
EDUCATOR ANSWER KEY—OPTIONS SCENARIOS

Ana and Dax

The first step for Ana is to take a pregnancy test. If Ana is pregnant, the decision of what to do is hers—no one else has the right to make the decision for her and she is not legally required to tell Dax. If Ana is looking for support outside of her relationship, she can call her local Planned Parenthood and/or sexual health clinic (for more information, see 9.5 resources) and ask if they do options counselling. She can also call the Action Canada for Sexual Health and Rights 24/7 toll-free Access Line at 1-888-642-2725 to help her find abortion and options counselling services in her area. If Ana decides to terminate the pregnancy, she can choose between medical or surgical abortion. She might also choose to discuss the differences between surgical and medical abortion with a health care provider.

Parker

Parker may be considering whether they will be accepted by their family and friends if they decide to parent. The stigma associated with “teen parenting” might be compounded by transphobia and stigma associated with being gender non-binary. Parker also may be considering what kinds of emotional, social, and financial support systems they have available to them to draw on if they decide to parent. They also might be weighing the pros and cons of what they might be giving up and what they might be gaining if they decide to parent. Resources that Parker could access are calling pro-choice, LGBTQ+ friendly services to talk through their options (options counselling) as well as doing research on whether there are any local LGBTQ+ parenting groups that Parker could join to find support if they decide to parent.



Van

It is never your fault if you are sexually assaulted. It is the fault of the person who assaulted you. Van’s immediate next step might be to call a crisis/emergency support line that specializes in sexual assault (for a list of crisis support services, see National Support Services). Van might also want to identify people in her life that she can trust to talk to about what happened. Van might have to wait a couple of weeks to take a pregnancy test (tests are most reliable the week of the first missed period) but she can seek out STBBI testing sooner than that. Van also could access emergency contraception (either the pill or a copper IUD) but needs to do so as soon as possible. If Van does not want to go to her family doctor to get tested, she can go to a local sexual health centre, youth friendly clinic, and/or Planned Parenthood that offers clinical services by accessing the Action Canada for Sexual Health and Rights online directory of service providers (for more information, see 9.1 resources). If Van feels comfortable, she might want to talk to someone in a position of authority at school to help her figure out next steps in terms of the school and/or police dealing with the person who sexually assaulted her. Van might consider whether she wants to get a rape kit exam and/or report the assault to the police.

YOU SHOULD KNOW



A “rape kit” is a forensic exam. Having this kind of exam performed cannot determine if sexual assault occurred—it can only tell if sexual activity occurred and with whom. In other words, consent cannot be determined by collecting biological evidence. Like reporting to the police, there is no guarantee that a “rape kit” will lead to conviction.

Eno and Avi

Eno still has all the options available to her. She has the option of getting a surgical abortion but at 12 weeks, it might be more challenging to find one, depending on where she is located. If she decides to terminate the pregnancy, she will have to move quickly because she might have to travel to a city where a service provider offers abortions in the second trimester. If Eno wants to continue the pregnancy, but does not want to parent, she has the option of adoption (private or public, open or closed). Eno also has the option of parenting. If she is nervous about parenting with Avi, she can choose to break up with Avi and either co-parent or be a single parent. Eno might consider her excitement, hopes, and dreams about parenting at the same time as feeling hurt and betrayed. She also might consider whether she would feel relieved, disappointed, and or sad to choose abortion or adoption. She might consider how and where she could access abortion at 12 weeks. Finally, she might consider who she can trust and rely on for support regardless of whether or not she breaks up with Avi. Resources that Eno could access are seeking out pro-choice options counselling as well as doing research on the rules around child support and custody and whether there are any local adoption support groups and/or parenting groups that Eno could join to find support if she decides to parent and/or adopt. Eno might also consider getting tested for STBBIs since Avi has been cheating on her.



Rae

Rae can seek out free pro-choice options counselling and ask if they provide post-abortion counselling support. Most pro-choice options counselling do offer at least one session of post-abortion support that people can choose to access (for more information, see 9.6 resources). Rae needs to be aware that if she is searching online for free post-abortion support, the results that most often come up are “crisis pregnancy centres,” which are anti-choice and stigmatizing. Rae can also contact her local sexual health clinic or public health unit to figure out if there are any pro-choice counsellors who provide long term post-abortion counselling in her area. It is great that Rae already knows what kinds of supports she might need so that she can get a head-start on setting up the support systems. At 5 weeks, Rae has the option of choosing between a medical or surgical abortion. Depending on her location, one or

the other maybe be difficult to access. In this case, she will need to make arrangements and/or find support to access an abortion. Rae can also call the Action Canada for Sexual Health and Rights 24/7 toll-free Access Line to help her find abortion service providers in her area.

Adri and Tal



Adri is the only one that can make the decision about whether to continue the pregnancy—Adri has the right to not be coerced into any decision, by anyone. Adri might consider the expectations of Tal’s family, how the pressure of Tal’s family is affecting her, and how it is affecting Tal. Adri also might consider her own desires, hopes, excitement, and fears about parenting. She might consider the immediate and future financial implications of choosing to parent, the expectations of her own parents, and the longevity of her relationship with Tal. Resources that Adri could access are pro-choice options counselling, information about adoption and abortion, and research on child support rules and parenting support groups Adri would be interested in joining if she decided to parent.

Kay

If Kay does not want to parent or have an abortion, she can explore adoption. Kay can choose between public or private adoption and open or closed adoption.