

Frequently Asked Questions for Pregnant Survivors

A resource for survivors of violence



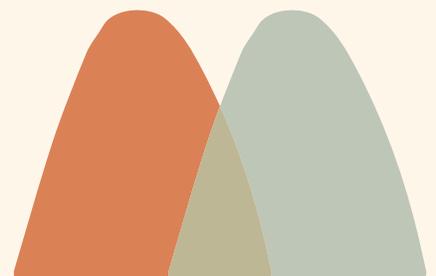
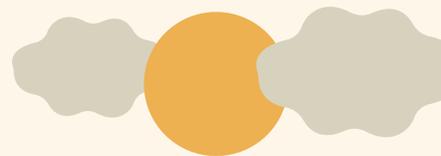
Virginia Sexual and Domestic Violence
ACTIONALLIANCE

I am pregnant and need support. Who can I talk to?

- 24 hours a day and 7 days a week, you can call the Virginia and Sexual and Domestic Violence Action Alliance Statewide Hotline (800-838-8238) to speak with a trained advocate. You can also visit this site to find an advocate near you: <https://vsdvalliance.org/get-help-ayuda/resources>.
- Your local sexual and domestic violence agency advocate can provide valuable support and information to you during this time and connect you with community resources, whether you decide to keep the pregnancy or stop the pregnancy.
- If you have Medicaid and want to keep the baby, Medicaid will pay for a doula. A doula is a professional labor assistant who provides physical and emotional support to you during pregnancy, childbirth, and after the baby is born.

I am pregnant and don't want to be pregnant or keep the baby. What are my options?

- Adoption is an option if you want to give birth but not keep the baby. Adoption means giving birth and placing your baby with another person or family permanently.
- Here are some questions to think about to help you make the decision: www.plannedparenthood.org/learn/pregnancy/considering-adoption.
- Abortion is an option if you do not want to be pregnant. Abortion means taking medication or having a medical procedure that ends the pregnancy.
- These hotlines give you a confidential space to talk about your feelings about your pregnancy. They will give you judgment-free support no matter what you decide to do. You know what is best for yourself.
 - All-Options: www.all-options.org/find-support/talkline
 - Choice Network: <https://choicenetwork.org>
 - The National Pro-choice Adoption Collaborative: <https://prochoiceadoption.org>



Is abortion legal in Virginia?

- In 2022, the Supreme Court decided that the Constitution does not protect the right to an abortion. As a result, each state now has the power to decide the issue of abortion for itself.
- Yes, abortion is still legal in Virginia in the first and second trimesters (earlier than 27 weeks). If you are in your 2nd trimester (13-26 weeks), the abortion will need to be performed at a hospital.
- Trained health educators can answer your questions about pregnancy, birth control, abortion, STDs at Chat/Text: www.plannedparenthood.org/online-tools/chat



Is there more than one way to get an abortion?

- If the pregnancy is no more than 11 weeks (77 days or shorter), you have the option between a medication abortion or an in-clinic abortion.
- For an in-clinic abortion (also called surgical abortion), you visit a medical facility, and a healthcare provider empties your uterus using suction and sometimes other medical tools to end the pregnancy.
- In a medication abortion (also called chemical abortion or self-managed abortion), you take a combination of medication (abortion pills) at home to end the pregnancy and shed the lining of your uterus.
- Both options are safe and effective. Both options have pros and cons. This website gives more information to help you decide which option is best for you:
 - www.abortionfinder.org/abortion-types/pill-vs-procedure-how-to-decide



