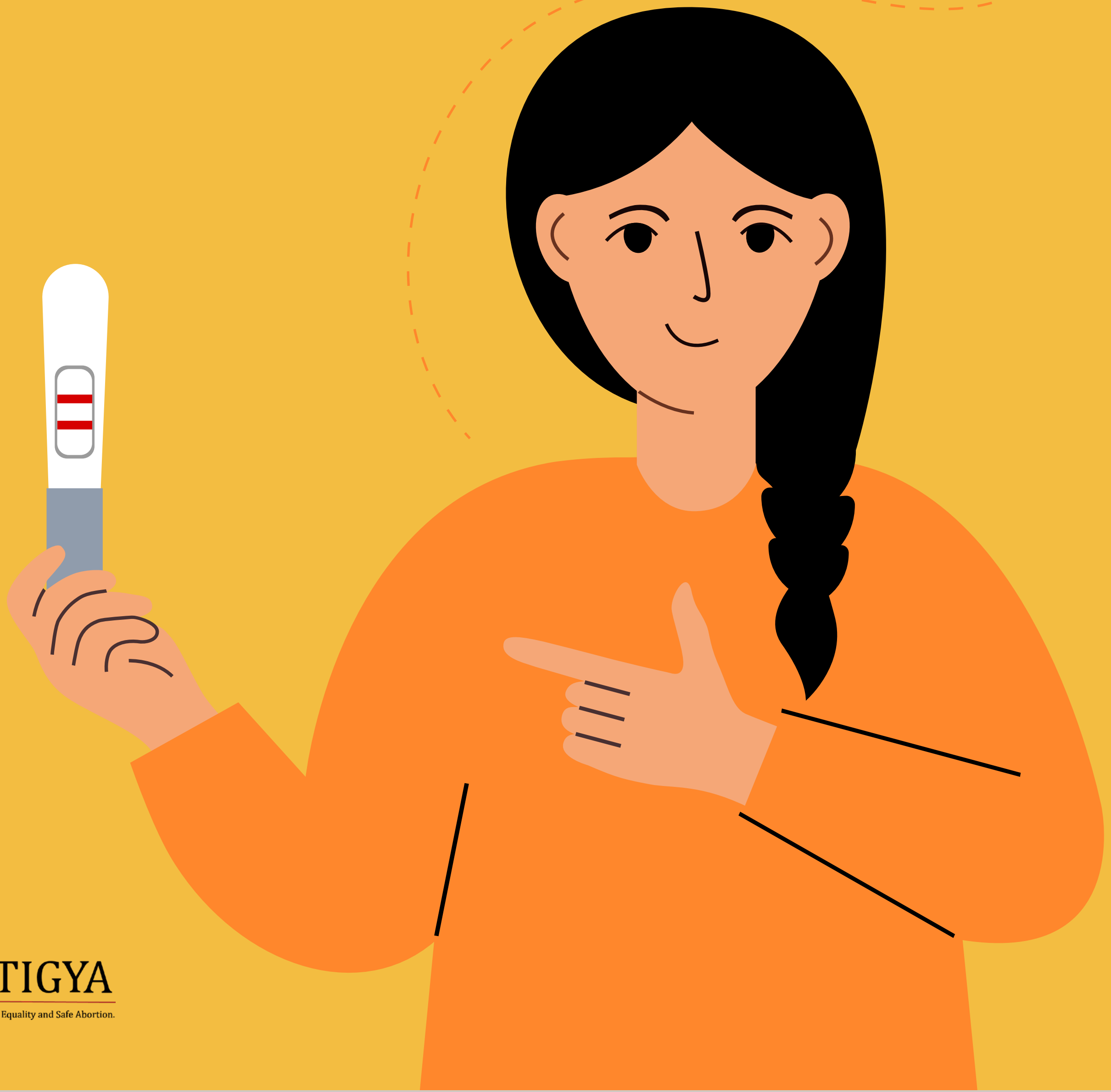


JUST FOUND OUT YOU'RE PREGNANT?

Take a breath. You have time.

Here's a calm, step-by-step guide to understanding your options.

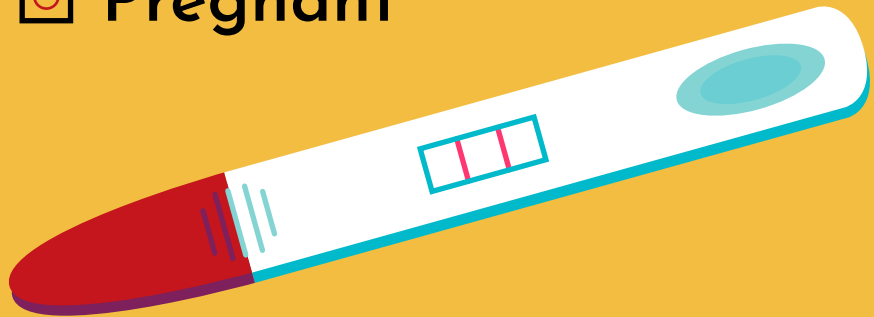


PRATIGYA

Campaign for Gender Equality and Safe Abortion.

CONFIRM AND UNDERSTAND

Pregnant



Not Pregnant



Step 1: Confirm your pregnancy.

Use a reliable test and note the date of your last period.

Step 2: Find out how many weeks along you are.

Gestational age helps doctors guide your next steps safely.



KNOW YOUR OPTIONS

Step 3: Learn about your options.

Continue the pregnancy



Consider adoption



Seek an abortion (safe and legal under India's MTP Act)



**There's no 'one right way'
— only what's right for you.**





CONSULT & CARE

Step 4: Talk to a registered medical practitioner.

They can confirm how far along you are and explain safe, legal choices.

Step 5: Reach out for support.

Whether it's a trusted friend, partner, or counsellor — you don't have to navigate this alone.



**YOU DESERVE CARE,
CLARITY, AND RESPECT —
WHATEVER YOU CHOOSE.**



Your body. Your choice. Your pace.