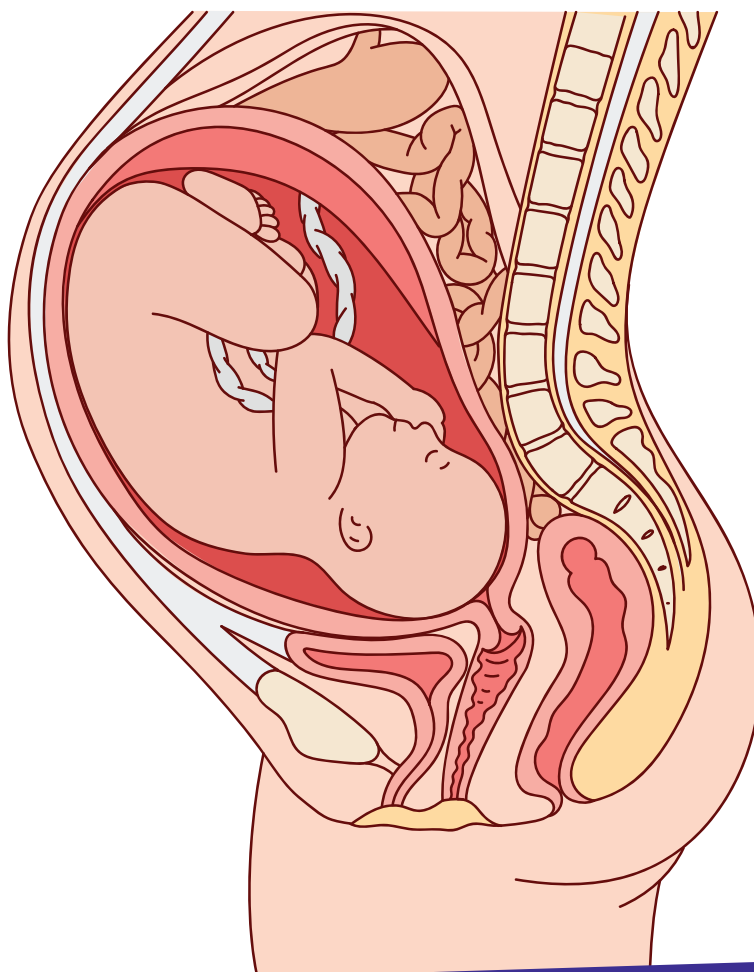




# About pregnancy

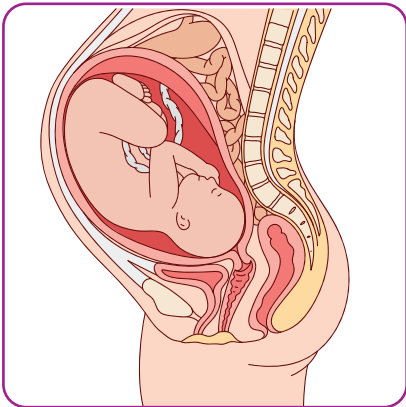
An Easy Read guide



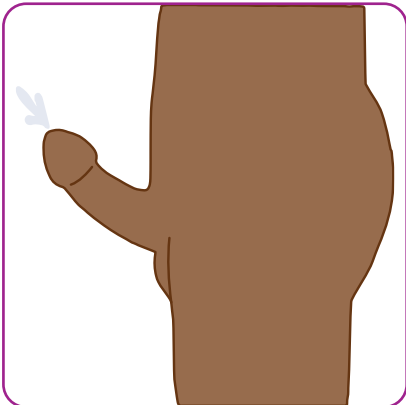
# About pregnancy



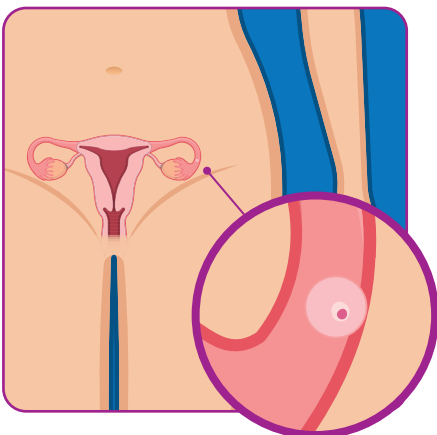
When a person with a penis has sex with a person with a vagina, they can make a baby. This is called pregnancy.



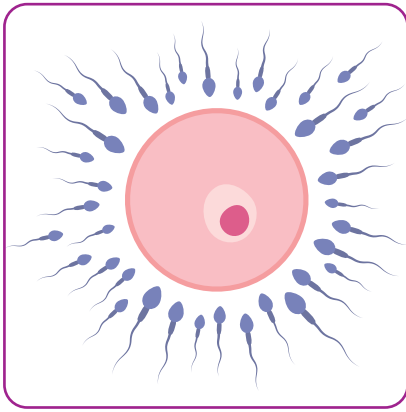
Pregnancy is when a baby starts to grow inside someone's womb.



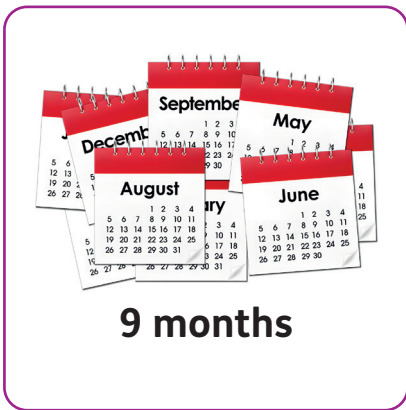
When a hard penis goes into a vagina, the penis lets out a liquid called semen.



Inside the body, at the top of a person's vagina, is something called a womb. This has a tiny egg inside.



If the sperm gets to the egg then this is what makes a baby.



A baby takes 9 months to grow inside the body before being born.

# Signs of pregnancy

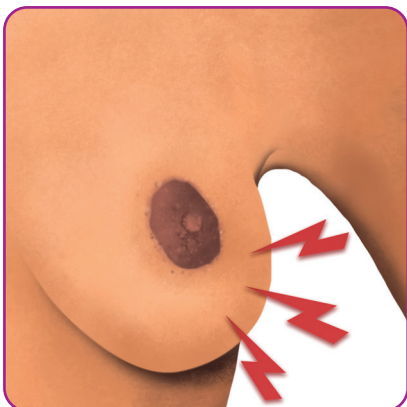
Some signs that you might be pregnant are:



- You have missed your period.  
A period is when blood comes out of a vagina. This usually happens every month.



- You feel sick.



- Your breasts hurt.



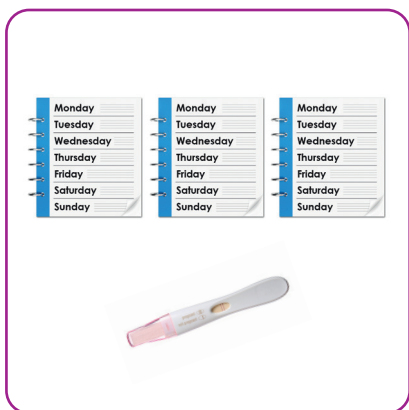
If you think you might be pregnant, you can take a pregnancy test. This test is a special stick which you wee on.



You can buy a test from a pharmacy or supermarket or you can get one for free from a doctor.



Or you can get one for free from Essex Sexual Health Service.



You cannot tell if you are pregnant straight after having sex.

You need to wait 3 weeks before you take a test.

# Choices



If you find out you are pregnant, you do not have to have the baby if you don't want to. It is your choice.



It is important to speak to someone as soon as you can. Talk to someone you trust, your doctor, or Essex Sexual Health Service for help.



They will be able to help you with any next steps that you need to take.

This Easy Read guide was made by  
Provide Community for people with  
learning disabilities and/or autism.

For more information, please contact  
our Customer Service Team:



**0300 303 9952**



**[provide.customerservices@nhs.net](mailto:provide.customerservices@nhs.net)**



made with  
**PHOTO  SYMBOLS<sup>®</sup>**

19183C-ES-02