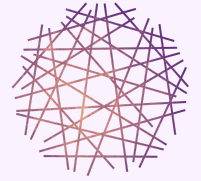


# HEART-TO-HEART ABORTION CONVERSATIONS

A TOOLKIT FOR ONE-ON-ONES, SMALL GROUPS, AND ACTION SPACES



NATIONAL NETWORK OF  
ABORTION FUNDS

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“May we remember that if love isn’t central to our movements, not many will be able to stay and not many will want to join. Including ourselves.”

— Chani Nicholas

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## WE ARE ABORTION FUNDS

The National Network of Abortion Funds (NNAF) builds power with members to remove financial and logistical barriers to abortion access by centering people who have abortions and organizing at the intersections of racial, economic, and Reproductive Justice. We envision a world where every reproductive decision, including abortion, takes place in thriving communities that are safe, peaceful, and affordable. We envision a world where all people have the power and resources to care for and affirm their bodies, identities, and health for themselves and their families—in all areas of their lives. As we shift the conversation about abortion, it will become a real option, accessible without shame or judgment.

Heart-to-Heart Abortion (H2H) Conversations inspire open dialogue and invite more voices to the abortion justice movement. More voices mean more stories, and these build connections and collective power. Use this guide to understand why talking about abortion matters and learn how a conversation can create cultural and political change.

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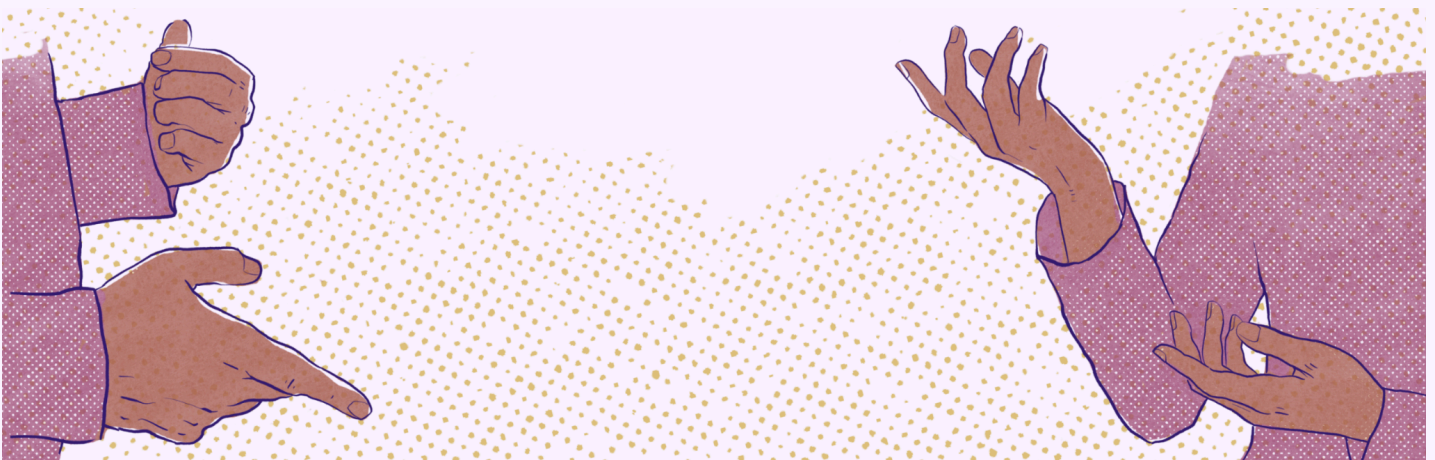
## Why Heart-To-Heart Abortion Conversations?

Dialogue, storytelling, and intentional conversations are powerful tools for organizing and strengthening our movement. This Heart-to-Heart Guide explains how to lead compassionate conversations about abortion in three different settings: **One-on-one, in small groups with mixed positions on abortion, or with abortion champions.**

H2H Conversations support you to speak meaningfully about abortion and the intersecting systems of oppression and barriers to access that impact many people seeking abortions, explain how abortion funds are powerful forces of change and why you support them, learn to think honestly, listen openly, and use words to build power for Reproductive Justice, even when talking to someone with a different viewpoint.

## What's In This Document?

- [Define Your Values](#)
- [Heart-to-Heart Conversation Tips](#)
- [Heart-to-Heart Conversation Questions & 2024 Election Season Additions](#)
- **Choose your Heart-to-Heart Conversation Type:**
  - [Individual Heart-to-Heart Conversations Guide for One-on-One Use](#)
  - [Small Group Heart-to-Heart Conversations Guide for a General Audience](#)
  - [Group Heart-to-Heart Conversations Guide for Abortion Champions](#)
  - [Shorter Group Guide for Abortion Champions](#)
- [Heart-to-Heart Abortion Justice Resources](#)



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## Before You Begin, Define Your Values & Goals:

Regardless of what conversation type you choose, consider the following questions:

- **What are your values, personal beliefs, and stereotypes about abortion?**  
Understand your values and use them as a reference in your conversations. NNAF believes in autonomy, intersectionality, compassion, and collective power. What do you believe in?
- **Know your purpose and intentions for holding this conversation.** Do you want to raise awareness, build specific skills, change attitudes, grow community, build power across movements, or something else? The clearer you are, the more successful your conversation will be.

*Depending on your goals and capacity, consider if you want to:*

- Have a one-on-one conversation with someone
  - Hold a small group event open to the wider community
  - Or host a group conversation with abortion champions (who can hold more H2H Conversations in their communities!)
- **What are your strengths, growth edges, and triggers as a facilitator?** Where do you need support? Who and how can you ask for guidance?
  - **Know your content.** You don't need to be an expert, but you should be comfortable with the topics and themes in the conversation. Which ideas in this guide raise questions for you? You can also review the [Heart-to-Heart Abortion Justice Resources](#) and [NNAF's Political Education Glossary](#). Understand the systems of oppression and current political context before you begin.
  - **Make time to prepare, practice, and personalize what you will share.** Preparation will build confidence in yourself and make you a trustworthy communicator.
  - **Reflect on what it means to belong to a political home that supports people who have abortions.** What drew you to this work, and what keeps you here? Why are abortion access and Reproductive Justice important to you? How can the people you care about engage with abortion funds?

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- **Know your audience.** What do you know about their views about abortion? What factors impact or limit their understanding and access to abortion? What specific approach should you prepare based on what you know?

Wherever you're at in your abortion activism journey, and whichever Heart-to-Heart Guide fits your needs, these conversations will help you build bridges, deepen community connections, and expand support for Reproductive Justice and the abortion access movement.

