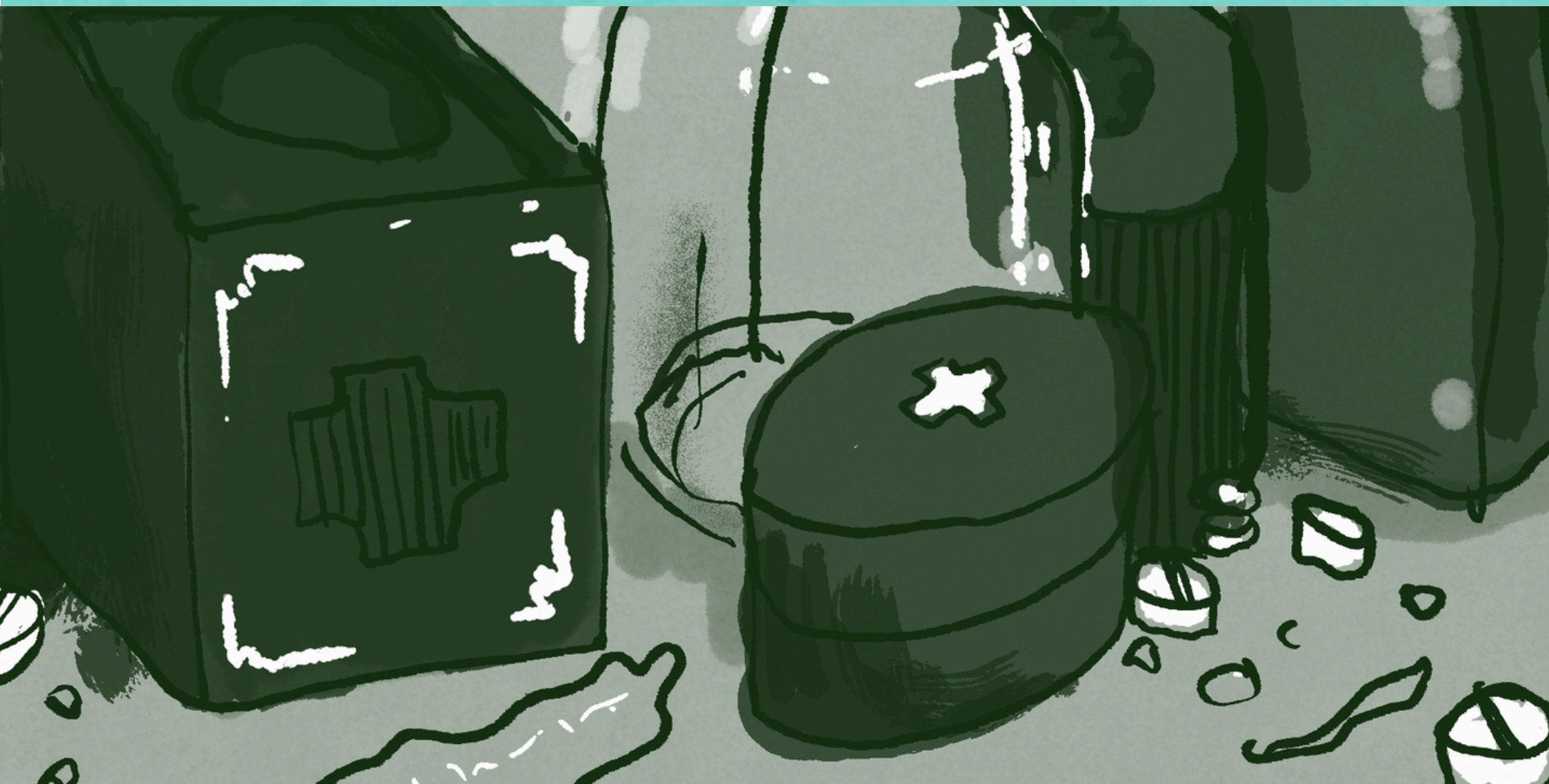


# The Pill. Angry Chuckles.

A poetry exhibition on contraceptive experiences



## Project Partners



THE UNIVERSITY  
of EDINBURGH

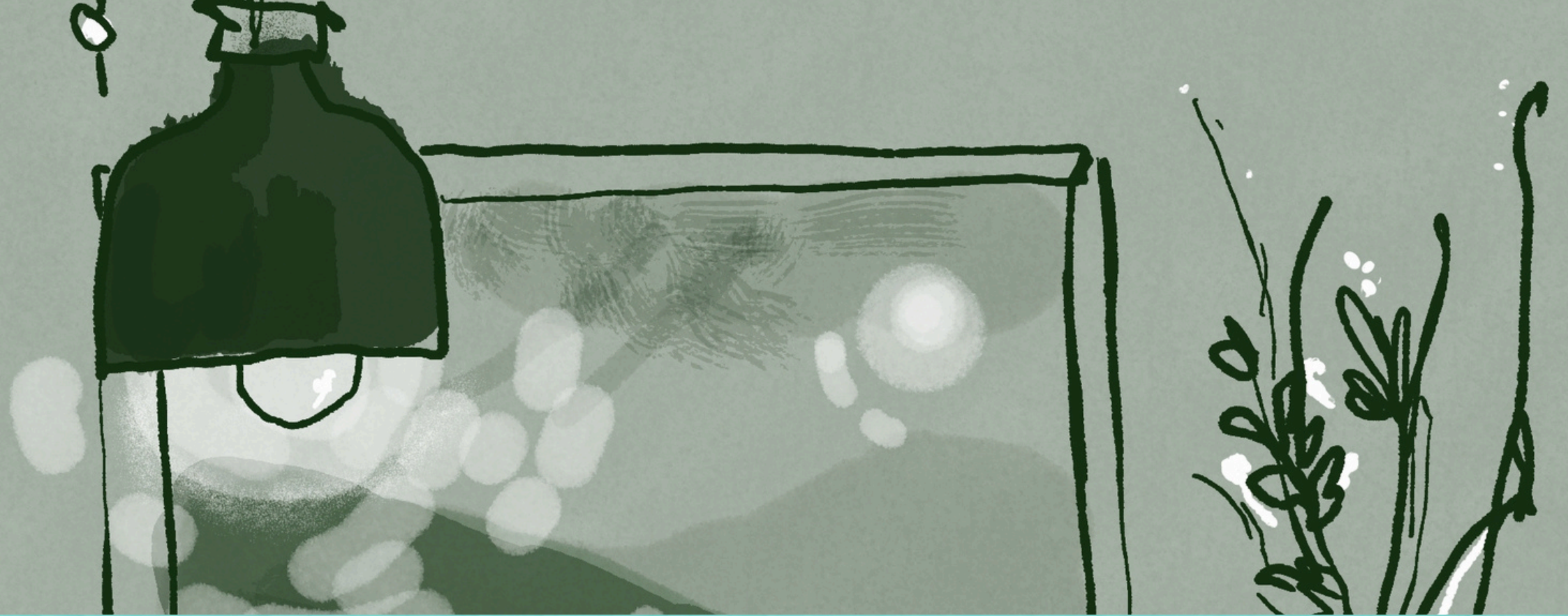
**U**usher  
institute



Centre for  
Biomedicine  
Self and Society



centre for research on  
families and relationships



On display you will find poems, interview excerpts, and artworks that reflect experiences of real individuals with contraceptives, sexual and reproductive health, and pregnancy and STI (sexually transmitted infection) prevention. Through these mediums we can see a variety of different perspectives on these issues.

