

This is
not
your
only
choice



PLEASE
READ
THIS

SCARED?

(Don't Give up Hope...)

This is a difficult time for you.

The person who handed you this magazine is here to help you make positive choices for both you and your baby.

Many women have been in your situation. You can read some of their stories on the following pages.

You do not have to go through your pregnancy alone. This booklet will point you toward resources to help you with physical, emotional, and material needs during and after your pregnancy.

Caring and loving people can be reached 24/7 by calling any of the numbers listed in this publication. They are ready to help you begin the process of bringing calm and order back to your life—to assist you through the birth of your baby and beyond.

We care, and we're here to help.

Jo Tolck
Executive Director
Human Life Alliance

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PREGNANCY RESOURCE CENTERS

(If You're Pregnant and Don't Know Where to Turn...)



Many women would rather keep their child than have an abortion, but they don't feel they have the resources to care for a baby—they wonder how they could afford to feed and clothe their baby, or get proper medical care. Some women don't even know where they and their child will live.

If you are wondering about these things, there is help for you. You are not alone.

Option Line - 24 hour

(English and Spanish)
1-800-712-HELP (4357)
www.optionline.org

Birthright - 24 hour

1-800-550-4900
www.birthright.org

Pregnancy Hot Line - 24 hour

www.nationallifecenter.com

BEFORE YOU DECIDE

(You Can Still Change Your Mind)

The truth about your pregnancy

If you are pregnant, then you have a *living human being* inside of you, regardless of how far along you are. It is NOT a “blob of tissue” or a “clump of cells,” as some people will tell you. It is a baby. Please take a look at the middle pages of this magazine to see what your baby looks like now, and how your baby will look at different times in your pregnancy.

A few things about abortion

– **SURGICAL ABORTION** is a major medical procedure with serious risks involved. The instruments the doctor puts through your cervix and into your uterus are sharp and can puncture your uterine wall. (If you have a late term abortion, the crushed bones of your baby can also cut into your uterus while being removed.) Surgical abortion can also cause damage to the bowel and bladder, a cut or torn cervix, complications from anesthesia, hemorrhaging, blood transfusions, infertility, hysterectomy (removal of the uterus). Some of these complications have even caused death.

– One of the greatest risks of an early abortion is an “incomplete abortion.” Tissue accidentally left behind from the aborted baby can cause a severe infection leading to permanent damage of your reproductive organs. You could become sterile (unable to get pregnant) or miscarry your next baby.

– Abortion can be painful. Staff at the abortion facility will probably say that there will be some “mild cramping.” This is typically not true, especially in the case of a suction abortion (vacuum aspiration). Unless you are put to sleep for a suction abortion, it will most likely be very painful. At this point in your pregnancy, your cervix is closed and hard and it is not prepared to open.

– **MEDICAL ABORTION** is also physically dangerous to the mother. It carries the risk of side effects such as pelvic pain, nausea and vomiting, diarrhea, chills, fever, headaches, dizziness, fatigue, allergic reaction to the medicines, hemorrhaging, incomplete abortion, and infections.

PLEASE NOTE:
EVEN THOUGH MEDICAL AND SURGICAL ABORTIONS
CARRY DIFFERENT RISKS FOR THE MOTHER
BOTH ARE
EQUALLY FATAL
TO THE BABY

“EVERY HUMAN EMBRYOLOGIST IN THE WORLD KNOWS THAT THE LIFE OF THE NEW INDIVIDUAL HUMAN BEING BEGINS AT FERTILIZATION. IT IS NOT BELIEF. IT IS SCIENTIFIC FACT.”

—Ward Kischer, Ph.D, Human Embryologist, University of Arizona



Some other things you should know

- The abortion facility is not a charity. It is a business. Staff at the facility prefer you have an abortion because if you change your mind, they lose money.
- The staff in the abortion center are not in a position of authority over you, and they do not have the answers for you. It is their job to successfully get you through the process of having an abortion so they will get paid.
- The doctors who perform abortions are not your health care providers. They are there to perform abortions, for which they get paid quite a lot of money. They will not provide ongoing follow-up services for you.

