

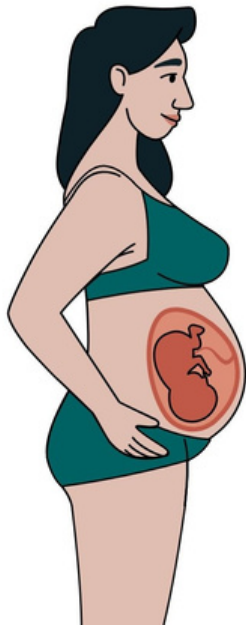
Pregnancy Easy read guide



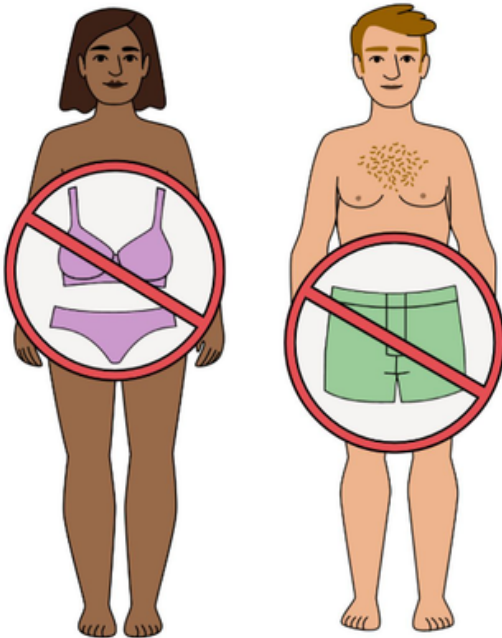
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About this booklet



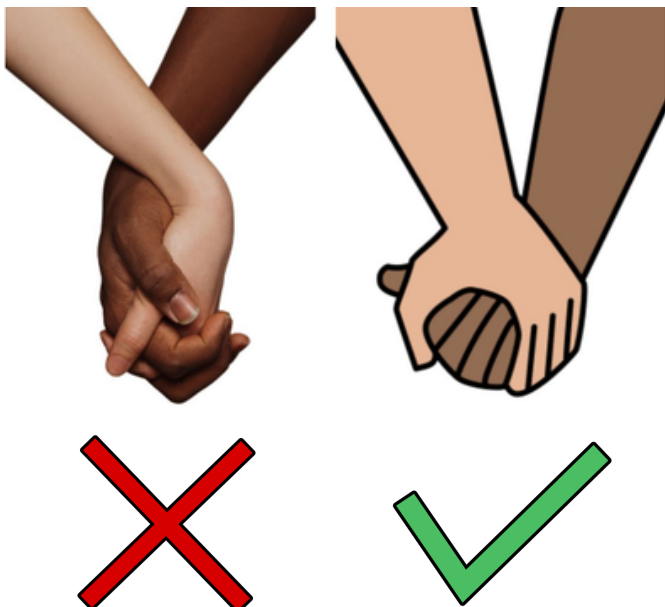
In this booklet you will learn about pregnancy.



In the booklet there are drawings of:

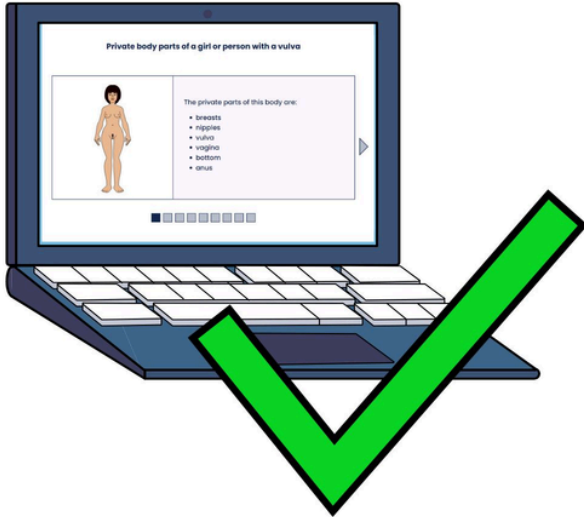
- private body parts
- people with no clothes on
- sexual activity

The drawings are used to help you understand.



