

WHAT TO DO IF I AM EXPERIENCING REPRODUCTIVE COERCION?

If you are concerned for your safety and/or health, reach out to:

//**The Sexual Assault and Partner Abuse Care Program**

The Ottawa Hospital - Civic Campus
(613) 798-5555 ext: 13770

//**The Clinic at VoiceFound**
(613) 686-1818

They will be equipped to provide:

- Pregnancy testing
- Sexually Transmitted Infection (STI) and PAP testing (cervical screening)
- HIV PrEP and PEP (for pre and post-exposure care and immunization for both Hepatitis B & A)
- Emergency birth control (Plan B, Ella, Copper IUD)
- Crisis counselling and safety planning
- Referrals for further care and resources available in Ottawa
- Medical abortions (VoiceFound)
- Completion of a Sexual Assault Evidence Kit (SAEK) (Civic Hospital)

FOR MORE INFORMATION

//**Planned Parenthood Ottawa**
(613) 226-3234
www.ppottawa.ca
ppottawa@ppottawa.ca

EMOTIONAL SUPPORT

The physical, mental, and emotional impacts of reproductive coercion can be a huge weight to carry and you are not alone.

For immediate peer support and counselling:

//**The Sexual Assault Support Centre Crisis Line**
(613)-234-2266

//**The Ottawa Rape Crisis Centre 24h Support**
(613)-562-2333

//**Planned Parenthood Ottawa Options Line**
(613)-226-3234 ext: 101
12pm - 4pm
Monday - Friday
ppottawa@ppottawa.ca

- Planned Parenthood Ottawa offers free, confidential, non-judgmental, evidence-informed and pro-choice **Pregnancy Options Counselling**. We provide support, information, and resource referrals for those experiencing reproductive coercion and regarding adoption, abortion/post-abortion, parenting, contraception, and STI navigation. Our staff and volunteers are here to answer your questions, offer support, or book you an appointment with one of our peer-counsellors.

We also welcome you to access our Reproductive Coercion Webpage for more information, prevention strategies, and community-based support resources.

REPRODUCTIVE COERCION



You can make your own decisions about your sexual and reproductive health.

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WHO WE ARE

Planned Parenthood Ottawa is a pro-choice organization supporting informed sexual and reproductive health choice through education, counselling, information and referral services.

WHAT IS REPRODUCTIVE COERCION (RC)?

Reproductive Coercion (RC) is when your choices related to if, how, and when you get pregnant or become a parent are controlled. This can happen when your partner, caregiver, healthcare provider or family members control your reproductive health choices. They may directly control, limit, or influence your reproductive decisions through manipulation, intimidation, withholding information, threats and/or acts of violence.

WHO EXPERIENCES REPRODUCTIVE COERCION?

This form of violence can affect anyone and is common, however, populations that are made more vulnerable to RC are mothers, young people, physically or cognitively disabled people, 2SLGBTQIA+ communities, people living with HIV, sex workers, immigrants, undocumented and non-permanent residents, Black and Indigenous peoples, those living in rural or remote communities and/or people of low-income status.

WHAT CAN RC LOOK LIKE?

Intimate Partner Relationships:

RC is a form of sexual violence and is common in relationships that are already emotionally, physically and/or sexually abusive.

RC includes behaviours such as:

- Destroying, hiding, or removing your birth control or contraceptive method
- Removing or damaging a condom without your knowledge or consent (“stealthling”)
- Failing to carry out an agreed-upon pull-out method
- Using pressure, intimidation or threats for you to become pregnant, continue with a pregnancy, or have an abortion
- Intentionally exposing you to sexually transmitted infections (STIs)
- Threatening violence or becoming violent if you make a decision about your reproductive health with which they do not agree

In Our Communities

- Unique social, cultural, religious, and familial reproductive pressure
- Community-based isolation and extreme judgement as a result of reproductive choices
- Social and government systems leaving pregnant people without a choice to parent based on a lack of social support and resource distribution (e.g absence of basic income, affordable child care, stable housing, or access to food)

Healthcare and Social Services:

- Barriers to receiving comprehensive reproductive healthcare, particularly for Queer, Trans, and Indigenous peoples
- Isolation from reproductive healthcare services in rural and/or remote and highly religious communities
- Pressure put on Disabled people, Indigenous community members, and people living with HIV to be sterilized (this permanent method of birth control includes forced hysterectomies and tubal ligations, performed without the full consent or awareness of patients)
- Policies, systems, and organizations that punish the disclosure of abuse and/or seek to control reproductive outcomes e.g 1) Threat of family separation via the Children’s Aid Society (CAS) for deciding to have additional children or seeking help for abuse 2) Immigration sponsorship and work permit policies that discourage the disclosure of abuse 3) Anti-abortion organizations disguised as pregnancy clinics, also known as Crisis Pregnancy Centres (CPCs)
- Healthcare workers withholding information about abortions, intentionally spreading misinformation, and/or encouraging the continuation of a pregnancy

For more information about behaviours associated with Reproductive Coercion, visit our website at: www.ppottawa.ca/rc