

FEDERA

**Strategic Plan
2023–2028**

Introduction

Since 1991, FEDERA has been fighting for women's rights, providing free legal assistance and representation, intervening in cases of violations of patient's rights, and offering expert advice on sexual and reproductive health and rights. For thirty-one years, we operated under the agreement of five organizations (Polish Women's League, Polish Feminist Association, Pro Femina Association, Neutrum – Association for a Worldview-Neutral State, and Association of Christian Girls and Women Polska Y.W.C.A) under the name Federation for Women and Family Planning. It was a time of paving the way for the non-governmental sector in the emerging democracy, overcoming systemic difficulties, and developing methods of support. The community created at that time became both a model of action and an expression of our solidarity and tenacity in the fight for human rights.

In 2022, the Federation transformed into the Foundation, which a year later underwent a change of visual identification. Our new graphic design is a balance between the tradition of the Federation and the aesthetics of newly established grassroots feminist initiatives – it is placed between new energy to act and the experience and professionalism that characterize FEDERA.

The new FEDERA logo is more universal and modern. The project is based on a combination of the symbol of femininity with a cross, which symbolizes first aid. The combination of these two symbols resulted in the characteristic letter "F" – the abbreviated mark of the FEDERA Foundation. The bright red in the logo also refers to the color of menstrual blood.

We have been working for reproductive justice for over 30 years. Our work evolves, the problems we deal with and the age of the people we help change. The world around us is changing. So we decided we had to change too. Adapt more to the expectations of younger people and focus more on building our image – says Krystyna Kacpura, President of the Foundation's Board.

Today, the FEDERA Foundation is the only non-governmental organization in Poland that provides organized support in access to abortion in Polish hospitals. We also constantly conduct legal training for medical staff, educate

civil society, monitor the availability of reproductive rights in the country and fight for women's rights in Poland on the international arena.

Our goal is also to change the way of talking and thinking about abortion in society. We want to make systemically guaranteed, free, and safe services in the field of sexual and reproductive health a matter of course for people living in Poland. We consider it crucial that issues such as abortion, contraception, or prenatal prevention research be considered medical, not ideological. However, we fight not only to change the way society thinks, but also to guarantee real access to reproductive services in law and public health policies.

And there is something to fight for – a Polish citizen can obtain a legal abortion in a hospital today only on two grounds – a threat to her life and health or if the pregnancy is a result of a prohibited act. The judgment of the Constitutional Tribunal of October 2020 made it impossible to perform the procedure on the basis of fetal defects. In terms of respecting reproductive rights, this makes us one of the most inhumane countries in Europe. However, no conservative government, foundations financed by foreign powers, attempts to intimidate activists, or systemic obstacles have prevented and will not prevent us from helping women. No matter what, FEDERA will always be by your side.



Advocacy

NATIONAL ADVOCACY

DIAGNOSIS

National advocacy is one of the key elements of the FEDERA's activity. It guarantees visibility of the organization, identifies important topics in its work, and also obtains the information necessary to design campaigns and strategy of the Foundation's operations.

OBJECTIVES

FEDERA's advocacy plans for the next five years largely depend on the results of the parliamentary elections scheduled to take place in the fall of 2023. The political situation strongly affects the possibility of gaining potential allies in state structures, hence the type and scale of possible actions. It is certain, however, that both active and reactive initiatives will be maintained as part of advocacy. The situation in the country will be monitored, and the Foundation will continue to build activities aimed at raising public awareness of the state of sexual and reproductive rights in Poland through open letters, educational campaigns, reports, and coordinated media publications. The actions taken, regardless of their form, will be aimed at achieving at least one of the following overarching goals of the Foundation's national advocacy activities.

These goals include:

- Improvement of the quality and accessibility of sexual and reproductive health services;
- Decriminalization and liberalization of the anti-abortion law and improving the quality of abortion-related care, which requires legal changes;
- Monitoring of the reproductive reality in Poland;
- Motivating national institutions to respond to alarming events, systemic procedures and practices (especially, but not only, legal and medical);
- Drawing attention of the public and decision-makers to violations of national and international standards of sexual and reproductive care and proposing solutions in line with the state of the art knowledge and practice;
- Strengthening the position and recognition of the Foundation as a defender of women's rights in Poland.

TOOLS

Advocacy activities should be divided into active and reactive. Active activities include all the Foundation's own initiatives, i.e. requests for access to public information, official letters, written comments based on monitoring of the demographic and social situation in the country, etc.

The Foundation's active advocacy activities also include establishing and maintaining contact with a number of state authorities, with particular emphasis on the Ministry of Health, the Ministry of Family and Social Policy, the National Health Fund, the National Prosecutor's Office, and bodies of medical chambers. Information obtained, among others, from the above-mentioned bodies are used to design further activities, including social and outdoor media campaigns, and mapping topics that require further exploration, e.g. in the form of publications.

Reactive actions, in turn, include preparation of responses to current events in the country, such as high-profile cases of violations of patient's rights, tightening of regulations, publication of a commentary on the events of the current session of the Sejm. In most cases, reactive advocacy requires dynamic action involving representatives of other departments of the Foundation, e.g. the President, the Program Consultant, and the Communication Coordinator. Reactive advocacy is more dynamic than its active counterpart, requiring quick planning and immediate responses.

MONITORING

MONITORING OF SRHR SERVICES

DIAGNOSIS

FEDERA monitors access to SRHR services. The need for analysis results from very poor access to abortion, contraception (Poland ranks last in Europe according to the Contraception Atlas), and prenatal tests, as well as violations of patient's rights by doctors and medical facilities.

OBJECTIVES

Between 2023 and 2028, FEDERA will continuously research access to contraception, abortion, sexuality education, prenatal testing, and IVF. At the same time, it will

continue to monitor the inclusion of the above-mentioned topics in election agendas. There are plans to extend the scope of the Foundation's monitoring activities in order to include access to gynecological examinations, including prenatal examinations, as well as access to IVF. FEDERA also researches access to hospitals and gynecologists.

Knowledge of the facts will translate into FEDERA's advocacy and educational campaigns that will bring social change at the local and national levels.