**Learn why talking about abortion matters. Get the tools you need to start.**

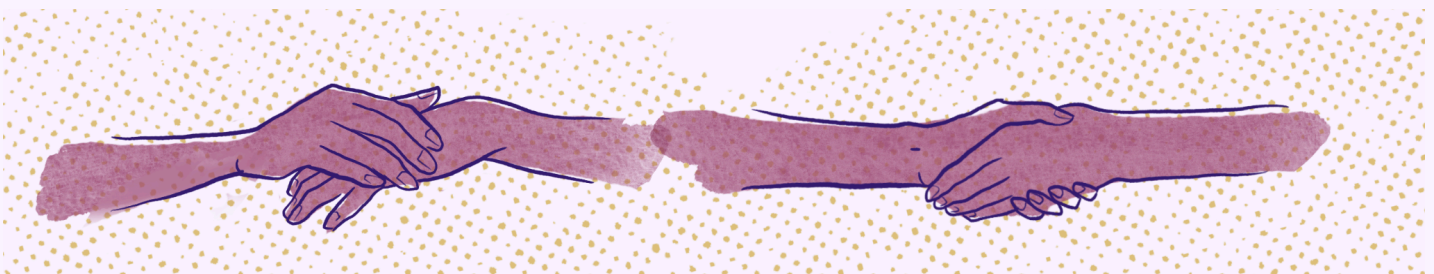
## Heart-to-Heart Abortion Conversation Tips

Follow these tips for all types of Heart-to-Heart Conversations. Review them before you begin a H2H and share them with your conversation partners.

- **Always get consent.** No matter who you're speaking with, it's important to ask for consent before you begin. Ask your conversation partner(s) if they're willing to discuss abortion with you. **Be open to people declining to talk with you.** Everyone has a right to choose how they respond.
- **Give folks space to do their own talking.** Don't shut people down if they don't know the perfect language or frameworks. They may not have been exposed to the same information as you.
- **Resist defensiveness.** It's common to want to protect the work of abortion funds, but defensiveness can be counterproductive. You never have to tolerate an opinion you disagree with or believe is harmful, but you can think about productive responses in advance.
- **Build on your conversation partner's or group's values.** Focus on the values you share as you begin. Frame the discussion with values and experiences they care deeply about.
- **Be flexible.** Depending on your conversation partner's or group's views on abortion, adjust your conversation. Meet people where they are.



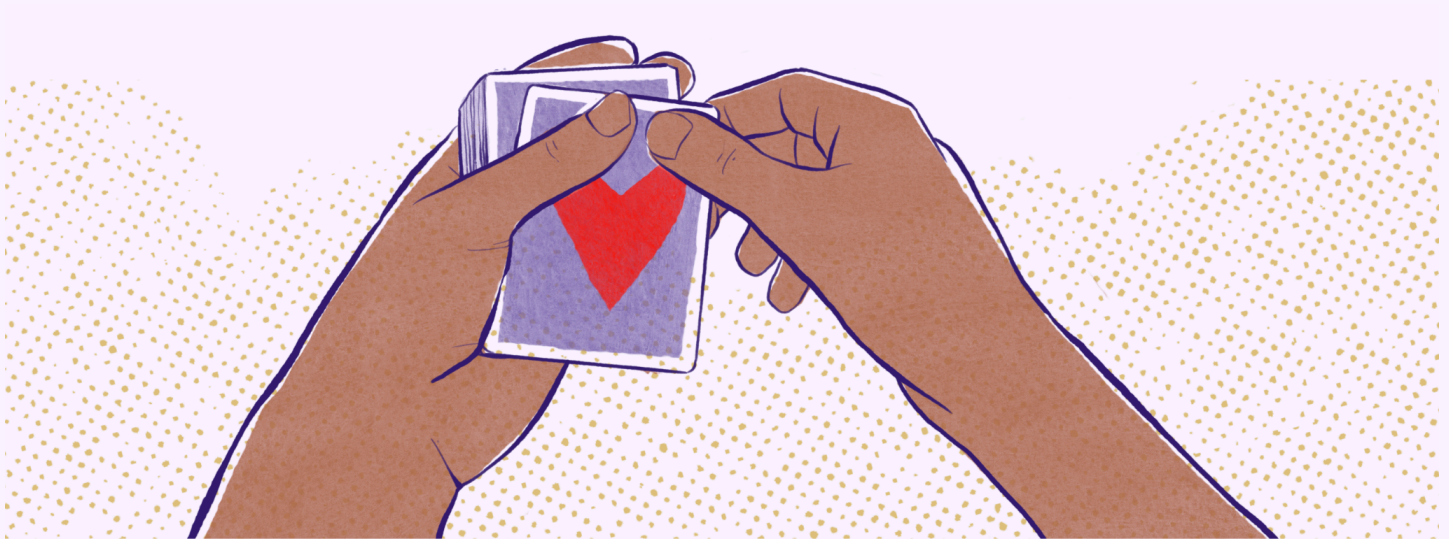
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- **Do they already support abortion access?** Connect their support with racial, economic, and Reproductive Justice. Inspire them to take action for abortion funds.
  - **Are they unsure how they relate to abortion access?** Offer them information and support them with compassion as they explore more.
  - **Do they oppose abortion?** Show them they can ask questions about abortion access safely and confirm you are a source of information. Invite them to question one of their viewpoints. Be realistic, authentic, and willing to end the conversation without requiring them to share your perspective.
  - **Start with agreements.** If you're worried about the conversation getting heated, agree not to interrupt each other, not to yell or shout, and not to leave the room.
  - **Listen closely.** Regardless of who you're talking to, everyone appreciates being heard, even in moments of disagreement.
  - **Speak from your heart.** Even though this guide has many resources to speak from, the best response often comes when you speak from the heart. Avoid talking about things you don't know about or making assumptions about what someone should or shouldn't be saying.
  - **Invite future conversations.** Even if you're not satisfied with the immediate result of the conversation, you may be surprised by the long-term effects. If you can't continue the discussion, end it by saying, "Thank you for having a conversation with me. I'd like to end it now. Maybe we can talk more in the future."



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## Heart-to-Heart Card Deck & 2024 Election Season Questions

Choose H2H Card Deck questions randomly using NNAF's [Heart-to-Heart: Draw a Card](#) or order an [H2H Card Deck here](#). The Heart-to-Heart Card Deck covers a wide range of categories, from abortion funds and community culture to explorations of hypothetical situations and your own experiences.



### **NEW: 2024 Election Season Additions!**

The following questions are designed to clarify the values that will inform decision-making during this election season and beyond.

These new questions aren't included in the physical H2H Cards. Instead, print the questions you'd like to discuss (great for a small group setting), project them on a PowerPoint, write them on a whiteboard or sheet of butcher paper, or simply ask them aloud.

1. **[STIGMA]** What do you think contributes to stigma and shame around sex and reproduction? How do these things add to abortion stigma? What would it take to normalize sex and reproduction, and how would our communities benefit as a result?

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2. **[CRIMINALIZATION]** Do you think it is necessary to call the police when a person may have self-managed their abortion? Why or why not? (Note: [healthcare workers are not legally obligated](#) to report suspicion of self-managed abortion to police). In an ideal scenario, what support networks would be available to a person who needs an abortion but faces multiple barriers?

