



REPRODUCTIVE COERCION **self quiz**

Am I experiencing reproductive coercion?*

WHAT IS REPRODUCTIVE COERCION?

Reproductive coercion is the behavior used to pressure or coerce a woman into becoming pregnant or into continuing or ending a pregnancy against her will, through the use of manipulation, intimidation, threats, and/or actual acts of violence.¹

Reproductive coercion most-often manifests within the context of an intimate, heterosexual relationship, when a man uses pregnancy-controlling behaviors in an effort to maintain power, control, and domination over a woman.²

For more information about reproductive coercion, please visit:

www.ncadv.org/programs/reproductive-coercion/Quick-facts-awareness-raising.pdf

www.ncadv.org/programs/reproductive-coercion/informational-brochure.pdf

ASK YOURSELF:

- Am I afraid to ask my partner to use condoms/birth control?
- Has my partner ever pressured me to get pregnant when I didn't want to?
- Has my partner ever tampered with or thrown away my birth control?
- Has my partner ever refused to pull out during sex, even though he said he would?
- Has my partner ever accused me of not loving him because I did not want to become pregnant?
- Has my partner ever refused to use a condom when I asked him to?
- Has my partner ever made me feel ashamed, or threatened to hurt me, because I wanted to use birth control or have an abortion?
- Does my partner remove condoms during sex, or claim that condoms keep breaking during sex?
- Have I ever had to hide my birth control from my partner?
- Has my partner ever pressured me to get an abortion when I didn't want one?
- Has my partner ever accused me of cheating on him because I wanted to use birth control?

*Portions of this document were adapted from Chamberlain, PhD, MPH, L., & Levenson, MA, R. (2012). *Addressing intimate partner violence, reproductive and sexual coercion: A guide for obstetric, gynecologic and reproductive health care settings*. In (2 ed.). Futures Without Violence. Retrieved June 18, 2014, from http://www.futureswithoutviolence.org/userfiles/file/HealthCare/reproguidelines_low_res_FINAL.pdf.

IF YOU ANSWERED YES TO ANY OF THESE QUESTIONS:

Your partner may be trying to take control of your reproductive decisions, and your health and safety may be in danger.

Your partner may be trying to get you pregnant against your will in order to keep you physically or financially tied to him forever.

You are not alone, and you deserve to make your own decisions about your body and your future without being made to feel ashamed or afraid.

TAKE CONTROL OF YOUR REPRODUCTIVE HEALTH:

Talk to your health care provider about birth control that your partner cannot see, feel, or tamper with (**such as the IUD [intrauterine device], implant, or shot**).

- An IUD is a small and very safe medical device that sits inside your uterus and protects against pregnancy for up to 10 years.
- An IUD can be removed at any time if you want to become pregnant.
- The strings of your IUD can be cut so that your partner cannot feel them.

If you do not want to become pregnant, use emergency contraception (also called Plan B or the morning after pill) after any act of unprotected sex.

- You can also have a copper IUD implanted up to one week after unprotected sex to prevent pregnancy, and the copper IUD will then continue to prevent pregnancy for up to 10 years.

If you are concerned for your physical safety, call one of the domestic abuse hotlines listed below to find support and resources near you:

National Domestic Violence Hotline
1-800-799-SAFE (1-800-799-7233)
www.thehotline.org

National Dating Abuse Hotline
1-866-331-9474
www.loveisrespect.org

National Sexual Assault Hotline
1-800-656-HOPE (1-800-656-4673)
www.rainn.org

For more reproductive health and domestic violence resources, please visit:
www.ncadv.org/programs/reproductive-coercion/Resources.pdf

¹Miller, E., & Silverman, J. Reproductive coercion and partner violence: implications for clinical assessment of unintended pregnancy. *Expert Review of Obstetrics & Gynecology*, 5(5), 511-516.

²Ibid.

