

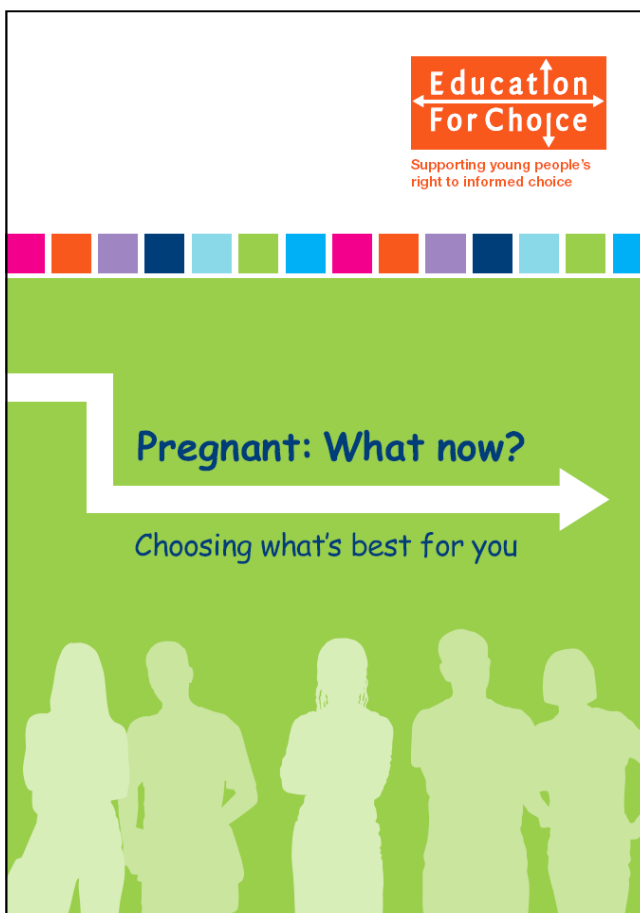
Education For Choice

NEW Pregnancy Decision-Making Workbook

EFC is proud to announce the release of its newest resource for young people and professionals.

“Pregnant: What now? Choosing what’s best for you” is a workbook of activities for pregnant young women and their partners to work through with a professional to help them reach their own, informed decision. The workbook can also be used in preventative group work settings to enable young people to consider the many issues surrounding pregnancy choices and how the different options would fit into their lives.

The workbook was developed alongside the new social care training programme (see below) and is especially tailored to young people in or leaving care, although it’s appropriate for use with any young person or group of young people considering pregnancy choices. Young people and professionals helped to develop and design the workbook, ensuring that it’s packed full of useful information and engaging activities. It is designed to accompany



the Pregnancy Decision-Making Toolkit published last year, available at www.efc.org.uk. For an

inside look at the workbook, **see p. 3.**

NEW Professional Training Course and DISCOUNT

Most of you reading this newsletter will have participated in EFC’s well-evaluated professional training programme, **Abortion: Dilemmas and Decisions**, which reaches hundreds of professionals around the country each year.

This year, EFC is delighted to announce the national roll-out of its new training programme, **Pregnancy: Choices and Challenges**, designed for professionals working exclusively or primarily with young people in or leaving care, around their particular pregnancy decision-

making needs.

The training came from a pilot project announced in our autumn newsletter. Following a successful pilot in London and the Northeast, the training is now available nationwide. For booking information, including a discount, see the side bar.

Attention Commissioners: Early-bird DISCOUNT!

- EFC’s brand new professional training programme, **Pregnancy: Choices and Challenges**, and its well-evaluated, long-standing **Abortion: Decisions and Dilemmas** course, are available at a discount for a limited time!
- **£60+ of free resources** are included with any trainings booked now to be delivered before October
- To book or for more information, email kate@efc.org.uk

READ ON for . . .

- *An update on EFC’s work, including links to resources and information*
- *More information about the new workbook*

EFC In The News: Spotlight on the classroom

Shock Tactics: *The Guardian* investigates anti-abortion speakers in schools

<http://www.guardian.co.uk/education/2008/nov/25/anti-abortion-schools>

Excerpt: 'Only one organisation, Education For Choice (EFC), gives pro-choice talks in schools, but with a fraction of the funding and staffing that Spuc and Life enjoy, the number of pupils it reaches is minimal. Lisa Hallgarten, EFC's head of policy and communications, says: "We don't go in and say you should always have an abortion under every circumstance, which would be the opposite of what they say. We say, here are the facts and it's absolutely your decision." If someone comes into the classroom believing abortion is murder and leaves still believing that, Hallgarten does not consider it failure. "That's not our mission. But if someone walks in believing that abortion makes you infertile and they leave with that view, then that would be failure."

