

FEDERA

A hand holding a white megaphone with a red base and a black strap, set against a background of vertical blinds. The megaphone is angled upwards and to the left. The hand is positioned in the center of the frame, gripping the handle. The background consists of vertical blinds, with light filtering through the slats, creating a pattern of light and shadow. The overall tone is professional and focused.

2024 ANNUAL REPORT

FEDERA

en.federa.org.pl

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BREAKING THE DEADLOCK AND BUILDING THE FUTURE. SUMMARY OF 2024

2024 will go down in FEDERA's history as a time of intense struggle, great disappointments, but also groundbreaking victories. The post-election hope for change collided with the calculated reality of politics, yet we did not give up. As always, FEDERA was at the center of events—observing the situation, supporting women across the country, and co-creating positive change.

One of our greatest achievements was the opening of the FEDERA Health Center in the heart of Warsaw. This facility provides comprehensive healthcare in the fields of sexual, reproductive, and mental health, ensuring safety, respect for patients' rights, and the absence of the conscience clause. The Center is a culmination of the Foundation's years of experience and the dedication of experts fighting for women's rights.

Although the past year did not bring the long-awaited end to the abortion ban, our work has led to a breakthrough. For the first time in history, the Ministry of Health issued official recommendations on performing abortions in Polish hospitals. These guidelines largely align with the ones we developed based on our daily experiences at FEDERA. Preliminary data indicates that our strategy is working—in 2024, more abortions were performed than at any time since the ban was introduced by the Constitutional Tribunal four years ago.

But that is not all. Last year, it was announced that hospitals refusing to perform legal abortions would face penalties for breaching their contracts with the National Health Fund. FEDERA's legal team has been reporting cases of unlawful refusals to the Patient Ombudsman's Office for years. Today, we can proudly say that every penalty imposed on hospitals in 2024 involved cases in which FEDERA was actively engaged.

After years of efforts, the Ministry of Health has also decided to expand the prenatal screening program. We have long advocated for this change because at FEDERA, we know how crucial universal access to prenatal diagnostics is. Expanding the program is a milestone in the fight for

healthy, safe, and wanted motherhood—a right that should belong to all of us, regardless of our place of residence or financial situation.

It is also impossible to overlook a revolutionary decision by the UN Committee on the Elimination of Discrimination Against Women (CEDAW), which explicitly condemned Poland's anti-abortion laws. The investigation, initiated at FEDERA's request, concluded that Poland's legislation violates the right to equal treatment and discriminates against women in access to healthcare. The CEDAW decision was also debated in the European Parliament, contributing to the renewed discussion on incorporating abortion rights into the EU Charter of Fundamental Rights.

We enter the new year with renewed energy, strengthened by victories and ready for further battles. We are fighting for a new abortion law, broader contraception reimbursement, mandatory sex education, and gynecology free from violence. The road ahead will not be easy, but we know that together, we will build a country where women are respected and safe.

We invite you to read the report summarizing FEDERA's activities in recent months.

NATIONAL ADVOCACY

Throughout the year, the FEDERA team actively participated in meetings at the ministerial and parliamentary levels. We closely collaborated with the Ministry of Health, where we joined sessions of the Women’s Health Security Task Force and the Task Force for the Implementation of European Court of Human Rights Rulings on Abortion as experts representing civil society.

We also took part in meetings with Minister for Equality and Minister of Health. FEDERA representatives consistently emphasized the urgent need for legal changes regarding abortion, contraception, prenatal diagnostics, and sex education. We also pushed for actions aimed at improving the daily realities of women in Poland, especially in terms of the quality of care provided in hospitals.

AROUND ABORTION LAWS

In 2024—for the first time in 30 years—proposals to change Poland’s abortion legislation passed their first reading in Parliament. This achievement is largely due to FEDERA’s advocacy efforts.

From the beginning of the year, we carried out intensive advocacy work in Parliament, with the goal of securing the broadest possible support for bills that would liberalize and decriminalize access to abortion. As the only civil society organization specializing in abortion rights, we first met with Speaker of the Polish Parliament Szymon Hołownia and later with the Parliamentary Club of Poland 2050.

During these meetings, we described the realities faced by those seeking abortion in Poland. We spoke about our work, the situation in Polish hospitals, and shared stories of women whom FEDERA has supported. Our efforts paid off—Speaker Hołownia decided to support the bills in the first vote, and the entire Poland 2050 parliamentary club followed his lead.

As a result of these parliamentary votes, a Special Parliamentary Commission was established to review abortion-related legislation. Kamila Ferenc, a lawyer and vice-president of FEDERA, was appointed as a consultant to the commission. As one of the experts collaborating with the commission, she is working tirelessly to develop a coherent, pro-women bill that will liberalize and decriminalize abortion in Poland.



AROUND ACCESS TO ABORTION

Minister of Health Izabela Leszczyna announced the creation of a groundbreaking document last year—ministerial guidelines on the current legal regulations regarding access to abortion procedures. This document was based on legal recommendations prepared by FEDERA and clarifies several issues that have hindered access to abortion in hospitals.

