need to make the decision that is best for you. You may consider:

- How do you feel about being pregnant?
- What are your plans and dreams?
- What are your values? What do you believe?
- Is my body healthy enough to carry a pregnancy?

If you would like to talk about what decision is best for you with a pregnancy options counselor, contact **Backline at 1-888-493-0092**. Counselors are available Monday-Friday from 9am to Midnight & Saturday-Sunday 9am to 5pm.



### Caution:

There are some places that pretend to be health clinics, but really want to prevent you from making your own decision about your pregnancy. Places with names like Crisis Pregnancy Center, Pregnancy Aid, Birthright, Open Door, CareNet, Life Choices, or Pregnancy Counseling Center are against abortion. They are religious organizations, not health clinics.

## If I choose adoption or parenting, how should I take care of my body?

You should see a doctor right away for prenatal care. Prenatal care is the medical and physical treatment that a person receives during a pregnancy, like ultrasounds, doctor's exams, healthy diet, exercise, sufficient sleep and vitamins.

Poor prenatal care increases the likelihood of infant mortality, low birth weight, premature birth, and other health complications for you and your child.

## Abortion

### Can I afford to have an abortion?

In the Twin Cities, an abortion costs about \$650 if you are less than 11 weeks pregnant, and more after 11 weeks. If you decide having an abortion is the right choice for you, but you cannot afford it, contact **Pro-Choice Resources at 612-825-2000** for more information about help paying for your abortion.

### Do I have to tell my parents?

You have two options:

- If you are under 18, Minnesota law requires you to notify BOTH legal parents at least 48 hours before having an abortion; but they do not have to give you permission.
- If you are unable to notify or do not want to tell BOTH parents, you can receive a Judicial Bypass. This involves talking to a volunteer who will advocate on your behalf at juvenile court (called a Guardian Ad Litem) about why abortion is the right decision for you. Your clinic will help you connect to a volunteer in the county where you live or have your abortion.

### Do I need permission from my partner to have an abortion?

No.

### Is it possible for an undocumented person to have an abortion?

Yes. Be assured that Immigration Services will not be notified.

### Are legal abortions safe?

Yes, legal abortions are very safe. In fact, abortion is one of the safest surgical procedures in the U.S. However, trying to induce an abortion without a doctor's supervision is very dangerous.

### Where can I go for abortion care?

Below is a list of clinics that provide abortion care to people living in Minnesota. Call the National Abortion Federation Hotline 1-877-257-0012 if you are seeking abortion care outside of MN.

- Whole Woman's Health, Minneapolis, 612-376-7708
- Dr. Mildred Hanson, Minneapolis, 612-870-1334
- Planned Parenthood, St. Paul, 651-698-2406
- Robbinsdale Clinic, Robbinsdale, 763-533-2534
- Women's Health Center, Duluth, 218-727-3352
- Red River Women's Clinic, Fargo/Moorhead, 701-298-9999

### Have a Question?

Contact us at 612-825-2000 or  
pcr@prochoiceresources.org

## Adoption

### Can I afford to make an adoption plan?

Yes. The person/people you choose to adopt the baby (Adoptive Parents or Parents) are required to pay for legal and counseling services and in some cases living expenses. In other words, making an adoption plan is free for the person who is pregnant.

### Can I choose the Adoptive Parent(s)?

Yes. You can choose the Adoptive Parent(s) from someone you know or hear about through a friend or family member or through a licensed adoption agency.

### Can I see the baby at birth and after the adoption is finalized?

Yes. It is up to you to determine the amount of involvement you would like to have with the baby at birth and after the adoption is finalized. If you choose to have ongoing contact with the child, this is called "open" or "semi-open" adoption. The majority of adoptions in Minnesota are open. "Closed" adoption is also available if you prefer to be anonymous.

### Do I have to have my parents' permission to place my child for adoption?

You have two options:

- If you are under 18, Minnesota law requires that your parents or guardian consent to the adoption.
- If no parent or legal guardian is available or if your parents will not consent, the court can appoint you an advocate (Guardian Ad Litem) to help facilitate your adoption plan.