EFC's Best Practice in Abortion Education Toolkit featured on Teachers' TV

<http://www.teachers.tv/video/31173>

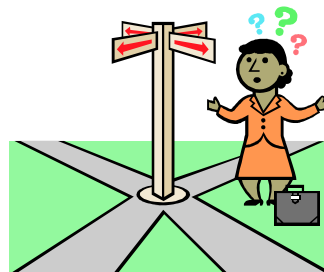
See EFC in action with this half-hour piece featured on Teachers' TV. *School Matters: Teaching Abortion* examines challenges and opportunities for teachers and guest speakers in religious studies and sex and relationships education settings. The show features real teachers, school governors, students and professionals making the case for best practice in abortion education and explaining how it's done. EFC staff member Kate also discusses best practice.

Do you know what your son or daughter is learning in school about abortion? Let us know! Email kate@efc.org.uk

New Project: Pregnancy Pathways in Your Area

EFC is launching a new project to ensure the provision of high quality information and services on pregnancy prevention, maternity, abortion and post-pregnancy contraception for young people. EFC will initially work with three areas nationally, free-of-charge, to develop and strengthen the links between the sectors, services and

agencies that provide information and services in an area, to ensure that young people are well cared for wherever and whenever they access support. If you are a strategic lead or commissioner interested in working with EFC to improve service provision and referral pathways for young people in your area, please email natalie@efc.org.uk



How clear are your referral pathways?

For a look at EFC's latest resource, see the next page!

Help EFC, build your CV: become a trustee!

Are you a leader in your team?

Passionate about young people's right to good quality information and support?

EFC is seeking trustees to help guide the organization as part of the trustee board.

Responsibilities include meeting about six

times a year in London (weekday evenings) and an annual half-day

afternoon meeting in addition to ad-hoc support. If you think you might be

interested, please email

lisa@efc.org.uk for more information.

In the news...

- According to the latest stats from the Department of Health, the total number of abortions was 195,296, compared with 198,499 in 2007, a fall of 1.6%
- Both the under-16 abortion rate the under-18 rate were lower than in 2007
- The proportion of pregnancies for under-18s ending in abortion rose slightly from 48.4% to 50.0%.

To get all the latest in policy and practice, check out www.efc.org.uk!

This is the 2nd edition of the EFC Update. For more information about EFC, please visit our website

Thanks for reading and stay in touch!

Education For Choice

Supporting young people's right to informed choice on pregnancy and abortion

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I’m pregnant. What now?

For some people, making a decision about pregnancy is easy. For others it may be difficult. However easy or hard you find the decision, it is **YOUR** decision to make. The more you feel you have made your **OWN** choice, the better you will feel in the future. This book is to help you reach your own decision.

Who is this book for?

“I’m pregnant (I’ve had a positive pregnancy test or had the pregnancy confirmed by a professional)”

This workbook is designed for pregnant young women who are unsure about whether or not to continue their pregnancy, or for young women who think they know what they want to do but would like to check how confident they feel about their decision.

- You don’t have to fill in every page.
- Use the parts that seem useful to you.
- The best way to fill in the book is to look at it with a youth worker, social worker, school nurse, or other professional you trust.
- It may also be helpful to bring your partner along to that meeting so he can talk through his feelings and thoughts, too. You could also bring a parent or a carer with you.

“I’m a young man and my partner is pregnant”

The law says that the pregnancy decision is, in the end, up to the woman. Even so, your thoughts and feelings are important, and you may feel you want to discuss these with a professional and with your partner. You could do some of the activities in this book with your partner and a professional or alone with a professional.

For more information on pregnancy that is just for men visit:
www.efc.org.uk/Pregnant/Formen

“I’m a professional working with young people”

Please see p.24 for more information.

“I’m a young person learning about pregnancy choices”

Pregnancy affects everyone at some point, whether it’s you, a partner, or a friend. As you complete all or some of these activities, think about how you or someone you know would feel facing this decision.

P Professionals should read the extra information in the blue boxes marked with this symbol.