What to expect in the abortion facility

- You will most likely be given an ultrasound. This is to determine how far along you are, determine what procedure to use, and how much to charge you for the abortion.
- During the ultrasound ask to have the screen turned toward you. The movement/ vibration you see on the screen is your baby's heartbeat.

You do not have to have an abortion

- You have the right to choose something else. If you feel you are being coerced into having an abortion by ANYONE—your parents, your boyfriend, your best friend, a doctor, a teacher—anyone at all, please know that you have the right to make the decision to keep your baby. There are people who will help you and offer support in making that decision. If you don't know what to do, or if you are afraid, you can go right outside and talk to the person who gave you this booklet. They want to help you.

I'M GLAD I CHOSE LIFE FOR MY BABY

(Women Who Decided Not to Have an Abortion)

One night I attended a party and had too much to drink. In that condition, I spent time with a man I didn't know and became pregnant. Later, I tried to find out who he was but was unable to do so.

I was so embarrassed! I felt that I should know better than to let something like that happen to me. I was afraid of disappointing friends and family, as well as my daughter. I was only working part time and also going to school. It was a very difficult situation. I felt so alone, and didn't know what to do. Abortion seemed to be the only answer.

Even though there didn't seem to be any other choice than having an abortion, I really struggled with the idea. It went against my beliefs, and I just couldn't bring myself to do it.

During the eighth week of my pregnancy, I decided to make an appointment with a pregnancy care center. When I saw my baby's heartbeat during the ultrasound, it brought me to tears and I knew I could not abort him.

I decided to tell everyone at that point, including my daughter. I was nervous about telling my mother, but when I told her she was supportive of me.

After the birth of my son, the people from the pregnancy center, who had been so supportive throughout my pregnancy and delivery, contacted me to ask if there was anything I needed. I told them we were fine, but it's a great comfort to know they are still there for us.

I'm so glad I made the choice to keep my son!

- Stephanie



"Tim, I think I'm pregnant." My boyfriend sighed and muttered something that made me feel completely deserted. I knew from firsthand experience how tough it was to raise a child as a single mother. I already had a two-year-old daughter. Tim's non-committal response left me despondent and convinced that abortion was the "easy way out." I was already struggling financially with one child. How could I raise two?

Many women who have shared with me that they've had abortions have discovered that the "easy way out" is just an illusion.

At the abortion facility, I was summoned to the room where the abortions were performed. I could hear a woman sobbing hysterically in the recovery room. That memory still haunts me.

The doctor who examined me said I was too far along to have an abortion at that facility. Relief instantly washed over me! How odd. I had thought I wanted an abortion, but now felt instantly relieved to know I was still pregnant.

I decided to muster every ounce of courage to deal with my pregnancy. My ambivalence turned into love for my preborn daughter, Melanie. It took energy and creativity to support the three of us, but my two daughters inspired me to do great things. I finished my degree; then I went on to get my Master's and Ph.D.

When we endure something tough, our character and self-esteem are strengthened. Many women who have confessed to me that they've had abortions have discovered that the "easy way out" is just an illusion. Some are in abusive relationships, on antidepressants, or just seem detached from life. Some sadly remember their aborted child's "would be" birthday each year.

I cannot promise that it will be easy. I can only promise that the anguish will pass and that there are people who will help you through this trying time. One day you will look back on the birth of your child and know that you did the right thing.

-Dr. Angela Woodhull



I REGRET MY ABORTION

(Mourning the Loss of a Child)

"I'm 28 years old, and I had my abortion about 6 years ago. I think about it all the time. I always thought that I'd move past it eventually, but it's only gotten worse. Every time a TV show or program discusses abortions, miscarriages, or sad pregnancy stories, I cry uncontrollably. The decision for an abortion was emotionally painful, yet I didn't feel like I had a choice at the time. I was with a guy who I knew

If I had realized how much I would regret my decision, I wouldn't have gone through with it.