Among other things, it confirms that performing an abortion is an obligation for every hospital that has signed a contract with the National Health Fund (NFZ). It emphasizes that mental health risks qualify as a legal basis for abortion in hospitals, and this risk does not need to be sudden or direct. The guidelines also state that a single psychiatric certificate is sufficient to authorize the procedure, and that convening medical councils in such cases is not necessary.

For a long time, FEDERA has emphasized the importance of filing patient rights violation complaints with the Patient Ombudsman (RPP). We ourselves have submitted multiple cases on behalf of women who sought our help.

Thanks to our work with the RPP office and the implementation of Minister Leszczyna's guidelines, the NFZ imposed a 500,000 PLN fine on a hospital in Pabianice for refusing to perform a legal abortion. The person involved in this case, known to the public as Magda (name changed to protect anonymity), was legally represented by FEDERA. Fines were also imposed on other hospitals—SP ZOZ in Lubartów and the University Clinical Hospital in Wrocław, both of which we reported to the RPP on behalf of the affected women.

Beyond publishing her own guidelines, Minister Leszczyna also spoke positively about another document in which we were involved—Kamila Ferenc and Antonina Lewandowska co-authored the recommendations of the Polish Society for Sexual and Reproductive Health regarding abortion. This document, based on World Health Organization (WHO) standards, serves as a comprehensive guide on healthcare organization, legal regulations, and medical practices related to abortion in Poland.

VISIT OF THE FORMER IRISH PRIME MINISTER

In November 2024, at the invitation of FEDERA and the Center for Reproductive Rights, former Irish Prime Minister Leo Varadkar visited Poland. In an interview with the Polish Press Agency, he emphasized that, much like in Poland today, Irish society was ahead of politicians in its approach to abortion liberalization. During his visit, Prime Minister

Varadkar, who is a medical doctor by profession, met with Polish parliamentarians and also visited our newly opened FEDERA Health Center.

AROUND ACCESS TO PRENATAL TESTING

At the beginning of the current government's term, FEDERA submitted a proposal to the Ministry of Health outlining necessary changes to the reimbursement system for prenatal testing in Poland.

In June 2024, the government announced a new Prenatal Testing Program, which incorporates many of our key demands—including the removal of the age limit for screening tests under the national program. Until now, only pregnant women over the age of 35 were eligible for these tests.

This change is a major breakthrough for tens of thousands of people in Poland, who will no longer have to pay out of pocket for essential prenatal diagnostics.

AROUND ACCESS TO CONTRACEPTION

OUR REPRESENTATION IN THE CONTRACEPTION ATLAS TEAM

This year, Antonina Lewandowska, FEDERA's National Advocacy Coordinator, joined an international team of experts working on the Contraception Atlas—the largest study on public policies related to contraception in Europe. The Atlas analyzes key aspects such as access to information on contraception, reimbursement systems, and prescription requirements for contraceptive methods.

FEDERA's representative is currently the only Polish civil society member in the ten-person expert team developing the Atlas.

MONITORING THE ACCESS TO GUARANTEED HEALTH SERVICES

In 2024, we conducted a monitoring study of 214 medical facilities with gynecology offices contracted with the National Health Fund (NFZ) in the Lower Silesian Voivodeship.

The results of this study align with data from other previously examined regions—in half of the facilities under NFZ contracts, intrauterine devices (IUDs) are inserted, while in the remaining facilities, patients face refusals or are offered the option of paying for the procedure out of pocket.

AROUND SEXUALITY EDUCATION

TEACHERS' PERSPECTIVES ON FAMILY LIFE EDUCATION: STUDY AND REPORT

The PONTON Group's report presents the perspectives of teachers of Family Life Education (WDŹ) in Poland, examining their motivations, experiences, and needs in the context of the current curriculum.

Conducted in collaboration with the International Planned Parenthood Federation, the study analyzes the challenges faced by educators and identifies areas requiring support and development.

The report provides key insights into the state of sex education in Polish schools and offers recommendations to improve the teaching process, increase access to educational materials, and enhance the competencies of teachers.

INTERNATIONAL ADVOCACY

In 2024, FEDERA was actively engaged in a range of international initiatives. We continued collaborating with international institutions to support refugees from Ukraine, while also focusing on the European Parliament elections, which marked a new phase of FEDERA's advocacy efforts and set priorities for the coming years.

The first half of the year was dedicated to advocating for the adoption of the EU directive on combating violence against women and urging the European Parliament to include abortion rights in the EU Charter of Fundamental Rights. The second half of the year focused on building new areas of cooperation, establishing relationships with newly elected Members of the European Parliament (MEPs), and analyzing the evolving political landscape.

FEDERA also launched advocacy efforts in preparation for Poland's upcoming presidency of the Council of the European Union, laying the groundwork for future initiatives and international actions.

