



**1969-2009 • De 1969 à 2009**

**Celebrating 40 years of legal contraception in Canada**

**Célébrons les 40 ans de la contraception légalisée au Canada**



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## **How would a pregnancy change my life?**

You (or your partner) just received a positive pregnancy test. Take a few minutes to think about how this would affect you by answering the questions below.

1. What is your immediate reaction?
2. What are you feeling?
3. Whom will you tell?
4. What decisions will you have to make?
5. Where can you go for help?
6. How could this affect your relationship with your partner?
7. How will your life change in the next year?
8. I don't want to have a child right now because I want to...

From ***Beyond the Basics: A Sourcebook on Sexuality and Reproductive Health Education*** (CFSH 2005). For more information about the Sourcebook and how to obtain a copy, please check [www.cfsh.ca](http://www.cfsh.ca) or call 613-241-4474 ext 244.