

**Key vocabulary:**  
**Relationship – Two or more people connected**  
**Healthy relationship – A relationship where you are happy and safe**  
**Statutory rape – Unlawful sexual intercourse without consent**  
**Consent – Allowing somebody to do something**  
**Contraception – Use of a method to prevent pregnancy**

Abortion is legal <b>True</b> in the UK abortion is legal as long as certain conditions are met
The woman must be less than 20 weeks pregnant <b>False</b> the woman must be less than 24 weeks pregnant
An abortion can be carried out in your own home <b>False</b> it must take place in a medical setting
Three doctors must agree that the abortion can take place <b>False</b> 2 doctors must agree

In 2015 there were 500 thousand abortions in the UK <b>False</b> it was 203 thousand
A woman can have an abortion after the cut off if she decides at the last minute she does not want the baby <b>False</b>
Abortion is illegal <b>False</b> although it is illegal in some countries
A woman can have an abortion after the cut off if there is a serious threat to the woman's health or if the child would be born with abnormalities <b>True</b>

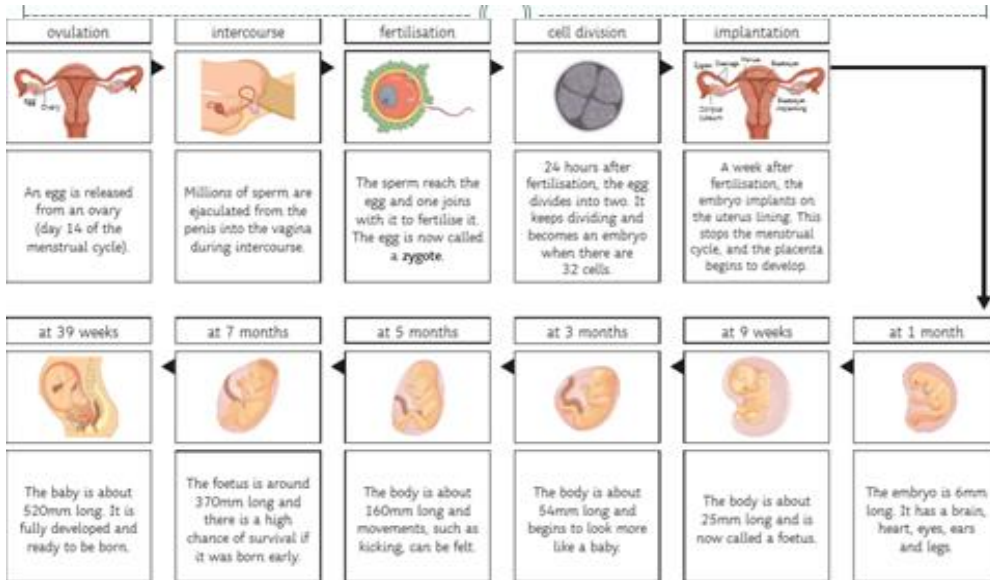



Organisation	Phone	Website
Childline	0800 1111	childline.org.uk
Childnet	N/A	childnet.com/young-people
Stonewall	08000 50 20 20	youngstonewall.org.uk
Anti-bullying Alliance	N/A	anti-bullyingalliance.org.uk
Rape Crisis	0808 802 9999	rapecrisis.org.uk
Victim Support	0808 16 89 111	victimsupport.org.uk

**What is adoption?**

- Adoption is a way of giving the baby to new parents to bring him or her up as their own. You will continue with the pregnancy and give birth, but won't look after the baby or have any legal rights or responsibility to the child when the adoption is complete.
- Adoption is a formal process organised by adoption agencies and Local Authorities, and made legal by the courts. Once an adoption is made legal the decision is final and cannot be changed.
- How does adoption take place?
  - Although you can start preparing for adoption at any time during your pregnancy, adoption is not completed until after the baby is born. You will be asked to sign a formal document agreeing to the adoption, but you cannot be asked to do this until the baby is six weeks old. This agreement does not make the adoption final.
  - Usually the baby will go to foster carers for a short time while arrangements are made for his/her to move to adoptive parents. The adoptive parents then look after the baby, and apply to the court for an adoption order. Once the order is granted, the adoption is final and you are no longer the baby's legal parent.
- What to do if you want to have the baby adopted?
  - Deciding to have your baby adopted may be difficult. It may help you to talk with someone who can tell you more, such as:
    - A doctor or nurse at your general practice
    - a hospital social worker (contact your local hospital to find out if there is a social worker attached to the maternity unit)
    - an adoption social worker at your local authority's social services department or at a local voluntary adoption agency
  - Consent must be given from the biological mother and father.

