

Resources for Pregnant and Parenting Students

Title IX of the Education Amendments of 1972 (“Title IX”), is a Federal civil rights law that prohibits discrimination on the basis of sex—including pregnancy and parental status—in educational programs and activities. **Know your rights and know where to get support.**

YOUR RIGHTS

- » You must be provided with reasonable adjustments, such as a larger desk, elevator access, or allowance for frequent bathroom breaks, when necessary because of your pregnancy.
- » You must be allowed to make up any work missed while on medical leave.
- » You must not be required to submit a doctor’s note for absences related to your pregnancy or childbirth, unless ALL students are required to submit a doctor’s note for absences and hospitalizations related to physical or emotional conditions.
- » You must be allowed to continue participating in classes and extracurricular activities while you are pregnant.
- » Absences due to pregnancy or childbirth must be excused, for as long as your doctor deems necessary.
- » Your instructor may not refuse to allow you to submit work after a deadline you missed because of pregnancy or childbirth. You should be allowed to make up any participation or attendance credits you did not have the chance to earn due to your pregnancy-related absence.

RESOURCES

- » **Counseling Services:** 501-916-3185 • ualr.edu/counseling • counseling@ualr.edu
UA Little Rock offers free mental health support to our entire student population.
- » **Health Services:** 501-916-3188 • ualr.edu/health • health@ualr.edu
Health Services provides inclusive, evidenced-based, quality health care to students and employees of UA Little Rock.
- » **Disability Resource Center:** 501-916-3143 • ualr.edu/disability • disability@ualr.edu
Students should register with the DRC in the case of short-term disability medical conditions resulting from a pregnancy.
- » **Lactation Spaces:** ualr.edu/health/lactation
UA Little Rock offers private spaces throughout campus to accommodate nursing.
- » **Child Care Connections:** 501-916-5648 • ualr.at/childcare • childcare@ualr.edu
UA Little Rock Child Care Connections offers various services to assist enrolled students searching for quality child care.
- » **Office of Title IX:** 501-916-5716 • ualr.edu/titleix • titleix@ualr.edu
If you are a pregnant student not experiencing pregnancy-related medical complications or have given birth and need assistance with adjustments/accommodations, contact Title IX.
- » **CARE Team:** 501-916-5645 • ualr.edu/studentssuccess/care-team • studentssuccess@ualr.edu
The Care Team exists to assist current UA Little Rock students with situations that can potentially disrupt a student’s academic progress. Our goal is to intervene early, connecting students with campus and community resources to maintain academic and social wellbeing.