



Share-Net
Netherlands



SOME ABORTION BASICS

Inclusive Abortion

International Safe Abortion Day
September 28th 2024



Dictionary

What is abortion?



abortion

/abor·tion /

noun

1. A simple health care intervention that can be **safely and effectively** managed by a wide range of health workers using medication or a surgical procedure.
(World Health Organization)
2. The two most common types of **induced abortions are medical and surgical**, both of which are safe. With their own pros and cons, the best option should be chosen with a medical professional, considering the pregnancy's duration and the individual's health. Ultimately, the decision is the pregnant person's.
 - a. A **medical abortion** is a non-surgical method to terminate an early pregnancy, usually within the first 10 weeks, and is more effective when done earlier. It involves using medications, typically **mifepristone and misoprostol**, to induce a miscarriage.
 - b. A **surgical abortion** is a procedure to terminate a pregnancy through a **minor surgery**, involving the removal of pregnancy tissue from the uterus. The method used depends on the pregnancy's duration, and the procedure is usually performed in a clinic or hospital.
3. Both surgical and medical abortions are **safe and effective**. The choice between methods depends on various factors such as how far along the pregnancy is, personal preferences, and medical recommendations.

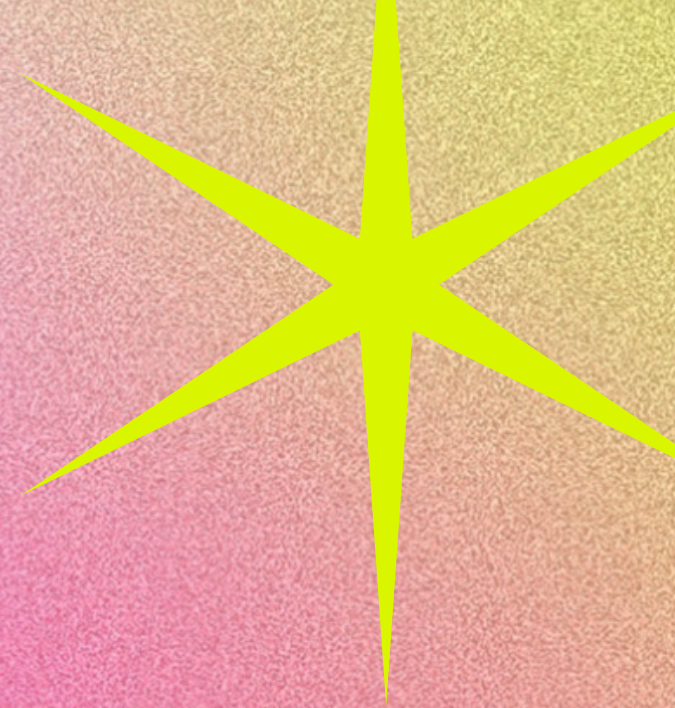


Who is involved in abortion?

(and as a result
experience stigma)

- People who provide abortions
- People who get abortions
- People who work to ensure rights and access to abortion services
- Law- and policymakers

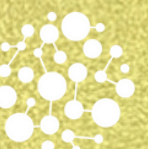
Who gets abortions?