MYTH	REALITY
Everyone shares their passwords with their best friend/boyfriend/girlfriend	You don't have to prove you trust your best friend/boyfriend/girlfriend by sharing your passwords
It's rude if you don't respond to someone's message within 10 minutes of reading it	You don't have to reply immediately to messages, there are lots of reasons why people don't/can't reply straight away
It's a worrying sign if you see someone has read your message but hasn't replied	You don't have to feel worried if someone reads your message straight away, they might be busy, or waiting for a time to give your message more attention
It's acceptable to get angry at someone if they take a long time to reply to you	Getting angry at someone for taking a long time to reply is not helpful. Everyone is allowed space, they will reply when they are ready
Posting images of your relationship online proves you are happy	You don't have to post images of your relationship online to prove you are happy
When other people in relationships seem happy in the photos and comments they share, that means their relationship is healthy	People sometimes only share what they want people to see and not what is actually going on. Looking happy online doesn't prove that people are in a healthy relationship
Other people have better friendships than you if they are always liking and commenting on each other's posts	Even if people online like and comment on each other's posts, it doesn't mean they have better friendships than you do. A good friendship is about a lot more than online likes and comments
The internet shows us what other people are really thinking and feeling	It's easy to pretend about how you are feeling and what you are thinking when online
If you break up with someone, you can say whatever you want about them online	If you break up with someone, you still need to be respectful if you talk to them, or about them online
When you are in a new relationship, you need to update your online status to prove it	When you are in a new relationship, you don't have to update your status to prove it if you don't want to
When you are in a new relationship, you need to update your online status to make your boyfriend/girlfriend happy	When you are in a new relationship, you shouldn't have to update your online status to make your boyfriend/girlfriend happy
It's OK to screenshot a message and share it publicly if you are good friends with someone	You need to ask before you share a private conversation with other people. The other person might feel uncomfortable about it
It's OK to tag someone in a silly picture or meme when it is really funny	Think carefully before you tag someone in a silly picture or meme. They might find it really embarrassing. Send it to them privately first so you can check
If someone is annoyed you won't share your password with them, you need to share it to make them happy	A good friend will respect your right to privacy and will not expect you, or pressure you, to share a password
Followers online are really important and if you don't have that many then you aren't appreciated	If you don't have many likes or followers it doesn't mean you are not appreciated or don't have many friends. Friendships exist outside of the internet too





## WHAT ARE THE OPTIONS?

Here are your options if you and your partner have had unprotected sex and think you may be pregnant:



### WITHIN 5 DAYS

#### EMERGENCY CONTRACEPTION

This is not the same as having an abortion, but can be used after unprotected sex to prevent pregnancy. There are two types:

- IUD: fitted by a doctor or nurse up to 5 days after
- Emergency contraceptive pill (AKA the morning after pill): available from a range of services up to 3-5 days after

**REMEMBER:** If you've had unprotected sex, you need to have an STI test too!

### FROM 10-24 WEEKS

#### MEDICAL ABORTION

The same medications used before 9 weeks are given, but in larger doses. You may have to return to the clinic 1-3 days later to take the second pill. After this, the process takes on average 6 hours, but could take over 24 hours.

**KEY**

- Offered pain relief
- Go home the same day
- Possible overnight hospital stay
- Possible cramps and bleeding afterwards

### AFTER 24 WEEKS

Except in rare cases, it is illegal to have an abortion after 24 weeks, so you will need to continue with the pregnancy and consider keeping the baby or seeking adoption. Book an appointment with your GP or local midwifery service for advice on staying healthy during pregnancy: [brook.org.uk/having-a-baby](http://brook.org.uk/having-a-baby)

### UP TO 9 WEEKS

#### EARLY MEDICAL ABORTION

Two medicines will be given; the first is oral which ends the pregnancy, the second is inserted in to your vagina, which helps to remove the pregnancy. The process takes 4-6 hours. You may be given the medicines together or asked to return to the clinic for the second 1-3 days later.

### UP TO 15 WEEKS

#### VACUUM OR SUCTION METHOD

Either a general (asleep) or local (awake) anaesthetic will be given. The cervix (womb entrance) is gently stretched and a thin tube is passed through it. The pregnancy is then removed by suction. It takes around 5-10 minutes.

### FROM 15-24 WEEKS

#### SURGICAL DILATION & EVACUATION

This is a minor operation done under general (asleep) anaesthetic. Special instruments (forceps) are passed up into the womb to remove the pregnancy. It takes around 10-20 minutes, although you may be required to attend clinic the day before.