As a society, we need more open, honest and caring conversations around contraception, pregnancy and STI prevention. Have you used contraception or contraceptive services? Have you, or might you, experience abortion, pregnancy or STIs? Do you help to design policy? Are you a researcher or healthcare provider? Take a moment to reflect on your position in the conversation. These poems, interview excerpts, and artworks are an opportunity to reflect on your own experiences, and a way for you to think about how you might help improve contraceptive experiences or support people in your life navigating these issues.



## CONTENT WARNING

This exhibition explores personal stories and lived experiences related to contraception, abortion, unwanted pregnancies and sexually transmitted infections (STIs) including themes around sex, sexuality, intimate and personal relationships, and healthcare encounters. Some content may be sensitive or upsetting for some viewers. Support resources, including links to contraceptive information, are available via QR code below. Please take care while engaging with this exhibition.

## SUPPORT RESOURCES AND CONTRACEPTIVE INFORMATION



<https://edin.ac/4e3DPDL>



# Exploring Contracepting Through Poetry

## WHERE ARE THE INTERVIEW EXCERPTS FROM?

On display you will encounter a number of excerpts from individual interviews with young women, men and non-binary people conducted in 2019 and 2020 as part of a PhD dissertation (Larsson 2023). This research project investigated young people's experiences and practices with contraceptives in Sweden, activities termed "the work of contracepting". These stories highlight key themes of what the work of contracepting looked like and meant for the young people involved in the study.



## HOW WERE THE POEMS AND ARTWORK CREATED?

The poems were created by participants in a guided poetry workshop held on May 15<sup>th</sup> 2025 in Edinburgh. This workshop included 19 individuals—primarily researchers, along with some healthcare professionals and postgraduate students—interested in issues related to contraception. Participants learned techniques like The Golden Shovel and Blackout Poetry, and used them alongside interview stories to craft personal contraceptive poems reflecting their own experiences.

The large horizontal graphic illustration was created by live scribe Cassandra Harrison during the workshop, capturing the event visually. The other framed artworks, by artist Frank Rokhlin, were created as part of the dissertation to introduce and visually represent the findings chapters.



## WANT TO KNOW MORE ABOUT THE PROJECT AND RESEARCH?

To access the full PhD thesis, visit the Research Portal on the Lund University website: [portal.research.lu.se/en/](https://portal.research.lu.se/en/)

For a summary of key PhD findings and insights, visit: [crfr.ac.uk/young-people-and-contraception](https://crfr.ac.uk/young-people-and-contraception)

To read more about the poetry workshop, visit: [crfr.ac.uk/the-pill-angry-chuckles-exploring-contracepting-through-poetry/](https://crfr.ac.uk/the-pill-angry-chuckles-exploring-contracepting-through-poetry/)

INTRODUCTION

DR MARIE LARSSON  
 hi  
 As a teen I loved ANGSTY poetry

EXPLORING CONTRACEPTING through POETRY

time to Create

SWEDEN  
 inter-personal emotional the work

illustration  
 SHOW the JOURNEY

DR AUTUMN ROESCH MARSH  
 TALK to someone ... NEW

LET GO of BAGGAGE  
 AND JUST WRITE

NEW LANGUAGE NOT KNOW connections

ODE TO MY BRAND-NAME BIRTH CONTROL

YES! I found the RIGHT one  
 FREEDOM  
 I had to leave the room...

the woman crying uncontrollably in the NEXT Stall...  
 4 AM  
 BAD HAIR

Communion  
 enter LESS than careful!  
 DID NOT Like!  
 LOVE IT  
 on visiting the Sexual Health Clinic

golden shovel  
 BUILD POEM

A Relief to be Creative

BLACK OUT Poetry  
 REVEALING of OWN BIOGRAPHIES

PAINFUL RUINING MY BODY powerless

The PILL ANGRY Chuckles

Time to Write

Do whatever... do I HAVE to use punctuation?  
 YOU'RE GOD of the POEM

... easier to express sadness than HAPPINESS



The pill was TESTED ON Bunnies... you are NOT a BUNNY  
 what should I do?  
 That's what I did.

you CAN speak OPENLY about it

WHILE BROWSING THE CREATIVE WORKS, CONSIDER:



- Which story or poem resonates most with you?
- Do the poems make you think or feel differently about the stories they are inspired by?
- Who do you talk to about issues related to sex and contraception?
- How would you have wanted someone to support you with contraception (or similar issues)?
- What do you think the title of the exhibition, "The Pill. Angry Chuckles", means?


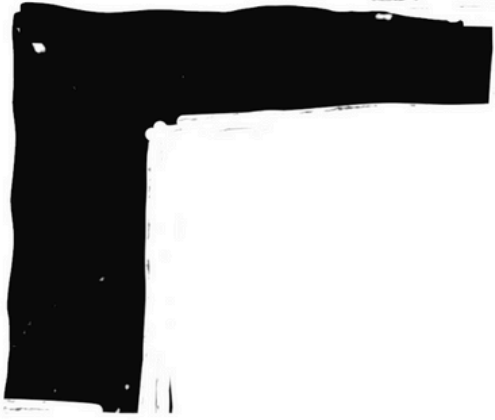
# ORIGINAL POEMS



My friend is so brilliant  
she looked at all of us  
all we want is pleasure and freedom  
and the price we pay is work  
Bring on the coven  
I don't want a bun in the oven  
That pill might break your cycle  
But the moon lives in your body  
Crater face, moon face, lunar phase  
We're all hormoaning  
Better natural, on an app  
Just go with the Flo, or Clue or another AI  
Artificial intelligence before artificial insemination  
Ai, ai, ai  
Sisters talk to me of how you avoid a pox on you home,  
or another mouth to feed.  
Preferably without a monthly bleed  
My friend is so brilliant  
She looked at all of us  
working to avoid labour  
and said "my god it is a lot"

- Poem by Sophie





I will die on this hill,  
As stubborn as can be  
That I don't need my pill,  
It's my pill that needs me.

For if my pill was a light  
That beamed the bad thoughts away  
And made me seem bright  
Then I'd take it everyday

For if my pill stemmed the blood  
And quietened the pain  
I would take it forever,  
It would have world-wide fame

For if my pill cleared my skin  
And gave it an everlasting glow  
I'd ingest it within  
And I'd never let it go

I'll die on this hill  
As stubborn as can be  
Turns out I do need my pill  
I know it helps me



- Poem by Jacqueline

## Be a Bunny Not a Rat

The Pill was tested on  
Bunnies – **not rats**  
but who were the  
test subjects next?

**The Pill**  
can give you cancer  
maybe  
but don't stop taking  
it – be reasonable.

Cervical Cancer is caused  
by poor women having:  
too much **sex**  
too many **babies**  
Science said, take your pick

Fear not! New tech!  
to the rescue  
New heroes include:  
the **IUD**  
the **jab**

Oh – ignore Depo + the Dalcon  
those don't count

**You** have so many choices  
**Our** choices  
**We** created for  
**You**  
You are not a **bunny**  
You are **free**.