The aims of planned activities are the following:

- increase of society's awareness and knowledge about abortion, contraception, and sexuality education;
- increase in the level of response to violations of patient's rights;
- reduction of the scale of patient's rights violations;
- increase of the impact on the development of pro-patient policies by medical facilities,
- as well as government institutions;
- change of the law to a more liberal one in the context of sexual and reproductive rights;
- increase in the number of allies of reproductive rights in the media, politics and social organizations.

TOOLS

The tools used to achieve the planned actions include:

- requesting public information;
- monitoring reports containing system recommendations;
- databases of medical facilities and doctors.

MONITORING OF THE ANTI-GENDER MOVEMENT

DIAGNOSIS

All over the world, we are witnessing a dangerous development of the anti-gender movement. Conservative retreat from progressive social movements, coupled with far-right extremism and white nationalism, threatens the gains of women around the world. The achievements of feminism, LGBTQ+ people, and indigenous communities, which until recently brought us linearly closer to equality, now encounter organized resistance.

The anti-gender movement opposes what it calls "gender ideology", "gender theory", or "genderism". Under these terms, they understand issues such as women's or minority rights, but also state policies (e.g. gender mainstreaming), or social sciences that study gender.

In Poland, anti-genderists strike at, among others, sexual and reproductive rights. The result of this activity, com-

bined with years of government negligence, is one of the strictest anti-abortion laws in the European Union, the worst access to contraception in Europe, and the lack of reliable sex education.

OBJECTIVES

The aim of FEDERA's activities will be to counteract organized resistance to sexual and reproductive rights activism and broadly understood progressive values. FEDERA will strive to ensure that legal regulations introduced at the national and international level are free from content motivated by anti-gender ideology, and that the propaganda disseminated by the movement does not influence social attitudes and public debate. In addition, the aim of FEDERA's anti-gender activities will also be to shape the social climate in such a way as to gain universal support for feminist activities and rejection of anti-gender ideology.

TOOLS

The tools by which FEDERA intends to achieve the goals set out above are, among others: reports, legal opinions, positions, statements, petitions, open letters, and social campaigns.

FEDERA will monitor professional entities, such as anti-gender organizations and their activists, or key politicians and holders of public positions. These groups are the most specialized and also have significant financial and personal resources, etc. Influencing them will require more time-consuming activities, e.g. presenting draft laws, legal opinions, or scientific descriptions.

FEDERA will strive to gain support for its activities from key actors shaping the socio-political situation: politicians, state authorities, representatives of business, the media, and international organizations. Influencing these groups, as above, will require professional and specialized tools.

Efforts should be made to ensure that legislation prepared by decision-makers is free from the influence of anti-gender ideology, while those that directly relate to SRHR are co-created with the support and under substantive control of FEDERA or its partners; therefore, it will be advisable for FEDERA to prepare draft laws and other documents or to participate in the works as experts.

Some of the assumed goals will be possible to achieve through court proceedings. FEDERA will act as plaintiffs, join the proceedings as a social party, or support the courts with amicus curiae opinions. This will allow to maintain balance during key proceedings and counter the expected participation of anti-genderists.

FEDERA will advocate for key decision-making positions, both national and international, to be filled by people with progressive beliefs, who will resist anti-gender ideology and will be willing to cooperate closely with FEDERA and its partners. This will be possible thanks to, for example, open letters of support, giving opinions on candidates or informing the public of detected wrongdoings.

FEDERA will signal to decision-makers the threat of fundamentalism, pressing to remove its representatives from the political mainstream and decision-making centers, as well as to deprive them of access to financial resources. Reports and positions prepared will be useful for this purpose.

FEDERA's advocacy activities will also focus on ensuring that private entities with significant financial resources direct them to causes beneficial from the feminist point of view, and their activities take into account feminist values.

Cooperation with the media should focus on signaling to the public the threats posed by the anti-gender movement and the results of monitoring activities, such as noticed financial and personal connections or lobbying successes of anti-genderists. As the current practice shows, FEDERA's appeals or articles are widely quoted and reproduced by the media and can be the beginning of a positive social change.

In order to counteract anti-genderism, it will be advisable to obtain support from the institutions of the European Union, the Council of Europe or the United Nations and use them to implement the progressive agenda. This is achievable using FEDERA's current advocacy efforts.

In order to strengthen the impact of the above strategies, FEDERA will strive to cooperate with other entities of similar values, both Polish and foreign. This will create a safe and effective platform for support and exchange of good practices in the context of combating anti-genderism, lobbying, access to resources and know-how. FEDERA considers potential allies to include: politicians, activists, NGOs, local governments, journalists, academics, representatives of business and employee organizations. The form of operation of these coalitions may, although it does not have to, be formalized and, depending on the situation, may cover only some of these entities or be created ad hoc.

Regardless of the above, using its personal resources, the following areas will be monitored: law, resources, operating patterns and organizational architecture, impact on power centers and the socio-cultural environment.

FEDERA will control public legislation, the jurisprudence of domestic and foreign courts, and the process of applying the law by state emanations.

FEDERA intends to use the term "resources" broadly. The area of interest will include issues such as finance, knowledge, human resources, and networks. In addition, it will be observed how they are used and what is their source of origin.

The action patterns and organizational models used by the anti-gender movement will be observed, which will allow for the appropriate development of strategies and their subsequent use, taking into account the appropriate context of action. Action patterns should be understood as discursive strategies, types of propaganda campaigns, emerging motifs, etc. As organizational architecture, FEDERA defines ways of shaping of anti-gender institutions and organizations.

Political movements, formal and informal, links between anti-genderism and the government and other countries, as well as cash transfers and personal flows between the movement and decision-making centers will be monitored.

The socio-cultural context and the environment in which anti-gender movements function are also important. This will allow for a sociological analysis of his support and the development of effective counter-reaction activities that will take into account the beliefs prevailing in society, so that, depending on the situation, they can be changed or used to achieve the assumed goals.

In addition, FEDERA intends to shape public opinion in such a way as to deprive the anti-gender movement of potential support. In this communication, the goal will be to reach undecided people in order to convince them to support feminism and progressivism. This will require the appropriate formation of the discourse and the imposition of topics, for which petitions, appeals or social campaigns may be useful.