Contraceptive	Description	Effectiveness
Male condoms	Latex covering for the penis.	98% if used correctly
Female condoms	Soft plastic covering for the inside of the vagina.	95% if used correctly
The pill	A little tablet to be taken daily.	99% if used correctly
Implant	A small tube put in a woman's arm.	99% effective
Abstinence	Not having sex	100%
Contraceptive injection	An injection which lasts for 12 weeks.	99% effective

## ABORTION

Find out more about abortion at: [brook.org.uk/abortion](http://brook.org.uk/abortion)



Finding out that you're pregnant might be the news that you've been waiting to hear, but sometimes it may be unwanted for many different reasons.

If you decide to have an abortion, you should be treated without judgement, because it's your decision.

### HOW WILL I FEEL?

Everyone will have a different experience, but many say that the main emotion they feel afterwards is relief. If you feel sad or upset, you can talk to a counsellor.

### DO MY PARENTS/ CARERS HAVE TO KNOW?

You can have an abortion without telling your parents, even if you're under 16. You'll be encouraged to tell them, but this is your choice. Some services may ask you to bring a responsible adult with you to the appointment.

Abortion advice and services are confidential. However, if they think you are at risk or in danger, your information may be shared with others (e.g. social services). But, they will talk to you about this first.

### IS IT SAFE?

Yes. The earlier the abortion, the safer it is. There are lots of myths about abortion causing mental health problems, breast cancer or making it harder to get pregnant in the future.

None of this is true.

### IS IT LEGAL?

**Northern Ireland:** Became legal in 2019. Visit [brook.org.uk/abortion](http://brook.org.uk/abortion) for up to date information

**England, Scotland and Wales:** Legal up to 24 weeks of pregnancy (if two doctors agree)

**Jersey:** Legal up to 12 weeks of pregnancy (if two doctors agree)

### DID YOU KNOW?

1 in 3 women in the UK will have an abortion during their lifetime. (Although many don't talk about it.)

Brook does not provide abortions, but we can refer and support you into other services that do: [brook.org.uk/find-a-service](http://brook.org.uk/find-a-service)

Barrier methods: stop sexual fluids being transferred between partners. Only condoms protect against STIs and pregnancy.	Condoms	Internal or female condoms	Diaphragm and cap	Combined pill	Progestogen-only pill (mini-pill/POP)	Contraceptive implant	Contraceptive injection	Contraceptive patch	Contraceptive vaginal ring	Intrauterine system (Mirena/Levonelle)	Intrauterine device (IUD)	Fertility awareness methods	Sterilisation (male/female)
Other													
Permanent													
Effectiveness (with correct use)	98%	95%	92-99%	99%	99%	99%	99%	99%	99%	99%	99%	75%	99%
Protects against STIs & pregnancy	✓	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
Use only when you have sex	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
Use every day	✗	✗	✗	✓	✓	✗	✗	✗	✗	✗	✗	✓	✗
May help with heavy periods	✗	✗	✗	✓	✓	✗	✗	✗	✗	✗	✗	✗	✗
Lasts for months or years	✗	✗	✗	✗	✗	✓	✓	✗	✗	✓	✓	✗	✗
Widely available	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗
Doesn't interrupt sex	✗	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓
Hormone free	✓	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗	✓	✓
Easy to hide	✗	✗	✓	✗	✗	✗	✗	✗	✗	✗	✗	✓	✓
Mistake proof	✗	✗	✗	✗	✗	✓	✓	✓	✗	✗	✗	✗	✓

### 5 GOLDEN RULES

- CHECK** the expiry date, ensure there is a BSI kite mark or CE mark to sign (it is good quality) and no rips or holes in the pack.
- FEEL** the packet for the rim of the condom and push it to one side. Carefully tear the packet open on the other side. Check the condom is the right way around, with the rim on the outside, so it looks like a little hat.
- PINCH** the tip of the condom and place on the head of the penis, allowing a little space at the top. This must be done before any sexual contact and only when the penis is hard.
- ROLL** the condom to the base of the penis using your other hand, and get rid of any air bubbles with your fingers. For extra pleasure, you can apply some lube to the outside too.
- WITHDRAW** the penis after ejaculation and before it gets soft, holding the condom at the base. Wrap the condom in tissue and throw it in the bin.

mum + dad = ❤️  
 auntie + uncle = ❤️  
 foster mum + foster dad = ❤️  
 mum + mum = ❤️  
 dad + dad's boyfriend = ❤️  
 mum + mum's girlfriend = ❤️  
 mum = ❤️ dad = ❤️  
 dad + dad = ❤️  
 dad + stepmum = ❤️  
 mum + mum's boyfriend = ❤️  
 grandma + grandpa = ❤️

families = ❤️