

Ready?



IF YOU THINK YOU ARE READY TO GET PREGNANT NOW, prepare yourself. Make an appointment with a doctor and begin taking a multivitamin with folic acid everyday to prevent birth defects. Are you ready?

If you need to talk to someone about these decisions or about planning a pregnancy, call 1-800-FOR-BABY. Trained health specialists can help answer your questions and tell you about other available resources.



ARE YOU READY TO GET PREGNANT?

Are you ready to pay your own bills, pay for child care, afford health care and support the baby?

Do you have your diploma, a good job, a place to stay and the emotional support you need to raise a baby?

When you make good choices and are ready, having a baby can be wonderful. But if you are too young, alone or not ready, it can be really hard. Having a baby might seem like fun, but it will change your life and is a lifetime commitment. Think about it.



HOW HEALTHY ARE YOU?

Your health is important for you and your baby if you get pregnant. Talk to your doctor about being active and eating well. Ask for help to stop smoking, drinking or illegal drug use. Being healthy before and during pregnancy helps you and your baby.



FOR FREE AND CONFIDENTIAL INFORMATION ON FAMILY PLANNING SERVICES, OR HOW TO HAVE A HEALTHY PREGNANCY, CALL THE

**NC FAMILY HEALTH RESOURCE LINE
1-800-367-2229**



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Are you Ready to be a Mom?



What's Your Plan?

Ready?

If you are sexually active, it's time you think about how motherhood fits into your plans. After all, half of all pregnancies are surprises.

If you are not ready to be a mom, be responsible and use a condom and make sure you and your partner use birth control correctly.



Now? Not Now?

What's Your Plan? What's Your Family Plan?

Becoming sexually active and having a baby are big decisions that change the direction of your life.

WHAT'S IMPORTANT TO YOU NOW?

- Boys/having a boyfriend
- Spending time with friends
- Clothes
- "Freedom"
- Finishing school
- Money
- Being healthy
- Having sex
- Looking good
- Being in love
- Getting married
- Family
- Going to parties
- Working

Many of these things would be a lot harder or impossible if you had a baby now.



HOW WOULD YOU FEEL IF YOU FOUND OUT YOU WERE PREGNANT TODAY?

- | | | |
|----------------------------------|-----------------------------------|------------------------------------|
| <input type="checkbox"/> Shocked | <input type="checkbox"/> Angry | <input type="checkbox"/> Stressed |
| <input type="checkbox"/> Happy | <input type="checkbox"/> Excited | <input type="checkbox"/> Depressed |
| <input type="checkbox"/> Scared | <input type="checkbox"/> Confused | <input type="checkbox"/> Loved |

WHO WOULD YOU TURN TO?

Even when you are a strong and independent young woman, it is so important to have family and friends to count on for extra support. Who do you turn to when things get too tough for you to handle alone?

- | | |
|---|---|
| <input type="checkbox"/> My family | <input type="checkbox"/> Pastor or other trusted adult |
| <input type="checkbox"/> My friends | <input type="checkbox"/> Rely on myself |
| <input type="checkbox"/> Boyfriend | <input type="checkbox"/> I don't have anyone to turn to |
| <input type="checkbox"/> Teachers or counselors | |

Having a baby requires a lot of support. Many women end up raising children on their own. If you were pregnant, would your baby's father stay with you and support the baby?

Are you Ready to be a Mom?

THE TRUTH IS ...

If you are having sex, you can get pregnant. You can also get a disease passed on by having sex, like life-threatening HIV and AIDS. Are you using protection to keep from getting pregnant and to protect yourself from getting a sexually transmitted infection (STI)? Every time? No matter what your partner says? If not, take action to protect yourself.

A MOTHER'S JOB IS NEVER DONE

Babies are cute, but they need a lot of care. They need to be fed, diapered, comforted, played with, nurtured and dressed. Taking care of a baby is a lot of work, all the time.

WHAT DO YOU DO?

It takes money to buy the things a baby needs. That means money you have to earn and cannot spend on yourself. Think about it:

- Cost of child care or cost of car payment
- Pack of diapers or a new sweater for you
- New shoes for the baby or cute new shoes for you
- Food for the baby or Friday night pizza with friends
- Home alone with a sick baby or watching movies with friends?



Spending time with friends is really important. Motherhood can change that. Would your friends want to hang around you and your baby instead of going out on a Friday night? It takes a lot of maturity to handle these difficult issues.