Different topics and issues are more or less relevant to different target groups. FEDERA will strive to present the fight against anti-genderism in categories such as emancipation, power relations, social justice or the issue of national interest.

The way in which equality issues will be articulated by FEDERA will affect how wide audience will react positively to such information, adapting the feminist point of view, and not the one presented by anti-genderists. This will require prior development of a strategy for the communication

framework through which the case for gender equality will be made.

FEDERA will strive to articulate the potential benefits of adopting the proposed solutions in all campaigns. These benefits, in FEDERA's plans, will take into account generally accepted values that will be harder to resist. It is necessary, both in forming a positive agenda and in criticizing anti-genderism, to try to take the initiative and, if possible, to limit reactive activity. This will allow for better control over the situation and optimal use of resources. The tools that FEDERA believes may be useful will be materials prepared in advance and activists equipped with appropriate skills, ready to respond quickly to questions, objections or comments that try to justify resistance to emancipation and reproductive rights.

FEDERA intends to counter the allegations with factual arguments, language and scope adapted to both the group of recipients and the intended ones, which will require ex ante cooperation and planning with experts in various fields.

GREAT COALITION FOR EQUALITY AND CHOICE

DIAGNOSIS

The Great Coalition for Equality and Choice (WKRW) is one of FEDERA's key programs. WKRW was established in 2017 by FEDERA on the wave of Black Protests out of the need to work together for reproductive and sexual health and rights as well as combating gender-based violence.

Currently, the Great Coalition for Equality and Choice brings together over 120 organizations and informal groups working for feminism, equality, mostly focusing on reproductive rights. Over the years, WKRW has spoken out on key reproductive rights issues. It is the mouthpiece of civil society. Due to its informal character, the Coalition speaks bluntly and directly, being able to afford to send out more radical message than FEDERA. This, in turn, will be a great support for FEDERA in its pursuit of full reproductive rights for all.

OBJECTIVES

The Great Coalition for Equality and Choice works on many levels to ensure international standards of reproductive health and rights for women in Poland and to protect them from gender-based violence.

The strategy provides for:

- advocacy for reproductive rights, in particular access to legal abortion, contraception, and sex education;

- cooperation of various women's organizations and initiatives that are part of WKRW in order to consolidate the joint fight for the recovery of reproductive rights and their full implementation;
- counteracting gender-based violence, in particular sexual violence;
- creating an opinion-forming counterweight to organizations representing fundamentalist views contrary to international standards of human rights protection, and thus women's rights;
- supporting and promoting the initiatives of WKRW and its members regarding women's rights;
- responding to ongoing attempts to interfere with women's rights and freedoms by publishing statements and positions, organizing educational campaigns, and cooperating with the media;
- monitoring the socio-political situation and taking appropriate action in response to it.

In 2023, WKRW will conduct a social campaign to mobilize Polish citizens to participate in the coming parliamentary elections and vote for parties that will liberalize the right to abortion, introduce sexuality education to schools, increase the access of contraception, and ensure that prenatal tests and IVF programs are accessible and implemented throughout the country, as well as financed from the state budget.

WKRW will continue conducting its educational activities, as well as keep on safeguarding human rights and, if necessary, undertake interventions.

The objectives of the planned activities are:

- development of a civil society working for women's rights, with particular emphasis on the rights to abortion and contraception;
- increased activity of social organizations against violations of women's rights;
- development of alliances within the community;
- increase of knowledge about reproductive rights;
- increase of support for women in every region of Poland;
- reduction of the scale of violations of women's rights, especially reproductive rights.

TOOLS

The tools used to achieve the planned actions include:

- networking and maintaining contact through internal FB groups and the mailing list;
- organizing meetings, trainings, conferences, demonstrations;
- cooperation with social media influencers;
- issuing positions and statements.

INTERNATIONAL ADVOCACY

DIAGNOSIS

The Polish state, its laws and policies violate the reproductive and sexual rights of women in many significant respects, which fall within the scope of the human rights standards in force in Poland. As part of advocacy activities involving interaction with institutions upholding these rights, FEDERA strives to ensure that legislation and policies in Poland comply with international standards resulting from conventions and agreements adopted by Poland regarding access to abortion and other sexual and reproductive health services and access to comprehensive sex education.

Polish law does not operate in a vacuum, Poland is a member of the European Union and is a party to important regional and international treaties ratified in connection with its membership in the structures of the Council of Europe (European Court of Human Rights) and the United Nations.

The treaties, conventions, and structures are a source of obligations to protect the rights of individuals. The right to abortion, other reproductive and sexual rights, and the obligation to ensure access to comprehensive sexuality education are part of the wide range of human rights that Poland has committed to respect.

FEDERA's international strategy mirrors its national strategy. Using access to advocacy platforms at the level of the European Union, the Council of Europe, and the United Nations, we indicate which specific political and legal actions taken by Poland constitute a violation of reproductive rights and on what basis and based on what procedures Poland should be held accountable at the regional and international level of human rights protection.

FEDERA's international activity is based on an intersectional approach, covering as broadly as possible people from social groups that are being excluded and discriminated against (LGBT+, migrants, people with lower economic status).

An important effect of our activities is also the increase in social awareness of the fact that reproductive and sexual rights belong to the broad spectrum of human rights. Therefore, thanks to the knowledge provided by FEDERA about human rights, women's rights, and their connection with the crisis of the rule of law, social awareness of violations of these rights by the Polish state is increasing.

OBJECTIVES

The main goal is to support the implementation of FEDERA's national goals through advocacy activities at the international level, i.e. those that will lead to the liberalization and decriminalization of abortion in Poland.

We also aim to increase FEDERA's recognition as an expert organization through active participation in international conferences, events, and sessions of regional and international institutions.

We also aim to build lasting working relationships with representatives of relevant EU, CoE and UN institutions in order to have effective access to information and ensure FEDERA's participation in important processes.

Our activities lead to increasing the knowledge and awareness of the Polish society on the state of non-compliance by Poland with its obligations in the field of SRHR and human rights in general.

