



## My Friend Is Pregnant- What Do I Do?

Very few women plan to get pregnant while in college. No matter what her situation may be, the unexpected pressure and challenges of this pregnancy may lead her to feel panicked, scared, and alone. How can we respond in a way that provides hope, help, and support to our fellow Buckeyes?

### 1. Be her friend.

She may or may not have the support of her family or the baby's father, but you can step up and provide emotional support and encouragement. *Listen to her.* **Gently ask questions as needed, so you can understand her needs better.**

- How are you feeling?
- When was your last period? Have you taken a pregnancy test?
- Have you told anyone that you think you may be pregnant?
- Have you told the dad? What do you think he would say about this?
- Have you told your parents? What do you think they'd say?
- What kind of options are you considering?
- Would you mind if I talked with you about what you can do next?

Check in with her regularly, and take the time to do "normal" things together.

### 2. Direct her to campus and local resources.

Email [pregnantosu@gmail.com](mailto:pregnantosu@gmail.com) to connect with supportive peers who can help her access resources such as:

- Material items (housing, clothing, food, baby supplies)
- Free pregnancy tests & ultrasounds
- Federally qualified prenatal health care
- Student success assistance
- Support groups and understanding mentors
- Parenting classes
- Adoption assistance
- Financial aid
- Affordable childcare
- Legal services

### 3. Go the extra mile.

Your love and support may be crucial to helping your friend to make a life-affirming choice. You may be the only one showing her the love that she needs to be courageous. Be there for her. Support her. Offer to drive her to appointments, or ask if she needs someone to be with her at her ultrasound. Ask her if she would be okay if your student group hosts a baby shower to celebrate her, or if she needs anything (like diapers, maternity clothes). If she's having problems with professors, teach her about her student rights as a pregnant student. You don't have to have all the answers right away- be there for her, and the rest will fall into place. Love is always greater than judgement.