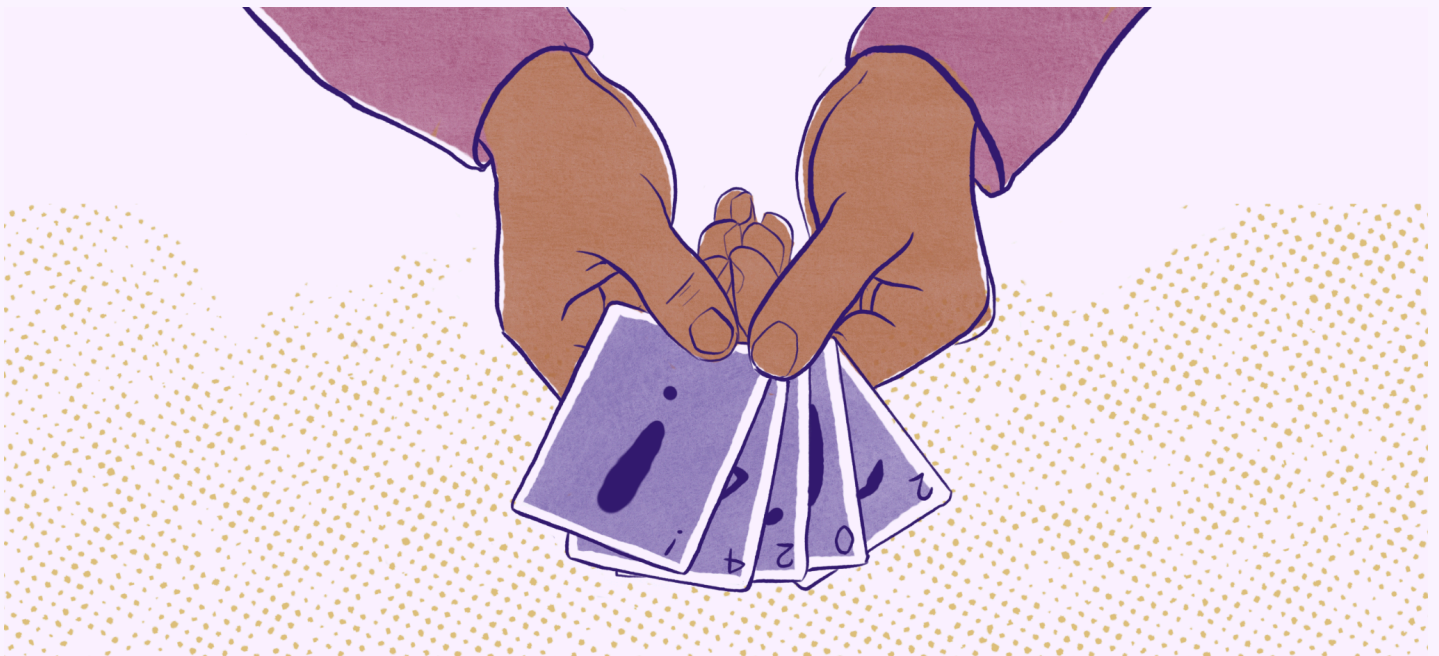
A majority of people arrested on suspicion of self-managing their abortion were reported to the police by a friend, family member, or medical professional. Even if the accused is never found guilty, they could face jail time, a criminal record, and public notoriety that could negatively affect their livelihood and wellness throughout their life.

3. **[GENDER IDENTITY]** A “cisgender woman” is a person who self-identifies with the female gender marker they were assigned at birth. Despite how mainstream media often shows it, cisgender women are not the only people who need and have abortions. What barriers exist for other people who need abortions, such as trans, non-binary, and gender expansive people?
4. **[SELF-MANAGED ABORTION]** The [World Health Organization](#) has stated that a person can effectively self-manage their abortion within 12 weeks of pregnancy, provided they have access to accurate medical information, quality-tested medicines, and medical care (if required). Why do you think some people might want to manage their own abortion? What are the benefits and challenges they might face?
5. **[YOUNG PEOPLE]** In states where abortion is illegal, some young people (i.e., “minors”) travel to other states to get legal abortion care. Anti-abortion lawmakers are trying to stop young people from doing this by passing laws that make it a crime for an adult to help them. What effects might these laws have on pregnant youth who do not want to be pregnant but live in states where abortion is illegal?

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In an ideal world, what support should be available to a young person who needs an abortion?

6. **[CONNECTING THE DOTS]** Audre Lorde wrote that the “personal is political.” Do you believe your personal life is affected by the political sphere—for example, by the actions of elected officials, lawmakers, law enforcement, judges, government agencies, and powerful community institutions like churches and schools? How do you challenge these systems or change the conditions and culture they create?
7. **[RACE]** [Research has shown](#) that Black people, non-Black people of color, and people living in poverty are disproportionately targeted in arrests and prosecutions for self-managed abortion when compared to other racial and economic groups. What root causes need to change to end discriminatory policing and criminalization of these groups?
8. **[INTERNATIONAL LENS]** Several countries in Latin America legalized access to abortion in recent years as a result of long-term, sustained organizing now called the “Green Wave.” Do you think something like this could happen in the U.S.? If you could sit down and talk one-on-one with an organizer from the Green Wave, what would you ask them?



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## Individual (One-on-One) Heart-to-Heart Conversations

Individual Heart-to-Heart Conversations allow you to connect one-on-one with your conversation partners. Your audience might be small, but your connection can be strong. And that adds collective power to abortion funds and our movement.

After [building your knowledge](#) and [defining your values](#), use this outline to guide your conversation.

### Create a Plan for Your Individual Heart-to-Heart

#### Step One: Set a Goal for Your Conversation

##### Suggested Goals:

- Increase your comfort with saying “abortion” out loud to a family member
- Let someone know you had an abortion.
- Find out what someone you care about thinks and feels about abortion.
- Be a good listener. Let a person unsure about abortion know you are open to their thoughts and feelings.
- Make it clear that even if you disagree on abortion, you share values like loyalty, friendship, compassion, and love.
- Build power for the Reproductive Justice movement.

#### Step Two: Identify Your Conversation Partner

Make a list of family members, friends, co-workers, and community members you could talk with about abortion and abortion access. Consider what you know about them and their views on abortion. Which values do you share, and how will those values impact your Heart-to-Heart Conversation?

#### Step Three: Find a Location for Your Heart-to-Heart

Make a list of times and places to have a Heart-to-Heart Abortion Conversation. Your school, home, or workplace could be a good choice for you. Or you might decide to talk at a family dinner, in a neighborhood garden, or during date night. Pick a place that feels right for you and your conversation partner.

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## Step Four: Gather Materials to Support Your Conversation

Start by reviewing the [Heart-to-Heart Abortion Justice Resources](#) at the end of this guide. Understand the systems of oppression, barriers to abortion access, and current political context before you begin.

Next, visit [Talk to the People You Love About Abortion](#) for the Heart-to-Heart Conversation Card Deck and other Heart-to-Heart resources. These will give you great tools for sharing your thoughts about abortion access. Explore the physical cards and the 2024 Election Season Questions in this document and identify 5 - 10 questions you'd like to discuss with your conversation partner.

Finally, review the [Individual Heart-to-Heart Conversation Script](#) in the guide that follows this section. Use it to plan a conversation that fits your conversation partner's and your needs.

## Step Five: Think of Obstacles and Make a Support Plan

We can't know the barriers between you and your conversation partner, but we can tell you that NNAF is here to help. Email [heart2heart@abortionfunds.org](mailto:heart2heart@abortionfunds.org) if you have questions or need support for your Individual H2H Conversation. Want to connect with other abortion activists about your concerns? Use #Heart2Heart on X (formerly Twitter) or Instagram.