TOOLS

As part of advocacy activities, referring to the aforementioned human rights standards at the regional and international level, addressing letters and appeals to the relevant state institutions responsible for health policy, we highlight the fact that by failing to ensure the right to abortion, contraception, and sexuality education, Poland does not fulfill the undertaken commitments. We send letters and appeals to the relevant institutions, bodies, politicians, and officials in the institutions of the European Union, the Council of Europe, and the United Nations. These activities are undertaken either individually by FEDERA, or, more often, together with partner organizations in Poland and abroad.

Main tools used in advocacy work:

- Monitoring and publicizing human rights violations through letters and appeals containing requests to take specific actions according to the competences of relevant institutions.
- Participation in coalitions and networks that support FEDERA in implementing the strategy and achieving goals, and providing current information on the situation in Poland in terms of FEDERA's jurisdiction.
- Participation in meetings, conferences, and debates on international forums in order to increase knowledge about the situation in Poland and request for actions that may lead to effective change to be taken.
- Monitoring of anti-gender movements in Poland and abroad and participation in the network of organizations counteracting religious fundamentalists.
- Participation in social campaigns organized individually or together with partner organizations in Poland and

abroad, e.g. on important anniversaries or days important for the women's rights movement, especially in the field of reproductive rights and counteracting violence against women.

ASTRA NETWORK

DIAGNOSIS

ASTRA Network is a regional project of FEDERA existing since 1999. As an informal network, it brings together 40 organizations from 20 countries that fight for women's rights in Central and Eastern Europe and Central Asia. Often overlooked in international discussions and aid programs, Eastern European women struggle with dismal access to contraception, high teenage birth rates, high social acceptance of domestic violence, homophobia, and rampant ideological and religious fundamentalism.

OBJECTIVES

The aim of ASTRA's activities is to build and strengthen the feminist community in Central and Eastern Europe and to draw the attention of the international community to the problems affecting our region. From February 24, 2022, in its activities, ASTRA Network also emphasizes providing comprehensive support to women war refugees from Ukraine and people providing them.

TOOLS

Individual NGOs sounding the alarm were often not heard on the international arena – ASTRA has been making them heard and recognizable for over 20 years. By establishing and strengthening ties between member organizations, ASTRA is also a space for the emergence of new feminist initiatives in Central and Eastern Europe.

As the oldest and largest network of its kind in the region, ASTRA also undertakes advocacy activities on the international arena. ASTRA member organizations are invited to cooperate with among others, committees of the European Parliament or committees of the United Nations. The organization also publishes joint statements on the latest developments relevant to the state of global and regional women's rights.

Since the outbreak of the war in Ukraine, ASTRA has also remained one of the most important regional organizations raising aid for women and women's organizations both in Ukraine and its neighboring countries.

In addition to its international advocacy activities and support for local initiatives, ASTRA also produces a news bulletin with an overview of women's and human rights news in the region.

STRATEGIC LITIGATION

DIAGNOSIS

Poland is facing one of the most restrictive abortion laws in Europe. Limiting the permissibility of abortion to extreme exceptions, criminalization of abortion, and notorious violations of the law in this area by medical facilities (through unjustified refusals to terminate pregnancies) lead to systemic violation of reproductive rights in Poland. This condition is diagnosed by FEDERA as "institutional violence".

Polish regulations provide for scarce safeguards and guarantees for women with regard to access to abortion. Jurisprudence standards are also insufficient in this regard. Admittedly, in the last dozen or so years, judgments favorable to the protection of the right to family planning have been passed, e.g.:

- judgment of the Supreme Court of November 11, 2003, file ref. act V CK 167/03;
- resolution of the Supreme Court of October 13, 2005, file ref. IV CK 161/05;
- resolution of the Supreme Court of February 22, 2006, file ref. act III CZP 06/08;
- judgment of the Supreme Court of May 6, 2010, file ref. no. II CSK 580/09.

Despite this, the imbalance between women and medical entities has not been leveled, and the legal situation of the former in the area of reproductive health is deteriorating year by year.

Polish constitutional jurisprudence plays a significant role in this with three regressive judgments:

- judgment of the Constitutional Tribunal of May 28, 1997, file ref. act K 26/96 (declaration of the unconstitutionality of the so-called "social grounds" previously allowing abortion in a public hospital);
- judgment of the Constitutional Tribunal of October 7, 2015, file ref. act K 12/14 (declaration of the unconstitutionality of the obligation of a doctor invoking the conscience clause to indicate another doctor who will perform the service);
- judgment of the Constitutional Tribunal of October 22, 2020, file ref. act K 1/20 (declaration of the unconstitutionality of the so-called "embryopathological grounds" that previously allowed abortion in a public hospital).

The judgments of the European Court of Human Rights in the cases *Tysi c v. Poland*, *R.R. v. Poland*, *P. and S. v. Poland* (the applicants' attorneys were provided by FEDERA), decisions of the UN Human Rights Committee in *Mellet v. Ireland*, *Whelan v. Ireland*, and CEDAW Committee General Recommendation No. 35 (CEDAW/C/GC /35) can be regarded as truly groundbreaking.

In its judgments, the ECHR recognized that failure by the state to provide access to abortion in certain cases may be considered a violation of the human right to private and family life.

The Human Rights Committee, in turn, recognized that such negligence on the part of the state may lead to inhuman and degrading treatment, tantamount to torture, and discrimination based on sex.

The CEDAW Committee's Generation Recommendation No. 35 recognizes the criminalization of abortion as one of the manifestations of violence against women.

Unfortunately, the usefulness of the jurisprudence standards described above is limited due to their non-implementation by Poland. The judgments of the ECHR issued against the Polish state are still considered by the Committee of Ministers of the Council of Europe (monitoring body) as not implemented in the system layer.

To sum up, there is still no effective legal instrument that would allow women's right to abortion to be enforced.

OBJECTIVES

In view of such a diagnosis, the aim is to develop jurisprudence standards regarding access to abortion as part of the activities of:

- Patient's Rights Ombudsman;
- National Health Fund;
- regional professional liability spokespersons;
- civil courts;
- European Court of Human Rights;
- UN Human Rights Committee;
- CEDAW Committee.

These standards should strengthen reproductive health protection in two areas:

- current respect and implementation of applicable legal regulations;
- systemic consideration of human rights in deciding about one's own body, reproduction and future.

They are aimed at providing legal arguments in relations with medical facilities, obliging the latter to respect the rights and dignity of women, and compensating women whose rights have been violated.

