

know your  
choices,  
be informed

Recognising  
reproductive coercion  
and abuse

# What is Reproductive Coercion?

Reproductive coercion and abuse is a behaviour aimed at establishing power and control by interfering with a pregnant person's reproductive autonomy, controlling and /or interfering with the person's decision making and access to options regarding their reproductive health and reproductive choices.

Reproductive coercion and abuse can show up through:

- Pressure to become pregnant
- Hiding, removing or throwing away contraception
- Controlling your decision about continuing or terminating a pregnancy





## Pregnancy pressure

Pressure to become pregnant can sound like:

“If you have my baby, I will know you really love me”

“If we have a baby together, I promise things will get better”



“We are married, why aren't you becoming pregnant?”

“If we have a baby, it will bring joy to my family”

## Hiding, removing or throwing away contraception

This can look like:

The physical removal of contraception from your body.

Not paying for or stopping payment for contraception.

Making holes in a condom or removing the condom during sex.

This can sound like:

“I don't want you to use the pill or any form of contraception”

“If you use contraception I will leave you”

“Condoms are uncomfortable, I will not use them”

“We are married, we do not need to use condoms or contraception”



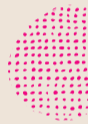
## Controlling your decision about continuing or terminating a pregnancy

This can sound like:

“If you love me, you will have my baby”

“I want a son/daughter, we will continue to have children until we have a son/daughter”

“If you have this baby, you will bring shame to me and my family”



**Reproductive coercion is a form of abuse, for help and support you can talk to Children by Choice on 1800 177 725 [www.childrenbychoice.org.au](http://www.childrenbychoice.org.au)**

If you are experiencing sexual violence or any form of violence and abuse you can contact DV Connect: 1800 811 811 [www.dvconnect.org](http://www.dvconnect.org)

Scan the  
QR code  
and learn  
more about  
your choices



Children by Choice

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