

IN YOUR WORDS

CHILDREN
BY CHOICE



**A ZINE OF
ABORTION STORIES FOR YOU,
WRITTEN BY YOU**

CHILDREN BY CHOICE

Children by Choice is an independent not-for-profit organisation based in Queensland that has been championing the reproductive rights of women and pregnant people for over 50 years.

Our mission is to ensure every woman and pregnant person has reproductive autonomy and access to compassionate abortion care.





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IN YOUR WORDS

EVERY PERSON'S STORY HAS **POWER**

EVERY STORY SHOWS A DIFFERENT
JOURNEY OF COURAGE AND
STRENGTH

EVERY STORY **DESERVES TO BE
HEARD**

ABORTION IS HEALTHCARE

STORIES HELP CHANGE THE
NARRATIVE



ANONYMOUS

I was 17. My family all had babies young and I **didn't want that for myself**, I couldn't imagine that life for me. Even though I was on the pill, I had unprotected sex and my body just felt different. I took a pregnancy test, it was positive and visited the first available GP. She confirmed my pregnancy and when I said I would like to explore other options. she printed me out a factsheet in silence and told me to leave.

I sat in my car and cried for about 20 minutes before calling a private clinic. I was lucky I had some savings to afford the procedure but it didn't stop me feeling terrified walking in. **Thankfully the nurses at the private clinic were so kind.**

THEY MADE ME FEEL LIKE MY CHOICE WAS NOTHING BUT THAT, A CHOICE.

I think about my abortion often. But only in that way that I **hope no one else has to feel the way I did** before walking through the doors of that clinic. **Everyone deserves a choice.**

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I am a transmasculine agender person and here is my story. I was in an abusive relationship at the age of 13 and I got pregnant. **I was scared to death y'know?** I was thinking "omg what am I going to do? I'm too young and I can't support the baby" I was freaking out and so worried about if I had the child I wouldn't be able to support it and what would my family think?

That's when **my best friend suggested getting an abortion.** I was scared at first because I didn't know what it entailed. But my friend made the appointment with me and took me to said appointment to get an abortion at the hospital. The nurses were really nice and I felt comforted. When I got the abortion **I felt so much relief and happiness** because I knew that the child wouldn't have to live with a parent that can't support it being so young.

ABORTION SAVED MY LIFE

And I was told if I had the baby it would've possibly killed me which made me even more relieved. **Abortion saved my life** and I will ALWAYS be so thankful that it is an option, **I wouldn't be here without it as an option.**



ANONYMOUS

I was 27, I already had 2 children and I was completing my nursing studies. I had already known that I **mentally couldn't look after another child** as both my other children were struggling with neurodivergence and I was struggling with my own neurodivergence, alongside studying full time and working. I was only able to attend a private service, and with a small growing family, **\$600 was a lot of money.**

I'm also very aware of how fortunate I am to have the ability to have this access because I could pay for it, but that amount could have gone to so many other things to help support my family.

I've completed my studies, worked hard to get myself my dream job and my children are more grown up.

DUE TO NOT HAVING ANOTHER CHILD I AM MENTALLY ABLE TO BE THERE FOR THEM

Due to not having another child I am mentally able to be there for them to the best of my ability and afford things for them that I wouldn't be able to with a third child.

To me, my children deserve a mother who can be present with them, and **not overwhelmed all the time.**

I do not regret my abortion, and I am thankful for it.

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Abortion was officially decriminalised in Queensland in December 2018 under the Termination of Pregnancy Act 2018, removing it from the criminal code.

A group of approximately 15 diverse people, including men and women of various ages and ethnicities, are standing behind large, white, three-dimensional letters that spell out the word "DECRIMINALISED". They are positioned in front of a dark, textured background that appears to be a large building or monument. The people are dressed in casual to semi-formal attire, and some are holding small signs or banners. The overall scene conveys a sense of collective achievement and public demonstration.