Each individual case is important for the whole: it is a warning for institutions applying abortion law due to financial, image, and disciplinary pressure.

Decisions of state authorities and judgments of courts or tribunals, through the power of shaping legal awareness and culture, may also become the basis for future changes to the abortion law.

FEDERA formulates similar goals with regard to access to contraception and prenatal testing.

TOOLS

The main tools include:

- written applications to medical entities for a guaranteed health service in the form of termination of pregnancy a guaranteed health service in the form of termination of pregnancy;
- patient's objections to the Medical Committee at the Patient's Rights Ombudsman against the refusal to provide a guaranteed health service in the form of termination of pregnancy;
- applications for initiation of explanatory proceedings to the Patient's Rights Ombudsman in connection with the violation of the patient's rights to health services and information about her health;
- motions to initiate explanatory proceedings to the National Health Fund in connection with the breach of the contract by a medical entity;
- applications for initiation of explanatory proceedings to the regional professional liability spokesperson in connection with professional misconduct by doctors and violation of medical ethics by them;
- actions brought before national civil courts for pecuniary damages and apologies against healthcare entities;
- complaints to the European Court of Human Rights for violations of human rights guaranteed by the European Convention on Human Rights;
- complaints to UN committees about violations of human rights guaranteed by international conventions;
- notification of suspected crime in cases of exposure to danger, causing damage to health, causing death;
- amicus curiae opinions in reproductive rights proceedings where the party is not represented by the FEDERA Legal Team.

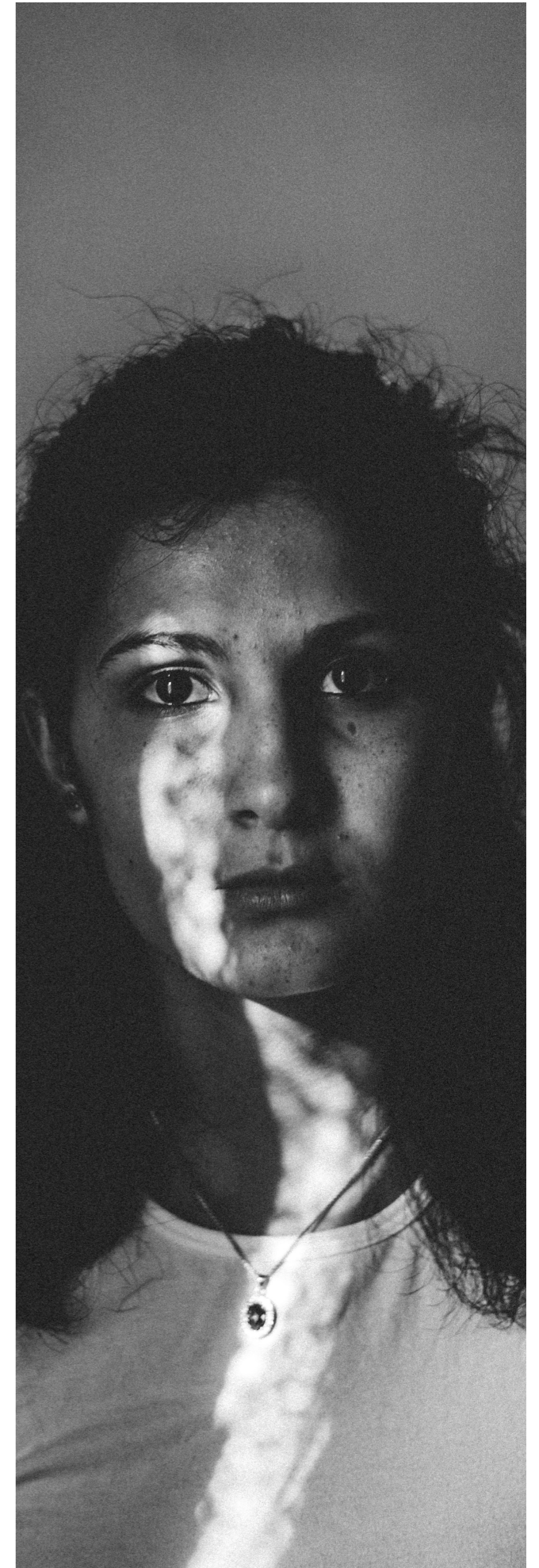
The FEDERA Legal Team currently uses these tools.

So far the Legal Team has:

- submitted 13 objections/applications to the Patient's Rights Ombudsman. Among the completed cases, there are only decisions stating a violation of the patient's rights. These decisions are the foundation of a civil action brought on behalf of patients against medical entities violating their rights.

- prepared 6 lawsuits to the civil court;
- filed 19 complaints to the European Court of Human Rights in connection with the unavailability of abortion in Poland after the judgment of the Constitutional Tribunal of October 22, 2020, file ref. file K 1/20;
- filed 1 complaint to the European Court of Human Rights in connection with the failure to provide a guaranteed health service in the form of termination of pregnancy before the judgment of the Constitutional Tribunal of October 22, 2020, file ref. file K 1/20;
- represented 11 applicants with the status of "potential victims" before the European Court of Human Rights regarding their complaints regarding the unavailability of abortion in Poland after the judgment of the Constitutional Tribunal of October 22, 2020, file ref. file K 1/20;
- prepared 3 "friend of the court" opinions in court criminal cases concerning penalized assistance in abortion (Article 152 of the Penal Code) and displaying anti-abortion banners in public places;
- represented auxiliary prosecutors in the case of their notification of a suspected offense by displaying anti-abortion banners in public places;
- represented the husband of a deceased pregnant patient in the preparatory proceedings in connection with the suspicion of committing a crime in the form of involuntary manslaughter by medical personnel.

The Legal Team plans to continue and intensify these activities as needed.



Education

DIAGNOSIS

A necessary condition for changing the law is changing (raising) social and legal awareness. This can be done mainly through educational activities focusing on sexuality and reproductive health issues. It is also important to provide residents of Poland with knowledge about reproductive rights and patient's rights.

FEDERA's experience shows that young people in Poland very often have no one to talk to about their doubts regarding relationships, their own bodies, sex, and contraception. They need a source of knowledge alternative to the Internet, school, peers, and even parents/legal guardians who can cause embarrassment.