## Step Six: Prepare for Your Heart-to-Heart Partner's Excitement

Your Heart-to-Heart conversation partner could be ready to help make abortion access available for all. If that's the case, invite them to:

- Pledge to have five or more [Heart-to-Heart Abortion Conversations](#).
- Become an [individual member](#) or [monthly donor with NNAF](#).
- Volunteer or donate directly to a [local abortion fund](#).
- Participate in [events](#) for abortion funds and Reproductive Justice.



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## Step Seven: Practice, Practice, Practice!

There's no substitute for a rehearsal conversation. Ask a friend or an individual NNAF member to pretend they're your potential conversation partner. Test your approach and get feedback from this supportive advocate!

## Step Eight: Follow-up and Self-care

Confirm how you can connect with your conversation partner after your Individual Heart-to-Heart Conversation.

Set aside some time for yourself for your favorite type of self-care. Have a bath, a great meal, or a phone call with a friend. Make sure you get the support you need.

## Individual Heart-To-Heart Abortion Conversation Script

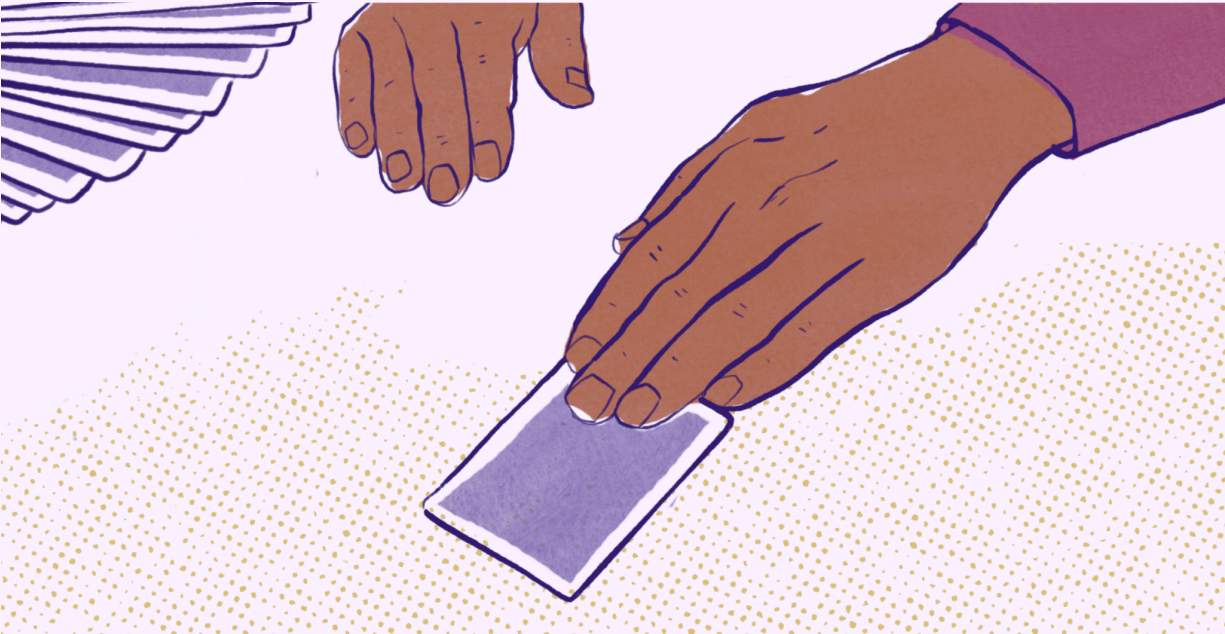
Now that you've reviewed our [Abortion Justice Resources](#) and [Conversation Tips](#), it's time to outline your One-on-One H2H Conversation. Remember—every conversation is going to be unique. Tailor your script to fit your audience.

Conversation Action	How to Implement	Your Ideas and Talking Points
<b>H</b> Hone	Notice how you are feeling as you enter into this conversation. Do you have what you need? Are there any practices you can engage with to ground you? Clarify your purpose and your message to yourself.	
<b>E</b> Engage	<b>Pick the approach that fits your conversation!</b>  <u>1. Less Structured Approach:</u> Introduce yourself and talk about your experience with abortion. Get to know your conversation partner and the experiences that shape	



	<p>their views on abortion access and other Reproductive Justice topics. Does following this chat with an H2H Card Deck question feel appropriate? It's okay not to!</p> <p>Each person should practice active listening and ask follow-up questions.</p> <p><u>2. More Structured Approach:</u> <i>Uses H2H Cards</i></p> <p>Introduce yourself and talk about why you want to have this conversation. Invite the other person to introduce themselves. Ask if they want to have the conversation and why.</p> <p>Decide on H2H questions to discuss. Both people can look at the cards and choose a few. <a href="#">Draw a card randomly</a>, use the <a href="#">online card deck</a>, or choose a <a href="#">2024 Election Season question</a>.</p> <p>Each person should practice active listening and ask follow-up questions.</p>	
<p><b>A</b></p> <p>Ask</p>	<p>Invite your conversation partner to learn more about or consider supporting abortion funds.</p> <p>If appropriate, offer to talk with them again, invite them to another community event, encourage them to check out their local abortion fund, or visit NNAF's website or other movement resources.</p>	

	Get their contact information so you can follow up.	
<b>R</b> Reconnect	Decide when to reconnect with your conversation partner.  Strengthen your relationship and NNAF's collective power.	
<b>T</b> Thank	Offer gratitude for your conversation partner's time, listening, and commitment. Individual Heart-to-Heart Conversations require vulnerability and trust.  Thank your conversation partner for helping you build a bridge. Follow through on plans to reconnect.	



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## Small Group Heart-to-Heart Conversations with a General Audience

### Create a Plan for Your Small Group Heart-to-Heart with a General Audience

#### Step One: Set a Goal for Your Conversation

##### Suggested Goals:

- Deepen your group's understanding of abortion access realities and build support for abortion funds in your community.
- Harness the high interest in abortion policy during election season and use H2H as a channel for political education, stigma busting & community building.
- Create a space for folks who are unsure about their views on abortion. Invite them to examine their experiences and exchange stories with people from across the political spectrum. Clarifying values is critical to voting decisions!
- Make it clear that even if you disagree on abortion, you can find common ground on related topics and underlying ethics and values. This can move folks closer to supporting abortion access in the future.
- Connect more people with abortion fund leaders and other social justice leaders in attendance. Build cross-movement solidarity and power for Reproductive Justice.

#### Step Two: Identify Your Target Participant Group

Make a list of family members, friends, co-workers, community members, and local movement leaders you could invite to talk about abortion access. Groups can range from 4 to 16 people. *Larger groups can work, but you'll need extra support and enough space for breakout groups so folks can hear each other during multiple conversations.*

Consider what you know about the potential group's views on abortion. Which values do you share, and how will those values impact the conversation?

