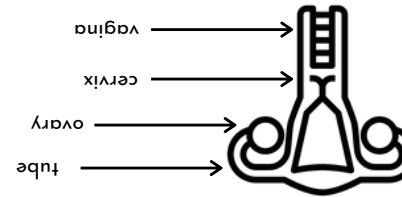


A: PREGNANCY HAPPENS WHEN A PERSON'S EGG IS FERTILIZED BY SOMEONE ELSE'S SPERM, AND THE FERTILIZED EGG IMPLANTS IN THEIR UTERUS.



People who menstruate (get their period) release an egg as part of their menstrual cycle - usually 8-16 days after your last period. The egg will stay in your tubes for 12-24 hours. If it doesn't get fertilized, the egg breaks down and is released along with your uterine lining during your next period. During sex, a penis can release semen into your vagina when the person with the penis ejaculates. Sperm will travel through your cervix and uterus and into your tubes to fertilize an egg. Sperm can live inside your tubes for up to 5 days. If a sperm fertilizes the egg, it becomes a fertilized egg and travels down the tubes to the uterus. This takes about 5-7 days, and then it implants in your uterine lining. Once it implants, your body will start producing pregnancy hormones that tell your uterine lining to grow thicker and the cell starts dividing. The hormone HcG will show up in your pee a few days later.

Q: HOW DOES PREGNANCY HAPPEN?

YOU KNOW WHAT'S BEST FOR YOU!

Your Plan B & Pregnancy Test Guide

with love from the Bridge Collective & Jane's Due Process

QUESTIONS?
Want reliable birth control?
(You don't need parental consent!)

TEXT THE JANE'S DUE PROCESS HOTLINE AT 866-999-5263.

QUESTIONS ABOUT ABORTION OR PRENATAL CARE?
Unfold this zine & read our guide on the back!

WISH YOU'D LEARNED THIS STUFF IN SEX ED? US TOO!! FOLLOW @JANESDUEPROCESS ON INSTAGRAM TO LEARN MORE!

HOW DOES EMERGENCY CONTRACEPTION (AKA EC OR PLAN B) WORK?

Plan B delays ovulation (the release of an egg). The pill that you got with this zine does this with a high dose of progestin, a hormone your body makes naturally.

I HEARD PLAN B DOESN'T WORK IF I WEIGH OVER 176 LBS?

Research indicates that Plan B is less effective in people who weigh over 176 pounds, or who have a BMI >26. Some doctors recommend taking 2 pills instead of 1 if you are over 176 lbs.

IS IT SAFER?

Yes! Plan B is very safe.

HOW WILL I FEEL AFTER I TAKE PLAN B?

Most people don't feel anything after taking it. Some people feel nausea or a headache. It can also cause an irregular cycle (early or late period.)

PLAN B MUST BE TAKEN AS SOON AS POSSIBLE AFTER SEX.

Plan B does not decrease the likelihood of pregnancy once an egg has been fertilized. Plan B does nothing if you are already pregnant.

PLAN B IS A SHORT TERM SOLUTION.

You must use condoms or consistent birth control to prevent future pregnancies.

TAKE A PREGNANCY TEST 2 WEEKS AFTER YOU TAKE PLAN B.

I took Plan B on _____ (today's date) If I haven't gotten my period yet, I will take a pregnancy test on _____ (two weeks from today)

A pregnancy test that tests your urine for HcG (a pregnancy hormone) is the only way to know that you are pregnant. Symptoms are not a reliable way to know if you are pregnant. Even a late period can have other causes. *Think you might be pregnant? Take a pregnancy test!*

HOW TO TAKE A PREGNANCY TEST

Wait at least 14 days from the day you had sex, or until your period is at least 3 days late.

1. Read the pregnancy test's instructions.

THE EASIEST WAY - OR - THE HARDER WAY

- | | |
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| <p>2. Pee into a small cup.</p> <p>3. Insert the test strip into the cup of pee for 5-10 seconds (per instructions).</p> <p>4. Wait 2 minutes.</p> <p>5. If there are two lines, the test is positive. If there is one line, the test is negative.</p> <p>6. Throw it away!</p> | <p>2. Take the test out of the package.</p> <p>3. Insert the test strip into the stream of your urine. DO NOT GET ANY OTHER PART OF THE TEST WET.</p> |
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The results aren't accurate once the test has been sitting for 10+ minutes.

POSITIVE PREGNANCY TEST?

If you aren't sure what you want to do, you can call All Options at 1-888-493-0092 to talk to an unbiased options counselor, or you can work through a pregnancy options workbook at www.pregnancyoptions.info

IF YOU WANT TO BE PREGNANT...YOUR NEXT STEP IS GETTING PRENATAL CARE

Prenatal care is when you get checkups from a doctor, nurse, or midwife throughout your pregnancy. It helps keep you and your future baby healthy. You can also use this time to create a birth plan, which is a document that communicates your wishes to those caring for you during your labor and after the birth of your baby.

THESE CLINICS OFFER FREE PRENATAL CARE EVEN IF YOU DO NOT HAVE INSURANCE:

People's Community Clinic 1101 Camino La Costa 512-478-4939 (Option 1, then Option 1)	Lone Star Circle of Care Multiple locations in Central Texas 1-877-800-5722
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Mama Sana Vibrant Woman (for families of color)
Offers prenatal midwifery care | 512-710-5729 | www.msvwatx.org

LEARN ABOUT PREGNANCY AND BIRTH:

Text4Baby: receive texts with important information timed to your pregnancy! Text BABY to 511411	The Birth Hour podcast: Listen to other peoples' pregnancy and childbirth stories. thebirthhour.com or search for "The Birth Hour" wherever you get podcasts
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GET FREE EMOTIONAL AND PHYSICAL SUPPORT HERE:

Giving Austin Labor Support (GALS) Provides free doulas to support you during pregnancy and labor 512-934-2171 www.givingaustinlaborsupport.org	Mama Sana Vibrant Woman (for families of color) Offers support circles and free resources 512-710-5729 www.msvwatx.org
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Any Baby Can 512-454-3743 www.anybabycan.org	Partners in Parenting Austin 512-829-1704 https://www.pipaustin.org/
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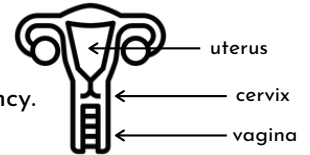
Love Over Fear Virtual Support Group for Pregnant LGBTQIA+ Individuals & their families
<https://loveoverfearwellness.com/qcy/>

IF YOU DONT WANT TO BE PREGNANT...YOU CAN END YOUR PREGNANCY BY HAVING AN ABORTION

Abortion is a safe procedure for ending a pregnancy. People have abortions for many different reasons. No matter why you want to end a pregnancy, your reason is enough. In Texas, abortion is only available after a negative cardiac activity test due to a law called SB8 that went into effect on 9/1/2021. Cardiac activity generally happens around 6 weeks after your last menstrual period. Even if fetal cardiac activity is present, abortion is a safe option for you, but cannot be provided at a clinic in Texas.

WHAT IS AN ABORTION?

An abortion is a medical procedure that ends a pregnancy. People can take pills that cause cramps and bleeding for 4 to 6 hours so the pregnancy passes, similar to a miscarriage. Abortion pills are safe and effective through 12 weeks of pregnancy. People can also have an in-clinic abortion, where a doctor will manually dilate your cervix and use gentle suction to empty the uterus. The in-clinic abortion takes 5 to 10 minutes.



YOUR LOCAL ABORTION CLINICS:

Whole Woman's Health 4100 Duval Rd. 877-835-1090	Planned Parenthood 201 E Ben White Blvd. 512-276-8000	Austin Women's Health Center 902 S I-35 512-443-2888
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All three of these clinics offer financial assistance! Ask when you call!

YOUR LOCAL ABORTION FUNDS:

For help paying for an abortion: Lilith Fund, 877-659-4304	For a ride to an Austin clinic: The Bridge Collective, 512-524-9822	If you need to travel to another city: Fund Texas Choice, 844-900-8908
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UNDER 18?

Texas law requires permission from a parent or a judge to have an abortion if you are under 18. Jane's Due Process can help you get permission from a judge. Call or text them at 866-999-5263.

DO I HAVE TO GO TO A CLINIC?

There are many barriers to getting an abortion in Texas, so some people decide that they don't want to go to a clinic. Studies have shown that thousands of Texans order pills online from AidAccess.org (you can read those studies at projectsana.org). Additional studies by plancpills.org have shown that pills ordered online are safe and effective through 12 weeks of pregnancy. It's important to know that in Texas, anyone who helps you get an abortion after fetal cardiac activity can be sued in civil court. We are not advising you on the legality of getting an abortion outside a clinic.

Questions? Call or text Jane's Due Process at 866-999-5263.

You can learn more about keeping your pregnancy or abortion private at digitaldefensefund.org/abortion-privacy.