

Demystifying Self-Managed Abortion Care: A Human Rights-Based Approach to Busting Stigma and Increasing Awareness With the Help of a Chatbot

An Abstract of Project Report by Lili Margit Steffen

Access to safer abortion care is upheld in multiple fundamental human rights, with effective and reliable methods of abortion listed on the the World Health Organization's (WHO) list of essential medicines. Legally and practically-unimpeded access to self-managed abortion care (SMA) is still, however, not a reality for many pregnant people across the world. In many contexts, SMA remains criminalized and highly stigmatized, despite the fact that networks of pro-abortion organizers have been putting in the work to make sure pregnant people can exercise their rights with access to self-determined abortion care. Approaching the issue from the human rights perspectives of reproductive justice and harm reduction, I set out to complete a project that contributes to the breadth of information sharing and stigma busting needed for demystifying SMA. With the help of digital chatbot technology, I created an interactive learning tool that provides accessible and engaging educational material related to the practice of SMA within the broader landscape of reproductive rights. The potential impact of this project aims to introduce more people to the context of modern-day SMA as essential health care and a fundamental human right.