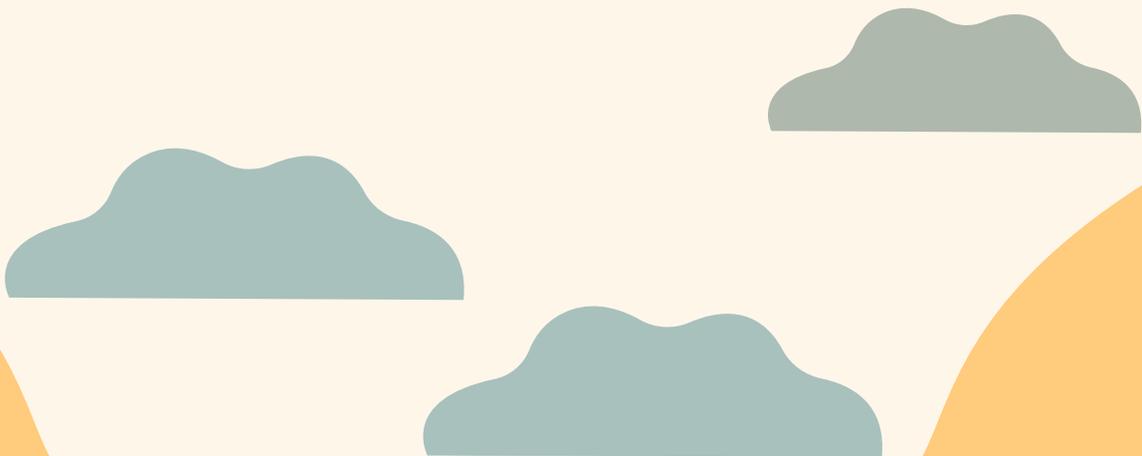
What are abortion pills?

- Abortion pills (also known as “Plan C”) are made up of two active ingredients: mifepristone and misoprostol. They are an FDA-approved, safe method of abortion. Abortion pills are different from emergency contraception (also known as “Plan B” or “the morning after pill”). This video provides information about the abortion pill: www.youtube.com/watch?v=vehnqGqStlc.

Can I get abortion pills online?

Are there any legal risks?

- **If you live in Virginia:** Yes, you can get them online. There are abortion pill providers who will prescribe and ship to your home. These providers will typically ship abortion pills only to a state where abortion is legal, as it is in Virginia.
- **If you live in a state where abortion is illegal:** Many anti-abortion states are trying to make it illegal to get abortion pills online, even though the FDA has approved the drug. If you live in a state where abortion is illegal, you can visit the Plan C website to help minimize your legal risk, including getting legal advice on a free hotline: www.plancpills.org.
- If you happen to be charged with an abortion-related offense, you may also be able to get a free lawyer from organizations such as the National Advocates for Pregnant Women: www.nationaladvocatesforpregnantwomen.org.



Where can I get an abortion?

- Your local sexual and domestic violence agency can help you find an abortion provider.
- [Ineedana.com](https://www.needana.com) and [Abortionfinder.org](https://www.Abortionfinder.org) can also help you find your nearest abortion provider.
- Virginia League for Planned Parenthood is an excellent resource for abortion care: www.plannedparenthood.org/planned-parenthood-virginia-league.
- www.plancpills.org has valuable information on abortion pills.

I need an abortion but can't afford one. Can I get financial assistance?

- Your local or regional abortion fund can give you financial support and also help with transportation and other needs as you arrange for your abortion. You can find your local abortion fund on the National Network of Abortion Funds website: <https://abortionfunds.org/need-abortion>.

I've been sexually assaulted. Do I have to report to law enforcement to get an abortion?

- No, you do not need to report anything to law enforcement to get an abortion. In Virginia, abortion is legal for anyone who is pregnant, not just survivors of violence, up until the 3rd trimester of pregnancy.



I'm under 18. Can I get an abortion in Virginia?

Yes, you can get an abortion in one of three ways:

- 1. With a parent or guardian's consent.
- 2. If you cannot or do not want to tell your parent or guardian, or if they will not consent, you can go to court and ask a judge to allow you to get an abortion. This is called judicial bypass.
 - This website can give you more information about judicial bypass: <https://judicialbypasswiki.ifwhenhow.org/wiki/virginia>
- 3. You can choose to go to a different state that does not have a law that requires you to involve a parent or guardian. For example, in Washington D.C. you do not need parental consent to have an abortion.

A final word...

If you are pregnant and not sure what to do, it can be scary...no matter what age you are or what is happening in your life. You are not alone. Trained advocates are here to make sure you have the information and support your need to make the decision that's best for you.



Virginia Statewide Hotline

Call: 800.838.8238

Text: 804.793.9999

Chat: <https://www.vadata.org/chat>



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