POSITIONS, STATEMENTS, AND LEGAL OPINIONS

FEDERA prepared the following positions, comments, and legal analyses related to its activities:

- Joint position statement with partner organizations on the rule of law in the European Union, submitted to the European Commission.
- Position for the UN Working Group on Discrimination Against Women in Law and Practice, addressing the group's findings and recommendations following its 2018 visit to Poland.
- Pre-reporting list of issues related to sexual and reproductive health and rights in Poland, as part of follow-up actions after the Working Group's country visit.
- Statement on the Human Rights Committee Resolution (52/12) concerning mental health.
- Joint civil society letter to the European Commission regarding recommendations on harmful practices.

MEETINGS

Representatives of the Foundation held numerous formal and informal meetings with:

- United Nations institutions, including the UN Working Group on Discrimination Against Women in Law and Practice, the Human Rights Committee, WHO, UNHCR, and UNFPA.
- Council of Europe institutions, including the Council of Europe Rapporteur on the report „Protecting Women Human Rights Defenders and Those Defending Women’s Rights in Europe“.
- European Union representatives, including Polish and international Members of the European Parliament, members of parliamentary committees, and the Permanent Representation of Poland to the EU in Brussels.
- Diplomatic missions, including those of France, the Netherlands, Canada, Germany, and the United States.
- International partner organizations.



Meeting with the German Minister for Family Affairs, Senior Citizens, Women, and Youth, Lisa Paus – April 2024



Meeting with Petra Bayr, Council of Europe Rapporteur on the report „Protecting Women Human Rights Defenders and Those Defending Women’s Rights in Europe“ – March 2024



Conference on Legal Reform Regarding the Redefinition of Rape, Organized by the Country Office of the World Health Organization in Poland – December 2024



LEGAL ACTIVITIES

STRATEGIC LITIGATION

In 2024, FEDERA's Legal Team filed complaints with the Patient Ombudsman in five cases related to access to abortion procedures and violations of patient rights.

Additionally, as a result of complaints submitted in previous years, the Patient Ombudsman issued five rulings confirming violations of patients' rights. Three of these cases involved unlawful refusals by public hospitals to perform abortions.

Two of the rulings concerned the case of Ms. Joanna from Kraków, whose situation shocked public opinion in 2023. Attorney Kamila Ferenc, Coordinator of the Legal Team, represented Ms. Joanna in a lawsuit for compensation for wrongful detention, which will continue in 2025. She also represented Ms. Joanna in legal proceedings regarding police misconduct, which were ultimately discontinued, and an appeal against the discontinuation was rejected. In response, FEDERA's legal representative filed a complaint on Ms. Joanna's behalf with the European Court of Human Rights. Meanwhile, the prosecutor's office independently decided to reopen the investigation into the case.

Additionally, the Legal Team initiated and represented patients in two civil lawsuits seeking compensation for violations of their right to legal abortion, as well as in one case concerning access to prenatal diagnostics. The team continued work on four previously initiated civil lawsuits related to unlawful refusals of abortion or exposure to graphic anti-abortion banners, as well as one criminal case concerning aiding in an abortion, where FEDERA represents the defendant.

The Patient Ombudsman's confirmation of patient rights violations in cases handled by FEDERA's Legal Team led to the National Health Fund (NFZ) imposing financial penalties on four hospitals in 2024.

The Legal Team also continued providing free legal counseling on patient rights, social security, and criminal law in the context of reproductive health. Additionally, interventions in public hospitals were carried out in cases related to access to abortion procedures, with nearly 50 patients receiving free legal assistance.

FEDERA's Legal Team also pursued ongoing cases before the European Court of Human Rights stemming from complaints submitted in previous years.

LEGAL POSITIONS, COMMENTS, AND OPINIONS

In 2024, the Legal Team prepared various legal positions, commentaries, and opinions, including:

- A position paper on the legal situation regarding abortion in hospitals following the rejection of the bill to decriminalize abortion.
- Guidelines for prosecutors on handling cases related to aiding in abortion.
- Information for Members of Parliament on legislative proposals regarding abortion.
- Organizational and legal (operational) guidelines for medical facilities on abortion procedures.
- Amicus curiae (Friend of the Court) briefs in abortion-related cases, including:
 - The case of Dr. Dominik Przeszlakowski in the Labor Court regarding his unjust dismissal from the University Hospital in Kraków.
 - The case of Dr. Maria Kubisa, who faced criminal charges related to assisting in an abortion.
- A response to arguments presented by MP and attorney Roman Giertych regarding the proposed amendments to the Penal Code, which aimed to partially decriminalize abortion.

Furthermore, the Legal Team members co-authored legal recommendations for the Polish Society for Sexual and Reproductive Health regarding abortion.

INSTITUTIONAL LEGAL ADVOCACY

In 2024, FEDERA played a key role in shaping abortion legislation and reproductive health policies in Poland through parliamentary and ministerial advocacy.