Sexuality education is an important element of human education. Learning about sexuality and interpersonal relations is essential to understanding and managing your own emotions, needs, and desires. A lack of sexuality education can lead to undesirable sexual behavior, such as unwitting exposure to sexually transmitted diseases, unhealthy relationships, and even sexual violence. Stereotypes and taboos about sexuality often prevail in society, making it difficult to hold conversations and provide correct information. Sexuality education is also a necessary systemic solution, resulting in an increase in awareness among society, a decrease in the number of teenage pregnancies, and a decrease in the number of STIs.

OBJECTIVES

We believe that reliable psychosexual education is a means to build self-confidence and high self-esteem, supports assertive communication, and the creation of healthy relationships in which everyone has the right to assertively express themselves, but also knows that respecting the other person's boundaries is extremely important. Adolescents and adults who are equipped with appropriate knowledge make more conscious, safer choices in the sphere of their own sexuality, are able to recognize harm, as well as respect their own and others' boundaries.

The aim of educational activities is to shape assertive attitudes characterized by awareness of one's rights. Providing knowledge about the human body and reproduction

is also intended to improve the health of individuals and public health.

TOOLS

The tools used to achieve the planned actions include:

- The PONTON Group. Sexuality Education;
- educational publications;
- workshops and trainings;
- website;
- social media.

THE PONTON GROUP. SEXUALITY EDUCATION

GIŁ is an informal group of educators created by the Foundation for Women and Family Planning FEDERA in 2002. Members believe that every human being has the right to live in an accepting and diverse environment where sexuality is an integral part of life.

The PONTON Group has a coordinator who manages a 20-person team of volunteers, coaches, psychologists, educators, doctors, lawyers, and sociologists. A significant part of the group members are already independent experts who share their knowledge with young people, teachers, or parents, but also share their experiences with each other and other volunteers. In the 5-year perspective, we plan to expand the group of people cooperating with PONTON and FEDERA.

PONTON conducts workshops (in schools, in Youth Socio-therapeutic Centers, in orphanages, at community centers, in theatres, for foundations, and for private groups – upon parents' request) and provides counseling (online – email, forum, DMs on Facebook, and over the FEDERA Helpline). The group creates content that spreads reliable knowledge (articles, posts, brochures, videos on the YouTube channel) and runs educational stands at various events, e.g. at music festivals, congresses, equality marches/pride events. PONTON also monitors legal actions regarding access to education, writes positions, statements, and appeals to superintendents, ministers and other state

officials, as well as politicians. The group reviews books, films, TV series, and performances, and also conducts research and issues reports on what sex education in Poland really looks like.

Members of PONTON appear in the media, provide expert comments, and give opinions on substantive content. Cooperation with Reckitt Benckiser/Durex Polska on the Apprenticeship project (series on the YouTube platform).

Topics covered by PONTON include: puberty, self-acceptance, contraception, pregnancy, LGBTQIAP+ issues, relationships, emotions, STIs, health, discovering and setting boundaries, preventing violence. In addition, PONTON talks about co-responsibility and assertiveness, patient's rights, and reproductive rights.

PONTON creates an atmosphere of safety and trust – during classes the workshop method is used – educators conclude a contract with participants in which, among others, we agree on voluntariness, so that each person can decide how much they are involved in a given exercise. Students willingly take part in the discussion, are interested, listen intently and ask many questions, and experts provide them with reliable, ideologically neutral answers in accordance with the latest scientific knowledge.

PONTON runs the Sex-ed Coach Training Program, which involves educating individuals who, after undergoing full training, will be able to independently conduct workshops throughout Poland in cooperation with the FEDERA Foundation and the PONTON Group.

publikacje edukacyjne

EDUCATIONAL PUBLICATIONS

FEDERA regularly publishes educational and informative materials on reproductive health, patient's rights, and sex education. So far, brochures and leaflets have been published on the following issues: medical abortion, contraception, emergency contraception, patient's rights, informed consent to sexual intercourse, sexual maturation, STIs, institutional violence, women's stories, "how to talk/write about abortion". Most of these have been translated into Ukrainian and Russian.

FEDERA is planning to expand its publishing offer with new brochures, among others, on prenatal testing and reproductive justice.

WORKSHOPS AND TRAININGS

The FEDERA education team specializes in conducting workshops in the field of sexual education (contraception, puberty, caring for reproductive health, STIs, etc.) and assertiveness (the WenDo method), as well as training on Polish and international abortion law and patient's rights. The main target groups are female patients of childbearing age, doctors, youth, and refugees from Ukraine.

Workshop and training activities will be continued and expanded to include new target groups (e.g. parents of young people) and new issues.

WEBSITE AND SOCIAL MEDIA

The target groups of the FEDERA website are the following:

- women and pregnant people, for whom it is important to find help information quickly and easily – the website includes a guide on various aspects of reproductive health and reproductive and patient rights;
- doctors, students, scientists, etc., for whom the website is a hub of knowledge with access to in-depth, comprehensive educational materials in the field of reproductive health and reproductive and patient's rights;
- representatives of the media, for whom the website is a source of information about FEDERA's activities, initiatives, and achievements.

We plan to ensure the best possible accessibility of the website for people with disabilities through the so-called alt-text, subtitles in audiovisual materials, the use of contrast, enlargement of the font, simple navigation and translation into sign language.

FEDERA wants visitors to obtain as much information as possible on the website without having to contact us by phone or e-mail. We want to achieve this through exposure of guides, the use of simple language, and transparency of entries. We also plan to create a FAQ tab on the website. We want to gain the trust of visitors by creating professional, well-thought-out, and opinion-forming entries. The site also encourages involvement through promoting financial donations, volunteering, signing petitions/appeals, registering for educational or advocacy events, following FEDERA on social media and sharing its materials.

Improving the website's position in search rankings requires creating an SEO plan, expanding search engine positioning, and using Google Ads.

The description of social media can be found in the COMMUNICATION STRATEGY, which is a separate document.



Ongoing assistance

DIAGNOSIS

In addition to systemic change, ongoing assistance is needed for people who face barriers in access to reproductive health services, their patient's rights are violated, or, for any other reason, they are in a difficult position related to their bodily autonomy, health, or safety.