There are no photos of real people's private body parts in this booklet.

About this booklet



It is ok to see these drawings because you are learning about pregnancy.



Everyone in Scotland has the right to learn about their body, sex, relationships, and sexual health.

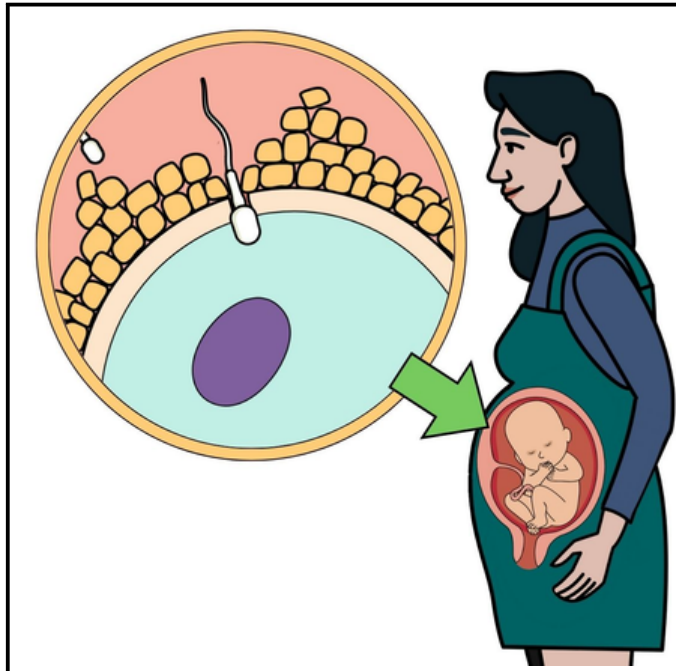


If you have any questions or are upset about anything you read, it is good to speak to an adult you trust.

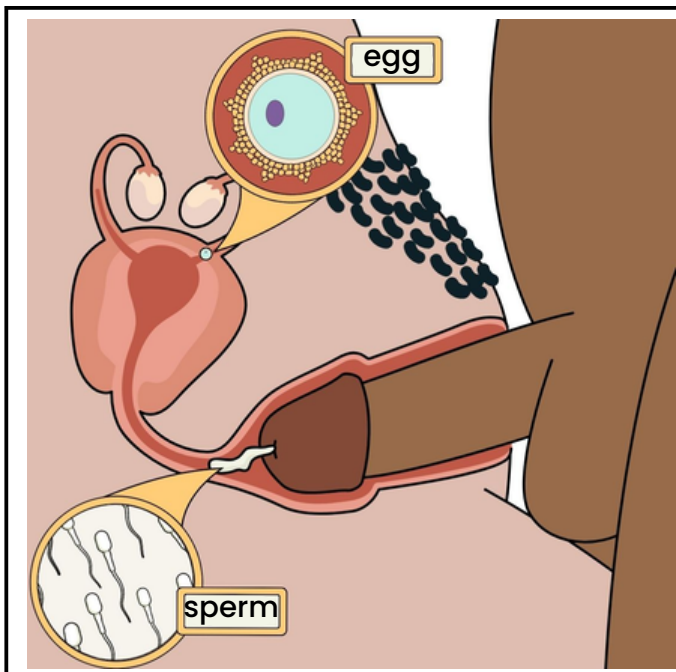
How do people get pregnant?



Pregnancy can happen by having penis in vagina sex.

