

# Pregnancy Resources

If you are pregnant, you may be unsure about how to move forward or you may face pressure to make a certain decision.

You have the right to decide how to move forward with the pregnancy.

Here are some options to consider:

- [Adoption](#): Giving birth and placing the child with another person or family permanently.
- [Abortion](#): Taking medication or having a medical procedure that ends the pregnancy.
- [Parenting](#): Giving birth and raising the child.

## Discussing a pregnancy

Discussing an unintended pregnancy with a sexual or romantic partner, a parent or loved one, can be scary and difficult.

If you are worried about someone's response:

- Choose a public place in daylight where you are safe and someone can help you if needed.
- Consider bringing a trusted person with you for support or safety.
- Talk with a counseling or medical staff member for support. They can help you plan the conversation.

Remember that you have not done anything wrong. No one should make you feel bad or guilty.

## Taking time off

You can take time off from college during or after pregnancy.

Learn more about [requesting time off from Northern Illinois University](#).

## Local Resources

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**Planned Parenthood  
Aurora Health Center**  
630.585.0500

[Planned Parenthood of  
Illinois Virtual Center](#)  
877.200.7745

**Northwestern Medicine  
Regional Medical Group**  
815.766.7021