

**“I support her
decision, whatever
she chooses to do -
I’m just glad she told
me.”**

If your daughter tells you that she is pregnant, your first reactions may be shock or anger, but the most important thing to do is to stay calm. Listen to your daughter and let her know that you will support her whatever she decides to do. You can help her by giving her information and discussing her options, but in the end she needs to make a decision that feels right for her. If your son's girlfriend is pregnant he too might have strong feelings about the pregnancy. Help him by listening and encourage him to talk to his girlfriend. Whatever her decision he may feel better able to support her if he's had a chance to express his views.

The young woman should see a nurse or doctor at the GP practice, family planning or young people's sexual health clinic to confirm the pregnancy. Some services such as Brook have counsellors who will be able to talk to her on her own and give her impartial information on her options.

If she is considering a termination the doctor will be able to give her a referral and explain the procedure. If she is considering continuing with her pregnancy they will be able to tell her about special services for teenage mothers, including information on local adoption agencies. The local education authority will have information about ways in which she could continue her education and will know about other sources of support for teenage parents.

Your teenager might have already chosen to speak to a health professional on their own or might choose to do so in the future. Health professionals are obliged to keep conversations confidential unless they feel that their client is at risk of abuse and that information about them needs to be shared in order to protect them. Under 16s have the same rights as everyone else to confidential advice. A young woman can be prescribed treatment and be referred for an abortion without the involvement of a parent or carer. However, when a young woman is pregnant health professionals will try to persuade and encourage her to involve her parents because most parents are a great source of support.

Further help

Brook

Information, advice and guidance for young people under 25 on sex, relationships and contraception.

Tel: 0800 018 5023

www.brook.org.uk

British Pregnancy Advisory Service (BPAS)

Offers information and counselling for those considering abortion. It provides abortions for NHS and private patients.

www.bpas.org

Education For Choice

Information about abortion, section for parents and an online decision-making tool to help clarify thoughts and feelings about an unintended pregnancy.

www.efc.org.uk

Parentline Plus: 520 Highgate Studios, 53-79 Highgate Road, Kentish Town, London NW5 1TL

Free Parentline: 0808 800 2222

Free textphone for people who are deaf, hard of hearing or have a speech impairment: 0800 783 6783

Web: www.parentlineplus.org.uk Email: parentsupport@parentlineplus.org.uk

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