

The choice to continue or end a pregnancy



Do Now

Date

Try to put these stages of **foetal** development in order

- A. fertilised egg implants in the uterus
- B. arms, legs, fingers, and toes develop
- C. facial features form
- D. foetus can open its eyes
- E. heart begins to develop
- F. organs finish maturing and the foetus prepares for birth
- G. foetus can sense movement and sound

1. A. fertilised egg implants in the uterus
2. E. the heart begins to develop
3. B. arms, legs, fingers, and toes develop
4. C. facial features form
5. G. foetus can sense movement and sound
6. D. the foetus can open its eyes
7. F. organs finish maturing and the foetus prepares for birth

Lesson ground rules



-  Listen to others without interrupting
-  Be open and honest
-  Respect each others ideas and opinions
-  Encourage and support everyone
-  Think carefully before sharing anything personal about yourself
-  Don't ask personal questions to students or staff
-  Don't share anything personal about other people

The choice to continue or end a pregnancy



Knowledge

Pregnant people have important choices about whether they continue their pregnancy, which will impact their own life and those of others.

Life Lesson

I can support someone with their choices around pregnancy.

British values

Individual freedom



The rule of law



Key terms



pregnancy		the physical state of an embryo developing inside the female body
abortion		a medical procedure used to end a pregnancy
adoption		the legal process by which a child becomes a permanent and legal member of a new family



What are signs of **pregnancy**? How can you access **pregnancy** tests?



Listen out for

- when **pregnancy** can happen
- symptoms of **pregnancy**
- where tests are available

Video link: <https://vimeo.com/751291139/54f754cb48>



What are signs of pregnancy? How can you access **pregnancy** tests?

- **Pregnancy** can occur after unprotected sex.
- Symptoms include a missed period (a week or so late), some light bleeding (implantation bleeding), nausea and vomiting, swollen/tender breasts, mood changes and tiredness.
- These symptoms don't always indicate **pregnancy**. **Pregnancy** can be confirmed with a **pregnancy** test from supermarkets, pharmacies, sexual health clinics and some GP clinics.

If a sperm enters an egg, an embryo is formed.

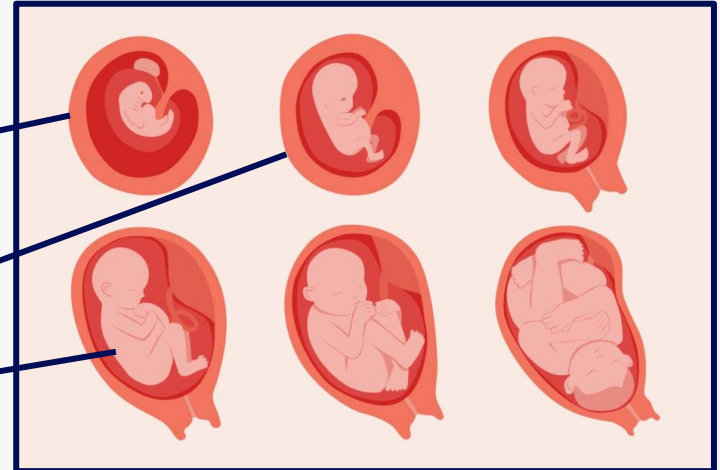
A healthy embryo will grow into a foetus (unborn baby) which grows inside the uterus.

Around 9 months after conception, the baby is born.

embryo

foetus

baby



Contraception

To reduce the chances of **pregnancy**, people can use contraception such as condoms, IUDs, the implant and the pill.

IUDs, the contraceptive pill and the implant are effective at preventing **pregnancy**, but they do not protect against STIs.



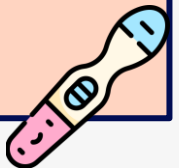
In some cases, contraception can fail or not be used correctly. If this happens, a **pregnancy** can occur.

Some signs of **pregnancy** include:

- a missed period (7+ days late)
- a lighter period that is much lighter than normal
- morning sickness
- tiredness
- sore breasts
- increased vaginal discharge

Most people do not experience **pregnancy** symptoms as soon as they conceive.

Pregnancy tests can be accurately taken 21 days after unprotected sex. They can be purchased from shops and pharmacies, or accessed for free from sexual health services and some GP clinics.



What emotions could someone feel if they find out that they are pregnant?

What emotions could someone feel if they find out that they are **pregnant**?