- Poem by Karissa Patton

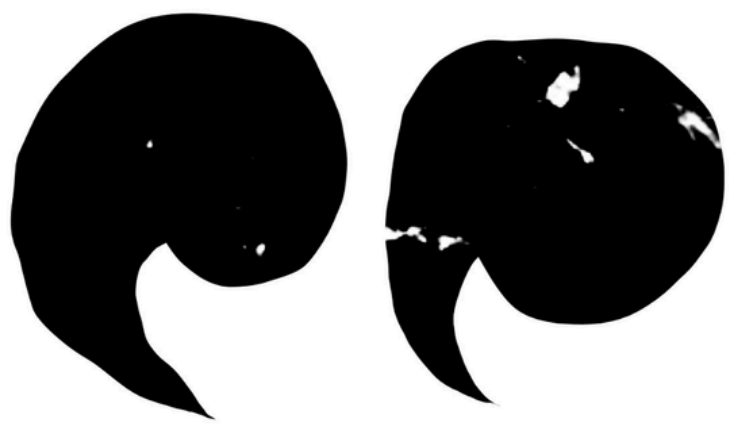
## Conversation with my daughter

I've been bleeding for three months  
I can't cope  
What should I do?  
Speak to the doctor.  
I tried that  
They're useless  
What should I do?  
Maybe try the coil.  
No way far too painful  
My friend nearly died  
What should I do?  
Stick with just condoms.  
Don't be ridiculous  
They defo don't work  
What should I do?  
Just keep trying I guess.  
Is that what you'd do?  
That's what I did.

- *Poem by Jeni*



# STORY 1



I like the agency and the control, so I thought that it was your own responsibility. But I often became disappointed in my counterpart, that the thought wasn't there with my counterpart. *Come on, take some responsibility!* (...) That they didn't take responsibility for their own annoyed me. But I don't want to hand over the economic bit, it was important not to be dependent on someone else. I don't feel like it should be my responsibility, it's a shared responsibility. Even if I want to have responsibility for my own, I want my partner to take responsibility for theirs. With my partner who I live with, it became shared. I didn't have a problem with money at that point, so it became a bit more dedramatised to pay together... if it's only me doing half, then all responsibility is on me. (...) I liked that he [current partner] brought it up and wanted to take responsibility. And that he asked about the financial bit. I appreciated that. He was part of it and took an interest. Not just, "you'll sort it". (...) He has his responsibility, and I have mine, but he also takes an interest in my responsibility and me in his. In one-nightstands... then I want, when it's more fleeting, then I want my own responsibility. Full stop.

- Pim, pansexual non-binary and genderfluid person in their mid-20s





## Each month

I carry the weight of a choice that is wholly my **own**,  
Yet he sighs at the silence over breakfast, stirring **the**  
Coffee, hoping I'll forget what it means to have **responsibility**  
For a body that bleeds and says, quietly, "**I don't**  
Want to cradle more than I already carry **on**".  
My swelling breasts, my tender belly, signs not **shared**,  
It visits me alone, in whispers, at night, beneath **my**  
Breath when I unwrap that tiny pill. I swallow **it**,  
Not for him, but for the quiet of my pulse. **It**  
Beats evenly only when I know I'm not one-**half**  
Of a plan I didn't choose. He asks me to "consider **it**,"  
And I nod like I'm listening. Then I check the **financial**  
Forecast on my phone, then my cycle. I think, *maybe* **you'll**  
Forget by morning. He brings home white tulips, makes **an**  
Effort. But I see the echo of tiny feet in his eyes, and I just **want**  
To stop pretending. My relief arrives crimson. Full **stop**.

- Poem by A.H. inspired by Pim





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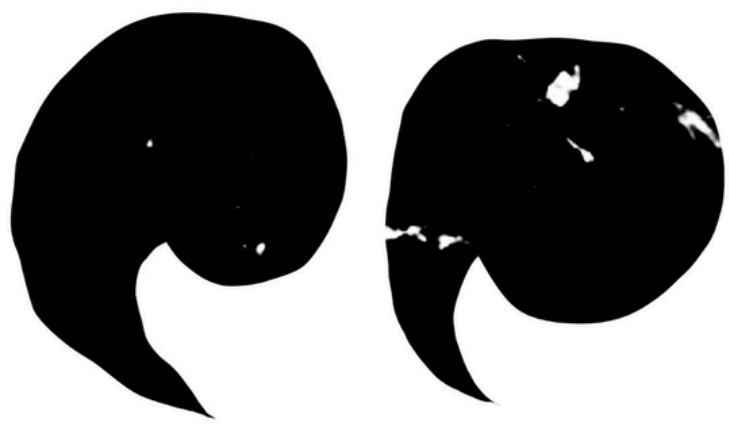
- Poem by Mairi inspired by Pim

## Responsibility

I like the agency and the control, so I thought that it was your own responsibility. But I often became disappointed in my counterpart, that the thought wasn't there with my counterpart. *Come on, take some responsibility!* That they didn't take responsibility for their own annoyed me. But I don't want to hand over the economic bit, it was important not to be dependent on someone else. I don't feel like it should be my responsibility, it's shared responsibility. Even if I want to have responsibility for my own, I want my partner to take responsibility for theirs. With my partner who I live with, it became shared. I didn't have a problem with money at that point, so it became a bit more dedramatised to pay together. If it's only me doing half, then all responsibility is on me. I tried that he took over the mortgage and wanted to take responsibility. And that he asked about the financial bit, appreciated that. He was part of it and took an interest. Not just you'll sort it. He has his responsibility, and I have mine. We also have a bit of responsibility and me in his. In the right sense, when I want, when it's more feeling, then I want my own responsibility, full stop.

- Poem by anonymous inspired by Pim

# STORY 2



I don't know why, but it felt better that the active substance was down there rather than in pills. It was a better feeling, even if it didn't affect me in a physical way. That is why I swapped again to – I was in a pretty stable relationship from when I turned 18. I wanted to swap to something more long-term. The Youth Centre suggested the Mirena coil. (...) I spoke to my mum about it. She thought it sounded like a great idea but that it would hurt a bit. So, I slept at hers, and then she drove me there. Even though I wasn't living at home. It was something that was a very positive experience. It was pretty painful, but afterwards they wrapped me up in a blanket and I got to relax for a few minutes. Then mum picked me up. I was pretty grown up at this point. Then, a month later I got really ill and had a super high fever. And in some sort of moment of clarity, I read the information leaflet – “if you get... etcetera then you should seek healthcare”. (...) Had a really intense infection in my uterus due to the coil. (...) It was a bit dramatic. High on fever. I drove to the ER – shouldn't have done that. But it went alright in the end. (...) Since then, I've been on the injection. My partner has learned to give injections so that he can give them to me at home. (...) He has to make sure that we have the injections at home and remember when it's time and give me the injection. So, the only thing I do now is to get a small needle prick in the butt cheek. Nice. (...) And, since it's pretty far in between each injection, he has to look on YouTube how you do it. There are many of those – IVF. The same injection technique... it works really well. I'm not afraid of needles. A lot of taking blood tests in the arm. And the needle is sooo thin. You barely feel it. He's more nervous than I am.

