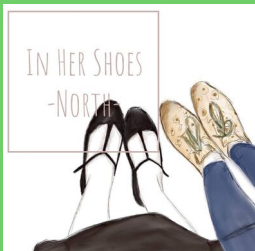


**"I know I wouldn't be
where I am today if I
was forced to go
through with my
unwanted pregnancy"**



**#NOSHAME - STORIES
WITHOUT STIGMA**

IN HER SHOES NI & ALLIANCE FOR CHOICE



IN HER SHOES NI & ALLIANCE FOR CHOICE

#NOSHAME

REAL QUOTES FROM REAL ABORTION STORIES

This project is called #noshame as an antidote to the anti-choice propaganda that can be used to frighten people into believing abortion causes emotional or physical harm. Alliance for Choice understands that abortion is a vital part of reproductive healthcare. Research shows that there is no evidence to support claims that abortion is harmful and very few people go on to regret the decision. We should be free to make informed choices without prejudice, stigma or fear playing a part..

The stories captured through 'In Her Shoes NI' depict a complex range of emotions because they are the voices of real women and pregnant people in difficult circumstances. Overwhelmingly, **we hear from people and we are people** who believe their abortion was the right decision for them. It is vital that we are trusted and supported to make our own decisions and that our authentic voices are heard. For too long we have been silenced. It is time to end the stigma and shame.



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"Abortion is far from absolving ourselves of responsibility. It's the most mature, responsible thing some of us can do in the very personal situations we are in."



"I have never regretted this decision."

"I decided to have an abortion as it wasn't the right time in my life to have a baby. My Mum travelled with me ... she commented she could see the weight lifted off my shoulders."



"My one view is that I made the best choice I could at the time."

"I was 16 and in love but not yet ready to be a mother. I have been able to take light from the situation in that I am in a good place and I have done all that I said I was going to do."



"As a 16 year old I had to secretly travel to England to get an abortion. I have never regretted my decision. I am now 56."

"I didn't want an abortion. I needed an abortion. I have never regretted that abortion for a single minute."

"I didn't make the decision to terminate lightly, but it was the right one."

"I felt such a sense of relief and gratitude to every person who helped me."



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"I know I wouldn't be where I am today if I was forced to go through with my unwanted pregnancy. I have never regretted having an abortion. It was the right thing for me. I only regret that I wasn't given the choice to have a free, safe and legal one in my own home country."



"I am not ashamed, nor have I any regrets about my decision to have an abortion....it should be a shameful decision to be exported and that this government propagates this by denying women in NI the services other UK women can access."



"I chose to have an abortion and I have never regretted it and I don't believe I suffered as a result of this choice either mentally or physically. I did suffer because I was forced to travel and pay for a medical procedure that should have been freely available to me on my doorstep."

"Some people pretend we don't exist. We do. Some of us are mothers. And we love our children. And throughout our lives we can mourn the loss of miscarriage and we can feel the relief of ending a pregnancy. And if you can't understand that then maybe take a seat and listen until you do."

Alliance for Choice -

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