I wasn't going to end up with. I wasn't in love with him. I was with him because I was lonely, and vice versa. More importantly, I was still in college and I wasn't ready to have a child. So when we found out about my pregnancy, we knew what we had to do. I cried so hard on the day when the abortion was scheduled that the clinic could not go through with the procedure until a week after the first appointment. If I had realized how much I would regret my decision, I wouldn't have gone through with it. I think about whether it was a boy or girl, what he or she would have looked like, and whether or not he or she would have had my eyes. These questions tear me apart over and over again. Even though the baby doesn't exist anymore, its brief existence in my womb changed my life forever. I wish I could go back in time and change my own mind. I would hold my newborn child in my arms and never let go."

Jessica

My parents said I couldn't bring a bi-racial child into the world. So I aborted the only child I ever conceived. Now we don't have any children.

-Dorothy

I don't think a woman is ever prepared for the effect abortion has on a family. I couldn't even look at my living children after I chose to abort their sibling.

-Shoshana



My culture and faith speak against abortion. But I chose it anyway. How do I ever reconcile that choice with God? With myself? With my family?

-Maria



I wish someone had told me...the only two regrets of my life would be the loss of my children to abortion.

-Stacy

He said he'd leave if I didn't abort...he left anyway. Now I cry not only for the baby I lost, but for my boyfriend, too.

-Lauren

I never told anyone about my abortion. I wish I had never laid on that table. It's the only decision that I can't take back. I sort of died inside that day.

-Lindsey

To read more about women who regret their abortions, and to get help:

abortionrecovery.org
silentnomoreawareness.org

YOU HAVE RIGHTS

(No One Can Legally Force a Woman to Have an Abortion)



**64% of American women who abort
feel pressured to do so by others.**

When abortion became legal in America, it opened up the opportunity for others to force women into having abortions against their will. The most common is parents forcing their minor daughter. Second is men forcing their partners to abort their child. Third is sex trafficking.

If you are being forced to have an abortion, or if you hear about or see another woman being forced, you should contact the police immediately. Evidence that a woman is being coerced could be excessive crying or screaming, that she is being pulled, kicked, dragged or has been beaten. You may also see evidence that a gun is involved as has occurred in Columbus, Ohio, where a man has been arrested for such activity.

There are important new legal rights a mother now possesses that everyone should know about—EVEN IF SHE IS A MINOR. She has the sole right to determine whether to bring her child to life. (*Casey v. Planned Parenthood of Pennsylvania* and *Bellotti v. Baird*.) That right is hers—not anyone else's. She has the right to make maternal healthcare decisions about the child in her womb. Even though abortion is legal, the decision is hers.

No one may force, coerce, or unduly pressure the mother of the child in the womb to have an abortion. To do so could subject any person (even a parent or other relative) to the criminal charge of fetal homicide (killing a baby while still in the womb) in the many states with fetal homicide laws. In other words, any third party (including a relative and/or friend) who causes the baby to be killed may be guilty of fetal homicide. See, for example, *Lawrence v. State*, 211 S.W. 3d 883, 884-85 (Tex. App. – Dallas 2006). Those who pressure the mother may also be prosecuted under the Federal Unborn Victims of Violence Act.

Attempting to pressure a woman to abort her child may also subject a person to the tort of intentional infliction of emotional distress or other civil liability. A pregnancy is an emotionally and physically vulnerable time for the mother. Excessive undue pressure may cause emotional and physical damage to both the mother and the child. Anyone could be responsible for that damage legally.

Examples of threats that may subject a person to legal liability:

1. "If you have this baby, I am kicking you out of my house." (If the mother of the child in the womb is a minor, her parents do have to support her just as she has to support her baby. The state and other groups may assist her with support for her child. She also has the right to child support from the father of the child. The mother of the child in the womb may be eligible for financial assistance from the state and other groups.)
2. "No more talking, I am taking you for an abortion. I have made the appointment."
3. "You won't get a penny of child support out of me." (The father of the child has a legal duty to pay child support.)
4. "If you don't have an abortion, I am going to beat you up." (Any threat or actual infliction of physical violence is an illegal assault.)

For more information, go to the Center Against Forced Abortions (CAFA) at www.thejusticefoundation.org where you may obtain free important documents and training on how to prevent forced abortions.

You may also call The Justice Foundation toll-free at **1-866-468-8279**.

If you know someone who has been hurt by abortion in any way, The Justice Foundation will take their testimony for free to the U.S. Supreme Court to show the Court that abortion hurts women. Go to www.operationoutcry.org.



