

YOU'RE NOT ALONE IN THIS.

Someone handed you this pamphlet because they wanted to let you know that there is support for you in this community.

We are able to help pregnant people and new parents with:

- Housing
- Healthcare
- Transportation
- Groceries
- Maternity clothes
- Baby supplies
- Childcare
- & More

Please let us know how we can help you.

We've included phone numbers and links to some of these resources in the area and information about pregnancy, abortion, and your legal rights to make sure you have all the facts you need.

If you would like to discuss your options with an empathic ear:

OPTIONLINE.ORG

24-Hour Nat'l Pregnancy Help Hotline

1-800-712-HELP (4357)

or text "HELPLINE" to 313131

24-HOUR PREGNANCY HELP HOTLINE
1-800-712-HELP (4357) • optionline.org

NATIONAL SEXUAL ASSAULT HOTLINE
1-800-656-4673 • rainn.org
live chat available online

NATIONAL DOMESTIC VIOLENCE HOTLINE
1-888-799-7233 • thehotline.org
live chat available online

NATIONAL HUMAN TRAFFICKING HOTLINE
1-888-373-7888 or text HELP to 233733
traffickingresourcecenter.org

WIC PROGRAM INFORMATION
<http://www.fns.usda.gov/wic>

LOCAL RESOURCES:

This pamphlet was created by Rehumanize International
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REHUMANIZEINTL.ORG



IF YOU ARE
PREGNANT
OR THINK YOU MIGHT BE,
YOU DESERVE
ALL THE
INFORMATION.



There are resources that can help empower you to make the best choice for you and your child.

LIFE BEFORE BIRTH

measured by fertilization or LMP



9 WEEKS*

FIRST TRIMESTER

Fertilization: a new human life has begun; they are unique & unrepeatable

3 weeks: the heart starts to beat

6 weeks: brain waves detected

8 weeks: all internal organs are present and functioning

SECOND TRIMESTER

(13–24 weeks)

16 weeks: baby takes up all the room in the uterus

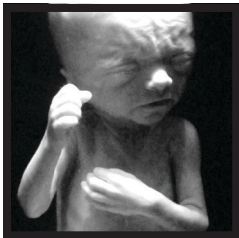
18 weeks: the baby can respond to stimuli

20 weeks: the sex of the baby is apparent

22 weeks: if born at this stage, the baby might survive on their own



13 WEEKS*



23 WEEKS**

THIRD TRIMESTER

(24+ weeks)

Baby continues to gain weight and reaches “full term” at 38–40 weeks

**Photo by lunar caustic on Flickr*

***Photo by woodleywonderworks on Flickr*

FIND MORE INFORMATION, PHOTOS, AND VIDEOS OF PRENATAL DEVELOPMENT AT EHD.ORG

Know your rights: No one — not your parents, your partner, or your boss — can force you to get an abortion. If you're being threatened or coerced, *alert authorities!*

THE ABORTION PROCEDURE

FIRST TRIMESTER

Vacuum Aspiration (used up to 12 weeks)

› Involves the use of a hollow tube called a cannula that is attached to a bottle and a vacuum, which is about 27 times more powerful than a household vacuum. The cannula is inserted into the uterus, the pump is turned on, and the contents of the uterus are removed.

Dilation & Curettage (D&C) (used up to 16 weeks)

› Involves stretching the cervix to insert a sharp, round curette, which is used to reach in and tear the preborn child apart.

RU-486 (can be taken up to 9 weeks)

› Involves taking two pills. The first, Mifeprex, blocks progesterone (the pregnancy hormone) and is usually taken at the abortion center. The second pill, Misoprostol or Cytotec, expels the baby from the uterus; it is usually taken at home.

SECOND TRIMESTER

Dilation and Evacuation (D&E) (16+ weeks along)

› Usually a two-day procedure; involves inserting laminaria to dilate the cervix. A drug like digoxin may be administered to stop the baby's heart.

› On the second day, the abortionist uses forceps to grab and pull the baby out in pieces. Alternatively, they may induce labor.

THIRD TRIMESTER

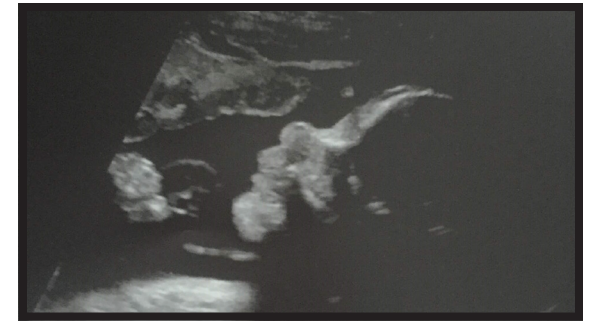
Digoxin abortion

› Usually a three-day procedure; involves administering digoxin (which stops the baby's heart) and inducing labor to deliver the deceased child.

EMOTIONAL & PHYSICAL RISKS OF ABORTION

Physical: Infection, bleeding, cramping, fever, scarring, hemorrhaging

Emotional: Depression, guilt, sleep disturbances, anger, increased use of drugs, sexual dysfunction, increased risk of suicide, post-traumatic stress disorder



ASK TO SEE YOUR ULTRASOUND.

Even if you're in the abortion center and you've already paid for your abortion (but have not gone through with the procedure), you can still change your mind and get your money back.

ABORTION PILL REVERSAL

If you've taken RU-486 (the abortion pill) or started a multi-day abortion, *there may still be time to save your baby!*

1-877-558-0333 · ABORTIONPILLREVERSAL.COM

If you want more information about abortion procedures from a medical professional, visit:

ABORTIONPROCEDURES.COM

ALREADY HAD AN ABORTION?

If you're struggling with your past abortion, you can begin your healing & make a life-saving decision today for you and your child. Please reach out:

HOPEAFTERABORTION.COM