PARLIAMENTARY ADVOCACY

For the first time in 30 years, abortion law reform bills passed their first reading in Parliament, largely due to FEDERA's efforts. We conducted intensive advocacy, securing broad support from key political figures, including Speaker of the Polish Parliament and the Parliamentary Club of Poland 2050. Our work led to the establishment of a Special Parliamentary Commission, where Attorney Kamila Ferenc, vice-president of FEDERA, was appointed as a consultant, working on a pro-women bill to liberalize and decriminalize abortion.

MINISTERIAL POLICY IMPACT

Minister of Health Izabela Leszczyna introduced new abor-

tion guidelines, largely based on FEDERA's legal recommendations. The guidelines clarify hospital obligations, affirm that mental health risks qualify as grounds for abortion, and simplify the process by eliminating unnecessary medical councils. FEDERA's legal interventions also contributed to the National Health Fund (NFZ) imposing fines on multiple hospitals for denying legal abortions, including a 500,000 PLN fine on the Pabianice hospital.

LEGAL REPRESENTATION IN GOVERNMENT BODIES

FEDERA's legal experts actively shaped policy, with Kamila Ferenc participating in the Special Parliamentary Commission and representing FEDERA in the Ministry of Health's task force on women's health security. Additionally, FEDERA's team co-authored national abortion policy recommendations based on WHO standards, setting legal and medical guidelines for healthcare providers.

LEGAL EDUCATION AND TRAINING

The Legal Team conducted two training sessions for healthcare institutions and medical personnel, focusing on Poland's legal framework for reproductive healthcare, particularly regarding abortion services and the conscience clause.

Additionally, Attorney Kamila Ferenc, the Legal Team Coordinator, participated as a speaker at a Law and Gender Student Society event within the Academy of Law, held in celebration of Women's Rights Month.

INTERNAL AFFAIRS OF THE FOUNDATION

In 2024, FEDERA adopted new internal procedures to align with legal regulations and improve the organization's internal structure. The Foundation's Board introduced:

- Child Protection Standards¹, in compliance with the law on preventing sexual crimes and protecting minors.
- An Internal Conflict Resolution Procedure.
- A Financial Policy to enhance transparency and governance.

Additionally, the Foundation team underwent training on data protection law, anti-discrimination policies, and violence prevention procedures applicable within FEDERA.

The year also brought statutory changes, including registration in the National Court Register (KRS) as an entity

conducting economic activity. This enables FEDERA to generate funds to support its statutory goals.

With the opening of the FEDERA Health Center, we undertook extensive legal actions to ensure the lawful operation of medical services. In cooperation with an external law firm, FEDERA's Legal Team coordinated compliance with healthcare regulations. Key steps included:

- Registration in the National Register of Healthcare Providers.
- Implementation of necessary operational, organizational, and sanitary procedures.
- Development of medical documentation templates.
- Establishing a system for providing free reproductive health services, particularly for refugee women.

¹ Act of May 13, 2016, on Preventing Threats of Sexual Crimes and the Protection of Minors (consolidated text: Journal of Laws of 2024, item 1802).

EDUCATIONAL ACTIVITY

PUBLICATIONS

“MEDICAL ABORTION: QUESTIONS AND ANSWERS”

A comprehensive brochure providing reliable and detailed information on abortion with medication, answering the most frequently asked questions. It explains how mifepristone and misoprostol work, their administration, effectiveness, safety, and potential side effects. The guide includes practical advice on preparation, pain management, and post-abortion care, as well as when to seek medical assistance. It also covers legal aspects, including access to medication and legal liability, while addressing emotional and psychological aspects, highlighting available support resources.

“PATIENT RIGHTS: QUESTIONS AND ANSWERS”

This guide explains patient rights in reproductive healthcare in an accessible way. It outlines key legal provisions such as the right to full medical information, dignity and privacy, data confidentiality, and complaint procedures. The publication provides practical steps for responding to rights violations and guidance on contacting the Patient Ombudsman. It is designed for all individuals, regardless of gender identity, to help them navigate the healthcare system with confidence.

“SECRETS OF GROWING UP: A GUIDE TO PUBERTY AND SEXUALITY”

This educational brochure provides young people with knowledge about the physical and emotional changes during puberty. It addresses both male and female reproductive development, as well as gender identity and sexual orientation, promoting acceptance of diversity. It helps young people build healthy relationships and understand sexuality in adolescence while offering resources for support and guidance.

“FIRST EXPERIENCES: ON SEXUAL DEBUT”

A publication aimed at helping young people understand their first sexual experiences. It explains why the term “sexual debut” is used instead of “first time” and challenges myths about virginity, purity, and chastity. The brochure emphasizes informed consent, comfort, and safety in sex-

ual activity, featuring real-life stories that highlight diverse experiences. It also provides information on where to seek support and guidance.