No one can legally force, unduly pressure, or coerce a woman into having an abortion against her will.



WHAT YOUR BABY LOOKS LIKE

(Yes. It's a Baby.)



FERTILIZATION

Day 1: Fertilization

The sperm joins with the egg to form one cell. This single cell contains the complex genetic makeup for every detail of a new human being—the child's sex, hair and eye color, height, skin tone, etc. After fertilization, nothing new is added but oxygen, nutrition, and time.

1st Month (1-4 Weeks)

The first cell divides in two, and cell division continues as the newly formed individual travels down the fallopian tube to the uterus. More than 500 cells are present when this tiny embryo reaches the uterus 7 to 10 days after fertilization. Foundations of the brain, spinal cord, and nervous system are already established, and by day 21 the heart begins to beat in a regular fashion with a blood type often different from the mother's. Muscles are forming, and arms, legs, eyes, and ears



6 WEEKS

have begun to show.

2nd Month (5-8 Weeks)

By six weeks, brain waves can be detected by electroencephalogram, and the brain is controlling 40 sets of muscles as well as the organs. The jaw forms, including teeth and taste buds. The baby begins to swallow amniotic fluid, and some have been observed hiccupping. During this time, the stomach produces digestive juices, and the kidneys begin to function. Fingers and toes are devel-



8 WEEKS

oping, and at seven weeks the chest and abdomen are fully formed. Swimming with a natural swimmer's stroke in the amniotic fluid, she now looks like a miniature human infant.

3rd Month (9-12 Weeks)

Unique fingerprints are evident and never change. The baby now sleeps, awakens, and exercises her muscles by turning her head, curling her toes, and opening and closing her mouth. Even though mom cannot feel movement yet, the baby is very active. She breathes amniotic fluid to help develop her respiratory system. The gender can be visually determined, and family resemblances may appear as well. By the end of the month all the organs and systems of her body are functioning.

4th Month (13-16 Weeks)

By the end of the fourth month, the baby is 8-10 inches in length and weighs about one-half pound. Her ears are functioning and she hears her mother's heartbeat, as well as external noises like music. Mom begins to feel baby's movement—a slight flutter at first that will become stronger. Lifesaving surgery has been performed on babies at this age.

5th Month (17-20 Weeks)

If a sound is especially loud, the baby may jump in reaction to it. Thumb-sucking has been observed during the fifth month.



20 WEEKS

6th Month (21-24 Weeks)

Oil and sweat glands are functioning. The baby's delicate skin is protected in the amniotic sac by a special ointment called vernix. She grows rapidly in size and strength while her lungs become more developed. In a recent study, 70% of babies born between 22 and 26 weeks lived past age one, thanks to modern medicine.

7th Month (25-28 Weeks)

The baby can now recognize her mother's voice. She exercises by stretching and kicking as she grows even bigger. She uses the senses of hearing, touch, and taste, and she can even look around with open eyes at her watery home. If the baby is a boy, his testicles descend from the abdomen into the scrotum.



11 WEEKS

8th Month (29-32 Weeks)

The skin begins to thicken, with a layer of fat stored underneath for insulation and nourishment. The baby swallows a gallon of amniotic fluid per day and often hiccups. Though movement is limited, due to cramped quarters, the baby's kicks are stronger, and mom may be able to feel an elbow or heel against her abdomen.

9th Month (33-36 Weeks)

Gaining one half pound per week, the baby is getting ready for birth. The bones in her head are soft and flexible to more easily mold for the journey down the birth canal. Of the 45 generations of cell divisions before adulthood, 41 have already taken place. Only four more come before adolescence. Ninety percent of a person's development happens in the womb.



LEGALLY PROTECTED

THIS IS WHAT ABORTION IS

(You Need to Know This)

MEDICAL ABORTIONS

Emergency Contraception - Plan B (The Morning-After Pill)

Emergency Contraception (EC) contains synthetic progesterone (not to be confused with naturally occurring progesterone) and is a large dose of the common birth control pill, designed to be taken as a single dose within 72 hours after “unprotected sex.”

