

# Reproductive Abuse

Reproductive abuse – also known as reproductive coercion – is a form of abuse in which someone else controls your reproductive choices. Like all abuse, it's used to gain power and control over you.

As you can imagine, reproductive abuse can have serious and life-changing consequences for those who experience it.

## Types of reproductive abuse

- Deciding whether or not you can use contraception
- Hiding your pills
- Secretly removing a condom during sex (known as stealthing—this is sexual assault and illegal)
- Lying about having a vasectomy
- Lying about being on the pill
- Promising to withdraw during sex and then getting “caught in the moment”
- Piercing holes in condoms
- Threatening to end the relationship if you don't have an abortion
- Threatening to end the relationship if you do have an abortion
- Getting you pregnant so you can't/won't leave

For more information on what

## 7 things to remember:

1. Reproductive abuse is not talked about much within the media or on other high-profile platforms, so it is easy to think you are on your own—you are not—we are here to help and support you
2. Abuse is never your fault
3. Your body = your choice
4. Where possible, buy birth control or condoms on your own, instead of allowing your partner to buy them
5. Keep birth control or condoms in a hidden or private location, if necessary
6. Inspect birth control pills to make sure they are the correct pills
7. Switch to a form of birth control

If you think you may be in an abusive relationship, you can call our helpline on 01273 622 822. We're here on Tuesday and Wednesday mornings 9.30 - 12.30. If you can't get through the first time,

Want to get involved and raise awareness? Why not attend our [Ask Me Ambassador](#) [Taster Session](#)