



My  
Friend is  
Pregnant.  
How Can  
I Help  
Her?

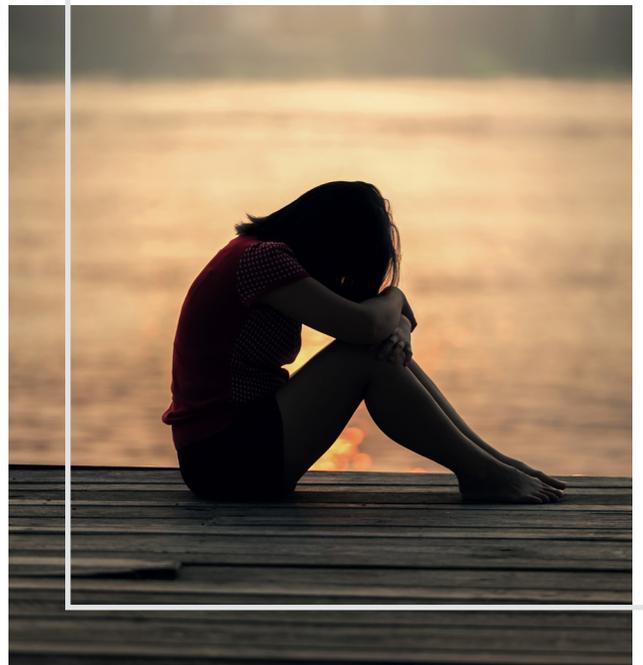


# You just found out that your friend is pregnant.

It wasn't planned, and you're still shocked by the news. The last thing in the world you can imagine is her having a baby, and you're not quite sure what to say.

Over the next few days, weeks, and months, she is going to need your support in some very practical ways.

Here are 3 steps to helping your friend with their pregnancy.



# 1 Be supportive and positive (Tell someone you trust).

As your friend processes the information and works through all her options, she is going to need someone in her corner. This is one of the biggest decisions of her life, and she is most likely feeling completely overwhelmed.

- Listen to her. Ask her what she needs. She needs you as a friend right now.
- As you do your best to support her, remember to remain positive. As she's thinking through the options of abortion, parenting, or adoption, try not to be negative in your thoughts and comments.

If your emotions are getting in the way, it may be helpful for you to talk to someone else and share them.

The counselors at White Rose Women's Center can help both you, and your friend, during this difficult situation.



## 2 Get a pregnancy confirmation.

If your friend comes to you before she knows for sure whether she's actually pregnant, the next step is to get a pregnancy confirmation.

No appointment is necessary.

With no appointment necessary, she'll receive the results while she waits.

We also offer free, confidential counseling for pregnancy, adoption, and abortion.

No matter what decisions she's made or where she is in the process, we'll provide information on all of her options.

We're here to help her make the right choice.



# 3 Comply with Texas Law.

Your friend has a right to know all about her pregnancy.

In 2003, Texas State Legislature passed the Woman's Right to Know Act, which requires that a woman's doctor must talk to her about certain things before she can have an abortion. This conversation helps her explore all her options, especially during such an overwhelming time.

Some of the things her doctor must talk to her about include:

- How long she's been pregnant.
- The medical risks of having an abortion.
- The medical risks of continuing your pregnancy.

Texas also has in place the "Baby Moses" law. This allows her or the baby's father to leave the baby up to 60 days after birth in a safe place without fear of criminal charges, provided the baby is unharmed.

These safe places are hospitals, fire stations, emergency clinics, or licensed adoption agencies.





## Need More Help?

White Rose Women's Center can provide all the resources you need to help your friend through her pregnancy.

From ultrasounds and pregnancy tests to counseling and referrals, we can help your friend navigate her pregnancy with the information and support she needs.

Contact us today!

[whiterosewomenscenter.org](http://whiterosewomenscenter.org)