“DECODE DISINFORMATION”

Created as part of the “Decode Sex” campaign, this brochure helps young people recognize and counter false information related to sexuality, intimate hygiene, and reproductive health. It explains different types of disinformation (misinformation, disinformation, and malinformation) and offers practical tools for verification, including author intent analysis, source credibility assessment, and online fact-checking techniques. Using ASCII graphics and simple explanations, the brochure promotes critical thinking and digital literacy. It was published in two languages – Polish and Ukrainian.

“PLAN B IN A NUTSHELL: EMERGENCY CONTRACEPTION”

Originally published in 2023, this brochure was updated in 2024 to reflect changes following the introduction of the Minister of Health’s pilot program. Since May 1, 2024, pharmacies can sign agreements with the National Health Fund (NFZ) to provide emergency contraception to individuals aged 15 and older based on a pharmacist’s prescription.

The revised edition includes detailed information on available emergency contraception methods, guidance on obtaining a pharmacist’s prescription, and the latest regulatory updates. It also outlines procedures for handling pharmacy refusals, ensuring individuals know their rights and options under the new program.

WORKSHOPS

SEXUALITY EDUCATION (THE PONTON GROUP)

In 2024, our PONTON Group educators conducted 84 workshops, reaching nearly 1,000 participants. The sessions were designed for children, teenagers, young adults, parents, and teachers, providing scientific, fact-based knowledge and fostering open discussions on sexuality, relationships, reproductive health, and sexual rights. Children learned about personal safety, boundaries, and body awareness. Teenagers explored puberty, informed consent, contraception, and violence prevention. Parents and teachers received guidance on supporting youth in conversations about sexuality and challenging stereotypes.

Workshops were held in schools, social organizations, chil-

dren's homes, and other institutions. For Ukrainian participants, simultaneous translation was provided. Many attendees expressed interest in continued sessions, particularly on informed consent, online safety, and relationship-building.

All workshops were free of charge and available nationwide, ensuring broad accessibility regardless of financial situation.

WENDO: SELF-DEFENSE AND ASSERTIVENESS TRAINING

In 2024, FEDERA organized another edition of free WenDo self-defense and assertiveness workshops for women and individuals socialized as women. This included four 12-hour open workshops, as well as four closed sessions tailored for: FEDERA staff and volunteers, members of the Great Coalition for Equality and Choice, and the team of CARE International in Poland.

These workshops empowered participants by strengthening confidence, self-protection skills, and assertiveness in everyday life.



Participants and trainers during WenDo workshops at the FEDERA Health Center – October 2024.

INSTAGRAM LIVE BROADCASTS

In 2024, FEDERA organized nine live-streamed discussions featuring experts and specialists on key topics related to reproductive health, sexuality, and media literacy.

- [Planning a Pregnancy – How to Prepare?](#)
- [Ectopic Pregnancy – What You Need to Know](#)
- [Reproductive Health for People with Disabilities](#)
- [Decode FAKE NEWS – How Can We Identify and Combat Disinformation?](#)
- [Sexual Debut – Busting the Myths](#)
- [How Media Shapes Our Perception of Sex](#)
- [Why Informed Consent is Super Sexy](#)
- [Decode FAKE NEWS – Disinformation in Sex Education](#)
- [Decode FAKE NEWS – How False Narratives Affect Gender and Sexual Minorities](#)

COUNSELING AND SUPPORT SERVICES

ACCESS TO ABORTION

In 2024, we conducted nearly 2,000 in-person and telephone interventions, highlighting the high demand for our support. Every day, we also respond to numerous email inquiries sent to info@federa.org.pl. Over the year, we replied to nearly 3,500 emails and engaged in over 1,000 conversations via social media, including Facebook and Instagram.

Approximately one-third of inquiries concerned how to proceed in cases of unwanted pregnancy. The remaining interventions were related to FEDERA's established procedure for terminating pregnancies due to severe fetal abnormalities and access to contraception, including emergency contraception.

ACCESS TO CONTRACEPTION

FEDERA has long been monitoring access to the guaranteed medical service of intrauterine device (IUD) insertion. Last year, we once again obtained an updated database from the National Health Fund (NFZ) listing medical facilities that, under their NFZ contracts, should not charge for IUD insertion or removal.

We published this updated database on our website, along with the results of our independent monitoring of clinics across several provinces. Anyone can also contact us directly for individual advice on accessing IUDs within the NFZ system.

In 2024, we received approximately 200 inquiries regarding this issue at monitoring@federa.org.pl.

SEXUAL AND REPRODUCTIVE HEALTH

GYNECOLOGICAL COUNSELING

In 2024, we received over 900 inquiries at ginekolozki@federa.org.pl from individuals seeking reliable information on reproductive and sexual health. The most common topics included pregnancy risk, medical aspects of abortion, contraceptive methods, and interpretation of prenatal test results.

RECOMMENDED GYNECOLOGISTS DATABASE

For over three years, FEDERA has been compiling a database of patient-friendly gynecologists, based on patient surveys. To date, we have collected over 3,600 responses, allowing us to build a nationwide list of recommended specialists.