**We recommend you DON'T invite people who are staunchly anti-abortion. This activity is best for a group with mixed political views.**

For this Small Group H2H Conversation, include people who are open-minded but uncertain about their abortion views, abortion-friendly but not deeply involved in the

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abortion access movement, or abortion activists and workers. Each of these groups can learn from each other.

**We also suggest requiring folks to register for your Heart-to-Heart.** This will keep the size of your H2H manageable, gauge people's familiarity with abortion access and Reproductive Justice, and help you plan for any accessibility needs.\* With this information, you can tailor your space and conversation to meet the group's needs.

*\*Not sure about accessibility? [Check out this guide on accessible spaces here.](#)*

### **Step Three: Find a Location for Your Heart-to-Heart**

Once you know your group size, find the right space. Look for locations that are big enough, quiet enough for multiple, simultaneous conversations, and meet the group's accessibility needs.

Depending on the number of people in your H2H, you might choose your home, your workplace (during non-work hours), a community gathering space, or a neighborhood park or garden. Pick a place that's right for the people attending the Heart-to-Heart Conversation.

### **Step Four: Prepare Materials to Support Your Conversation**

- Start by reviewing the [Heart-to-Heart Abortion Justice Resources](#) at the end of this guide. Understand the systems of oppression, barriers to abortion access, and current political context before you begin.
- Next, outline an agenda that supports relationship-building and H2H questions. Identify your focus questions before the event using [Heart-to-Heart: Draw a Card](#), the physical [Card Deck and H2H resources](#), or choose from the [2024 Election Season Questions!](#)
- **Here's a sample agenda for a 90-minute program:**
  - **15-minute introduction:** Outline your H2H agenda. Offer a brief explanation of Reproductive Justice, intersectionality, and abortion funds. Name group agreements (invite people to add agreements).

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- **10-15 minute lighthearted icebreaker:** The activity doesn't need to be abortion-related. The point is to warm folks up to each other. Ask folks to introduce themselves when it is their turn.
  - **45-minute H2H Card Deck Conversations, in pairs or groups of 3 - 4:**
    - Give 3 - 5 cards to each pair or group.
    - Guide folks through the first round: Ask one person to select the first card and read the question aloud to their group. Each person should share their views on the question for 3 - 5 minutes. These initial shares should be followed by 5+ minutes of group cross-talk.
    - Each group should continue this process until you call time. Unless you decide it's needed, let the group move through the remaining questions on their own. *Remind people that the goal is to listen deeply and share honestly. The point isn't to cover a high number of questions.*
  - **15-minute close-out:** Return to the full group and thank everyone for participating. Invite folks to share highlights or thoughts and feelings that stayed with them. Let them know about how to stay in touch and get involved. Encourage them to support abortion funds.
  - **Option:** *Include food, drinks, and music at the beginning or end of your event!*

### **Step Five: Think of Obstacles and Make a Support Plan**

The questions in this guide and in the H2H Card Decks can bring up strong emotions. Remind folks to take care of themselves. Encourage them to take breaks when needed or to leave a conversation if they become uncomfortable. Have at least 1 - 2 support people floating through the H2H space who can help any group struggling with their conversation due to stagnation or disagreement.

While unlikely, be prepared to ask folks to step away from a conversation, or if necessary, to leave the event. It's important to recognize when folks cannot honor group expectations and agreements or have become disruptive to others. *See Vision Change*

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Win's [Community Safety Toolkit](#) and [Electoral Safety Toolkit](#) for more information about safety planning.

## Step Six: Prepare for Your Heart-to-Heart Invitees' Excitement

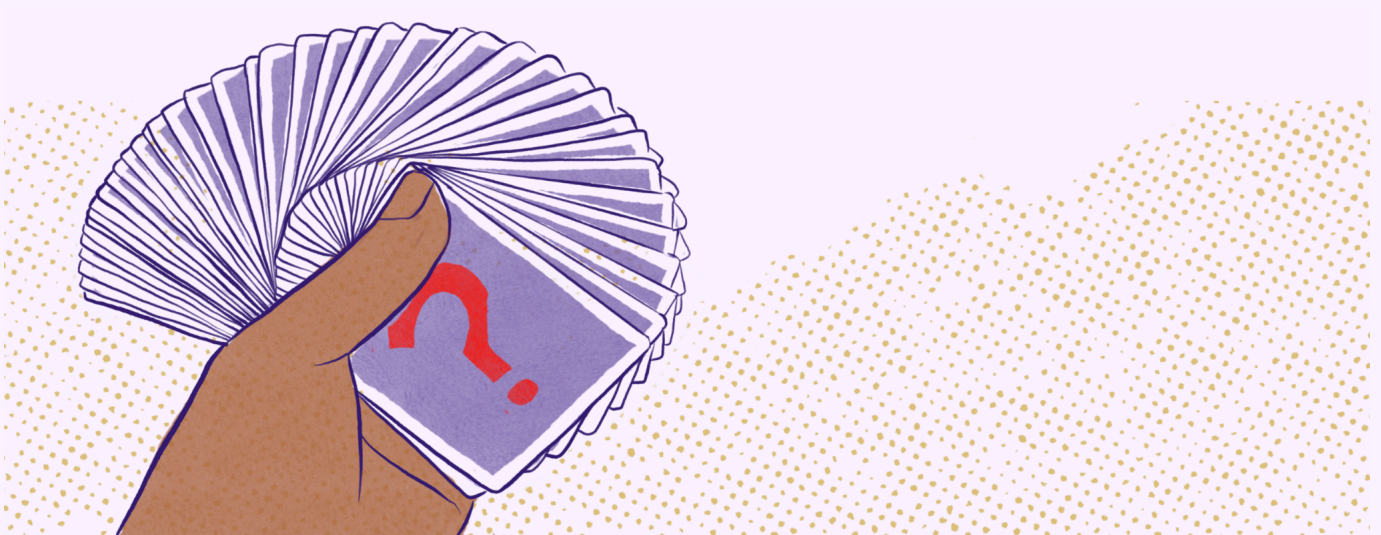
Some of your attendees may feel ready to help make abortion access available for all by the end of the event. If that's the case, invite them to:

- Pledge to have at least two or more [Heart-to-Heart Abortion Conversations](#) before the 2024 elections.
- Volunteer or donate directly to a [local abortion fund](#).
- Become an [individual member](#) or [monthly donor with NNAF](#).
- Participate in [events](#) for abortion funds and Reproductive Justice.

## Step Seven: Follow-up and Self-care

Tell participants that you will reach out to them with more opportunities for engagement—then follow through on it! Give yourself flowers for having the courage and commitment to hold a community event on this critical topic. If you had co-organizers, debrief the event with them. Name things that went well, things that could have been better, and the next steps you want to take!

Set aside time for yourself for your favorite type of self-care or plan a group community care activity. Have a bath, a group meal, sing karaoke, or go on a group nature walk. Make sure you get the support you need and support others to do the same.



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## Group Heart-to-Heart Conversations with Abortion Champions

Group Heart-to-Heart Conversations for Abortion Champions can maximize impact by preparing those who already support abortion to hold H2H conversations in their community. These H2H Conversations can happen at community gatherings, house parties, and action spaces and are meant for groups ranging from 8 to 12 people.

