

# *Telling Truer Stories*

AN ANTHOLOGY FOR SAFE AND LEGAL ABORTION



  
Pinsan

PHILIPPINE SAFE ABORTION ADVOCACY NETWORK

# ABOUT PINSAN

The Philippine Safe Abortion Advocacy Network (PINSAN) is a network of human rights advocates which include representatives from women's/human rights organisations, lawyers and youth networks willing to work openly on the issue of unsafe abortion for the first time in Philippine history.

PINSAN opens up a space for the development of a coherent and coordinated strategy to address the high incidence of unsafe abortion; to address the stigma that surrounds abortion in the country; promote appropriate post abortion care meeting WHO guidelines; and to decriminalise abortion in the country and extend the exceptions to the current law.



# TELLING TRUER STORIES

In the Philippines, more than 600,000 abortions happen every year. Every day, around 3 women die due to abortion complications. Yet little do we hear about this from the news or even from the people around us. Abortion is talked about in hushed voices, if at all. And when it is talked about it is usually done so from a position of fear, anger, or ignorance – rarely compassion. Which is why it’s no surprise that when it’s portrayed in mainstream media, we always witness the same kinds of stories – women who end their pregnancies are often portrayed as sad, poor, and disempowered, and the people around them are prejudiced and judgmental, rarely supportive and understanding. These stories do not reflect the realities and truths that women live every day. And such stories only serve to perpetuate the conservative and stigmatizing status quo that ultimately hurts women, leading to their suffering, morbidity, and even death.

We’ve invited artists and storytellers to join the first art anthology for safe and legal abortion in the Philippines. We’ve collected visual art, video, and creative nonfiction for the purpose of destigmatizing, demystifying, and decriminalizing abortion in our country.

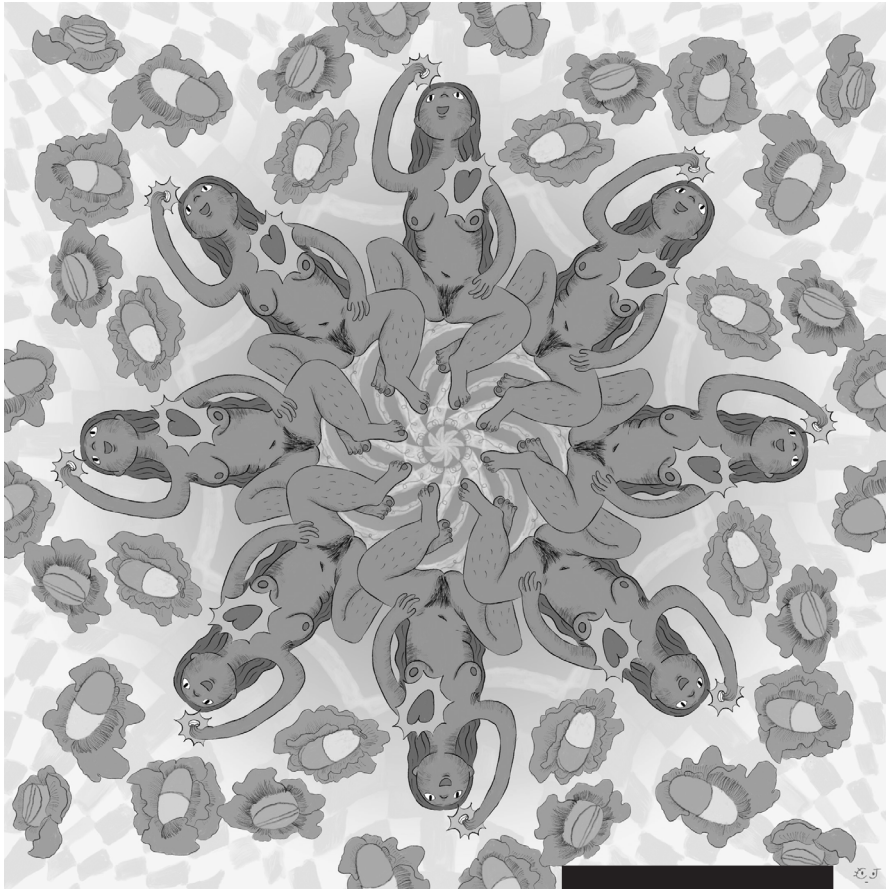
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“

