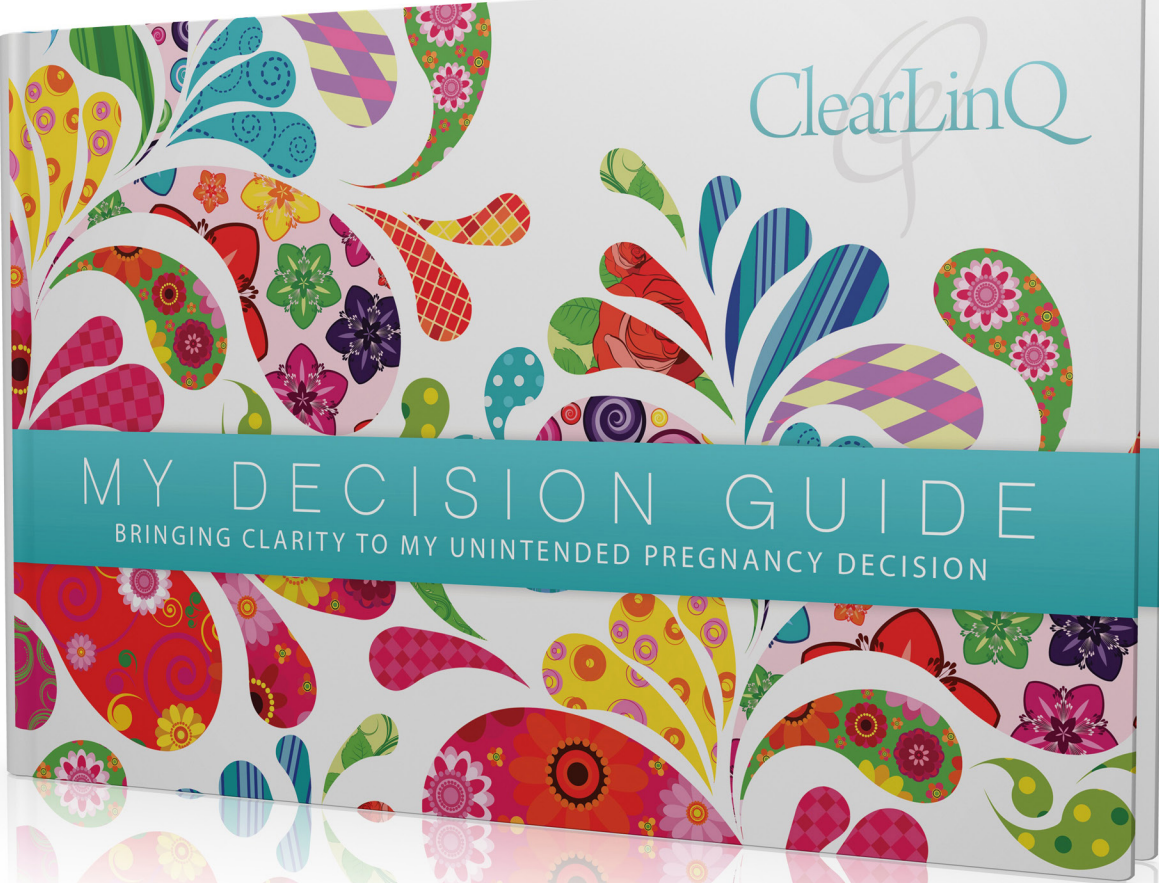


The logo for ClearLinQ, featuring the brand name in a light blue, elegant serif font. A large, faint, light grey 'Q' is positioned behind the text, partially overlapping the top right corner of the book cover.

ClearLinQ

A horizontal teal banner with white text, centered on the book cover. The banner is slightly wider than the book's spine and extends across the front cover.

MY DECISION GUIDE  
BRINGING CLARITY TO MY UNINTENDED PREGNANCY DECISION



*My Decision Guide* is designed to help you make an informed decision regarding your pregnancy. Taking a proactive maternal health approach, this guide assists you in processing the personal and complex factors that are involved in your decision. It will provide you with tools to explore each of your options; however, this guide is not a substitute for professional counselling or medical advice.