After [building your knowledge](#) and [defining your values](#), use this outline to guide your Heart-to-Heart Conversation with Abortion Champions.

### Create a Plan for a Group Heart-to-Heart with Abortion Champions

This guide can serve as a stand-alone set of activities or be integrated into a bigger program. The total run-time is 2.5 hours. We know this is a long conversation, but devoting time to building trust and knowledge is essential.

If you don't have time for a full-length Group H2H Conversation, visit the [Shorter Group Heart-to-Heart](#) in the next section.

### Step One: Set a Goal for Your Conversation

#### Suggested Goals:

- Introduce [NNAF](#) and [abortion funds](#) to the people you care about. Explain how their work connects to a larger vision of liberation that includes racial, gender, economic, and Reproductive Justice.
- Invite people to think, listen, and speak honestly. Discuss a variety of viewpoints. Recognize others' values without validating anti-abortion arguments.
- Inspire trust across differences. Encourage, inspire, and deepen support for abortion access.
- Explore a range of action ideas and solutions to support abortion access and Reproductive Justice.
- Bring new [individual members to NNAF](#) and [local abortion funds](#). Build community and collective power.
- Create ongoing relationships with abortion access champions. Support participants in taking the next steps in their abortion activism journey.



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## Step Two: Get to Know Each Other (20 Minutes)

Use one of the following icebreakers to help the group get to know each other. These empathy-building activities create trust and connection, encouraging folks to share their experiences.

### Empathy Builder One: Share a Fun Fact (approx. 15 minutes)

**MATERIALS NEEDED:** *Pieces of paper, pens, and a container to collect paper.*

- Ask each person to write something about themselves that no one in the group knows about them. Let them know to share something they are okay with the whole group learning.
- Collect the paper in the container, then choose pieces randomly. Ask the group to guess who shared each fact.
- At the close of the activity: Share the statistic that in any group of people, approximately 1 in 3 people who can get pregnant have had an abortion at some point in their lives. That means that everyone loves someone who's had an abortion, whether they know it or not.

### Empathy Builder Two: I Am From Poem\* (approx. 30 minutes)

**MATERIALS NEEDED:** *Pieces of paper and pens*

\*Adapted from Dr. Beverly Tatum

- **Say to the group:** *We all come from beautiful communities, diverse families, and rich histories. These experiences inform how we experience the world and what feels like home for each of us. Often, people in positions of power and privilege tell us that our histories, familiarities, and joys aren't valued as much as those in the dominant culture, and we are forced to compartmentalize or suppress them.*
- Ask everyone to write details about their lives in the form of this poem. Invite the group to read their poems out loud, starting each stanza with "I am from" before the four details they provide.
  - **Stanza One:** Write four familiar sights, sounds, and smells.
  - **Stanza Two:** Write four familiar foods.
  - **Stanza Three:** Write four of your family's sayings.

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- **Stanza Four:** Write four names of your loved ones.

### Step Three: Establish Group Agreements (10 Minutes)

These agreements create a space where folks feel supported to speak, share, and learn from one another. Review them together, invite folks to add, and ask if everyone can commit to the agreements during the Group Heart-to-Heart Conversation.

- **Confidentiality:** You can share something you learned here, of course, but unless you have the storytellers' explicit permission, do not share anything that would reveal their ID, including specific details that make it clear that it was them. Respect people's privacy. This also includes photos.
- **Move up, Move up:** Folks who are used to talking are asked to move up their listening. Folks who are used to listening are asked to move up their speaking.
- **Say It Plain Please/Jargon Giraffe:** As much as possible, avoid jargon and acronyms. If you don't understand a term or sentence, raise your hand and know that folks will gladly clarify. Or shape your hand like a giraffe (index and pinky fingers raised and your ring and middle fingers touching your thumb). Raise your hand and say, *jargon giraffe*.

### Step Four: Understand Abortion, Access, and Experience (45 minutes)

Use one of these reflection activities to enhance the group's understanding of the political and cultural contexts impacting abortion access. If more information is needed, review [Heart-to-Heart Abortion Justice Resources](#) and [NNAF's Political Education Glossary](#).

#### Reflection Activity One: Pregnancy Decision-Making\*

\*Adapted from [We Are Brave: Race, Money, and Abortion Access](#) by Western States Center, Forward Together, and All Above All.

- **Guide the group through the following conversation:** *Think about one of the most important decisions you can make—do I want to be a parent? This decision can have serious economic, social, emotional, and physical consequences for you. What would you have to consider, or have you considered if you've faced this decision in*

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the past, before making that decision? What are all the things that go into that one decision?

- Who are all the people in your life you might consult about this decision?
- What would shape your values and options?
- What are all the circumstances, questions, considerations, or consequences that impact your decision-making?

- **Write their responses in a concentric circle diagram similar to this:**



- **Ask the group:** *What changes if the question is, "Should I continue a pregnancy?"*
  - Where do you have relative privilege, access, and solid support? Where do you struggle with access or support?
  - In your community, what social justice issues could affect a person's circumstances to parent as they choose or access an abortion they need?
  - What questions and insights might be valuable in your Heart-to-Heart Conversations in the future?

### **Reflection Activity Two: Reproductive Justice Videos**

Visit [Intersectionality & Reproductive Justice](#) on the NNAF website. Watch a video with your group then ask them the five questions at the bottom of the webpage.

### **Step Five: Practice Heart-to-Heart Conversations (45 Minutes)**

These two practice space activities will help participants in your group lead their own conversations about abortion. Ask the group to consider people they could discuss

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abortion with, set goals and priorities for those conversations, and prepare for their future Heart-to-Hearts. Before practice starts, review the [Heart-to-Heart Conversation Tips](#).

### Practice Space Part One: Set Conversation Goals Realistically (20 minutes)

- **Say to the group:** *Let's have a conversation about what it means to move people to new perspectives on abortion—realistically!*

*The goal of these Heart-to-Heart Conversations is not to turn someone angry about abortion into a full supporter. Instead, aim to shift them from being opposed to being more tolerant or simply open the door to a conversation. The focus can even be ending the discussion without intense debate while maintaining a strong relationship.*

- **Create an understanding of different views on abortion. Share this diagram:**

## SPECTRUM OF VIEWS ON ABORTION



- Diagram created as part of a [Culture Change Strategy Group](#) convening with Sea Change, January 2017.

- **Ask the group:**
  - **Who do you want to invite to a conversation about abortion?**
    - What do you know about their opinions? What assumptions should you check?
    - How do you want to shift their perspective? What are your goals for the conversation?

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- If this person won't support abortion access immediately, could their opinion change in the future? How can we use empathy to support that change?
  - Visit [Heart-to-Heart Conversation Tips](#) for guidance on talking to someone who doesn't support abortion.

### **Practice Space Part Two: Practice Heart-to-Heart Conversations Together (25 minutes)**

Ask the group to rehearse in pairs or, for a more advanced option, ask two people to sit in the middle of a circle and practice a Heart-to-Heart in front of the group. Visit [Heart-to-Heart Conversation Tips](#) before you start.