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# VISUAL ART



**FIRST PLACE**

**“Choices”  
Christine Silva**



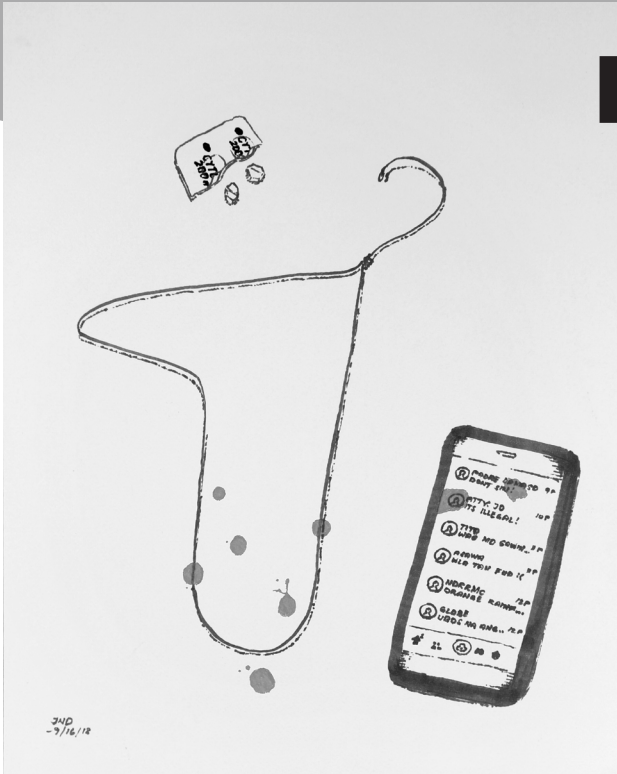


**SECOND PLACE**

**“The Unraveling”  
Galaxie Maria Delfino**

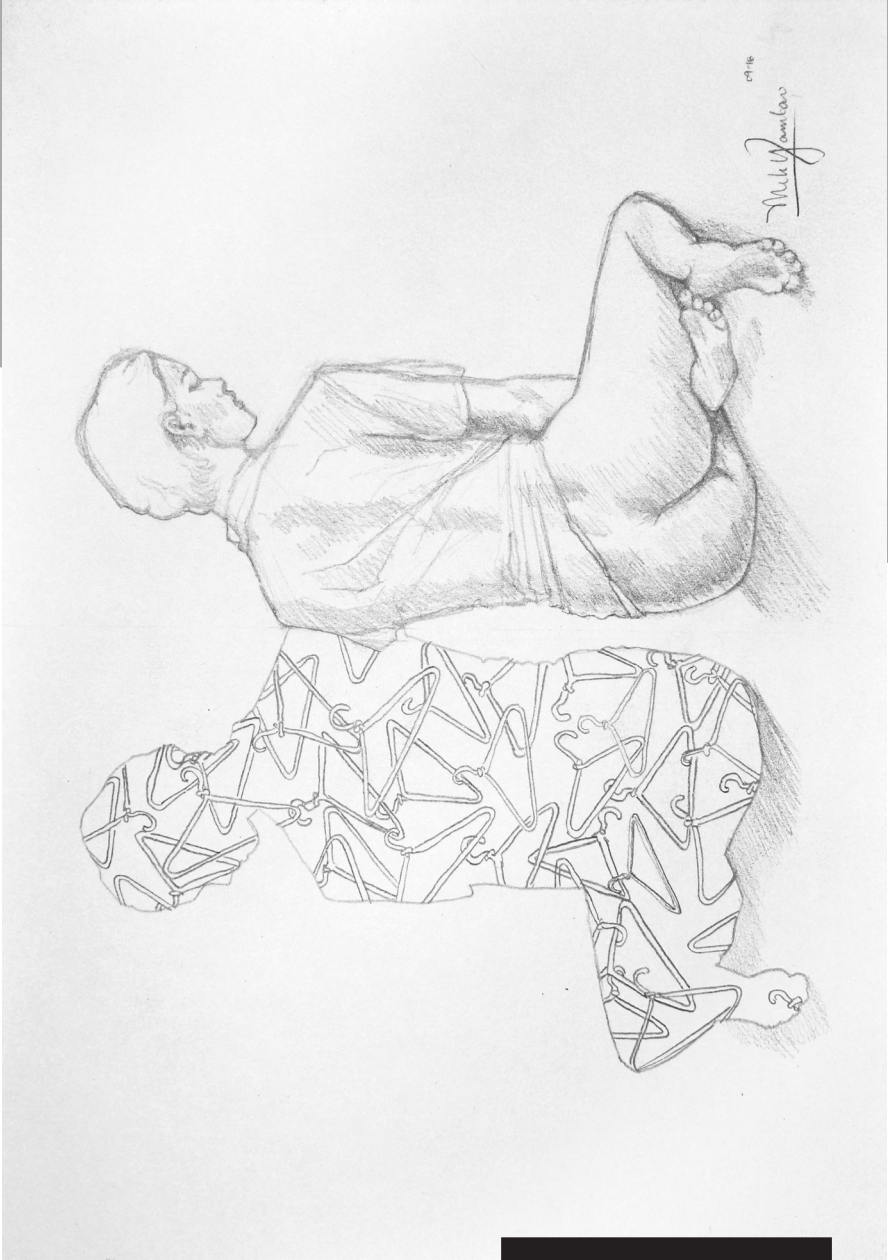
## THIRD PLACE

Jann Decano



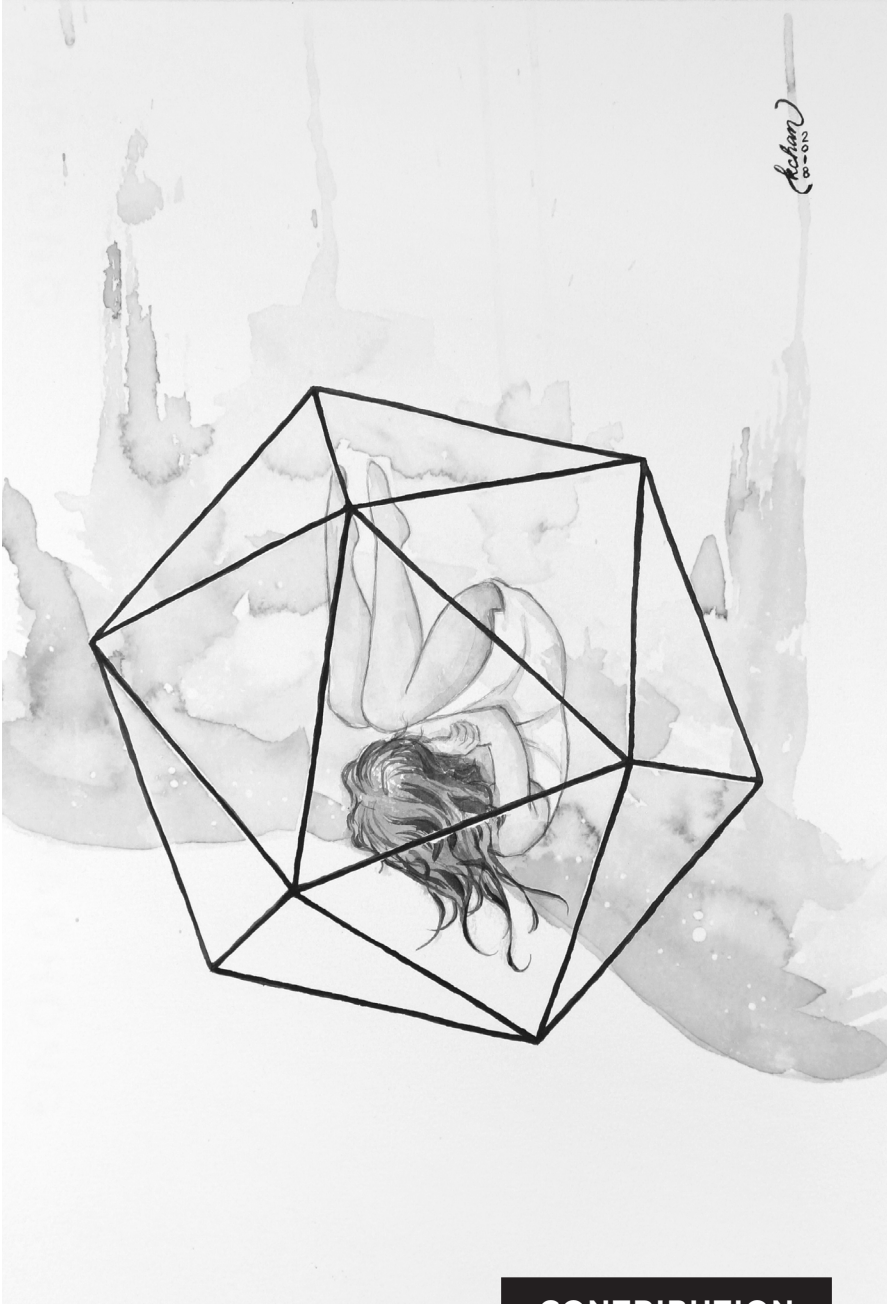
## CONTRIBUTION

Kristine Chan



**CONTRIBUTION**

Mek Yambao  
[www.mekyambao.com](http://www.mekyambao.com)



**CONTRIBUTION**

Kristine Chan



# VIDEO



“HELE with Helen - How to use a Hanger”

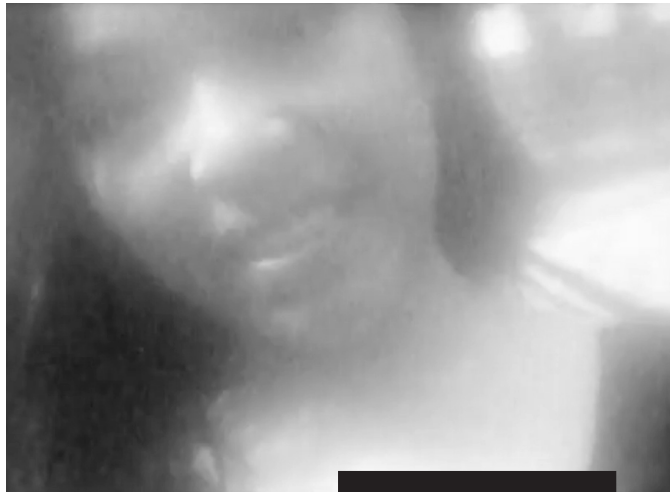
Emilie Batard

Videos can be viewed at:  
[pinsan.ph/anthology/](https://pinsan.ph/anthology/)



**SECOND PLACE**

Dawn Macahilo



**THIRD PLACE**

**“Mga Tuyong Tawa ng Paglimot, Mga  
Manhid na Luha ng Pag alala”**

Cha Roque



