

# CARE, SUPPORT, REDUCE HARM

Strategies from the margins to expand safe abortion access

## What is IPPF's Harm Reduction Strategy?

A safe way to protect life and health in restrictive contexts.

Inform without judgment

Support without intervening

Care without criminalizing

## Foundations:

- ◆ Rights-based: health, life, autonomy
- ◆ Backed by WHO & IPPF
- ◆ Focused on dignity and care

When the law prohibits,  
**information protects.**

## How does it work?

A three-moment model:

### BEFORE

- ◆ Non-directive counseling
- ◆ Clear info on safe medication use
- ◆ Needs assessment

### DURING

- ◆ Community support
- ◆ Safe access through feminist networks and ally pharmacies
- ◆ Informed self-care

### AFTER

- ◆ Post abortion care
- ◆ Emotional support
- ◆ Contraception

This model maintains legality without abandoning those in need.

## Where does it work?

- ◆ **Ecuador, Bolivia, México, Guatemala**  
community health networks, support groups, pharmacies.
- ◆ **Chile, Perú, Colombia**  
WHO-based info via online platforms
- ◆ **Paraguay, Sta. Lucía, Haití**  
mobile counseling, peer support, workshops
- ◆ **Surinam, Granada, Dominica, Curaçao, Argentina, Canadá, EUA, Aruba**  
counseling on pregnancy options, referrals to safe spaces

## What does IPPF Americas & the Caribbean do?

- ◆ Strengthens organizational links
- ◆ Builds referral networks for safe abortion
- ◆ Connects feminist allies, health actors, and communities
- ◆ Advocates for information and care as rights

## To advance, we need:

- ◆ Access to essential medications
- ◆ End of criminalization
- ◆ Protection and defense for abortion companions / doulas
- ◆ Funding for autonomy-based strategies

**Where rights are restricted,  
the strategy is community-based care.**