

# Teen Pregnancy



## I am a teen and I am pregnant. What do I do?

If your pregnancy is unplanned, you have options:

- Keep and raise the baby.
- Make an adoption plan for the baby.
- Have an abortion.

This decision is not an easy one. You need to make the right choice for you. Most teens find it helpful to talk to someone about this. That can help you do what is right for you in your situation, at this time. You may find it helpful to talk to your provider or trusted family member. See below for a list of resources that may help you.

## OPTIONS

**You may choose to keep the baby.** If so, you need to call a healthcare provider to get prenatal care as soon as possible. This is VERY important for your health. And for your baby's! Some teens do not get prenatal care right away because:

- They may not understand the results of not getting prenatal care.
- They may be a victim of violence.
- They feel they need to hide the pregnancy.
- They feel scared that the baby may be taken away.
- They may be thinking of having an abortion.
- They are scared they may be judged by the provider or others.
- They cannot afford to have the baby.

Taking good care of your health is the best gift you can give to yourself and your baby. See your prenatal provider. Molina Member Services can help you find a provider, if you need one.

## Other important health steps:

- Get tested for sexually transmitted infections (STIs).
- Don't smoke or vape. If you do, quit. If you need help, call Kick it California.
- Don't use alcohol or drugs.
- Eat a healthy diet.
- Talk to your provider about the amount of weight you should gain. This is not a time to focus on weight loss.
- Follow your doctor's advice and take a prenatal vitamin with folic acid, calcium and iron every day.
- Exercise.
- If you feel overwhelmed or sad, talk to your provider.

**You may choose to make an adoption plan for the baby.** This is a very loving choice for you and the baby. The baby gets a caring home and parents. You are able to continue your school or career goals. Early prenatal care is very important here. Molina Member Services can help you find a provider if you need one.

**You may choose to have an abortion.** This is a choice that is your legal right. It is safest when done as early in pregnancy as possible. Molina Member Services can help you find a provider if you need one.

## Resources that may help you:

- Kick It California
  - Text "Quit Vaping" to 66819 or call 1-844-866-8273
  - Text "Quit Smoking" to 66819 or call 1-800-300-8086
- American Pregnancy Association Teen Hotline: 1-800-672-2296
- Planned Parenthood – 1-800-230-7526
- California Safe Surrender free hotline: 1-877-222-9723
- Adoption Network Law Center: 1-800-367-2367
- Women, Infants and Children (WIC): 1-888-942-9675
- CDC: Unintended Pregnancy.  
<https://www.cdc.gov/reproductivehealth/contraception/unintendedpregnancy/index.htm>

**Molina Member Services: Call the number on the back of your member ID card.**

**If you have any questions, we are here for you. Call our 24-hour Nurse Advice Line.**



**English: (888)275-8750**  
**Spanish: (866) 648-3537**  
**TTY/TDD: 711**