Sharing stories of experiences accessing abortions helps reinforce that **abortion is healthcare.** Accessing an abortion should be a choice for any woman or person who can become pregnant, **regardless of their gender, race, cultural identity, ability, citizenship or location.**



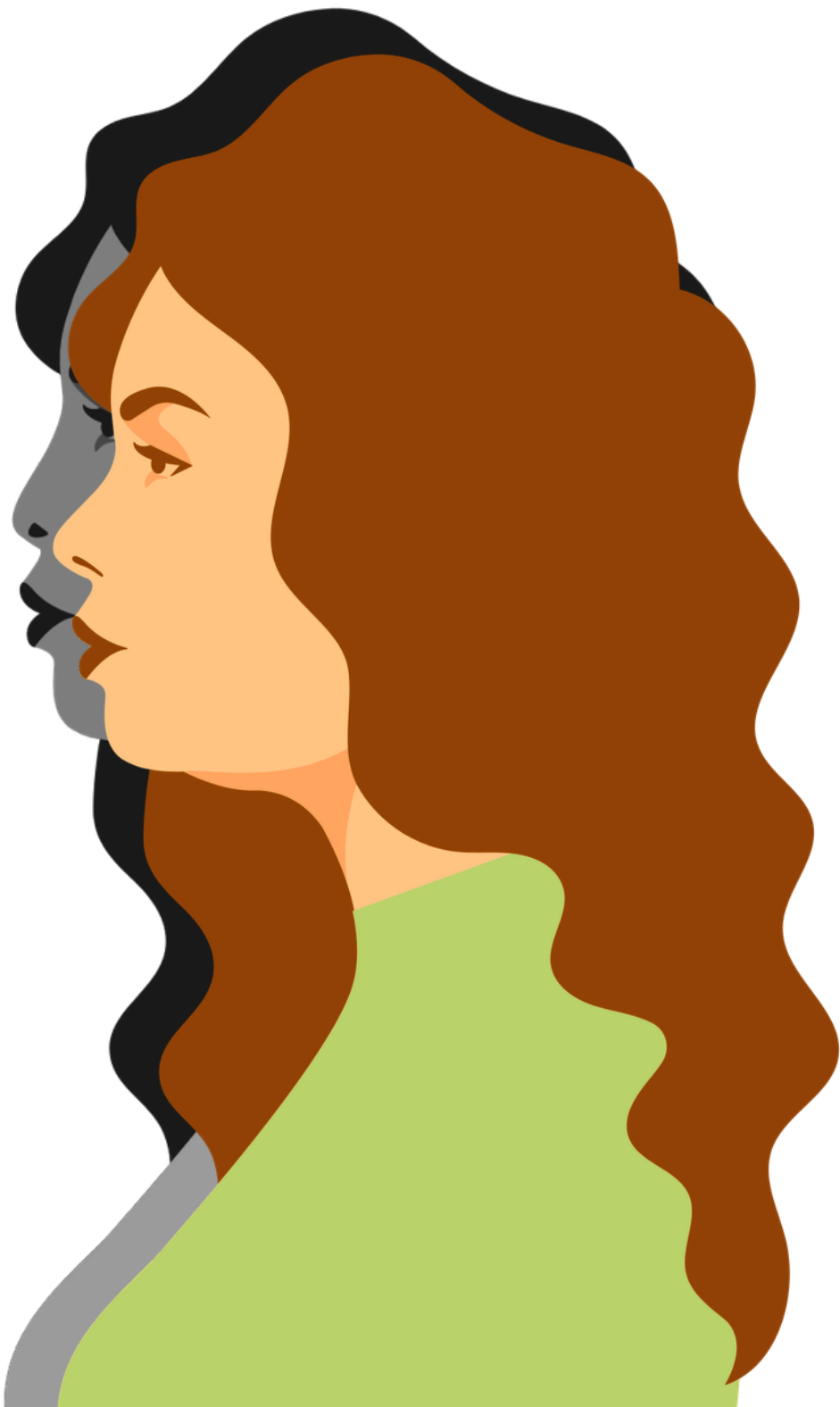
ANONYMOUS

I accessed an abortion 25 years ago. Back then things were different. **I had to sign a document saying I was mentally unfit to go through with the pregnancy or that I was physically incapable.**

I REMEMBER THINKING, "BUT NEITHER APPLIES".

