

**MY
BODY,
MY
RIGHT**



Some women find it difficult to use a contraceptive method in their relationship.

Some women feel pressured to become pregnant or to continue a pregnancy they do not want.

Some women feel pressured to end a pregnancy they want to keep.

Ask yourself...

- ▶ Have you ever felt pressured or forced to become pregnant?
- ▶ Are you treated poorly because you do not wish to become pregnant, you wish to use a contraceptive method, or you wish to end a pregnancy?
- ▶ Have you ever had your contraceptive method taken away or destroyed?
- ▶ Have you ever been forced to use a contraceptive method when you didn't want to?
- ▶ Have you ever been prevented from accessing contraception or abortion care?
- ▶ Have you ever been forced to end a pregnancy when you wanted to remain pregnant?

If you answered yes, you are not alone.

Help is available:

[Insert health facility name here]

[Insert health facility phone number here]

You have the RIGHT to choose

- ▶ if and when you are pregnant
- ▶ to use a contraceptive method
- ▶ to end a pregnancy

**There are ways to
use contraception
or end a pregnancy
without ANYONE
knowing!**

Your health provider can help you find the method that works best for you.



SAFE | EFFECTIVE | PRIVATE

**Worldwide,
nearly 1 in 3
women have
experienced
physical or
sexual abuse by
their intimate
partner.**

Ask yourself...

- ▶ Are you in a relationship where you are threatened, frightened, insulted, or treated badly?
- ▶ Are you in a relationship where you are being physically hurt?
- ▶ Are you in a relationship where you feel pressured or forced to have sex or do something sexual that makes you uncomfortable?

If you answered yes, you are not alone.

Help is available:

[Insert IPV support service name here]

[Insert IPV support service phone number here]

[Insert IPV support service name here]

[Insert IPV support service phone number here]



ARCHES

EMPOWERING WOMEN TO CONTROL THEIR REPRODUCTIVE HEALTH



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digital copy of this booklet.*