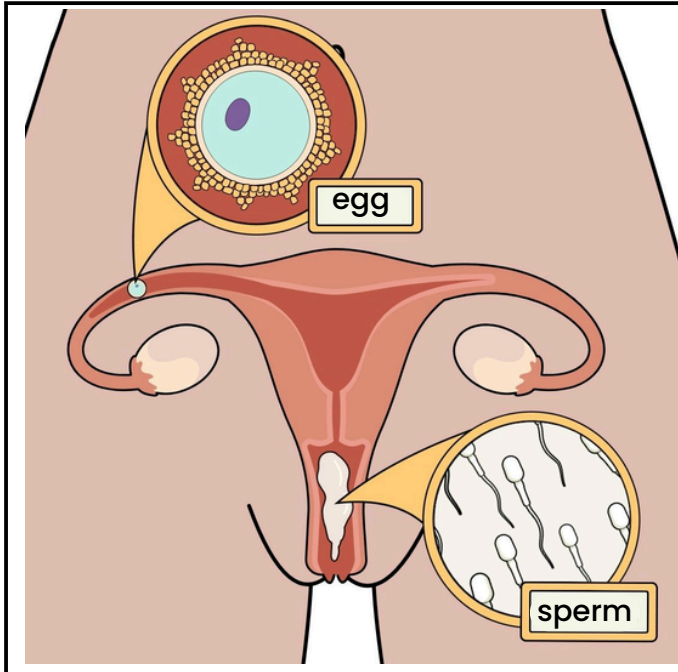


Pregnancy can happen when a sperm joins with an egg.



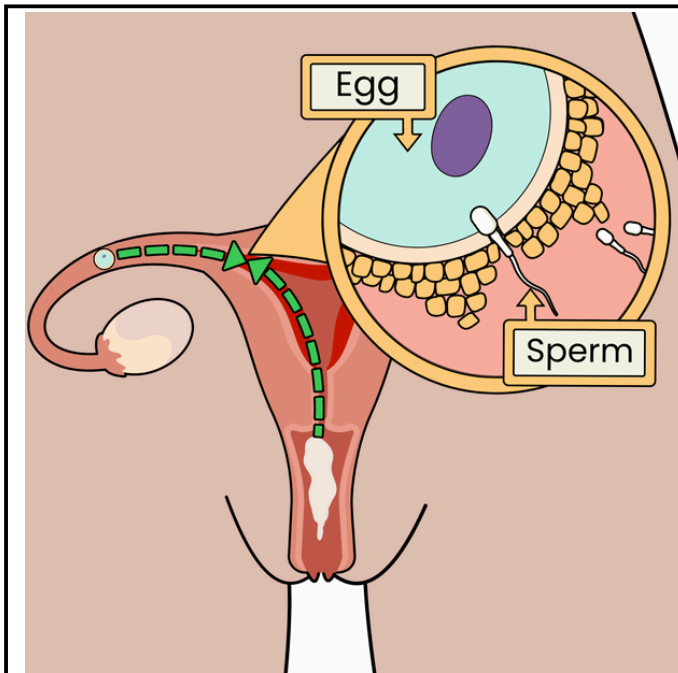
During sex sperm comes out of the penis and into the vagina.

How do people get pregnant?

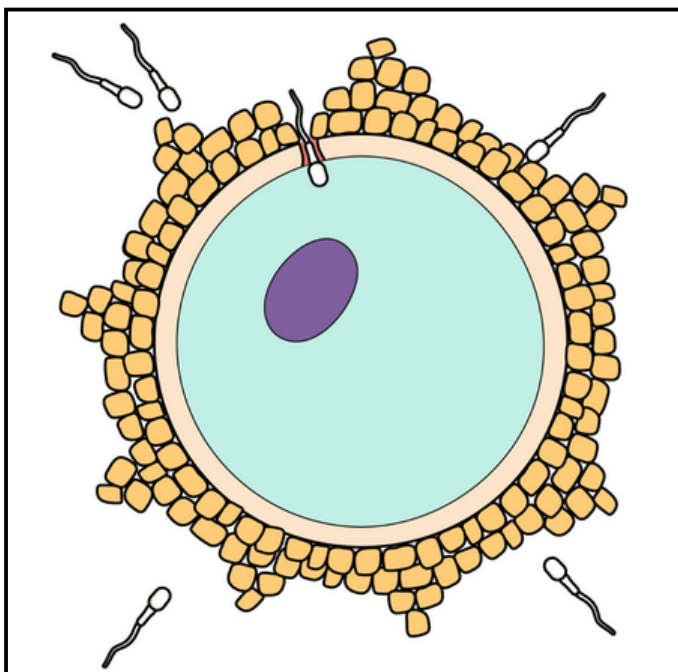


From the vagina sperm swim to the uterus (womb).