- Gabriella, bisexual cis woman in her late 20s





## High on contraception OR “Choices”

I have had **it**

Constant discussion about my reproduction. **was**

sex ever “responsible”? I feel like **a**

horse chomping at the **bit**

I know they think I am **dramatic.**

LONG TERM, SAFE CONTRACEPTION PLEASE! **High**

School fears carry **on**

But, now all assume I have baby **fever.**

*- Poem by Karissa Patton inspired by Gabriella*



## TECHNOLOGY

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- Poem by Karissa Patton inspired by Gabriella

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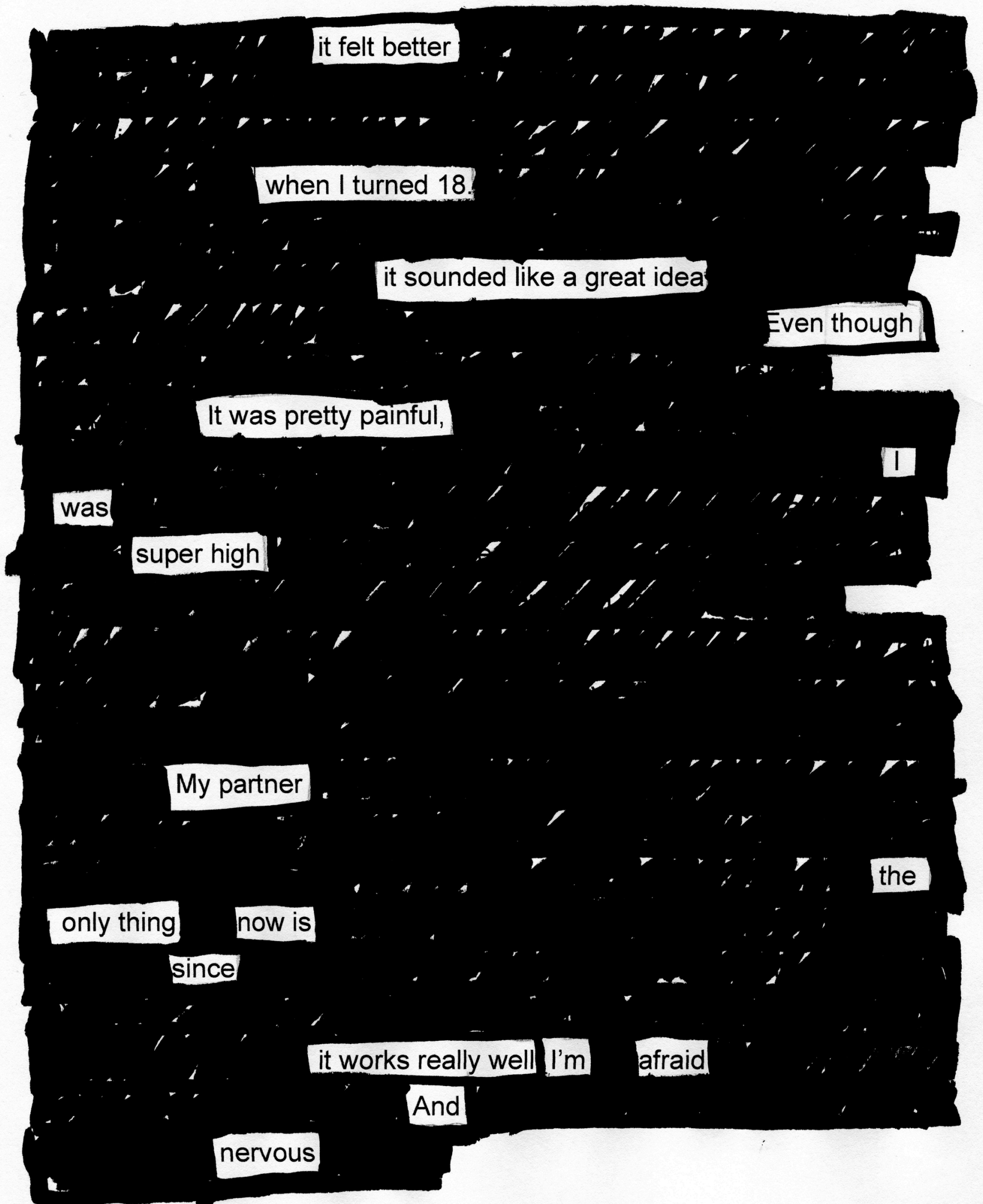
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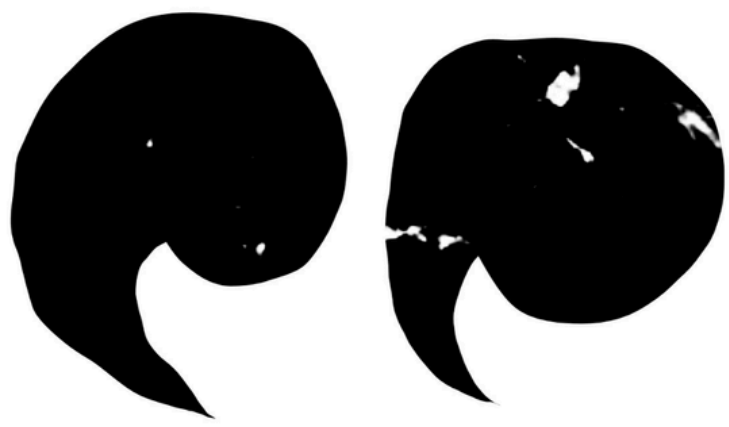
- Poem by Marie inspired by Gabriella

afraid



- Poem by Paula inspired by Gabriella

# STORY 3



With my current boyfriend, it was more natural. It's time. With my ex it was a more conscious decision: "Let's get tested, if nothing, then we can stop using condoms" (...) We were both concerned with STIs. Wanted to know before removing protection. I think it was both. My ex had never been to the centre for sexual health. How? It's so close! It was a nice event for us as a couple. (...) It was the first time in my life that I went to go get tested with a partner. So, the relationship can take a step. It's a trust point. If he'd just told me he didn't have any STIs, I'd probably believe him without getting tested. We'd have proof. A step together. Going to doctor, like "he's my partner, my partner". It's cute.

- *Mehmed, gay cis man in his late 20s*

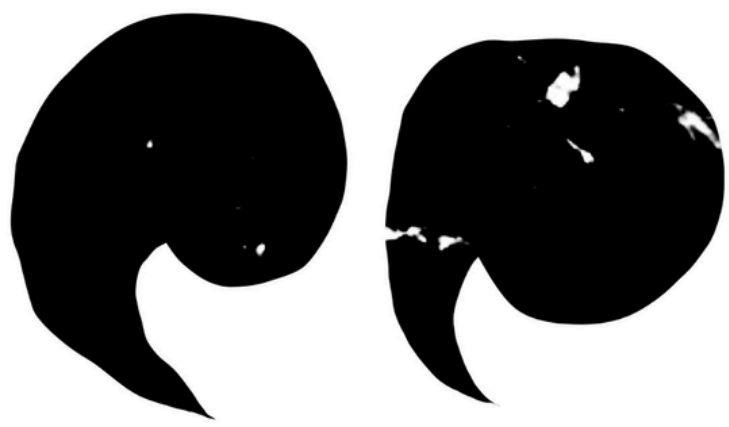


My boyfriend was natural. It  
was a decision.  
We were  
so close  
as a couple. The first time to  
trust  
I'd believe him  
without proof. Together.  
he's my partner