EC works in three ways. First, it attempts to stop ovulation. Depending on where a woman is in her cycle, ovulation may or may not have already occurred before EC was taken. Second, EC attempts to stop fertilization by impeding the transportation of the sperm and the egg. Third, EC tries to stop implantation by altering (thinning) the lining of the endometrium (or uterus) so the embryo cannot implant and receive nourishment from the mother.

The first two methods are contraceptive, but if they fail, the third method can cause an abortion because it occurs after fertilization.

Ella - Ulipristal Acetate (UPA)

Ella is a selective progesterone receptor modulator (SPRM). SPRMs block the action of the hormone progesterone, which is necessary for ovulation and implantation to occur. Progesterone also maintains the lining of the uterus and supports the embryo. Currently, the only other legal SPRM drug available in the United States is RU-486 (mifepristone). Although Ella acts similarly to RU-486, it is being billed as an emergency contraceptive. Ella is designed to be taken as a single dose within 5 days of “unprotected sex.” It is thought to inhibit and delay ovulation, attempting to prevent fertilization. However, ovulation may or may not have already occurred before ella was taken. Ella also alters the lining of the uterus, which, if fertilization occurs, can prevent an embryo from implanting, causing an abortion.

RU-486 - Mifeprex (The Abortion Pill)

Mifeprex blocks the action of the hormone progesterone which is needed to maintain the lining of the uterus and provides oxygen and nutrients for the baby. Without it, the baby dies. Mifeprex is used in conjunction with the drug Cytotec (misoprostol), which is taken two days after Mifeprex, causing uterine bleeding (sometimes profuse), strong contractions, and expulsion of the baby.

The pregnant woman first visits the abortionist to obtain the Mifeprex pills, returns two days later to receive misoprostol, and returns a third time to verify that the abortion is complete. The failure rate of this method is about 8 percent if the pills are taken within 7 weeks and up to 23 percent at 8-9 weeks. If the baby survives the abortion, there is a high risk that he or she will suffer mental and/or physical birth defects from the misoprostol.

SURGICAL ABORTIONS

Vacuum Aspiration

In this first trimester procedure, the abortionist inserts a hollow plastic suction tube into the dilated cervix. The uterus is emptied by either a manual syringe or high-powered suction machine. The baby is torn into pieces as he or she is pulled through the hose.

Dilation and Suction Curettage (D&C)

This is similar to the vacuum aspiration but is generally used after 14 weeks. After the baby is suctioned out of the uterus the abortionist inserts a curette, a loop-shaped steel knife, into the uterus. With this the abortionist cuts the placenta and umbilical cord into pieces and scrapes them out into a basin. The uterus is again suctioned out to ensure that no body parts have been left behind. Bleeding is usually profuse.

Dilation and Evacuation (D&E)

Once the cervix is dilated considerably farther than in first trimester abortions, the abortionist inserts a narrow forceps that resembles a pliers. This instrument is needed because the baby's bones are calcified, as is the skull. The abortionist inserts the instrument into the uterus, seizes a leg or other part of the body and, with a twisting motion, tears it from the baby's body. The spine is snapped and the skull crushed. Body parts are then reassembled and counted to make certain that the entire baby has been removed and that no parts remain in the womb.

Induction or Prostaglandin Abortion

Labor is induced using prostaglandin drugs, and the cervix is dilated. To ensure the baby will be dead upon delivery and to start uterine contractions, the abortionist may inject saline (salt water) or urea (a substance found naturally in urine and blood). To guarantee against a live birth and legal complications, doctors will inject the drug Digoxin or potassium chloride directly into the baby's heart to kill the child before delivery. Other times the baby is delivered alive and left without medical intervention until he or she dies. This method is used in the second or third trimester.

Dilation and Extraction (D&X)

After the mother undergoes two days of dilation, the abortionist performs an ultrasound to locate the child's legs and feet. The abortionist then uses a large forceps to grasp one of the baby's legs. He pulls firmly, forcing the child into a feet-down position.

Using his hands instead of forceps, the abortionist delivers the baby's body in a manner similar to a breech birth. The baby's head remains inside the birth canal. The abortionist uses surgical scissors to pierce the child's head at the base of the skull. The scissors are forced open to enlarge the skull opening. The abortionist then inserts a suction catheter into the brain and vacuums out the child's brain tissue with a machine 27 times more powerful than a household vacuum.