At the same time an egg might be moving towards the uterus.

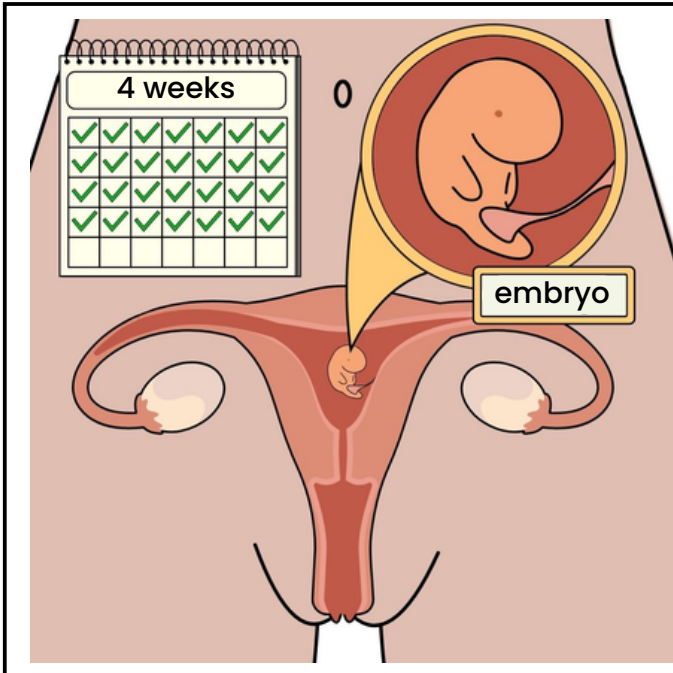


The egg and sperm might meet and join together. This is called conception.



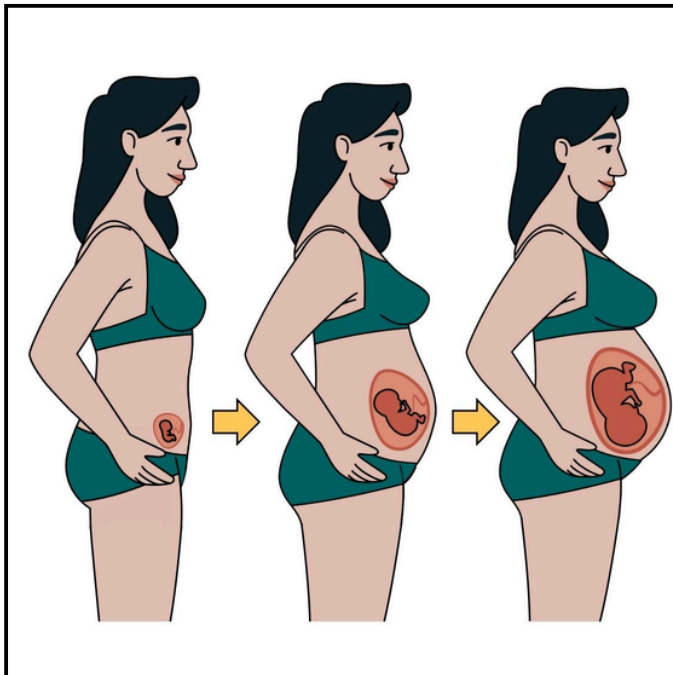
Conception is the beginning of a pregnancy.