Individuals seeking pro-patient gynecologists in their area can send a request to monitoring@federa.org.pl to receive a list of recommended specialists. In 2024, we received around 500 such requests, with 150 specifically related to post-abortion care.

Helpline

FEDERA's Helpline has been operating since 1991. In March 2024, a midwife specializing in gynecological and obstetric nursing joined our team of experts, which includes psychologists, sexual educators from the PONTON Group, gynecologists, and pharmacists. In September, a sexologist also joined the advisory team.

Throughout 2024, our experts—available Monday to Friday from 4:00 PM to 8:00 PM at +48 22 635 93 92—conducted nearly 1,200 consultations.

Caller Profile

Gender	%
Women	67,8%
Men	31,8%
Non-binary individuals	0,4%
Age	%
Adults	89,3%
Youth	10,7%
Nature of Contact	%
First-time callers	89,3%
Regular callers	10,7%

Topics Discussed by Callers (Percentage of Total Conversations):

Pregnancy and abortion	49,0%
Sexuality	22,0%
Health	19,6%
Psychology	16,4%
Contraception	12,7%
Other topics	7,6%
Relationships	7,4%
LGBTQ+ issues	3,3%
Violence	2,3%
Legal matters	2,2%

These data show that the Helpline remains a crucial support service, particularly for women and adults. The high number of first-time callers confirms that our outreach effectively reaches those in need, while returning users demonstrate that the Helpline is a trusted source of ongoing support.

The range of topics reflects the diverse needs of callers, from reproductive and sexual health to psychological and social concerns. Our work not only helps individuals navigate challenges but also fosters awareness and a sense of security.

SUPPORT FOR WOMEN EXPERIENCING HOMELESSNESS

In 2024, we launched the “Every Woman Matters” initiative to support women experiencing homelessness. This long-overlooked group became a focus thanks to our collaboration with the Association for Aid and Social Intervention (SPiIS). SPiIS specialists helped us identify the most urgent needs of women living on the streets, enabling us to distribute hygiene kits—including menstrual products and condoms—to dozens of women in Warsaw.

FLOOD RELIEF EFFORTS

In September 2024, southern Poland was hit by its worst floods in years. FEDERA joined the relief efforts, partnering with the Różowa Skrzyńeczka Foundation, and together we raised nearly 28,000 PLN for hygiene and menstrual products—essentials that are often overlooked in times of crisis.

With these funds, we provided several tons of sanitary

pads, disinfectants, wet wipes, and other essentials. Our drive also received in-kind donations from Harper Hygienics and Eco and More. All products were delivered to the hospital in Stronie Śląskie, thanks to Bartek Waliszewski and his team—we are deeply grateful for their support!

FEDERA HEALTH CENTER

In September, we opened the FEDERA Health Center at Świętokrzyska 30 in Warsaw—a medical facility focused on sexual, reproductive, and mental health care. One of the center’s key principles is to provide a safe space for patients, free from the conscience clause, where their rights are fully respected. Women who have undergone medical abortion and are concerned about their health but hesitant to visit a doctor can receive professional care, including ultrasound examinations and full support.

The facility builds on FEDERA’s extensive experience in assisting individuals and collaborating with the medical community. We worked with experts in psychology, gynecology, and sex education—professionals who recognize no taboos when it comes to human rights. The center’s team will include gynecologists, urologists, midwives, sexologists, psychiatrists, psychologists, crisis intervention specialists, psychotraumatologists, sex educators, and lawyers. The center is equipped with modern medical devices, including an ultrasound machine adapted for patients with disabilities.

The center also offers workshops for doctors on World Health Organization (WHO) guidelines for abortion care. Additionally, it provides legal and safe termination of pregnancies resulting from criminal acts. Patients and doctors advocating on their behalf can access free legal support from FEDERA’s Legal Team.

Medical consultations and tests, such as gynecological ultrasounds and cytology, are free of charge for individuals with refugee status, including women from Ukraine. Free services are also available to women and girls referred by Social Welfare Centers, people with disabilities, and mothers of children with disabilities.

Beyond medical consultations and legal support, the FEDERA Health Center hosts:

- Sex education workshops, conducted by PONTON Group, providing age-appropriate and fact-based knowledge on health and sexuality.
- Self-defense and assertiveness workshops for women, using the WenDo method, which teaches effective ways to prevent violence and build confidence in threatening situations.



PROMOTION AND COMMUNICATION

In 2024, FEDERA maintained consistent and strategic communication through its website and social media platforms.

Ongoing communication included information about support services, such as specialist reproductive health consultations, the Helpline, the trusted doctors database, and FEDERA's contact details. Educational and awareness-raising content was also regularly published.

Strategic communication focused on informing the public about FEDERA's advocacy efforts and responses to current social and political events.