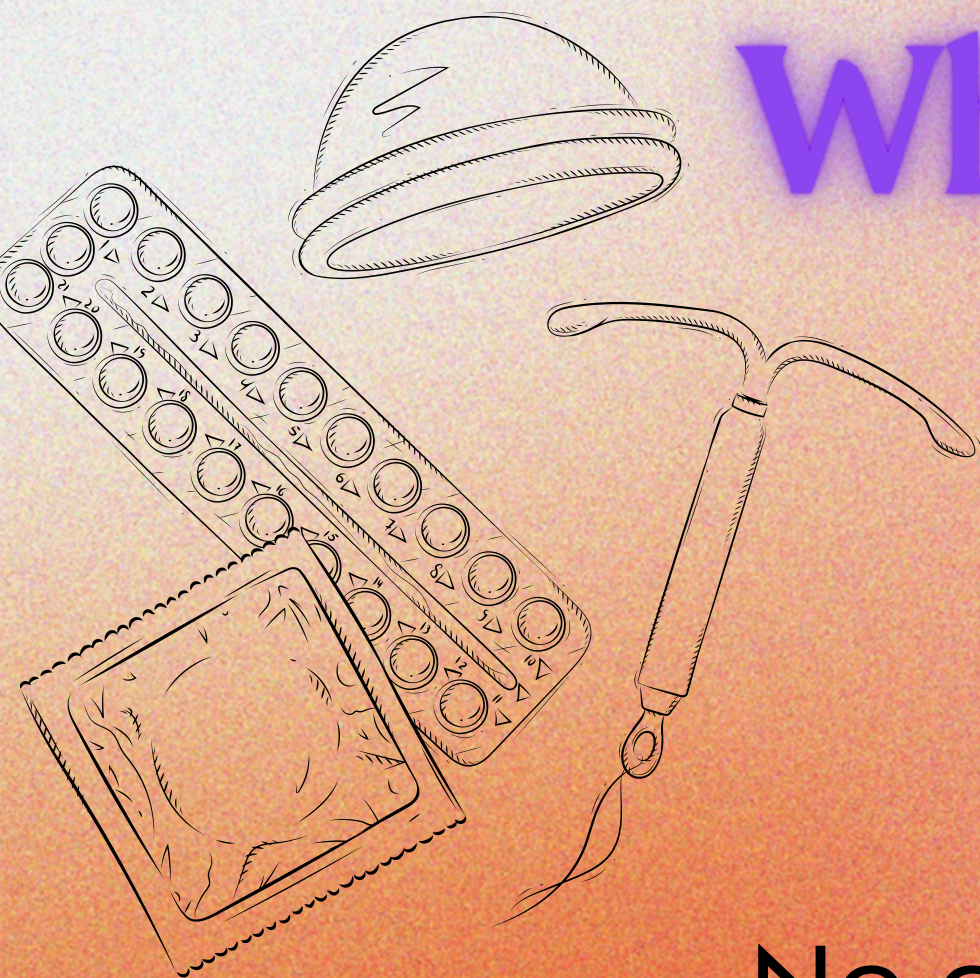


Anyone who has become pregnant, and cannot or does not wish to continue the pregnancy, including:

- Trans men
- Gender nonconforming people
- People with Disabilities
- Queer women
- Cisgender women

Historically, all of these people - except cisgender women - have often been excluded within movements and discussions on reproductive rights.



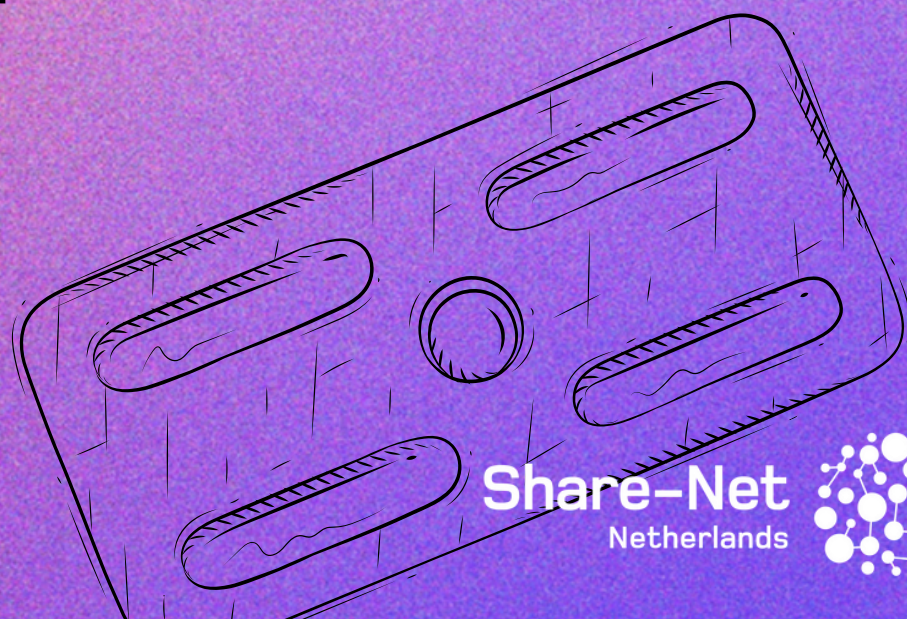


What is NOT an abortion?

No contraceptive induces an abortion.

Despite misconceptions, no birth control options or emergency contraceptives (sometimes known as plan B) induce abortions.

Contraceptives are used to prevent pregnancy from occurring in the first place.



Dictionary

What is abortion stigma?



abortion stigma

/abor·tion stig·ma/

noun

1. Abortion stigma is the negative judgment or shaming of people who seek, consider, or provide abortions, based on cultural, social, or religious beliefs. It can show up as discrimination, silence, or misinformation, and often fuels feelings of guilt or shame, making it harder for people to access safe abortion care.
2. Abortion stigma isn't just personal – it's a social system built on beliefs and norms that keep it alive.
3. When we recognize stigma as something woven into our social structures, it becomes easier to see how it shows up on different levels – including the ways we might internalize it ourselves. Instead of feeling like it's just up to individuals to break it down, we can start calling out, questioning, and tearing apart the bigger systems of oppression that hold stigma in place.



BEYOND Access



Abortion is a health service **deeply embedded in our social systems**, making it vulnerable to the same structures of oppression that shape our societies. These include, but are not limited to, inequalities based on class, race, gender, disability, ethnicity, sexuality, and more. Issues such as poverty, racism, ableism, and other forms of structural discrimination limit people's ability to exercise their rights and agency.

True reproductive freedom goes beyond just access. We need to dismantle these systems of oppression that surround abortion while also ensuring that it remains accessible to all. Until we do this, we cannot achieve liberated reproductive health, rights, and freedoms where everyone has an equal and equitable right to choose the services that are best for them. These issues don't exist in isolation, and if we only address the symptoms, we miss the deeper work needed to **uproot the core systems of inequality**.