Pregnancy



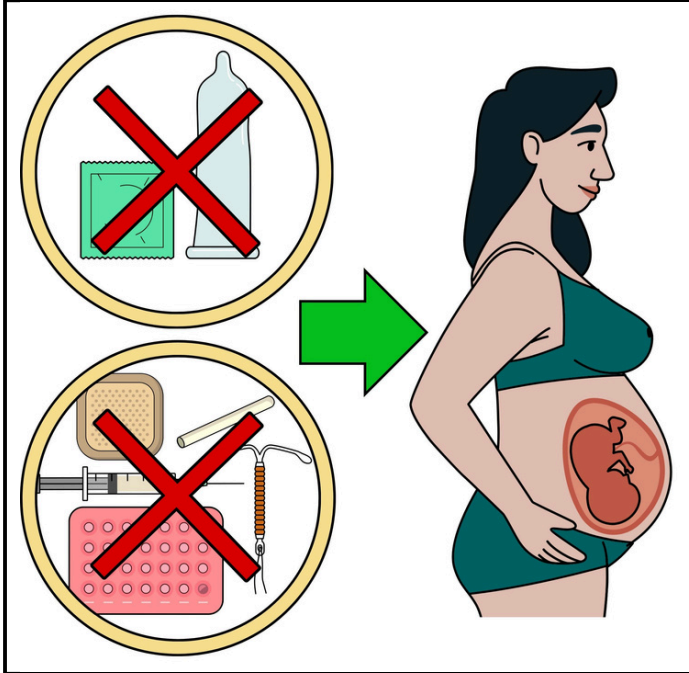
The joined-up egg and sperm start to change and grow.

They are now called an embryo.

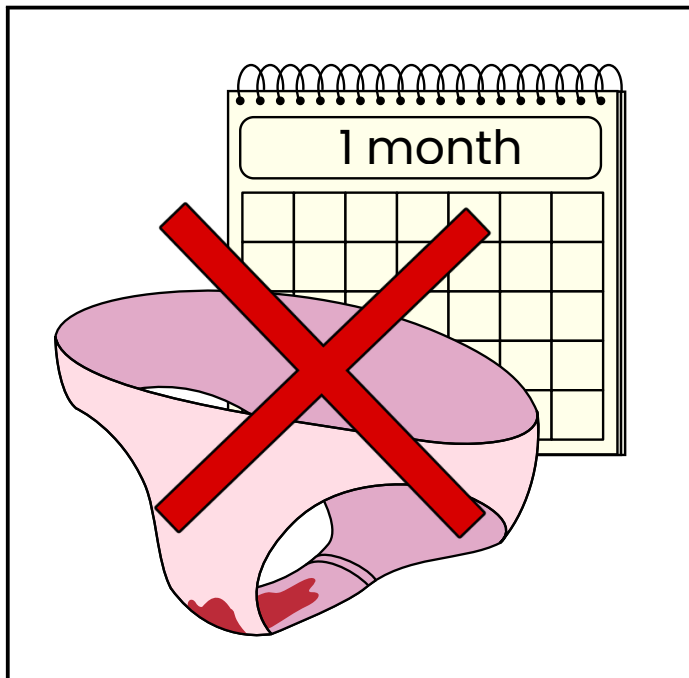


The embryo grows into a baby.
This takes 9 months.

Signs you might be pregnant



You might be pregnant if you have had unprotected sex or you and your partner did not use a condom, or other contraception.

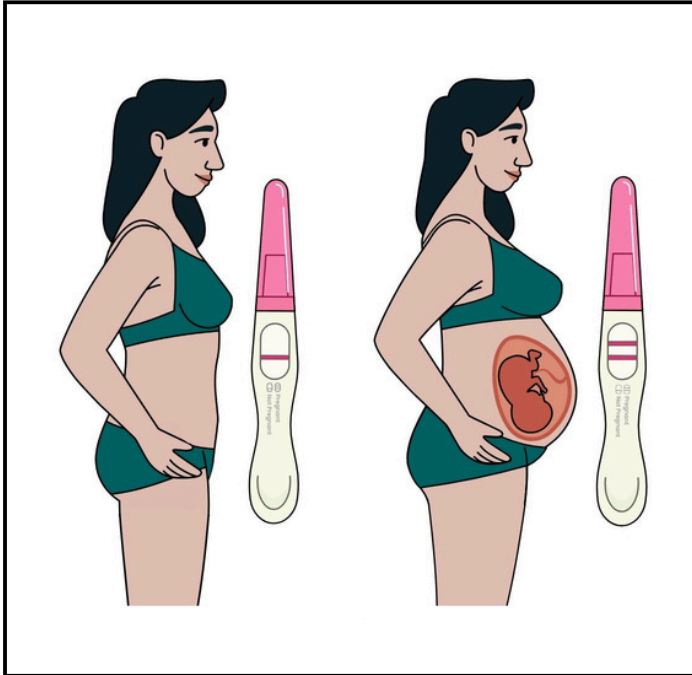


A sign you might be pregnant is if your period is late or has stopped.