*- Poem by Jaqueline inspired by Mehmed*




# STORY 4



Before maybe I would have said that it's the responsibility of society to inform and encourage contraceptive use among young people but at the same time it becomes a bit... it can become a bit moralising and wrong when it must be society's responsibility. It is difficult for society to be impartial (...) But it's a bit nice and a bit good as a friend, or in general, socially close surroundings including parents and partner and such, that you a bit together make sure that you're keeping tabs on each other. A bit like, "it takes a village" because it's always, you maybe don't always see clearly what is best for yourself. Because you're not as likely to see your own patterns than another person who can see, "you have a tendency to act like this". So, I think it's good if there's a like, conversation that you have with others in a non-judgmental but informative way. Where you, still help each other, to understand yourself through others. I think. (...) Still understanding and having respect for others' decisions and choices but that you maybe can, you know, you can push a bit, maybe you can group-pressure a bit where needed about like a friend. "You know, this is not healthy for you". That's what we've gotten to, maybe you can't see it [Marie: intervention like] Yeah, exactly, you can. That's why it's so damn good that you speak openly about it, like your sex life, habits and stuff with your friends, because the more open you are the easier it is for other people to more objectively monitor than the monitoring you can do yourself (...) I think it's good with friends, but with society it can get a bit wrong.

- *Edith, bisexual cis woman in her late teens*





When they ask what **YOU**  
Want to do its clear they **HAVE**  
An opinion. A view. An implant maybe? **A**  
Coil perhaps? They definitely have a **TENDENCY**  
To encourage you **TO**  
Take the “best option”. Especially given how you **ACT**  
Why should I feel bad about the method I **LIKE**  
Why does coming to the clinic make me feel like **THIS.**

*- Poem by Jacqueline inspired by Edith*



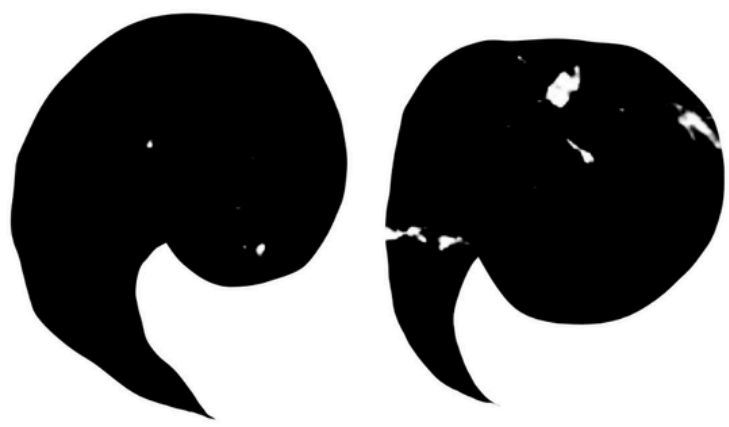
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- Poem by Polly Baxter inspired by Edith

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- Poem by Marie inspired by Edith

# STORY 5



But with my girlfriend, of 10 years (...) the dental dam has been a natural part. We cut up condoms. In the beginning when we were exploring, up in Norrland [northern region of Sweden], it's a bit more taboo to have a lesbian relationship. A bit more like exploring each other, it became a fun thing. We do this thing with condoms. Not as serious, we can't get pregnant. With her – more for disease purpose. She hasn't had anyone else but me, while I've had several others. Only in more recent years that she's dating a dude. We sat and giggled and cut up condoms.

*- Pim, pansexual non-binary and genderfluid person in their mid-20s*





## Remember

I think it was a Wednesday, **we**  
had only spoken on the phone, I **sat**  
hands on knees on a mint chair, **and**  
quiet – waiting. Down the hall someone **giggled**  
then my name – walk briskly, **and**  
bare, cold. Relief. A **cut**  
Fluorescent buzzing light, I look **up**  
it's on the list, remember to get **condoms.**

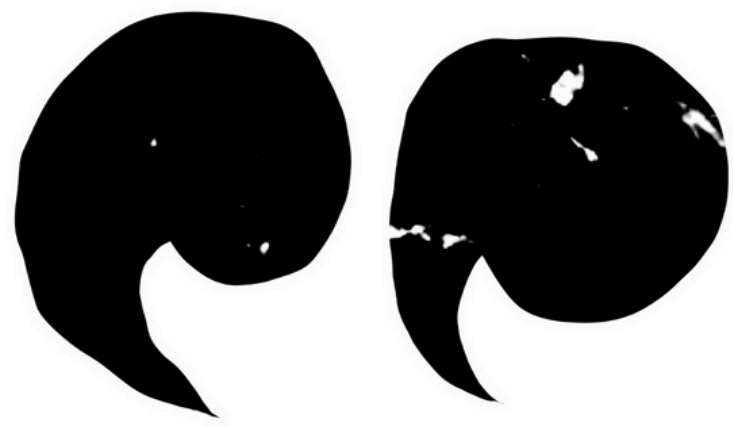
*- Poem by Marie inspired by Pim*



With my girlfriend of 10 years, the anal dam has been a natural part. We cut up condoms. In the beginning when we were exploring – up in Norrland (northern region of Sweden) – it was a lot more about having a lesbian relationship. That more like exploring each other. It became a fun thing. We do this thing with condoms. Not serious, we can't get pregnant. With her – more for disease purpose. She hasn't had anyone else but me, while I've had several others. Only in more recent years that she's dating a dude. We sit and giggle and cut up condoms.

- Poem by C.L. inspired by Pim

# STORY 6



It's always, "we need to reduce the numbers of abortion, we need to reduce the numbers of abortion!" But why? Why do we need it? Do you want folks to keep pregnancies they do not want or what? Why is it so important on a societal level? That debate always comes up. "We have to reduce the numbers of abortion", "Now the abortion numbers are rising". But maybe it's like, more, because more people want to get an education? Is it so incredibly important that they go down? It's an indirect signal. Where I probably have gotten the idea that it's not okay. Like how they speak about it. "We have to reduce the numbers, we don't want people to have abortions. Everyone shall use contraceptives. You cannot just happen to get pregnant. It's irresponsible when there's 25 different methods to choose from". *Well, yes, then you can try them yourself!*

- *Helena, bisexual cis woman in her early 20s*



## Try Them Yourself

It's always, "we need to reduce the numbers of abortion, we need to reduce the numbers of abortion!" But why? Why do we need it? Do you want folks to keep pregnancies they do not want for what? Why is it so important on a societal level? That debate always comes up. "We have to reduce the numbers of abortion". Now the abortion numbers are rising. But maybe it's like, more, because more people want to get an education? Is it so incredibly important that they go down? It's an indirect signal. Where I probably have gotten the idea that it's not okay. Like how they speak about it. "We have to reduce the numbers, we don't want people to have abortions. Everyone shall use contraceptives. You cannot just happen to get pregnant, irresponsible when there's 25 different methods to choose from". *Well, yes, then you can try them yourself!*

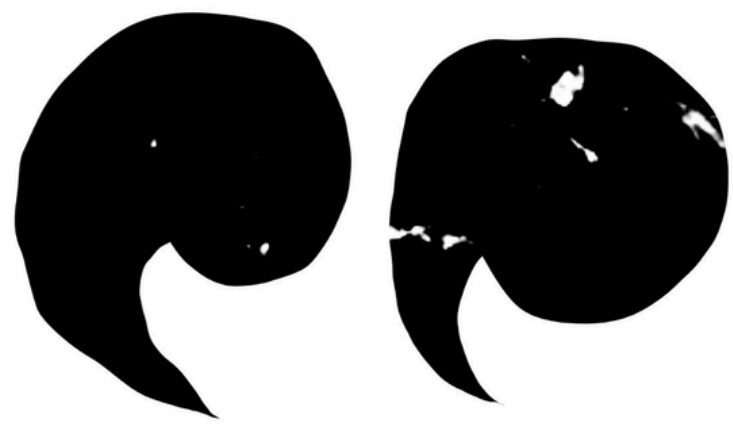
- Poem by A.H. inspired by Helena

It's always, we need to reduce the numbers of abortion, we need to reduce  
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from. Well, yes, then you can try them yourself!