FEDERA was also actively present at key reproductive rights events, including protests, conferences, and congresses. Team members participated as experts at major public events, such as: Polish Press Agency conferences, Phoenix Collective debate at the University of Cambridge, Campus Polska Przyszłości, as well as Open'er Festival and Pol'and'Rock Festival.

Additionally, FEDERA provided numerous media statements for leading national outlets, including TVN24, Gazeta Wyborcza, Dziennik Gazeta Prawna, Polsat News, Vogue Polska, TOK FM, Radio Nowy Świat, Radio ZET, Onet, WP.pl, Mediaplanet, and Ofeminin. Internationally, FEDERA was featured in BBC, Le Monde, Deutsche Welle, Wiener Zeitung, Reuters, Euractiv, and others.

WEBSITE

In December 2024, FEDERA launched a new website with enhanced functionality and accessibility. The redesign prioritizes user experience (UX), particularly for individuals seeking assistance, making it a more effective communication tool.

SOCIAL MEDIA

In 2024, FEDERA engaged with its audience on Facebook, Instagram, X, LinkedIn, TikTok, and YouTube.

- Facebook & Instagram: Nearly 52,000 followers and over 541,000 people reached.
- X (formerly Twitter): 595,000 views, 26,000 engaged users, and 2,400 shares.

COLLABORATIONS AND MATRONAGES

"DECODE SEX" CAMPAIGN

In collaboration with Zinc Network and the Cyber Kids on Real agency, FEDERA launched the online campaign "Decode Sex", focusing on disinformation related to reproductive health and sexuality. For several months, FEDERA and PONTON Group shared content on contraception, abortion, sex education, sexual health, body positivity, and the phenomenon of disinformation itself.

The campaign involved partnerships with Różowa Skrzyneczka, SEXEDPL, Widzialne, the Campaign Against Homophobia, Transfuzja, Miłość Nie Wyklucza, as well as experts including Aga Szuścik, Tosia Kopyt, Dr. Katarzyna Bąkiewicz, Dr. Agnieszka Nalewczyńska, and Laura Krumpholz.

Key campaign outputs included:

- The brochure: "Decode Disinformation – How to Recognize and Defend Against Disinformation Online?"
- A "Decode Sex" card game.
- A series of workshops on disinformation, teaching participants how to recognize and counter false narratives, particularly in digital communication.

MEDIAPLANET

In 2024, FEDERA provided substantive patronage and expert contributions to the nationwide educational campaigns "Women's Health," "Pregnancy and Child," and "Parent's Guide," organized by Mediaplanet Poland. These campaigns served as platforms for spreading reliable information on women's health, reproductive health, and informed parenting.

Thanks to online distribution via Gazeta Wyborcza's subscription service, promotion on Wyborcza's homepage, MedExpress newsletters, and Medonet.pl, the campaigns reached a broad audience, including medical professionals.

As part of the campaign, FEDERA developed expert articles covering key topics such as reproductive rights, preventive healthcare, prenatal care, contraception access, and psychological support for pregnant women and parents. These publications emphasized the importance of a holistic approach to women's health, highlighting informed decision-making and education on sexual and reproductive rights.

DUREX COLLABORATION

PONTON Group continued its strategic collaboration with Agencja Studi, contributing to the creation and development of the drama series “Praktykanci”, published on the YouTube channel “Jak TO robić?”. This project, in partnership with Durex, combined entertainment with education on sexual health and relationships.

PONTON’s key role was providing expert consultation during the script development phase, ensuring the series delivered accurate and valuable content in a relatable and engaging way for young audiences.

SEKSON CONFERENCE

FEDERA provided substantive patronage for the 6th Sekson Conference, which focused on sexuality and parenthood among people with disabilities. The event addressed an often-overlooked topic—pleasure in the lives of individuals with disabilities.

Lectures and workshops explored various aspects of pleasure—both sensory and emotional—as well as the role of parenthood in sexual fulfillment.

Additionally, a FEDERA representative participated in a panel discussion, “What’s Next for Sexuality and Sex Education for People with Disabilities?”, sharing experiences and proposals for further action in this area.

SEKSUALIA CONFERENCE

In 2024, FEDERA once again provided patronage for the Seksualia conference, organized by the Warsaw branch of IFMSA–Poland. This prestigious scientific event focused on human sexuality, bringing together experts, researchers, and practitioners in sexual health and education.

The conference aimed to present an interdisciplinary perspective on human sexuality, incorporating insights from medicine, psychology, biology, pedagogy, and sociology.

FEDERA to fundacja, która walczy o równe i sprawiedliwe prawa do decydowania o swoim ciele i zdrowiu seksualnym oraz dostęp do informacji i usług związanych z antykoncepcją, aborcją, ciążą oraz porodem.

Potrzebuję aborcji
Szczegóły >

Potrzebuję tabletki „dzień po”
Szczegóły >

Telefon Zaufania
Szczegóły >

Centrum Zdrowia FEDERA
Szczegóły >



ODKODUJ DEZINFORMACJĘ

JAK ROZPOZNAWAĆ I BRONIĆ SIĘ PRZED DEZINFORMACJĄ W INTERNECIE?