- **Before practice begins, ask the group:**
  - **Who do you want to have a Heart-to-Heart Conversation with?**
    - Describe that person to your partner. What is their perspective on abortion? What do they value? What concerns do they have? What identities impact their ability to engage authentically and respectfully?
  - **What do you want out of the conversation?**
    - Do you want to move your potential conversation partner from disgust to tolerance when talking about abortion?
    - Do you want to tell them about your abortion?
    - Do you want to build trust with them and show that you can listen to each other through difficult topics?
- **Say to the Group:** *Begin empathetically. Listen to your practice conversation partner. Tune in to the person you're pretending to be. Think about how they feel and answer from that perspective without mocking it.*
- **After a five-minute conversation:** Ask the conversation partners to switch roles and begin again. After each partner completes a practice round, reflect on the following questions.

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- How was the practice conversation?
  - Where did you feel successful, and where could you grow?
  - What support or additional resources do you need? Where might you need to practice more?

- **After both partners have shared, ask the group to discuss the process.**

### **Step Six: Call to Action (25 minutes)**

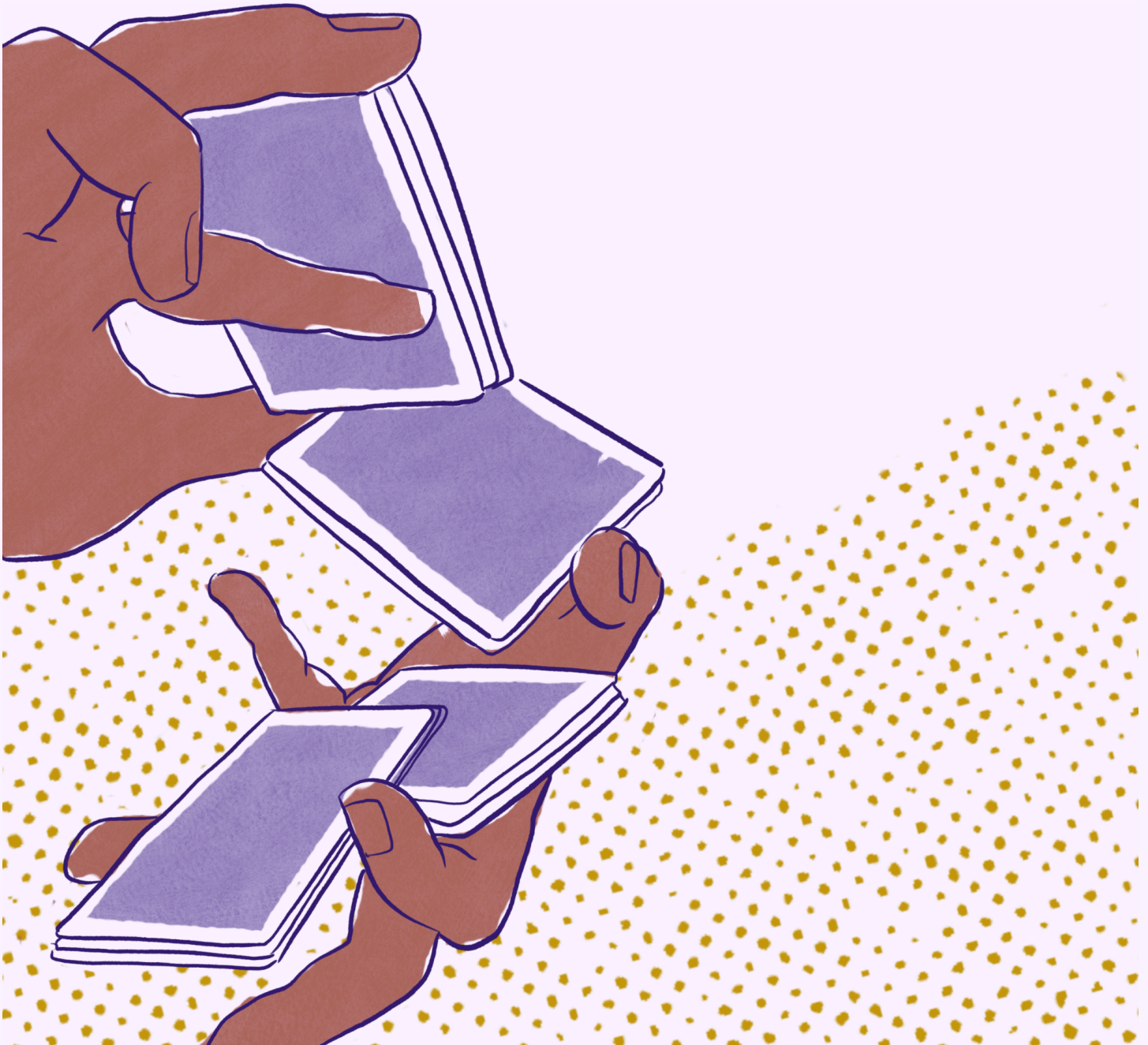
Now that you've supported a group through the Heart-to-Heart Conversations, it's time to widen the focus to the collective goal of abortion access for all. Ask participants to commit to having a Heart-to-Heart Abortion Conversation with the people in their lives.

- **Get specifics:**
  - How many Heart-to-Heart Conversations can they commit to?
  - When will these Heart-to-Hearts happen?
  - How will their conversations start?
- **Make suggestions:**
  - Invite people for dinner.
  - Reach out through email.
  - Make their support for abortion access known through social media.
- **Offer resources:**
  - Share [Heart-to-Heart Conversation Tips](#) and [Abortion Justice Resources](#) with the Group.
  - Invite participants to join NNAF's network of abortion funds as [individual members](#).
    - New members receive the iconic *Everyone Loves Someone Who Had an Abortion* shirt. It's perfect for that social media support post!
  - Remind them to email [heart2heart@abortionfunds.org](mailto:heart2heart@abortionfunds.org) or the Organizing team at [membership@abortionfunds.org](mailto:membership@abortionfunds.org) if you have questions or need support!

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### **Step Seven: Follow-up and Self-care**

Confirm how to connect with your conversation partners after your Group Heart-to-Heart Conversations. Set aside some time for yourself for your favorite type of self-care. Have a bath, a great meal, or a phone call with a friend. Make sure you get the support you need.





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## Shorter Group Heart-to-Heart Conversations with Abortion Champions

Not everyone has time to lead an entire Group Heart-to-Heart Conversation with Abortion Champions. Here's how you can have a similar conversation in **one hour or less** with a group of abortion champions who already understand intersectionality and Reproductive Justice.

### **Step One: Welcome & Establish Group Agreements (15 – 20 minutes)**

Welcome your group. Complete a quick icebreaker activity and [confirm group agreements](#).

### **Step Two: Understand Abortion, Access, and Experience (5 minutes)**

Prepare talking points based on [Step 4](#) in the Group Heart-to-Heart Conversation Guide. Determine the reflection and education activities best suited for your audience, and visit [Heart-to-Heart Abortion Justice Resources](#) for other reference materials.

### **Step Three: Practice Heart-to-Heart Conversations (25-45 minutes)**

There are three ways to approach this vital section of your Shorter Group Heart-to-Heart.