- joy
- fear
- excitement
- anxiety
- sadness
- anger
- grief
- curiosity



Becoming **pregnant** can bring out a lot of strong and contrasting emotions in someone, whether the **pregnancy** was planned or not.

Managing emotions

Each person will want to manage their emotions in their own way, particularly if they are experiencing some challenging emotions like fear or anger. They may want to:

spend more time alone



find out more information
about **pregnancy** and their
options



seek out support



When someone becomes **pregnant**, there are choices available for them.

- continue the **pregnancy** and take on the role of being a parent
- end the **pregnancy** by having an **abortion**
- continue the **pregnancy**, but place the child for **adoption** when they are born.

In the UK, females are able to make safe choices about whether or not to continue a **pregnancy**.

Abortion is legal and can be carried out safely.

There are safe and legal routes to having a child placed for **adoption**.

What might influence someone's decision around continuing or ending a pregnancy?



- They might worry about...
- They could feel supported by...

What might influence someone's decision around continuing or ending a **pregnancy**?

- their emotions around the **pregnancy**
- the impact on their life e.g. education, lifestyle, relationships
- the reaction of the partner/other parent to the **pregnancy**
- their relationship with the other parent e.g. abusive, healthy
- the feelings, needs and situation of the other parent
- opinion of family and friends
- cultural, religious and social expectations
- money
- concerns of the foetus' health or the health of the **pregnant** person



Halfway point

For each of these statements, consider what you would say to show support to that person.

I think I might be **pregnant**. I've missed my period and I'm starting to feel sick in the mornings.

I'm **pregnant** and I'm not sure what to do. I don't think I'm ready to have a baby.

For each of these statements, consider what you would say to show support to that person.

I think I might be **pregnant**. I've missed my period and I'm starting to feel sick in the mornings.

Missing your period and having morning sickness are some symptoms of **pregnancy**, but it's important to remember that only a **pregnancy** test can tell you for certain. Shall we go and buy one together?

Halfway activity - Possible answers

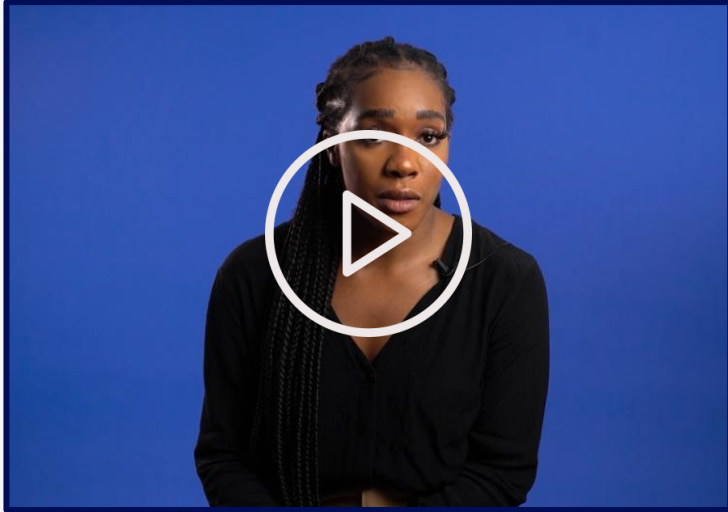
For each of these statements, consider what you would say to show support to that person.

I'm **pregnant** and I'm not sure what to do. I don't think I'm ready to have a baby.

That sounds like a really tricky position to be in. It's okay to take some time to decide what's right for you, and there are options if you decide that you aren't ready to have a baby. You can have an **abortion** or place your child for **adoption**. Have you spoken to someone about your options?



What are the options in case of an unwanted **pregnancy**? What happens during a planned **abortion**? Are there different types and how can you access them?



Listen out for

- who to discuss options with
- where **abortions** can take place

Video link: <https://vimeo.com/751291542/29f0d75093>



What are the options in case of an unwanted **pregnancy**?

- Someone can have an **abortion** or carry on with the **pregnancy** and then place the child for **adoption**.
- If someone is considering these options, they should discuss this with a doctor. GPs can refer someone to specialised clinics for an abortion, or someone can self-refer.
- Medical **abortion** - involves taking medication to end the pregnancy.
- Surgical **abortion** - takes place at a clinic to remove the foetus.

Why might someone choose to have an abortion instead of choosing adoption?

Why might someone choose to have their child adopted instead of having an abortion?