FEDERA provides support and counseling, psychological and legal assistance in individual cases. In this way, we often replace the state and its institutions in fulfilling its role.

OBJECTIVES

FEDERA's aim is to provide information and support in the field of reproductive health to all people who contact the organization. It happens that people who contact us find themselves in a situation that requires immediate assistance. In this case, FEDERA tries to provide a sense of security by informing about the interlocutor on what to do in order to protect themselves or others. Some people feel relieved that they can just talk to someone who will listen and understand them without being judgmental. At the same time, FEDERA's consultants realize that many people may feel uncomfortable or ashamed to seek help with issues related to reproductive health and sexuality. Their task is to provide a comfortable and confidential environment in which the interlocutor can discuss their concerns, doubts, and problems. During the conversation, we can provide the person with information about available resources, such as organizations offering help in difficult life situations. We can also advise on actions that the caller can take to solve the problem.

TOOLS

The tools used to achieve the planned actions include:

- the Helpline;
- counselling;
- interventions;
- knowledge hub;
- Center for Reproductive and Sexual Health.

HELPLINE

The Helpline has been operating at FEDERA since November 12, 1991.

Duty hours are held from Monday to Friday from 4 pm to 8 pm (except for statutory holidays) at +48 22 635 93 92. Calls are completely anonymous and no registration is required. As part of the Helpline, counseling is provided by:

- gynecologists,
- psychologists,
- sexuality educators of the PONTON Group.

Helpline consultants are qualified specialists who are trained in providing emotional and psychological help. The callers do not judge or criticize the caller, but only listen and offer support or consultation. The Helpline is an important source of support for people in emotional crisis who may not have anyone in their environment with whom they could talk about their problems.

The Helpline duty roster for each month is published on our website: federa.org.pl/grafik-tz.

GENERAL STATISTICS OF THE HELPLINE FROM 01/01/2023 TO 01/05/2023

Main category	No.	%
Pregnancy	125	36,0%
Sexuality	91	26,2%
Psychology	57	16,4%
Health	55	15,9%
Contraception	52	15,0%
Relations	30	8,6%

Main category	No.	%
Other	21	6,1%
LGBTQIAP+	11	3,2%
Violence	10	2,9%
Law	2	0,6%
Total number of calls:	347	

Subcategory	No.	%
Medical abortion	50	14,4%
Unwanted pregnancy	49	14,1%
Method description	24	6,9%
Body	23	6,6%
Support talk	23	6,6%
Suspected pregnancy	18	5,2%
Masturbation	18	5,2%
Others	18	5,2%
Relations with partners	17	4,9%
Life difficulties	17	4,9%
"Was it risky?"	15	4,3%
Consultation on symptoms	14	4,0%
Abortion on medical grounds	14	4,0%
Fantazje	14	4,0%

Age	No.	%
Adult (18+)	222	64%
Youth (11-18)	19	5,5%
Child (under 10)	1	0,3%

Gender	No.	%
Woman	131	37,8%
Men	129	37,2%

Expert on duty	No.	%
Sex educator (PONTON)	159	45,8%
Gynecologists	101	29,1%
Psychologists	87	25,1%

GYNECOLOGISTS

Gynecologists answer questions on:

- contraception, including emergency contraception,
- access to safe and legal abortion for any reason,
- pregnancy,
- prenatal tests,
- prevention and treatment of diseases of female organs,
- menopause,
- fertility problems,
- consultation of test results.

STATISTICS OF GYNECOLOGICAL DUTY HOURS FROM 01/01/2023 TO 01/05/2023

Gynecologist - topics	%
Pregnancy	42,4%
Sexuality	6,8%
Psychology	22,0%
Health	5,1%
Contraception	11,9%
Relations	4,2%
Other	6,8%
Law	0,8%
Total number of calls:	101

PSYCHOLOGISTS

Psychologists provide support on:

- emotional crises,
- psychoeducation,
- suicidal and pre-suicidal crises,
- relationship problems,
- sexuality,
- LGBTQIAP+ issues,
- identity and self-acceptance,
- counteracting sexual violence,
- discovering and setting boundaries.

STATISTICS OF PSYCHOLOGICAL DUTY HOURS FROM 01/01/2023 TO 01/05/2023

Psychologist - topics	%
Pregnancy	23,4%
Sexuality	11,3%
Contraception	4,0%

Psychologist - topics	%
Psychology	22,6%
Health	12,9%
Relations	10,5%
Others	4,8%
Violence	5,6%
LGBTQIAP+	4,8%
Total number of calls:	87

PONTON GROUP

Sexuality educators answer questions regarding:

- adolescence,
- contraception, including emergency contraception,
- pregnancy,
- sexuality,
- STIs,
- LGBTQIAP+,
- identity and self-acceptance,
- counteracting sexual violence,
- discovering and setting boundaries.

Responding to the needs of callers, a male sexuality educator has duty hours at least once a month. Thanks to this, people who feel more comfortable talking to a man can also benefit from counseling in the field of sexuality education.

STATISTICS OF PONTON GROUP DUTY HOURS FROM 01/01/2023 TO 01/05/2023

PONTON Group - topics	%
Pregnancy	21,7%
Sexuality	32,5%
Contraception	9,9%
Psychology	10,8%
Health	11,8%
Relations	5,7%
Others	3,3%
LGBTQIAP+	2,4%
Total number of calls:	159

AMENITIES FOR HOTLINE EXPERTS

Currently, the vast majority of duty hours is done remotely using call forwarding. Thanks to this, it is not necessary to come to FEDERA's office. In addition, each Helpline expert has received access to the Microsoft Office database which FEDERA uses to create statistics. Every conversation should be recorded in the database – you can select categories and subcategories of the topics covered during the talk, approximate age and gender of the interlocutor and whether the person is calling for the first time or again. Knowing that we are dealing with a person who calls notoriously, we can direct the conversation in such a way as to provide the expected support, but at the same time not prolong the consultation, so the line is not unnecessarily occupied.