I was in another country. I had no housing security or job security and **my partner at the time had zero interest in becoming a parent.** I couldn't bring myself to sign the form and waited another week **wrestling with my guilt in seeking an abortion.**

Two weeks later I finally signed it and had a surgical termination. I remember the sonographer's face. She barely looked at me. **I felt so ashamed.**



LISA

After welcoming my COVID-2020 baby, I unexpectedly fell pregnant again not long after, around Mother's Day. After many honest conversations and careful reflection, we made the difficult but necessary decision not to continue with the pregnancy. Financially, **raising four children in the current cost-of-living climate simply wasn't sustainable**, and more importantly, my doctor was clear: **carrying a fourth child would place me at significant risk**. My body likely wouldn't have been strong enough to safely go through another pregnancy, and **the possibility of life-threatening complications was real**.

But even when a decision is right, it doesn't mean it's easy. Every Mother's Day, I still find myself thinking about the "what if's" wondering about the gender, imagining the possibilities, and feeling the weight of the moment all over again. **Those feelings are real, and they matter.**

**AT THE END OF THE DAY, I CHOSE LIFE,
MY LIFE, SO I CAN CONTINUE TO SHOW UP**

At the end of the day, I chose life, my life, so I can continue to show up physically, mentally, and financially for the three children who are already here and who need me strong. **That choice required courage, clarity, and love.** And I stand by it.

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ANONYMOUS

I was 26 when I found out I was pregnant. **I always thought even by accident that when I saw those 2 lines I'd be so happy.** Even though I knew there was no chance it would be positive, I would always get a little sad that it was negative. **I've always wanted to be a mum.** I've always wanted to be pregnant & weirdly always wanted to experience child birth. But when I saw those 2 lines for the first time ever, I wasn't happy. Although it's my dream and goal in life, **it just didn't feel like the right time for me.**

IT WAS HARD TO MAKE THE CHOICE WHEN SOCIETY IS PLAGUED WITH SAYINGS LIKE "YOU'LL MAKE THINGS WORK OUT, YOU HAVE TO".

It's still my dream to become a mum one day. This whole experience has made us more focused on our mental & physical health. We have put some financial goals into place as well to make us feel more safe when I eventually go on maternity leave.

The abortion gave me freedom to work on a timeline to become a mother on my terms. To feel safe & stable in this world to welcome new life. Even if I seem to have things altogether on the outside, **it's okay for me to still want some more time.**

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ANONYMOUS

I was raised in a family structured by religion that looked at **abortion as "wrong"**, and that there was always another choice. As a teen growing up I even thought how **having a baby would be an escape** from having to grow up. At 22, I fell pregnant as I wasn't being consistent with my birth control pills. **I knew immediately that I was getting an abortion.** It was the most selfless and selfish thing I could do.

I forced myself to picture my life if I were to continue with the pregnancy and I was just so disappointed in myself for **not giving myself the best opportunity in life** to achieve my goals. I was literally in the first months of my uni degree to study midwifery. I sought a private service with the support of my partner, and **didn't tell a soul.**

I FELT SO RELIEVED, A LITTLE ASHAMED, AND LIKE I WAS HARBOURING THE WORLD'S BIGGEST SECRET.

15 years later I'm now able to give back. I'm working in a termination service and **I'm able to wholeheartedly support every woman I come across.** I'm proud of the career that I have built. I have a beautiful family and beautiful children. But that **would not have been possible if not for the women before me** that championed access to reproductive care.

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IN YOUR WORDS

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We're always seeking more stories. If you had an abortion, supported someone to access an abortion or considered an abortion but chose to continue your pregnancy, we would love to hear your story.



SHARE THE PROJECT

Order a poster pack to spread the word (posters, postcards, stickers)

Share on your
socials!



ABORTION IS HEALTHCARE
LET'S TELL OUR STORY

CHILDREN BY CHOICE

YOUR STORY

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