## CONTRIBUTIONS



**Carlos Celdran**

**Nicole Curato**

**Sharmila Parmanand**

**Kevin de Vera**

**Quennie Maravillas**

**Amihan Soriano**

**Chang Longcanaya**

Videos can be viewed at:  
[pinsan.ph/anthology/](https://pinsan.ph/anthology/)

# CREATIVE NON-FICTION

## Abortion in the time of social media

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“

Unfortunately, our stories were mostly met with anger, insult, ill-informed and unsolicited advice.

“

The reality is that abortion is happening in the Philippines, and thousands of women are dying precisely because abortion is illegal in this country. Many of us choose to ignore this truth.

“

As long as we keep our minds shut, we will always have a negative perception of abortion. As long as we keep mum, nothing will change.

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**FIRST PLACE**

Fritz Rodriguez

Full Text at: [pinsan.ph/anthology/](https://pinsan.ph/anthology/)

## The stories she heard

“

The worst stories she'd heard came from the nurses over at Fabella, about women who didn't have enough money or contacts, and opted to do it themselves:

There were the ones who tried to fish it out with a hanger.

The ones that were advised to expel it with laundry detergent.

The ones who “fell” down flights of stairs in an attempt to dislodge it.

**SECOND PLACE**

Danielle Hill

Full Text at: [pinsan.ph/anthology/](https://pinsan.ph/anthology/)

# No Regrets

“

I wrote this because I am tired of girls  
being made to regret decisions  
that involve their own bodies.  
I am tired of women having to do  
what they don't want to do  
because of the fear of being judged.  
Motherhood is a gift but it is also a decision.

So if I could go back to the exact same  
situation where I had to choose between  
keeping the baby or not would I still do it?  
Yes, and hopefully in a more sanitized,  
safe place for abortions.