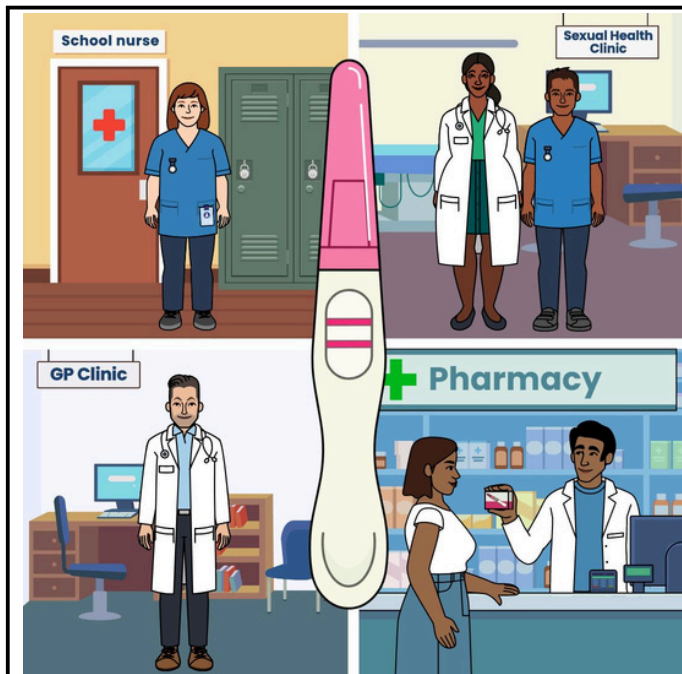


If you think you might be pregnant, it is good to get a pregnancy test as soon as you can.

Get a pregnancy test



A pregnancy test is the best way to find out if you are pregnant.



You can get a free test from:

- your school nurse
- a sexual health clinic
- your doctor
- a pharmacy



If you think you might be pregnant it is a good idea to speak to a trusted adult.

This could be your:

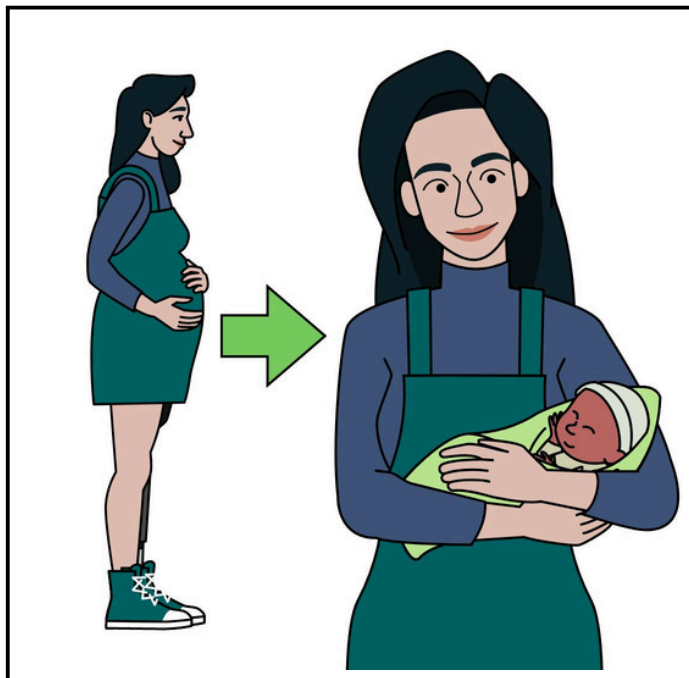
- parents or carers
- a teacher
- nurse or doctor

Pregnancy options



If you have a positive pregnancy test, there are choices you can make about the pregnancy.