Why might someone choose to have an **abortion** instead of to have their child **adopted**?

- **Pregnancy** and childbirth can be a difficult thing for someone's body to go through - not everyone wants to go through this.
- They might not feel comfortable with the idea of **adoption** and may want to care for any biological children they have if they choose to have a child one day.
- The people around them may be more supportive of them having an **abortion** than having their child **adopted**.

Why might someone choose to have their child **adopted** instead of having an **abortion**?

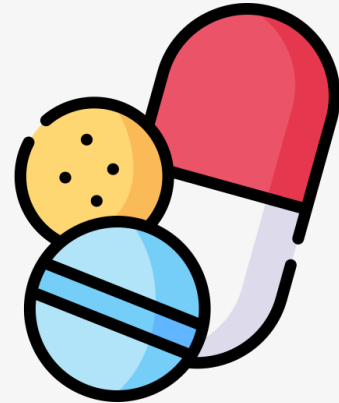
- They may not agree with **abortion**, so they may choose to have the child **adopted** instead.
- They might have more support from their friends and family if they choose **adoption**, instead of **abortion**.
- They may just not feel comfortable with having an **abortion**.
- They may want to play a role in their child's life but not want to take on the role of full-time parent.

Many people have strong opinions about **abortion**.

There are different types of **abortion**, often relating to how many weeks the embryo has been developing for.

Medical **abortion** - up to 10 weeks **pregnant**

- the **pregnancy** is ended by taking some tablets
- can take place at the clinic or at home



Surgical **abortion** - both before and after 10 weeks **pregnant**

- an operation is performed at the clinic by a doctor to end the **pregnancy**

Most **abortions** happen before the 24th week of **pregnancy**. Late **abortions** most often take place due to

- concern about the foetus or **pregnant** person's health,
- a significant change in circumstance
- domestic violence.



In England, Scotland and Wales, **abortion** is legal up to 23 weeks and 6 days of **pregnancy**.

For most people, choosing to end a **pregnancy** or place a child for **adoption** is a very difficult decision.

To make sure that everyone stays safe and healthy, it's vital that everyone feels supported by those around them, even if they disagree with their choice.



When my girlfriend became **pregnant**, she chose to have an **abortion**. It was really difficult as I didn't agree with her decision, but I knew that she needed to do what was right for her life and her body.

After someone has had an **abortion**, they can experience:

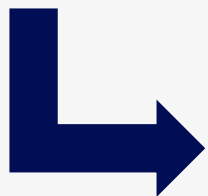
- heavy bleeding
 - stomach pain
 - diarrhea
 - nausea
- 
- It's important that, if someone chooses to have an abortion, they do not attempt to order medication without medical support.
 - Safe medication to end a pregnancy is available through the NHS, and ordering any medication from online websites can be dangerous.

In most cases, **abortions** can take place without a parent's consent or knowledge. Under 18s have the right to medical confidentiality, but most benefit from support from their trusted adults.

For an young person under 18 to have a medical abortion without parental consent, they need to meet the requirements of the Gillick Competencies.

This means that they can show they have a full understanding of the decision and the risks, and can validly explain why they have made the decision.

Deciding how to manage a **pregnancy** can be a big decision for many people, and no-one should feel alone or that they can't get support.



Someone can get support for a **pregnancy** from their GP, or reproductive and mental health services such as the Brook, The Mix or Childline.
MSI offer support for people wishing to have an **abortion**.