### How do I make an adoption plan?

You can begin planning an adoption at anytime, even after the child is born. You can contact a licensed adoption agency, like:

- Choice Network, 1-866-989-1466
- Friends in Adoption, 1-800-98-ADOPT
- Evolve, 651-323-0875
- Lutheran Social Services, 1-888-205-3769

If you know the person with whom you want to make an adoption plan, you may also work directly with a lawyer such as Walling, Berg, and Debele at: 1-888-340-9311.

### After deciding on adoption, can I still change my mind?

Yes. In Minnesota, the birth parents have 10 working days to change their mind after they have signed the voluntary consent form. This form can be signed anytime between 72 hours and 60 days after the child's birth.

## Parenting

### Can I afford to parent?

Supporting a child is a huge responsibility, both emotionally and financially. Everyone's situation will be different and you may need to make adjustments and seek out financial assistance depending on your situation.

### Can I stay in school if I choose to parent?

Yes. Title IX gives you the legal right to stay at your current school and participate in extracurricular activities. You cannot be forced to attend a school designed for pregnant and/or parenting teens, but you may choose to. These schools often provide on-site daycare services and parenting classes.

### Can I get child support?

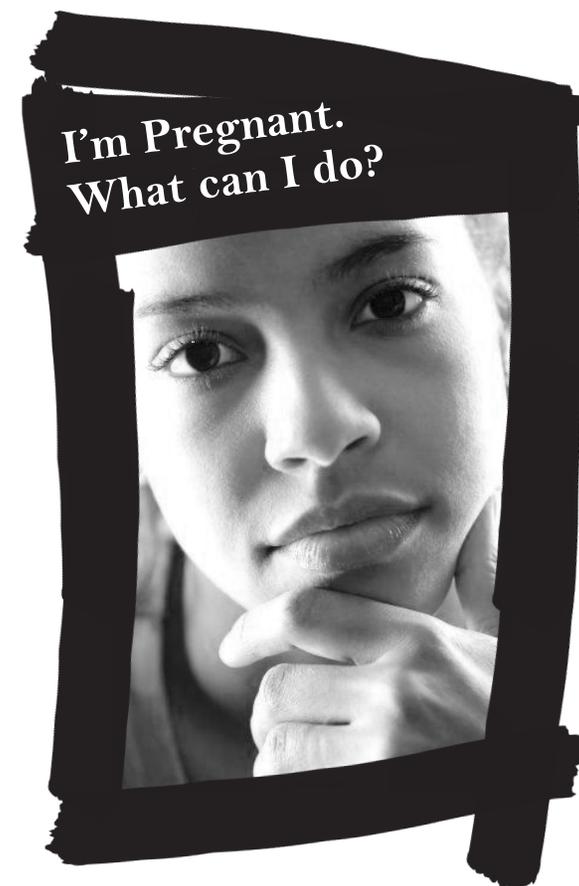
Child support is paid by the parent who does not have custody of the child to the parent who has custody. If the parent who does not have custody is still in school or has no income, the court does not make them pay child support. If you have questions about child support in Minnesota, you can call the Minnesota Child Support Information Line at 1-800-657-3954.

### Where can I get help?

- Teenwise: for parenting resources in your county, go to [www.teenwise.org](http://www.teenwise.org). Click "for teens" at the top.
- The United Way is a national resource that can help you find services like childcare, healthcare, housing, and transportation. You can contact the United Way for free, 24 hours a day, 7 days a week just by dialing 211.
- The Parent Warmline provides support and practical advice about parent-child relationships and child development at 1-866-916-4316.

### Can I change my mind about parenting after I give birth?

Yes. In Minnesota, there is a law called the Safe Place for Newborns Law, which provides a safe place for you, or a person who has your permission, to leave your baby with no questions asked. By doing this, you give up all parental rights to the child. You will not have to identify yourself. You may bring your newborn to 1) any hospital, 2) a health care provider who provides 24 hour access to urgent care services or 3) an ambulance dispatched in response to a 911 call. *You may also make an adoption plan for your child at anytime after they are born.*



## Pro-ChoiceResources

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