Type of caller - all duty hours	No.	%
First time	235	67,7%
More than once	112	32,3%

Type of caller - gynecologist's duty hours	No.	%
First time	78	77,2%
More than once	23	22,8%

Type of caller - psychologist's duty hours	No.	%
First time	54	62,1%
More than once	33	37,9%

Type of caller - PONTON's duty hours	No.	%
First time	103	64,8%
More than once	56	35,2%

GYNECOLOGICAL COUNSELING

In order to expand and increase the availability of our support services, we have extended gynecology counseling to include an e-mail channel. The gynecologist provides advice daily at the e-mail address ginekolozki@federa.org.pl, depending on the number of messages received. It is an alternative way of contacting a gynecologist for people who do not have the possibility to call the Helpline or prefer e-mail communication. An additional advantage of this form of communication is the possibility of sending attachments, e.g. test results.

PONTON GROUP'S COUNSELING

Online sexuality education counseling takes place on Mondays, Thursdays and Fridays from 5pm to 9pm via:

- e-mail (advice@ponton.org.pl),
- online forum (https://ponton.org.pl/forum),
- Facebook/Messenger (facebook.com/grupaponton).

It is an alternative form of contact for people who do not have the possibility to call the Helpline or prefer communication via messages. The topics discussed during sexuality educators' duty hours may be awkward or embarrassing for some people. For this reason, it is easier for some people to describe their problem in a message than to make direct contact with the expert during a telephone conversation. Through this way of contact, we are able to send useful links or illustrations, which is not possible in the case of the Helpline.

ONLINE COUNSELING STATISTICS FROM 01/01/2023 TO 01/05/2023

PONTON's counseling language	No.
PONTON's counseling	245
PONTON's counseling + ukrainian translator	31

PONTON's counseling	%
Pregnancy	18,0%
Sexuality	35,4%
Contraception	11,9%
Psychology	13,8%
Health	14,9%
Relations	3,6%
LGBTQIAP+	1,4%
Total number of calls:	87

PONTON's counseling with ukrainian translator	%
Pregnancy	7,3%
Sexuality	41,5%
Contraception	12,2%
Psychology	4,9%

PONTON's counseling with ukrainian translator	%
Health	24,4%
Relations	7,3%
LGBTQIAP+	2,4%

Type of contacting person	No.	%
First time	185	75,5%
More then once	60	24,5%

FEDERA'S CONSULTATIONS

Our office is open from Monday to Friday (except public holidays) from 9am to 5pm. During this time, you can take obtain a telephone consultation at +48 22 635 93 95. We also offer online counseling via:

- e-mail (info@federa.org.pl),
- Facebook/Messenger (facebook.com/federapl).

We provide information on reproductive health, including:

- available and legal methods of termination of pregnancy, regardless of the reason;
- abortion procedures in Poland;
- access to modern, affordable contraception;
- professional prenatal diagnosis and fetal care;
- respecting patient's rights, including the right to benefits, privacy, confidentiality, dignity, and information.

Free legal advice is provided via the e-mail pomocprawna@federa.org.pl.

INTERVENTIONS

FEDERA intervenes in cases of non-compliance with the abortion law (refusal to provide health services in the form of termination of pregnancy) and violations of patient's rights. FEDERA offers free legal support and representation by an attorney who files motions, complaints, lawsuits, and notices on behalf of the patient.

You can report a case via:

- telephone number: +48 22 635 93 95 (Monday to Friday during office hours),
- e-mail: pomocprawna@federa.org.pl or prawniczka@federa.org.pl.

FEDERA INTERVENTION STATISTICS FROM 01/01/2023 TO 01/05/2023

Reason for termination	No.
Unwanted pregnancy	917
Fetal defects	304
Threat to life/health	20
Criminal act	3
Total no. of interventions	1231

Type of contact	No.
Phone	1002
E-mail	171
No data	28
Messenger	24
Visit in the office	6

Contact from	No.
Women herself	1153
Somebody on her behalf	78

Ukrainian refugee related intervention	No.	%
Yes	368	29,9%
No	863	70,1%

KNOWLEDGE HUB

The ongoing monitoring projects allow us to create databases with information and recommendations, which are a useful tool for women. Currently, FEDERA has databases of recommended gynecologists, as well as a database of facilities that easily insert IUDs as part of the National Health Fund insurance. We want to give women the greatest possible agency and allow them to obtain high-quality medical care on their own.

In the future, the databases will be successively expanded and promoted.

SEXUAL AND REPRODUCTIVE HEALTH CENTER

In recent years, we have repeatedly addressed state authorities and representatives of the health care system. We have written letters to gynecologists and psychiatrists, to the national consultant for psychiatry, and contacted the National Health Fund many times. All this to emphasize that action should be taken immediately to protect women's health.

Our fight for systemic change continues, but we are tired of relying on the mercy of authorities, or lack thereof. Real help is needed here and now, millions of women in the country cannot wait for systemic changes that will take months. So we take matters into our own hands and as FEDERA we are going to open a Center for Reproductive and Sexual Health.

The FEDERA Center will be a modern facility, without the conscience clause, without judging, and without stigmatization. In the area of reproductive and sexual health, the center will provide everything that is missing in other places in Poland. The patient will be the most important for us, and the medical staff will work based on current medical knowledge and the needs of patients.

Our Center is to be a model of good practices for other medical facilities in Poland. The facility will be located in the very center of Warsaw, in a place well connected by public transportation with all districts of the city and close to the railway station. Our architects are working on creating solutions that will guarantee that the Center is fully accessible to people with disabilities.

We are creating a place where you can, among other things:

- get a prescription for contraception, including emergency contraception,
- find out about modern forms of contraception and insert an IUD;
- talk about abortion without taboos, get answers to bothering questions;
- receive medical certificates needed to terminate a pregnancy in a Polish hospital;
- undergo a comprehensive gynecological consultation, including after a medical abortion;
- consult results of prenatal tests without fear of doctors hiding the truth;
- get menstrual hygiene products and condoms;
- get advice from a sexuality educator, sexologist, and venereologist.

The center will be accessible to all – staff will undergo specialist training to offer first-class care also to teenage, non-binary, and transgender people.

As a rule, using the center's offer will be free of charge – in some situations we will ask you to make a small donation for its operation. We are doing everything to ensure that the first visits to the Center for Reproductive and Sexual Health take place in 2023.