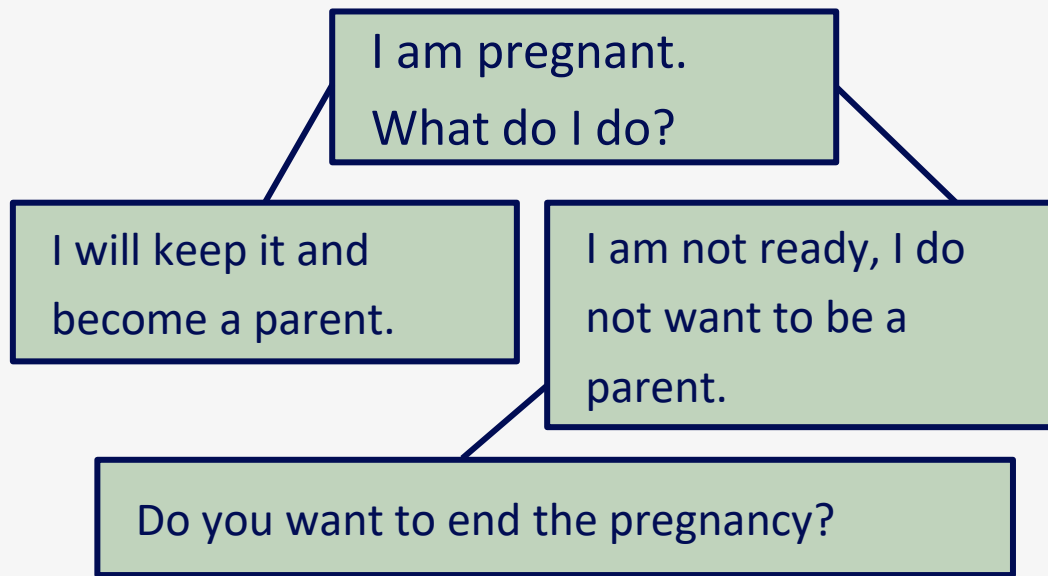


childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111



Design a decision tree to support someone who is pregnant but unsure of what to do. It has been started for you.



Include:

- Signposting to services that can help make decisions
- Medical support

Up to what stage in pregnancy can you have a medical abortion?

Right up until birth

Up to 10 weeks



Until the end of the first
trimester

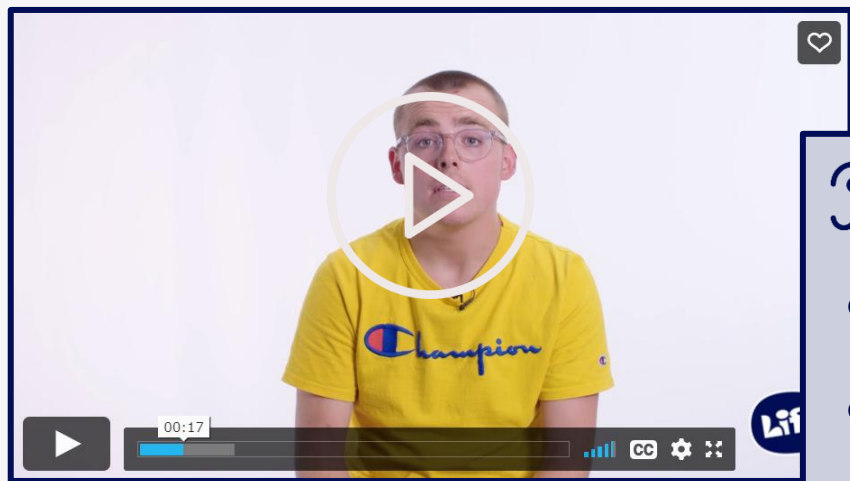
Until the end of the second
trimester

How can you be a person that a friend can go to if they experience an unplanned pregnancy?

How can you be a person that a friend can go to if they experience an unplanned **pregnancy**?

- know the facts about abortion and adoption
- support them to make the decision that is best for them
- listen to their thoughts and feelings
- prioritise their needs over our own personal beliefs and the decision that we would make

Have you seen a friend experience thinking they might be pregnant?



Listen out for

- Judgement for getting abortions
- Infertility
- Contraception and protection

Video link: <https://vimeo.com/741926287/9a04d793b9>

Where to get support

The logo for Childline, featuring the word "childline" in white lowercase letters on a blue rectangular background.

ONLINE, ON THE PHONE, ANYTIME

We're here for you,
whatever's on your mind.
We'll support you. Guide
you. Help you make
decisions that are right for
you.

Find out more on the
[Childline website](#)



Information about
abortions, including
what it is, what happens
and recovery support.

Find out more on the [NHS
website](#)



Offers information and
support about sexual health.

Find out more on the [Brook
website](#).

How confident do you feel about this topic?

 Reflect





Feedback

We regularly update our lessons, to make sure that our resources remain relevant, appropriate and engaging for young people.

If you'd like to let us know what you think, please complete [this form](#). It takes as little as 30 seconds and you only have to answer the questions that are relevant to you.



Life Lessons supports teachers to deliver outstanding relationships, sex and health education.

We aspire to a world where all young people are equipped to be healthy, make good decisions and navigate the social and emotional complexities of life.

[Discover our approach to learning](#)