



WHAT IS FEMINIST MEDICATION ABORTION ACCOMPANIMENT?

Feminist medication abortion accompaniment is a model of abortion care and a radical political activism movement that **supports people in accessing safe abortion and exercising their reproductive autonomy** regardless of the legal context. This model emerged as an area of autonomous health action among feminist movements in response to the failure of the state to provide safe abortion care.¹ Abortion accompaniment is characterized by activist-driven, community-based strategies to facilitate use of de-medicalized approaches to widely available medications. Accompaniment follows a shared understanding of safe abortion as not only evidence-based, but also a practice that is caring, autonomous, and free of violence, stigma, and judgment. Feminist accompaniment groups promote horizontal peer-to-peer learning, and take great care to center the needs, desires, and empowerment of the aborting person. These networks operate in approximately 50 countries worldwide.² **Women Help Women** maintains a list of safe abortion accompaniment groups and hotlines in each country, including regional networks such as the **Mobilizing Activists around Medication Abortion (MAMA) Network** in Africa and the **Red Compañera** in Latin America.

HOW DOES FEMINIST MEDICATION ABORTION ACCOMPANIMENT WORK?

Though there is no single approach to abortion accompaniment, all groups seek to respond to the unique needs of those they accompany throughout an abortion process. The overarching basis of the accompaniment approach involves trained companions who provide World Health Organization-recommended medication abortion counseling and guidance, as well as compassionate emotional and physical support, throughout an individual's self-managed medication abortion process. Accompaniment is provided over the phone, through secure digital platforms, and/or in person.

While accompaniment groups largely operate independently of the health facility-based system, companions know if, when, and how to counsel a person to seek health care during an accompanied self-managed abortion process, and can provide guidance to protect the person from legal scrutiny. Some accompaniment groups have established collaborations with friendly clinicians who facilitate access to this in-clinic care if and when needed.

WHAT IS THE EVIDENCE AROUND THE SAFETY AND EFFECTIVENESS OF FEMINIST MEDICATION ABORTION ACCOMPANIMENT?

The most recent evidence shows that self-managed medication abortion with the support of feminist abortion accompaniment is extremely safe and effective,^{3,4,5,6} no less so than in-clinic abortion care.³ Among over 1,000 accompanied participants in a recent study, the vast majority (97%) reported a complete abortion without surgical intervention.³ Accompaniment groups also support safe and effective second-trimester medication abortion processes; research highlights that over 76% of those who self-managed an abortion for a pregnancy of 13-24 weeks duration with medication alone were able to safely and effectively complete their abortion with accompaniment support^{5,6}—a number that increases to 95% percent with additional medical interventions.

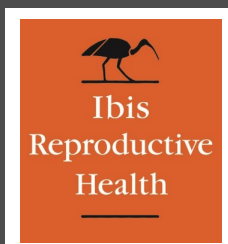
WHAT IS THE INTENDED IMPACT OF FEMINIST MEDICATION ABORTION ACCOMPANIMENT?

By uplifting five main strategies—feminist abortion accompaniment, political activism, intersectional feminism, strategic articulation, and abortion normalization—feminist medication abortion accompaniment seeks to affirm abortion as a valid and valued reproductive choice, in which people who have abortions are enabled as the protagonists of their own abortion process.⁷

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