You have three options.

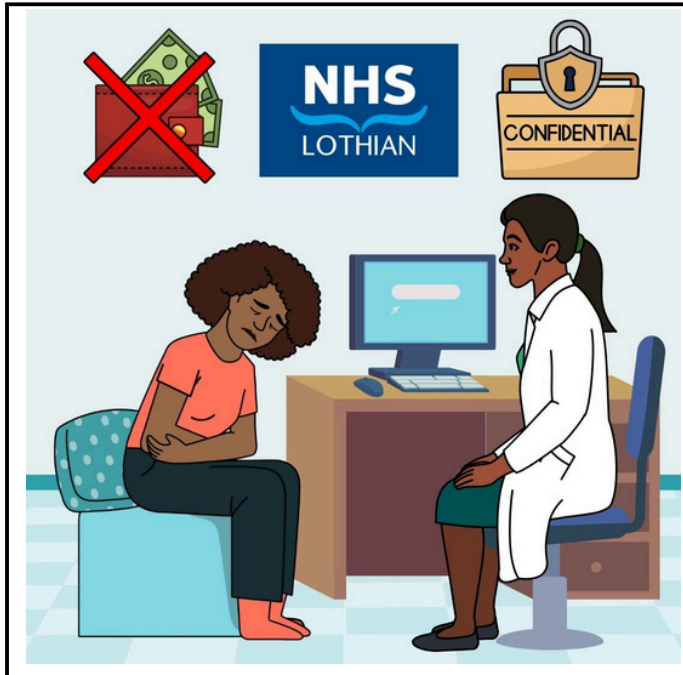


Option 1. Continue with the pregnancy and keep the baby. This means becoming a parent.



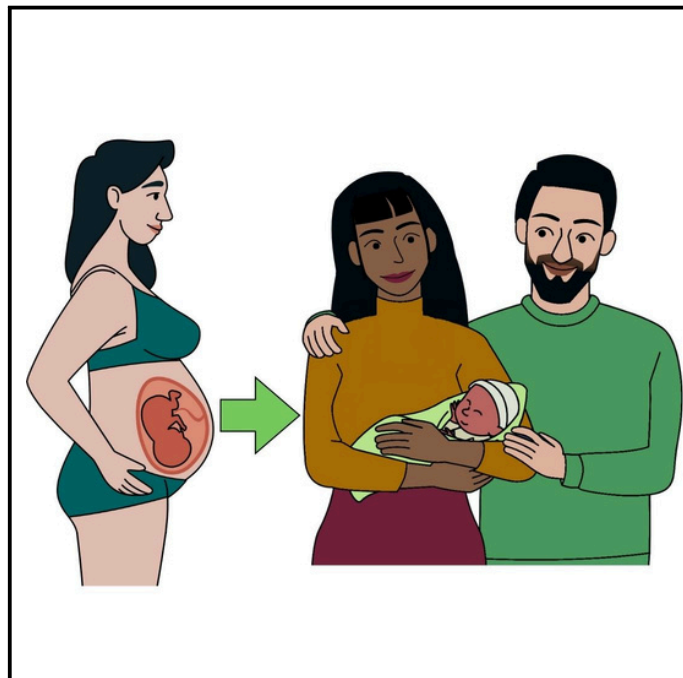
Option 2. End the pregnancy. This is called an abortion or termination.