- Poem by Marie inspired by Helena




# STORY 7



It's been clear that it has been my choice. He hasn't wanted to tell me that I have to get a hormonal coil inserted. But then he's told me several times that, he has said that "if the hormonal coil or the pill doesn't work then we can do condoms, that's okay with me". But I know that he doesn't want to, really. Somewhere it's something that is in me. I know that he wouldn't leave me if I didn't have the coil. But I know, somewhere, that he doesn't like condoms. Then he's been clear, "that you get to choose yourself". But, like I said, he has still commented, that I was moody. That's what I can come up with. Then, he's not at all affected. I mean it's me who... It becomes really weird. I can always pull that card, "I am ruining my body for you!". We can joke about that. (...) I think that he, more like when I joke about "Yes, shit, the amount of stuff I go through in order for us to have sex without condoms" and he's like "Ah, stop it." He feels some guilt. Because I place guilt on him. But I don't think that he actively thinks about it. But also, because it's so fucking normal that it's the woman! I wonder if there was a contraceptive method that was as painful, would he have done it? I don't think so. I don't know. Nah, I don't really know. Mmh. I haven't really thought about it that much from his perspective. Probably [I am] a bit selfish in that. He is pretty powerless. He can't do so much if it's painful for me. But that's not something to pity him for.

- Nova, pansexual cis woman in her mid-20s





My mother thinks I've got cancer. **It's**  
written in the fine print of the box, I've **been**  
lied to by science, the doctors don't make it **clear,**  
we should be careful, **that**  
our bodies don't become unnatural, **it**  
must be natural, wanting children **has**  
**been my**  
dream... **my choice.**

*- Poem by birdie inspired by Nova*






## Whisky Face

Rear view remembrance. **It's**  
a dram of Laphroig; **so**  
raw a story of our **fucking**.  
**It's normal**;  
we drank together feeling **that**  
nothing could touch us. **It's**  
whisky face; I grimace at **the**  
distilled version of the **woman**.

*- Poem by Jeni inspired by Nova*





Should you pay or should I  
I bet you're not as scared as I **am**  
If I bring it up am I **ruining**  
All the fun we could have with **my**  
Body and your **body**  
Who am I doing this **for**  
Damn, I must really like **you**

*- Poem by Paula inspired by Nova*



It's been clear that it has been my choice. He hasn't wanted to tell me that I have to get a hormonal coil inserted. But then he's told me several times that, he has said that "if the hormonal coil or the pill doesn't work then we can do condoms, that's okay with me". But I know that he doesn't want to, really. Somewhere it's something that is in me. I know that he wouldn't leave me if I didn't have the coil. But I know, somewhere, that he doesn't like condoms. Then he's been clear, "that you get to choose yourself". But like I said, he has still commented, that I was moody. That's what I can come up with. Then, he's not at all affected. I mean it's me who... It becomes really weird. I can always pull that card, "I am ruining my body for you!". We can joke about that. (...) I think that he, more like when I joke about "Yes, shit, the amount of stuff I go through in order for us to have sex without condoms" and he's like "Ah, stop it." He feels some guilt. Because I place guilt on him. But I don't think that he actively thinks about it. But also, because it's so fucking normal that it's the woman. I wonder if there was a contraceptive method that was as painful, would he have done it? I don't think so. I don't know. Nah, I don't really know. Mmh, I haven't really thought about it that much from his perspective. Probably I am a bit selfish in that. He is pretty powerful. He can't do so much. It's painful to me. But that's not something to pity him.

- Poem by Mairi inspired by Nova

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- Poem by Kaveri Qureshi inspired by Nova

It's

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it's something that is in me.

But I know,

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I joke

about

the amount of stuff I go through

But

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But that's not something to pity

- Poem by Polly Baxter inspired by Nova

It's been clear that it has been my choice. He hasn't wanted to tell me that I have to get a hormonal coil inserted. But then he's told me several times that he has said that "if the hormonal coil or the pill doesn't work then we can do condoms that's okay with me". But I know that he doesn't want to really. Somewhere it's something that is in me. I know that he wouldn't leave me if I didn't have the coil. But I know somewhere that he doesn't like condoms. Then he's been clear, "that you get to choose yourself". But, like I said, he has still commented, that I was moody. That's what I can come up with. Then he's not at all affected. I mean it's me who... it becomes really weird. I can always pull that card "I am ruining my body for you!". We can joke about that. (...) I think that he, more like when I joke about "Yes, shit, the amount of stuff I go through in order for us to have sex without condoms" and he's like "Ah, stop it". He feels some guilt. Because I place guilt on him. But I don't think that he actively thinks about it. But also because it's so fucking normal that it's the woman. I wonder there was a contraceptive method that was as painful, would he have done it. I don't think so. I don't know. Nah, I don't really know. Mmh, I haven't really thought about it much from his perspective. Probably [I am] a bit selfish in that. He is pretty powerless. He can't do much. It's painful for me. But that's not something to pity him for.

- Poem by C.L. inspired by Nova

## The Decision

It's been clear that it has been my choice. He hasn't wanted to tell me that I have to get a hormonal coil inserted. But then he's told me several times that he has said that "the hormonal coil or the pill doesn't work then we can do condoms, that's okay with me". But I know that he doesn't want to, really. Somewhere it's something that is in me. I know that he wouldn't leave me if I didn't have the coil. But, I know, somewhere, that he doesn't like condoms. Then he's been clear, "that you get to choose yourself, but like I said, he has still commented, that I was moody. That's what I can come up with. Then, he's not at all affected. I mean it's me who... It becomes really weird. I can always pull that card, "I am ruining my body for you!". We can joke about that. I think that he, more like when I joke about the shift, the amount of stuff I go through, "it's for us to have sex without condoms" and he's like "Ah, stop it. He feels some guilt. Because I place guilt on him. But I don't think that he actively thinks about it. But also, because it's so fucking normal that it's the woman. I wonder if there was a contraceptive method that was as painful, would he have done it? I don't think so. I don't know. Nah, I don't really know. Mmh, I haven't really thought about it from his perspective. Probably I am a bit selfish in that. He is pretty powerless. He can't do so much if it's painful for me. But that's not something to pity him for.