Antykoncepcja musi być skuteczna i bezpieczna

14

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24

Chirurgiczna antykoncepcja w Polsce – przywilej czy podstawowe prawo?

Chirurgiczna antykoncepcja w Polsce – przywilej czy podstawowe prawo?

Współpraca z lekarzami ginekologami, psychiatrą i psychologiem

Biadaczki: do jakiego doświadczenia przetrwała ciąża?

Chirurgiczny Centrum Zdrowia FEDERA

ASTRA NETWORK

ADVOCACY AND SOLIDARITY

ASTRA Network supported sister organizations in Georgia in their efforts for democracy and human rights, emphasizing regional cooperation. We actively participated in the “My Voice, My Choice” campaign, advocating for safe, legal, and universal access to abortion across the European Union, protecting women’s reproductive rights.

In Armenia, we observed significant progress in abortion access, marking an important achievement in sexual and reproductive health and rights. Meanwhile, in Bulgaria, ASTRA Network responded to alarming legislative changes, strengthening efforts for reproductive justice.

As a member organization of ASTRA, FEDERA played a key role in preparing a report for the UN Committee on the Elimination of Discrimination Against Women (CEDAW), exposing human rights violations caused by Poland’s restrictive abortion laws.

At the European level, ASTRA Network joined a joint statement urging EU leaders to prioritize equality and non-discrimination. On the International Safe Abortion Day, we reaffirmed our commitment to recognizing abortion as a fundamental human right.

COMMUNICATION AND PUBLICATIONS

In 2024, ASTRA Network launched a new website with a refreshed visual identity. This redesign improved accessibility and user experience, making the site a key communication tool. The new platform facilitates easier navigation of advocacy resources and activities, supporting member organizations and partners.

The ASTRA Secretariat regularly updated stakeholders on advocacy efforts and the status of sexual and reproductive health and rights (SRHR) in the region through a revamped newsletter featuring an updated graphic design.

Key publications on social media and the website included The CEDAW report on human rights violations in Poland, analyses of the situation in Bulgaria and Armenia, as well as findings from research conducted in partnership with the European Consortium for Emergency Contraception (ECEC), presented at this year’s FIAPAC (Federation of International Abortion and Contraception Professionals) conference.

ASTRA Network actively monitored and commented on current events in member countries, allowing for rapid responses and advocacy actions. In-depth analyses were conducted, such as “Maternal Health Across Borders: Experiences from Belarus and Azerbaijan”, and “An International Perspective on Reproductive Health – Hungary”.

These publications strengthen ASTRA Network’s role as a leading knowledge hub on regional trends and a key advocate for sexual and reproductive health and rights (SRHR) in Central and Eastern Europe.

NETWORK EXPANSION AND STRENGTHENED GOVERNANCE

ASTRA welcomed three new member organizations: SECS (Romania), Y-PEER (Moldova), and Human Doc (Poland).

The Advisory Board was strengthened with the addition of Erika Schmidt from EMMA, whose expertise in sexual and reproductive health and rights contributes to ASTRA’s strategic development.

TRAININGS AND CAPACITY BUILDING

In 2024, ASTRA’s Secretariat organized two online workshops on fundraising, led by an experienced expert, equipping members with practical tools and strategies for financial sustainability in the field of sexual and reproductive rights.



In Warsaw, ASTRA co-organized a feminist advocacy workshop with PLAN International, where FEDERA conducted a training session on strategic communication and effective responses to political challenges.

STUDY VISITS AND ANNUAL MEETING IN WARSAW

This year, ASTRA Network organized study visits to Moldova and Romania, facilitating experience exchange and networking with local activists.

In May, the annual ASTRA Network meeting took place in Warsaw, focusing on reviewing activities, strategic planning, and strengthening collaboration among member organizations.



THE GREAT COALITION FOR EQUALITY AND CHOICE

The Great Coalition for Equality and Choice (WKRW) includes 130 member organizations and initiatives. In 2024, three new organizations joined: Piaseczyńska Rada Kobiet, Słupski Kongres Kobiet, and Poznań's Fundacja Czas Kobiet.

Advocacy Efforts

The coalition issued an appeal to Members of Parliament from Trzecia Droga, urging them to support a bill partially decriminalizing abortion in Poland.

Internal Activities

On June 30, the annual WKRW meeting took place in Warsaw, bringing together representatives from member organizations. Participants engaged in panel discussions ("Post-Election Analysis: Local and European Elections" and "The Role of Sex Education in the Fight for Reproductive Rights"), a lecture on current legislative initiatives related to reproductive rights in Poland, regeneration workshops focused on activist burnout prevention. Additionally, the coalition representatives participated in an online training on responding to harassment in public space and WenDo self-defense and assertiveness workshops.



Annual WKRW meeting in Warsaw (June 2024)