Pregnancy options

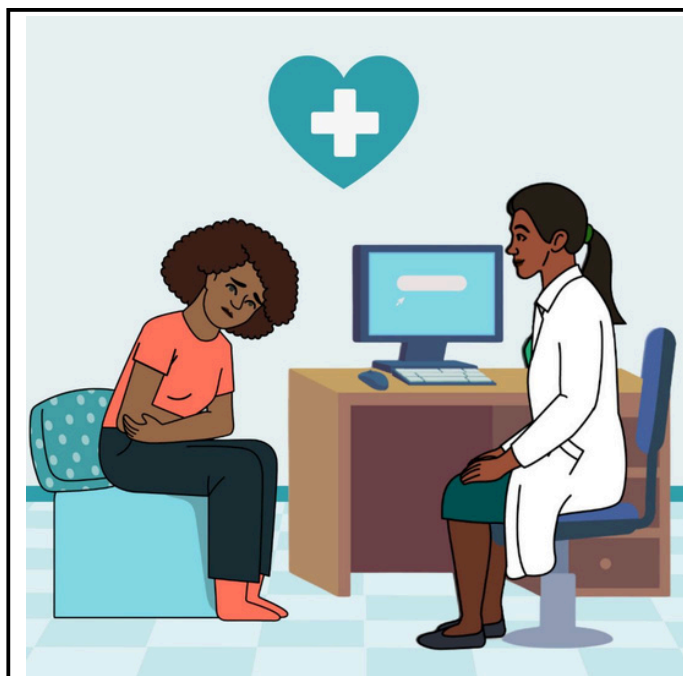


NHS Lothian offer free and confidential abortion services.

You can find out more at www.lothiansexualhealth.scot/abortion-services

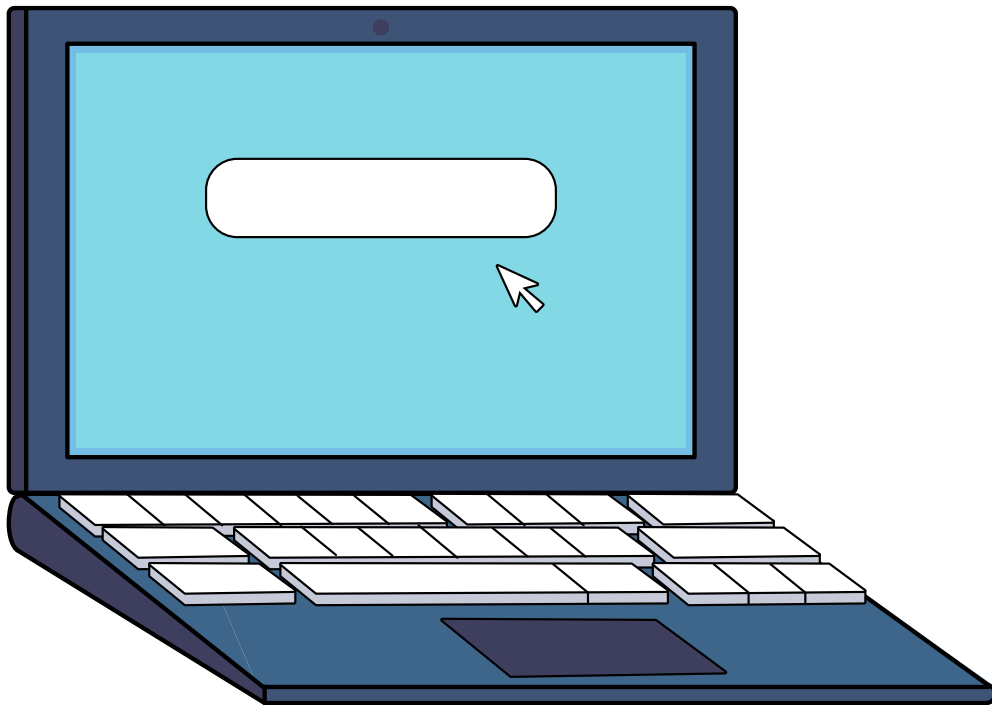


Option 3. Continue with the pregnancy and place the baby for adoption. Adoption is when the baby lives and grows up with another family.



Speaking about your options with experienced healthcare staff can help. They can give you information, advice, and support.

You can find services at www.healthyrespect.co.uk/etu/find-sexual-health-services-near-me



To view the web page version of this guide and more easy read information about consent, relationships, sex, bodies, and more, visit:

www.healthyrespect.co.uk/etu

You can also scan this QR code to visit the page:

