

## The Do's

- **Confirm that her pregnancy test is positive.**  
Pregnancy Care Center provides free and confidential pregnancy testing services along with many support services.
- **Listen.**  
Clear your mind. The situation involves more than just you. Try to understand her feelings. There are now three lives to think about.
- **Stay Calm.**  
She needs your support now more than ever. She may be carrying the baby, but you are BOTH parents, and regardless of your relationship in the future, that baby needs you, too.
- **Talk about it.**  
Not only with each other, but prepare to talk with parents and others close to the situation. Hiding the news from people who can genuinely help you only increases the stress.
- **Gather the facts.**  
Talk to family and friends you trust for support. Our center exists to provide you with caring, free and confidential help so that you and your girlfriend come to an informed decision together.
- **Express yourself honestly.**  
It's normal to have feelings of anger, frustration and fear, but make sure she knows she is not alone. If she is truly pregnant, then she is already being overwhelmed by hormone changes that can have a great effect on her.

Now is the time to stand up and take part in your pregnant partner's life. She needs to know that you care and you are ready to walk through this with her. You should be able to express your opinion but you should never force her into a decision. Still, the decision is ultimately hers to make.

## The Don'ts

- **Don't bail.**  
Let her know you want to help her in making any choices that will affect your future. The more you run from this, the harder it becomes to think and act clearly.
- **Don't pressure her.**  
Applying pressure will only push her away, possibly into a regretful situation. Both of you would do well to work as a team.
- **Don't forget.**  
You have a very active role in this situation. Listen to input as well as give your thoughts.