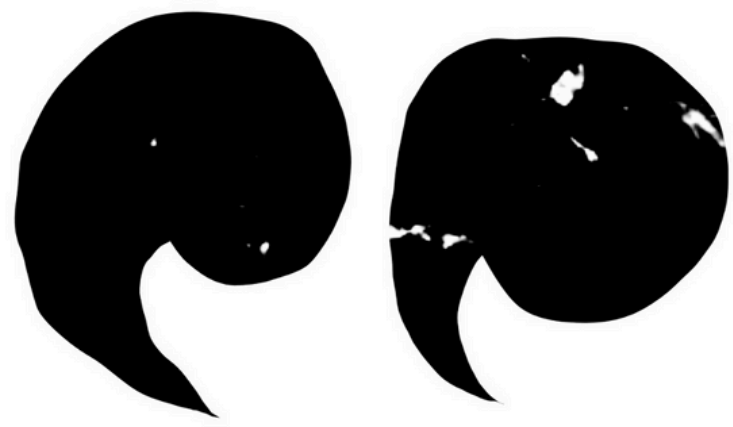
- Poem by Kirsten inspired by Nova

## My Choice

It's been clear that it has been my choice. He hasn't wanted to tell me that I have to get a hormonal coil inserted. But then he's told me several times that he has said that "if the hormonal coil or the pill doesn't work then we can do condoms, that's okay with me." But I know that he doesn't want to, really. Somewhere it's something that is in me. I know that he wouldn't leave me if I didn't have the coil. But I know, somewhere, that he doesn't like condoms. Then he's been clear, "that you get to choose yourself". But, like I said, he has still commented, that I was moody. That's what I can come up with. Then, he's not at all affected. I mean it's me who... It becomes really weird. I can always pull that card "I am ruining my body for you!". We can joke about that (...). I think that he, more like when I joke about "Yes, shit, the amount of stuff I go through in order for us to have sex without condoms" and he's like "Ah, stop it." He feels some guilt. Because I place guilt on him. But I don't think that he actively thinks about it. But also, because it's so fucking normal that it's the woman. I wonder if there was a contraceptive method that was... would he have done it? I don't think so. I don't know. Nah, I don't really know. Mhm, I haven't really thought about it that much from his perspective. Probably [I am] a bit selfish in that. He is pretty powerless. He can't do so much if it's painful for me. But that's not something to pity him for.

- Poem by A.H. inspired by Nova

# STORY 8



(...) I have had, I stopped using... the pill. But then I went over to. I mean, I am a bit angry (*chuckles*) in a way that there needs to be something better... for your biological process, if it supposed to prevent pregnancy. But also, eeh. Or STIs, if you have sex with, if I have sex with a person with a penis. But otherwise, it is good. I have still gotten a bit annoyed that it affects me, more hormones and such in a way. It makes me a bit angry. It has been rough from... the pill to the coil. And it was horrible, so damn painful. It is a lot better with mood swings, but yes. A bit agonising.

- Anna, pansexual cis woman / non-binary person in their early 20s



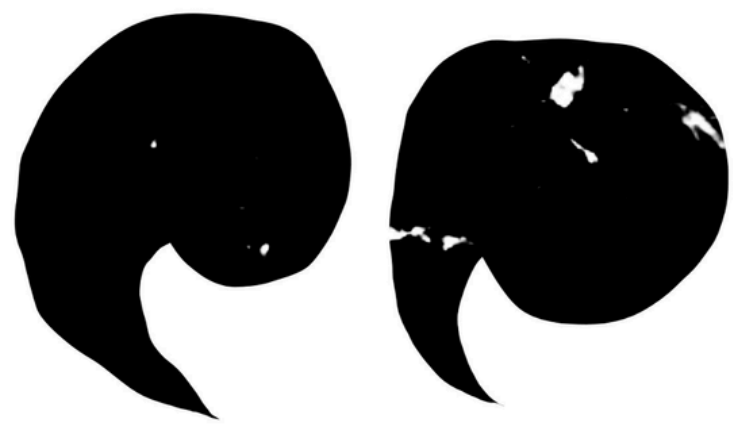
I have had I stopped using the pill. But then I went over to I mean I  
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- Poem by C.L. inspired by Anna

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- Poem by Polly Baxter inspired by Anna

# STORY 9



(...) I've had the hormonal coil for two and a half years or three. You don't know what it is like without the coil. It is easy to blame a coil. I'm tired of it and of not getting periods. (...) Yes, it has affected my, but I've still liked the hormonal coil. It has been the best contraceptive method I've used so far. (...) I am thinking about whether it is really good. If it affects me. I have great trust in midwives and gynaecologists, but maybe it's that I haven't felt that I had a choice? And it depends on what country and society you're in. Whether you trust... and that I think also affects me. If my midwife says that it is a good contraceptive method, then I will trust it. So, yes, but I can still question, but I choose to trust it. Or yes.

*- Nova, pansexual cis woman in her mid-20*



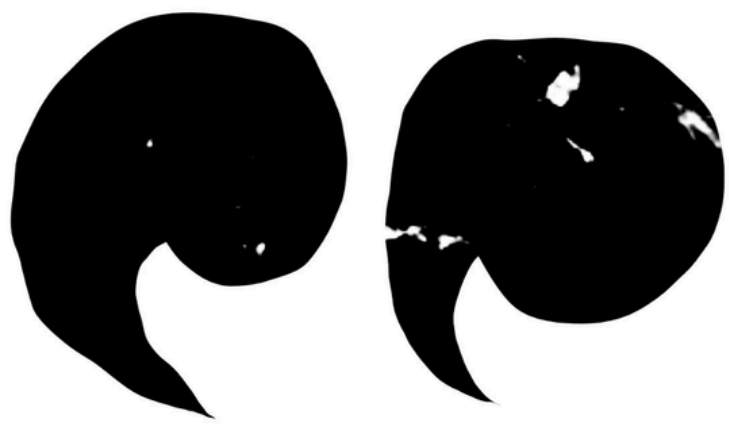
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- Poem by C.L. inspired by Nova

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- Poem by Mairi inspired by Nova

# STORY 10



When you get a boyfriend, you get contraceptives. It is part of the deal. You don't want to get pregnant or have an abortion. (...) It felt like a bit like you could not *not* have a contraceptive method. Even if it sucked. You should have it. I realised you do not have to. Then I was able to remove it. It's been an internal struggle. (...) It's still been a thing, a weird thing that you're in that age where you are supposed to have it.