ABORTION HURTS

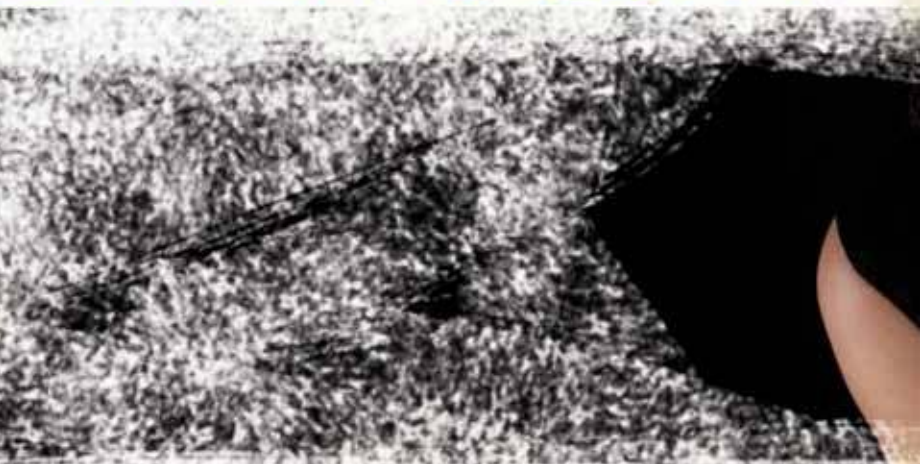
(Physically. Mentally. Emotionally.)

“I used to be a nurse in an abortion facility. I told the women that their pregnancy was just a blob of tissue and that they wouldn’t feel a thing. Women were physically hurt in that clinic. One even died.” —Bernice

“Abortion changes you forever. I thought the abortion would free me from a responsibility I felt I was not ready for. Instead it held me in bondage to feelings of regret, remorse, depression and despair. My soul became a slave to self-hatred and worthlessness. My sanity was the price I paid. Women deserve better than abortion.” —Ann Marie

PREGNANT WOMEN WHO ABORT HAVE A SIX TIMES HIGHER RATE OF SUICIDE THAN THOSE WHO CARRY THEIR BABIES TO TERM. TEENAGERS WHO ABORT ARE 10 TIMES MORE LIKELY TO ATTEMPT SUICIDE THAN TEENS WHO HAVE NOT HAD AN ABORTION.

In addition to these psychological problems, women are susceptible to serious physical complications due to the nature of the procedures used to abort children. Women can face perforation of the uterus, hemorrhaging that requires transfusion, cardiac arrest, endotoxic shock, major unintended surgery, infection resulting in hospitalization, convulsion, undiagnosed ectopic (tubal) pregnancy, cervical laceration, uterine rupture, and death. Women who abort are also more likely to experience future ectopic pregnancy, infertility, hysterectomy, stillbirth, miscarriage, and premature birth than women who have not had abortions.



EMOTIONAL AND PSYCHOLOGICAL IMPACT:

After-Abortion Trauma

After-abortion trauma is the emotional and psychological impact sometimes experienced by women (and even men) after an abortion. Symptoms are similar to those in any post traumatic stress disorder and are listed below:

- *Bouts of crying*
- *Depression or Despair*
- *Guilt*
- *Inability to forgive yourself*
- *Intense grief / sadness*
- *Anger / rage*
- *Emotional numbness*
- *Sexual problems or promiscuity*
- *Eating disorders*
- *Lowered self esteem*
- *Drug and alcohol abuse*
- *Nightmares and sleep disturbances*
- *Suicidal urges*
- *Difficulty with relationships*
- *Anxiety and panic attacks*
- *Flashbacks*
- *Multiple abortions*
- *Pattern of repeat crisis pregnancy*
- *Discomfort around babies or pregnant women*
- *Fear / ambivalence of pregnancy*

The uncomfortable feelings associated with an abortion may not appear all together. Nor will each woman or man possess all of them. Symptoms may appear immediately—as in hours, days, weeks or months—or may not surface for 2–20 years following the procedure.