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**THIRD PLACE**

Cha Roque

Full Text at: [pinsan.ph/anthology/](https://pinsan.ph/anthology/)

# Dalamhati

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Tandang-tanda ko pa  
Nag-ring ang aking  
telepono

Sa kabilang linya  
Ang mareng pulis  
Tungkol pala sa kaso

Isang rape victim  
Tawagin natin s'yang  
Maria

21 ang edad  
May dwarfism

Hanggang baywang  
Ang taas

Pinagsamantalahan  
Nabuntis

Peligrosong  
panganak  
Namatay pagkatapos  
manganak

Nang makausap ko  
Ang ina ni Maria

Tinanong ko  
Kung alam kaya ni  
Maria  
Kung saan may safe  
abortion

Palagay nyo  
Pupunta sya?

Sagot ng ina  
Kung alam lang namin  
Kung saan

Sana buhay pa ang  
Anak ko ngayon

Magulo ang linya  
Malayo si Nanay  
Ngunit dama ko  
Ang kanyang dalamhati

**CONTRIBUTION**

Atty. Clara Rita A. Padilla

# Open Secrets

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I heard about Jenny,  
she got hers in Hong Kong  
it cost a pretty penny,  
she was six weeks along

I heard about Tanya,  
she took the week end  
and flew off to California  
with her special friend

I heard about Nella,  
hers was in Sing  
Her next stop, Coachella,  
she spent the arvo  
shopping

I heard about Mary,  
she went to Vancouver  
so she could have hers  
sucked out by a Hoover

I heard about Andie,  
her boyfriend is Swiss  
he took her to Zurich  
when something was  
amiss

I heard about Ophelia,  
too broke for a flight  
she had a local hilot  
take care of her plight

I heard about 'Minda,  
she had no choice  
she "fell" down the stairs,  
in front of her boys

I heard about Matet,  
who prayed and prayed  
and got beaten bloody  
when she was delayed

I heard about Liselle,  
she chanced Quiapo church  
a plastic of poison was  
the fruit of her search

I heard about Joanne,  
she drank her elixir  
and dropped down dead  
in front of her fixer

I heard about Rissa,  
I heard that she died  
I heard that they caught her,  
I heard no one cried

**CONTRIBUTION**

Sabrina Schnabel



# Bleeding

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Laying in bed

I feel burning

contractions

Increasing in strength

in my uterus

I can feel the lasting pain

Continuously with

no pause

Hold me

I am fading away

Silently crying

My muscles are twitching

Violently cramping

Uncontrollably shaking

Hurry...please hurry

I don't want to die

I closed my eyes praying.

Blood is oozing

Screaming

Roaring

Enough

I am going to live

I have to fight back

I have to see the

beautiful sunlight

I made my own decision

I made my own choice

It's over

The real fear is gone

No more blood

The bleeding stopped

I am alive

**CONTRIBUTION**

Ana P. Ebo

# Rebirth

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I saw the first light  
Out of nowhere  
As I opened my eyes  
Sunshine reappearing  
Wondering am I dreaming?

Willing to remember  
Releasing  
The unconscious feeling  
Incarnating  
The trapped soul of my being.

Awaken  
Embracing the wholeness of my soul  
Beckoning  
The renewed feeling  
Totally liberating

**CONTRIBUTION**

Ana P. Ebo

# Pinagdaanan

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Sapatos nami'y sukatin,  
landas nami'y tahakin,  
daing nami'y pakinggan,  
daang ito'y lakaran.

Duda at panghuhusga,  
pangungutya at pagpuna  
ang aming naranasan  
dahil hindi naiintindihan.

Kung nangyari sa inyo  
anong gagawin ninyo?

Ang aming kailangan  
sana'y pagbigyan:  
pagdamay at pagunawa  
respeto at simpatiya

Kalusugan at kaligtasan  
ay aming karapatan.  
Pagpalaglag na pinagdaanan  
sana inyong igalang.

**CONTRIBUTION**

Red Tani



**PHILIPPINE SAFE ABORTION ADVOCACY NETWORK**

We are committed to working towards achieving full realization of women and girls' human rights – including their sexual and reproductive health and rights.

✉ [pinsan.network@gmail.com](mailto:pinsan.network@gmail.com)

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