

Women's Experiences of Unplanned Pregnancy and Abortion

Would you like to contribute to a publication which shares your experience of unplanned pregnancy and abortion?

You can contribute through creating writing, art or storytelling

The social work team of the Pregnancy Advisory Centre (PAC) is undertaking a voluntary project with women who have experienced an abortion at some point in their lives.

One in three women will have an abortion in their lifetime; however few women share their experiences publicly. Women might also be in situations where they do not feel comfortable speaking about their experiences with their partner, friends or family. Women who have an unplanned pregnancy may have little knowledge of the personal experiences of their friends or family members. This can leave women feeling alone, and that their responses to the unplanned pregnancy and abortion are not 'normal'.

We hope to create a publication for the centre that includes women's stories. This will be a valuable resource for women who are going through a pregnancy decision or abortion experience. While each woman's experience of abortion is unique, there can also be similarities.

The aim is to give women an opportunity to gain knowledge of other women's experiences. This can provide valuable reassurance and help others feel less alone.

We are not looking for 'perfect' poetry, art or stories. We would like for others to learn about what the experience was like for you. Feel free to express both the negative and the positive aspects of your experience. You might also like to talk about how social attitudes towards abortion affected your experience. If you would like to contribute but are feeling 'stuck', contact a social worker at the centre and we will be able to send some examples for inspiration.

You can make contributions anonymously, using a pseudonym or just your first name. The publication may be made available on the PAC website to assist other women in a similar situation. If we are able to compile a publication some time in the future, and you would like a copy, please provide a name and address for us to send to. Your contribution can still be made anonymously.

If you are thinking about contributing and are concerned that this process might be difficult for you, please speak with one of the social workers to work out whether participation in the project will be beneficial for you at this point in time.

If you have had an abortion and would like to share your experiences you can contact the social work service. Please let reception know if you would like to speak with a social worker about this project.

For more information

Pregnancy Advisory Centre
21 Belmore Tce
Woodville Park
Telephone: 8243-3999
www.pregnancyadvisorycentre.com.au

www.pregnancyadvisorycentre.com.au © Department of Health, Government of South Australia. All rights reserved.



Government
of South Australia

SA Health