The physical and psychological consequences of abortion are devastating. Countless women have come forward to share their stories about the aftermath of abortion. Read some of their accounts at www.silentnomoreawareness.org/testimonies or www.abortionrecovery.org. There is hope and healing after abortion.



RAPE & INCEST

(Abortion Isn't the Answer)

I was raped and got pregnant. Nobody told me the abortion would hurt more emotionally than the rape. —Maya

I became pregnant at age 18 through acquaintance rape by a neighbor. I didn't know that what he had done was considered criminal sexual assault and was against the law. I told no one about the rape. My mother died when I was 12, and my alcoholic father abused my six younger siblings and me on a daily basis. Shortly after I found out I was pregnant my father kicked me out of the house for good. I was literally homeless, jobless, motherless, penniless, pregnant, and alone.

Everyone was encouraging and pressuring me to get an abortion. They said things like, "You know what you have to do." I was even offered money to "get rid of it." I had no support, and at times I felt like I was drowning in darkness. Yet I had one magnificent secret gift—the flourishing life of my unborn baby. This life gave me a thread of hope to begin to heal. I gave birth to a precious baby girl with blue eyes and dark hair, so tiny and so vulnerable. I named her Jennifer, and I knew she was a sacred gift to be loved and cherished. My daughter is wonderful, and she has touched many lives including my own. I am so thankful for giving birth to her; I have no regrets.

—Cindy

Jen's Letter

Going through junior high and high school, people would often say to me, "I'm against abortion except in the cases of rape and incest." You can imagine how I felt when they said that! They thought abortion was a bad thing—except in my case. That was pretty scary from my point of view. When I would tell people that I was conceived during an acquaintance rape I would always see a transformation in their faces. I could tell that they were realizing their double standard. They would finally recognize that I (the baby) didn't deserve to die just because of my father's crime.

—Jen (Cindy's daughter)



***I realized the child in my womb
didn't deserve to die because of
the crime of her father.***

In a study of pregnant rape victims, Dr. Sandra Mahkorn found that 75 to 85 percent chose against abortion. Joan Kemp, a rape crisis center counselor, said, "I am familiar with no case of incest-related abortion that did not make matters worse for the victim."

Studies also show that incest victims rarely ever voluntarily agree to abortion. Instead of viewing the pregnancy as unwanted, the incest victim is more likely to see the pregnancy as a way out of the incestuous relationship because the birth of her child will expose the sexual activity.

If You are Raped:

- *Don't blame yourself; it's not your fault.*
- *Don't shower. It could wash away important evidence.*
- *Go immediately to the hospital and report the crime to the authorities.*
- *You may be offered emergency contraception, but be aware that if fertilization has occurred, emergency contraception may cause an abortion.*
- *Get in touch with a support group that specializes in helping rape victims.*
- *Many attackers count on the silence of their victims. Empower yourself by revealing your attacker and going through the entire legal process. It is so important that you report the rape! It may be difficult, but do it for yourself, and do it so that no one else has to experience the same trauma you went through.*

Researchers David C. Reardon, Julie Makimaa, and Amy Sobie completed a nine-year study on pregnancy outcomes of sexual assault victims. As part of their research the authors found that after any abortion, it is common for women to experience guilt, depression, feelings of being "dirty," resentment of men, and lowered self-esteem.

These feelings are identical to what women typically feel after rape. Abortion only adds to and accentuates the traumatic feelings associated with sexual assault. Rather than easing the psychological burdens, abortion adds to them.



ADOPTION

(It's Good for Everyone)

YOU MIGHT THINK ...

{ “I could never
give my baby away.” }

If you're not ready or able to be a parent, adoption can be a positive solution for you and your baby. You can research adoption without obligation and find out that adoption isn't "giving your baby away." It's vital to learn the facts about open adoption.

“I couldn't handle wondering about my baby the rest of my life.”

With an open adoption, you have opportunity to always know how your baby is doing. If you want, you can choose a family who will keep in touch with you through pictures, letters, email, websites, phone calls, or even visits. The contact arrangement of your adoption can change over time with your comfort level. Your baby can know who you are and how she was given a life through your loving choice of adoption.



