

Things to Consider

Your values, beliefs, age, health, current situation, and future goals all may play a role in your decision on which pregnancy option is right for you. Here are some questions to aid in your decision making:

- Am I ready to be a parent?
- Will my partner help me raise the child?
- Do I have support from others?
- Are adoption or abortion options for me?

Student Wellness offers pregnancy options consultations to review available choices and provide resources based on the decision you make. While you evaluate your options, begin prenatal care and avoid using alcohol and other drugs.

Prenatal Care

Prenatal care includes regular check-ups and screenings with a medical provider to monitor your health and the health of your pregnancy. These appointments should be started and maintained as soon as you know you're pregnant and:

- while deciding next steps for your pregnancy
- if you proceed with parenting or adoption

It is also important to begin taking daily prenatal vitamins with folic acid and abstain from alcohol and other drug use as soon as you are aware of your pregnancy.

On-campus Support Services

CSUF provides access to confidential services on campus to all students Monday - Friday: 8 a.m. - 5 p.m.

Health Services

Student Wellness (SHCC-W)

(657) 278-2800 | @csufhealth

Health Services provides birth control consultations, prescriptions, sexually transmitted infection (STI) testing and treatments, pregnancy testing, pregnancy options consultations, emergency contraception, and abortion by medication.

Counseling & Psychological Services (CAPS)

Student Wellness (SHCC-E & Titan Hall, 3rd floor)

(657) 278-3040 | @csufcaps

CAPS offers brief counseling for individuals and couples, group counseling, psychiatric services, referrals, crisis intervention, and wellness workshops. After-hours counseling 24/7.

TitanWell Health Promotion Services

Student Wellness (SHCC-W)

(657) 278-4370 | @titanwell | titanwell@fullerton.edu

TitanWell offers sexual health resources including 1:1 consultations with a health educator, pregnancy options consultations, and access to condoms, dental dams, and lubricant through the Readily Accessible Protection (RAP) program.

Sexual Violence Prevention & Advocacy Services (SVPAS)

Student Wellness (SHCC-W)

@csufsexualviolence | sexualviolence@fullerton.edu

SVPAS is a confidential campus resource focused on sexual violence prevention education, advocating for students, faculty, and staff impacted by sexual violence through emotional support, safety planning, referrals, accompaniment, and more. Members of this team also offer pregnancy options consultations.

Pregnancy Options

Parenting | Abortion | Adoption



Think you're pregnant?

Taking an at home pregnancy test will confirm if you are pregnant. Make an appointment with a health care professional to confirm your positive test and date your pregnancy. This will tell you how far along in the pregnancy you are and inform your next steps.

What if you're not pregnant?

Resources available to prevent pregnancy include:

- **Contraceptives** - birth control or condoms
- **Emergency Contraception** - prevents pregnancy up to 5 days in the event of sex without contraception, or if, contraception failed (ex. the condom broke).
- **Contraceptive Consultations** - discuss birth control options with a health care provider or Health Educator.

What are your pregnancy options?

An unplanned pregnancy can be stressful, but there are several options to consider.

| Parenting | Abortion | Adoption |
|---|--|---|
| <i>giving birth and raising the child</i> | <i>taking medication or having a medical procedure that ends the pregnancy</i> | <i>giving birth and placing the child with another person or family permanently</i> |

Parenting

Having a stable and consistent health care center for all of your prenatal care, appointments and questions can make your pregnancy journey smoother. There are resources on and off campus that can provide support while you are pregnant.

Pregnancy support:

- fullerton.edu/dss
- fullerton.edu/titleix

Parenting support:

- TAPP | [@csuftapp](https://tappapp.com)
- myfamily.wic.ca.gov
- medi-cal.ca.gov

Resources

St. Jude Neighborhood Health Center
stjudenhc.com

UCI Family Health Center
ucihealth.org/locations

Family Health Matters
fhm-chc.org

Abortion

Abortions are legal in California and are safe and common procedures. Abortion care will require:

- 1) a positive **pregnancy test** from a medical provider
- 2) known date of **last menstrual period**

There are two types of abortion care available:

- **Medication Abortion (for pregnancy less than 70 days or 10 weeks):** A health care provider will prescribe medication and indicate how and when to use the medication at home. The process can take a few hours to days to be completed.
- **Aspiration Abortion (for pregnancy less than 14-16 weeks):** A health care provider uses a device that performs gentle suction to empty the uterus. This is a surgical procedure performed in a clinic and can take less than 5-10 minutes to complete.

Resources

Student Wellness
fullerton.edu/health
**medication abortions only*

Her Choice Womens Clinic
herchoiceclinic.com

FPA Womens Health
fpawomenshealth.com

Planned Parenthood
plannedparenthood.org

UCI Womens Option Center
ucihealth.org/medical-services/womens-options

Adoption

An **open adoption** allows the birth family and adoptive family to be in direct contact. A **closed adoption** means there is no identifying information exchanged in the process and there is no contact. You get to decide which type of adoption works best for you.

Resources

Adoptions at Vista Del Mar
vistadelmar.org/adoption-and-foster-care

A is 4 Adoption
ais4adoption.com

HFS Adoption
hfs.org