About two months ago, my 19-year-old friend had her first pregnancy scare.

She called me sobbing. Her breath was jagged and uneven, as if she had just run an uphill mile. Between gasps, she tried to form words, but they faded into static. All I could hear were sharp inhales, shaky exhales, and her nails scraping her phone screen. She had been frantically googling: What emergency contraception should I take? What are the chances of pregnancy? If I am pregnant, what are my options?

Immediately, I offered to pick her up, and we drove to a Walgreens 3 towns over. Between fight or flight, her body chose to freeze, so I blared the music to drown out the silence

She isn't originally from America and came from a traditional conservative background. I was her only support system, and thankfully, I remembered what I learned in 7th-grade health class. We discussed all her options in Illinois. She could continue the pregnancy and parent, choose adoption, or end the pregnancy.

As I spoke, I realized that in a few months we'd be separated by college, and I wouldn't always be 15 minutes away. So I mentioned another option: safely surrendering a newborn at a local fire department if she ever experiences a freeze moment again.

While writing this Essay, I remembered this moment, but I also remembered how, if not for me, my friend would have never known about the Safe Haven Law. It got me thinking: How many others sit alone in their rooms, scrolling in panic, unaware that there are resources and protections available to them? How many freeze up in the dark with no one to turn on the light for them?

Furthermore, I questioned why we hadn't discussed it in high school. Maybe I missed a health lesson freshman year, but that is not the case. After reflecting, I developed three practical approaches to raising awareness about Safe Haven laws and pregnancy resources.

First, schools could present an interactive video during health or gym class. The lesson could be a realistic scenario, for example, a video of a panicked young mother. A questionnaire could prompt teachers to ask: *What are her options? Where could she go? Who could she call?* By actively engaging students rather than simply lecturing them, we normalize the idea that this is a real-life situation, someone their age could face.

Second, Safe Haven could partner with local community organizations to host informational seminars. An interactive seminar, even something simple like "learn and create" activities, where students color the Safe Haven logo, take notes, or ask anonymous questions. This could make the topic less intimidating.

Third, schools could place the Safe Haven Crisis Hotline directly on student IDs. Many schools already print important hotline numbers on the back of student identification cards. Administrators could consider adding the national Safe Haven hotline (1-888-510-BABY) alongside other crisis resources.

This is an extremely important topic; awareness should be extended beyond a poster in a hospital or a nurse's office.