“I can't afford this pregnancy.”

Adoption services are FREE to you. If your insurance doesn't pay for medical care, you can get your pregnancy-related expenses covered through the adoption process. When choosing adoption, it is also possible to get help with other expenses during pregnancy, if allowable by your state law.

“I don't want someone I don't know to raise my baby.”

With open adoption you can choose from dozens of approved families waiting to adopt. You can get to know the family or families you like before your baby is born and decide how you want to keep in touch after the adoption. You can even plan future visits with your baby and the adoptive family, if you like.

“I don't want to deal with the father or worry about his role in the baby's life.”

With adoption you can totally separate from your baby's father and provide a positive father figure for your baby's future. Your baby's father could participate in the adoption process, if you agree, and can take part in future communication with the adoptive family you choose, even if you don't want to stay in touch.

“My husband and I were unable to have biological children of our own. We are so grateful to our son’s birth mother for her wisdom in choosing to allow someone else to raise her child, knowing that it was best for him. I can only imagine what a difficult decision it must have been, but because of her loving and giving heart, my husband and I have a son to call our own...a son to love and cherish, and share with grandparents, aunts, uncles and cousins.”

—Julianne

“I don’t want to give up my plans.”

With adoption, you can make a future for your baby and pursue the goals you have for your own life. You can choose how involved you want to stay in your child’s life after the adoption and be independent of the responsibilities of raising a baby.

“I can’t tell my family.”

You can make a confidential adoption plan and hide your pregnancy. Only the adoption professionals you trust, the adoptive family you choose, and the loved ones you include will know about your pregnancy and your plans. If needed, you could even relocate temporarily to keep your situation private.



For the most recent information about open adoption:
1-800-923-6784 or www.LifetimeAdoption.com

Request a free book for all women facing unplanned pregnancy at www.FreeAdoptionBook.com

“There is, and always will be, a very special place in my heart for Anna, the lovely woman who is the birth mother of my nephew. The gift that she gave to my sister when she chose not to have an abortion, but to have her child and let him be adopted, is worth more than gold. My nephew has filled a place in my sister’s life that would have been empty without him. He is cherished beyond belief, not only by my sister and her husband, but by the rest of the family, too... especially his ‘Aunt B’. That’s me.” —Barbara

RESOURCES FOR AFTER YOUR BABY IS BORN

(You Are Not Alone)

There is help for you and your baby!

The person who handed you this magazine can tell you about different services available to you in the area where you live. Ask that person for help. That's why they're there — they want to help!

If you are not able to talk to that person or another sidewalk counselor, please know there are places that exist solely to help you. There are over 5,000 pregnancy resource centers in the United States. Chances are good that there is one close by.

Call Option Line – 800-712-HELP (4357)
Good Counsel Homes – 800-723-8331
Nurturing Network – nurturingnetwork.org

Every state in the nation has programs to give financial, medical and other help to pregnant women and children. Call your local department of social services.

There are many churches, families and organizations that want to help you. Please contact your nearest pregnancy resource center. You can find them by calling Option Line at 800-712-HELP (4357).



IF YOU HAVE ALREADY HAD AN ABORTION

(Experiencing Regret? Depression? Suicidal Thoughts?)

Whether it was yesterday, last month, or 25 years ago—you or someone you know might be struggling with a past abortion. These struggles are not “all in your head.” Abortion can affect your life in ways you could never have expected.

If you're tired of trying to just “get over it” and pretend it never happened, or if you just wish the painful emotions would stop—we're here to give you support and give you hope.

Please reach out. We really want to help.



HELP AFTER AN ABORTION

Rachel's Vineyard – 24 hour

1-877-467-3463

www.rachelsvineyard.org

National Helpline for Abortion

Recovery – 24 hour

1-866-482-LIFE (5433)

www.nationalhelpline.org

Project Rachel

1-888-456-HOPE (4673)

www.hopeafterabortion.com

Abortion Recovery InterNational

www.abortionrecovery.org

humanlifealliance

1614 93rd Lane NE • Minneapolis, MN 55449 USA
www.humanlife.org • 651-484-1040



Join the
Human Life
Alliance
group!

In your city contact:

