

SCENARIO TWO

“She’s Pregnant...Now What?”

Last week, your friend told you that she is pregnant and is scared to tell her parents for fear of their reaction. This week, your friend approaches you – visibly upset – stating that she told her mom about her pregnancy. Your friend explains that her mom did not take the news well and, in response, said things like, “what were you thinking?” and “how could you do this to the family!” Her mom did not provide her with any emotional comfort and made no mention of ‘possible options’ or ‘where to seek help’. Knowing how stigma, shame, and blame can reduce the likelihood that pregnant women and girls will access the community supports they want or need...

How might you support your pregnant friend to access helpful community resources, especially if she is not receiving support from her parents?

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Possible Responses:

-Encourage her to access the support of health professionals who can confirm the health of both her and the baby, and who can also provide information about her ‘options’ moving forward (ie. adoption, abortion, keeping the baby); you may also offer to attend these appointments with her for added support.

-Have caring, non-judgemental conversations with her around ‘how to keep the baby safe’ until she can speak with health professionals, including the risks of prenatal alcohol exposure.

-Ask her, “what can I do for you?” to help her through this scary, uncertain time.