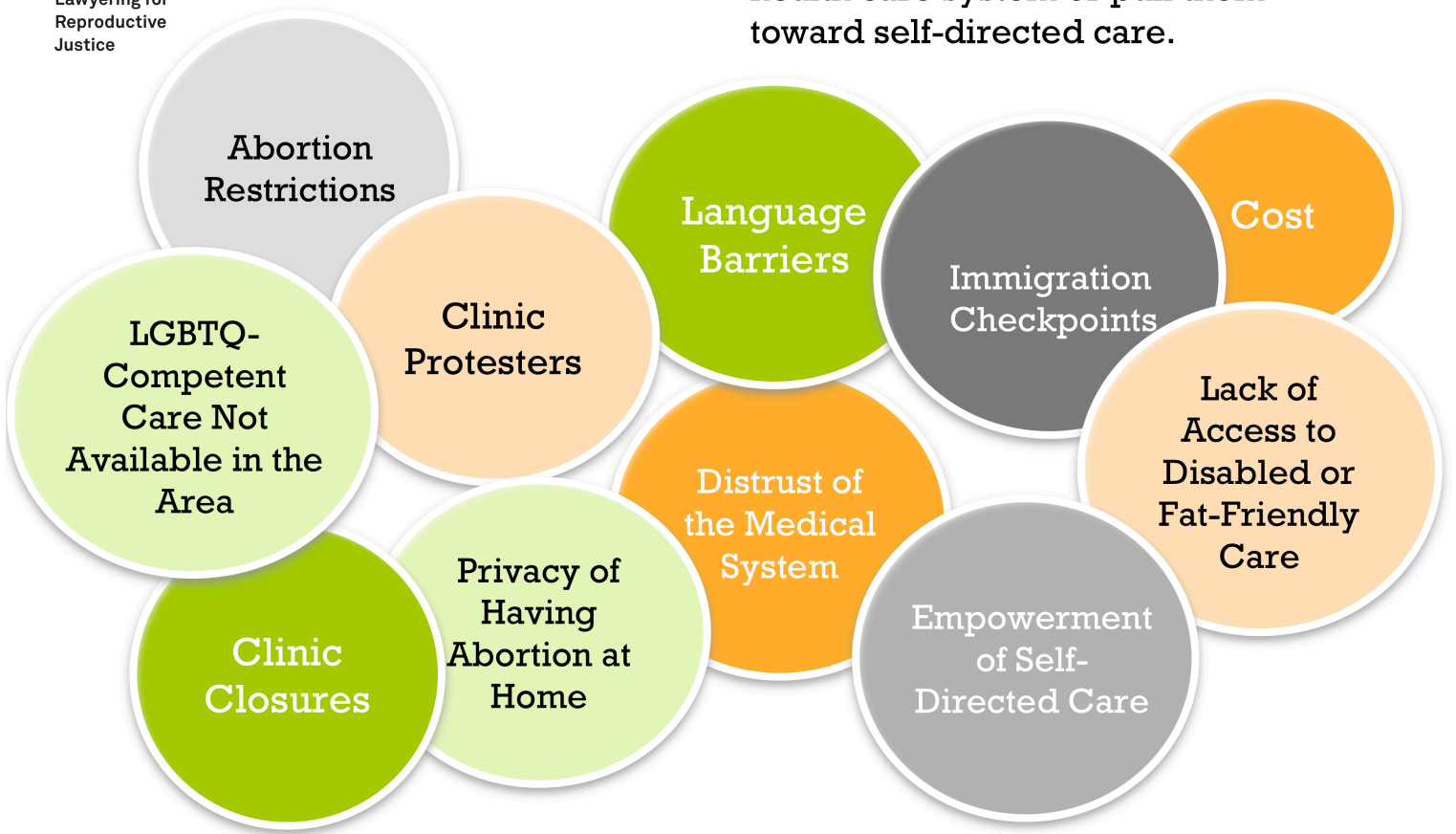


# REAL PEOPLE HAVE REAL REASONS

Many issues may push a pregnant person away from the formal health care system or pull them toward self-directed care.



## Factors PUSHING People from Formal Health Care

Legal restrictions on abortion providers have decimated reproductive health services, leaving many areas of the country without a clinical facility offering abortion.

Financial barriers, waiting periods and parental consent requirements make it difficult or impossible for some patients to access a clinic-based abortion.

The threat of public exposure can make it too risky for people who must keep their abortions private to go to an abortion-providing facility.

The presence of protesters is intimidating and jarring for some patients, particularly those who have survived violence in the past.

Some people distrust the conventional U.S. health care system, which has a long history of abuses targeting people of color, immigrants and people living in poverty.

## Factors PULLING People Toward Self-Care

Having control over the time and place of the abortion can make it more accessible, comfortable, and affordable, eliminating the burden and expense of travel, loss of work-time and childcare.

With accurate information and reliable support, self-care can be empowering, allowing people to take control over health decisions.

Women know what they want and need; women who have had a miscarriage or previous abortion or who have learned how safe medication abortion is and what is involved, may not feel that medical oversight is necessary for them.

Self-directed care may be a requirement of a belief system or an expression of personal values.

SIA is a common way to end a pregnancy in many parts of the world, and some immigrants may prefer this practice.