- *Sally, bisexual cis woman in her late teens*





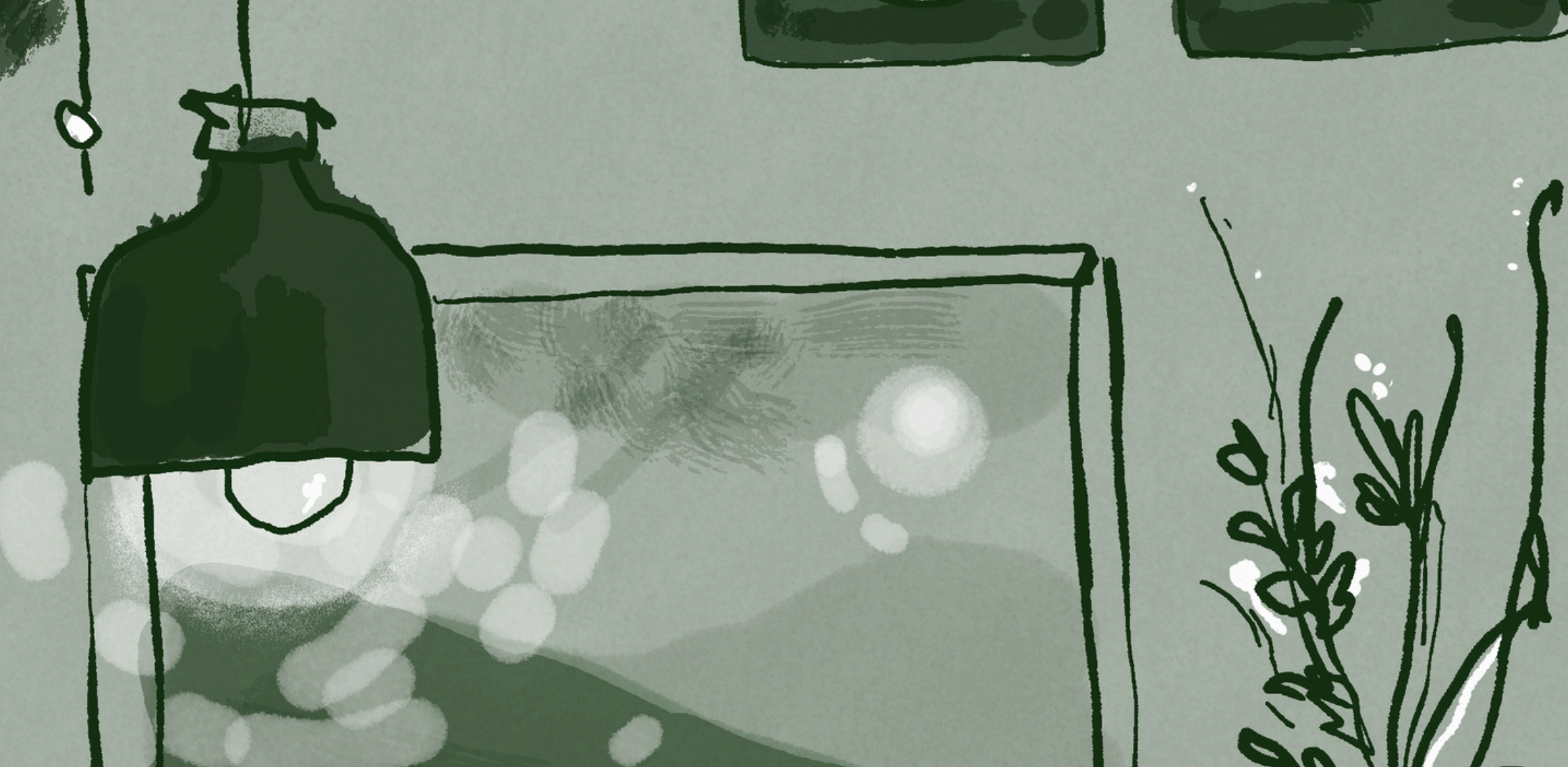
## For Both of Us

For both of us, not just *you*  
but 12 years now rearranged, front and back “*could*  
I do anything for you?” Dean Street, lunch break, *not*  
ideal, but you can’t not *not*  
have anything. What do you *have?*

Kind words, soft concern, a steady hand, *you*  
do all you can, but what’s left *are*  
two strands, and this is not *supposed*  
for you, so in three years- ten didn’t fit, it’s back *to*  
Dean Street, for another supposed to *have*

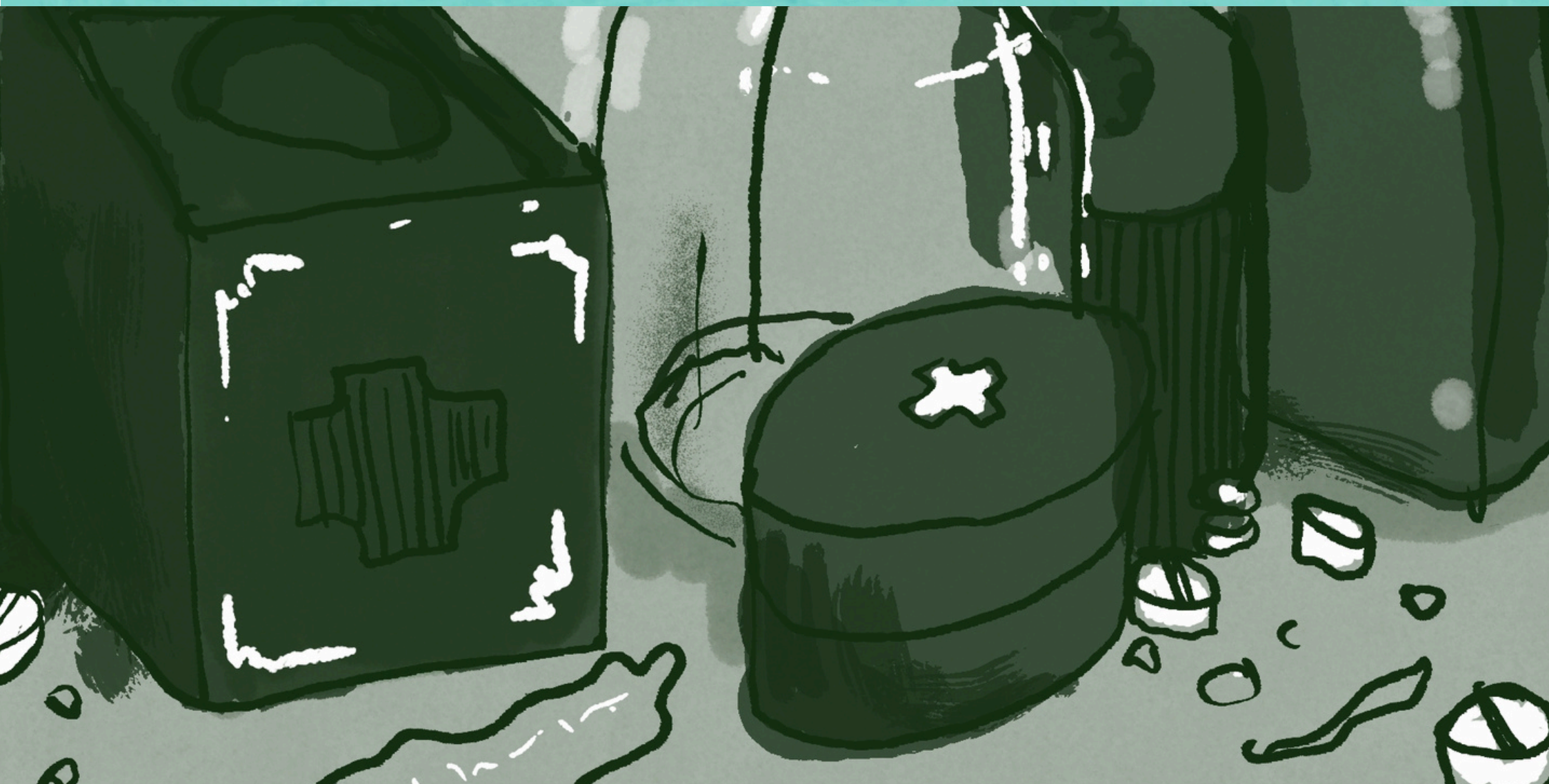
- Poem by Caroline inspired by Sally





Interested in hosting the physical exhibition?

Contact [mlarsson@ed.ac.uk](mailto:mlarsson@ed.ac.uk)



### Project Partners



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