In this guide, you will find four key categories: knowledge, values, support, and certainty. Each section includes a review of the information offered in your counselling session as well as supplementary questions to consider. Please take time to reflect on and personalize your response to each of the sections.

For three days following your counselling session, it is recommended that you spend a day in each of your options (i.e., a day considering abortion, a day for parenting, and a day for adoption). This process will enable you to further explore each option allowing you to consider additional information helping you make a well-informed decision. You may want to consult a doctor regarding medical information and you may want to talk with your partner or a close friend about how you are feeling about each option.

You may be feeling conflicted and you may feel you do not have a clear choice. As you consider your options, you may feel drawn to one over another. It is important to thoroughly think through each of your options to ensure that you are comfortable and confident in your final decision.

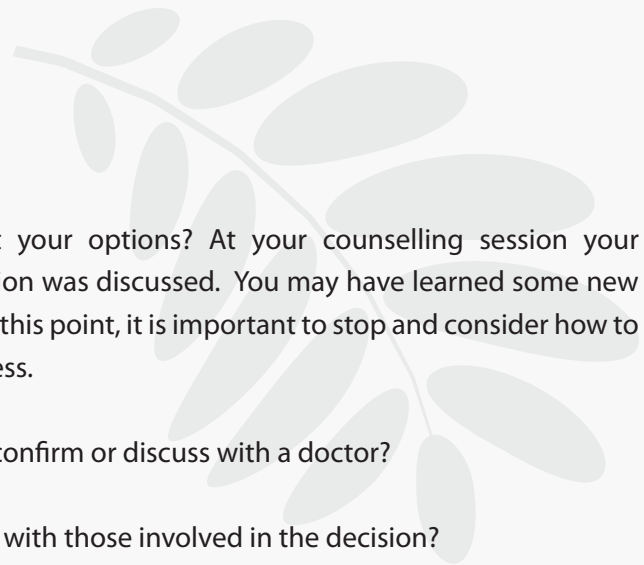


knowledge  
values  
support  
certainty

*decision-making needs*



# knowledge



What information do you already know about your options? At your counselling session your knowledge about abortion, parenting, and adoption was discussed. You may have learned some new or unexpected information about your options. At this point, it is important to stop and consider how to use this knowledge in your decision-making process.

Is there any new information that you want to confirm or discuss with a doctor?

Is there any information that you want to share with those involved in the decision?

Is there any information you need more time to think through?

Is there any information you want to research further?

Do you need time to process or journal?



## Abortion

Surgical abortions are typically performed in hospitals and/or clinics. Abortions are typically performed in the first trimester of a pregnancy. You can have a medical abortion or a surgical abortion procedure. The most common type of surgical procedure is called *Vacuum Aspiration*. A medical abortion involves taking medicine over the course of a few days under the care of a physician.

## Parenting

Parenting will include carrying your pregnancy to term and may include single parenting, co-parenting, or parenting in a marital relationship. Parenting means you will continue your pregnancy under the care of a medical professional and give birth. Continuing a pregnancy, giving birth, and parenting may require preparation and education.

## Adoption

Adoption will include carrying your pregnancy to term and may include choosing between a private or public adoption, as well as a closed or open adoption. you also have the option of having a family member adopt your child. Adoption means you will continue your pregnancy under the care of a medical professional, give birth, and then place the child for adoption. Continuing a pregnancy, giving birth, and arranging an adoption may require preparation and education.

# ABORTION | PARENTING | ADOPTION

It is important to know what to expect.

Ask a medical professional:

- What to expect leading up to and during your abortion or during your pregnancy
- About the physical recovery post-abortion or post-pregnancy
- To explain the risks of continuing and/or terminating your pregnancy
- What outcomes you may need to consider before making this decision

You may want to consider:

- Challenges you may face as a result of choosing an option
- The pros and cons of an option
- The people involved in the decision
- Your living situation, finances, relationships, and career/education
- Your concerns and your desired outcomes

*"Think with your whole body."*

-Taisen Deshimaru