1. Complete the practice described in [Step Five](#) of the longer Group Heart-to-Heart Guide for Abortion Champions.
2. Complete a shortened [Practice Space Part One: Set Conversation Goals Realistically](#) (5 minutes). Ask participants to focus on people likely to be abortion supporters or in transition. Then, complete the entire [Practice Space Part Two: Rehearse Conversations Together](#) (25 minutes).
3. Complete Practice Space Part One fully, encouraging participants to start with likely supporters or folks in transition. Then, instead of Practice Space Part Two, lead a brief group discussion about questions and tips folks have for each other (25 minutes).

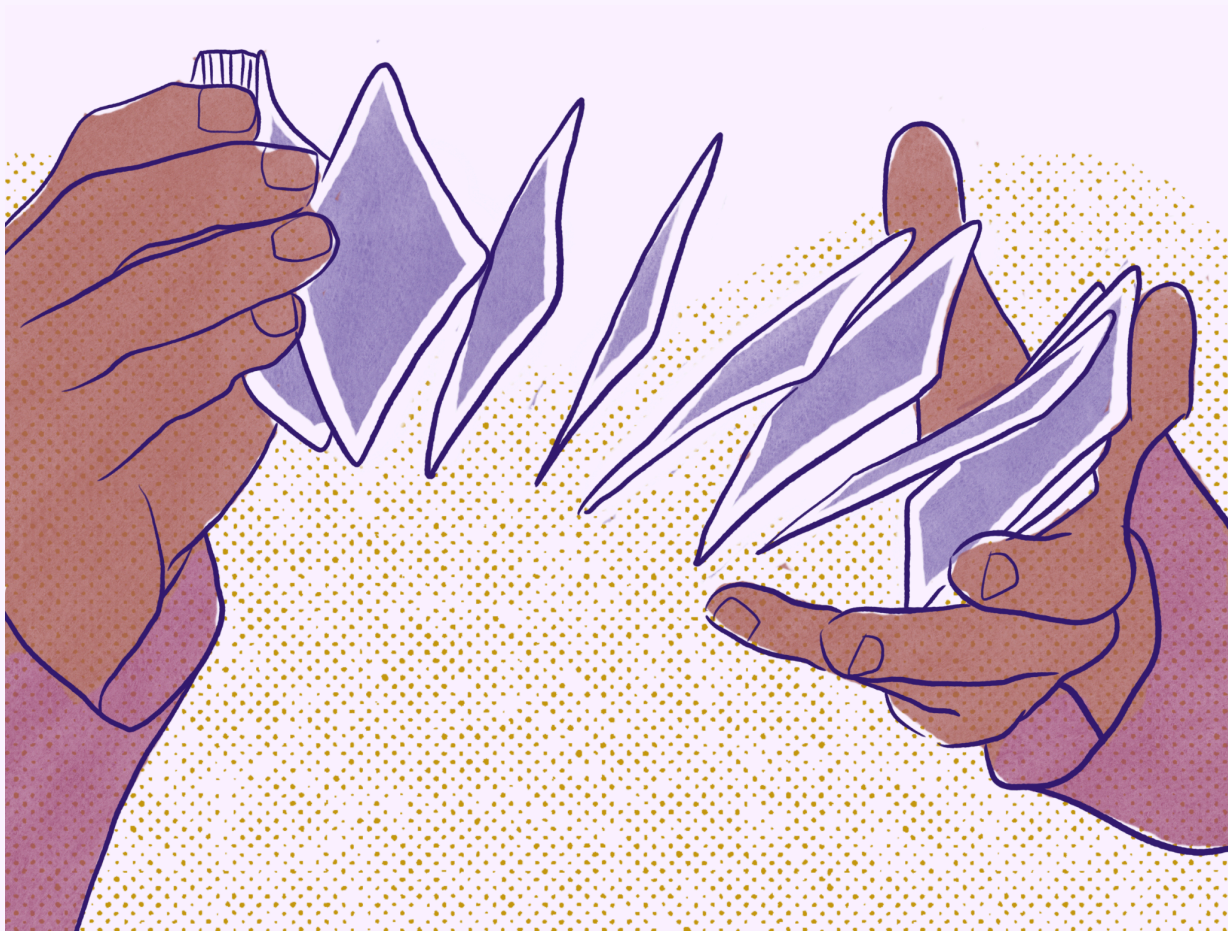
**Whichever option you choose, give folks homework. Ask the group to:**

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- Deepen their reflection and learning using the resources in this guide. Offer them suggestions and needed materials from the longer Group Heart-to-Heart Guide and [Heart-to-Heart Abortion Justice Resources](#).
  - Keep mapping their contacts, setting goals, and practicing on their own. Make a plan with someone here to practice together!

#### **Step Four: Call to Action (15 minutes)**

Follow the steps for [Step Six](#) in the longer Group Heart-to-Heart Guide, but complete each step a bit quicker. You'll still have time to get specifics, make suggestions, offer resources, and build collective power for abortion access!

*Even though self-care isn't an official step in this Shorter Group Guide, take care of yourself after holding a shorter H2H, too!*



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## Heart-to-Heart Abortion Justice Resources

### Intersectionality & Reproductive Justice

**People of all races, genders, incomes, sexual orientations, abilities, and immigration statuses need abortions.** That's why it's essential to learn about intersectionality and Reproductive Justice. Without these frameworks, it's impossible to achieve true abortion justice.

Scholar and civil rights activist Dr. Kimberlé Crenshaw created the term "intersectionality" to describe how multiple kinds of discrimination overlap and impact people in marginalized groups. For many, the effects of intersecting oppressions are felt every day. We know that racism, classism, sexism, and other types of discrimination affect abortion policies. Folks impacted by multiple types of discrimination experience barriers to abortion access that others do not.

Reproductive Justice is an approach started and led by women of color, specifically Black women who formed [SisterSong](#). The Reproductive Justice framework goes beyond other gender equality, abortion rights, or pro-choice frameworks. Unlike these other approaches, Reproductive Justice focuses on the many ways institutions, cultural norms, and systems of oppression exert control over people and their reproductive choices.

Before having a Heart-to-Heart, interrogate the ways you have been socialized within an oppressive culture to center dominant social groups based on race, gender, class, age, sexuality, religion, or a combination of these and more. How might this impact how you hold this conversation and whose voices you listen to?

- Learn more. Explore the resources at [Intersectionality & Reproductive Justice](#) and [NNAF's Political Education Glossary](#).
- For additional resources for your Heart-to-Heart Conversations, contact [info@abortionfunds.org](mailto:info@abortionfunds.org).

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## Abortion Statistics in the United States ([Updated, June 2024](#))

**The abortion access landscape is more changeable than ever, but here are some recent statistics you should know.**

- One in four cisgender women will have an abortion by age 45.
- The majority (61%) of abortions are obtained by people aged 20-29.
- In the U.S., Black people obtain 29% of all abortions, while Latinx people obtain 30%, and people of other races account for 7%. Four percent of Asian people obtain abortions, and white people account for 30% of abortions.
- In 2014, 17% of abortion patients identified as mainline Protestant, 13% as evangelical Protestant, and 24% as Catholic. Nearly 10% of people having abortions reported another religious affiliation, and 38% reported no specific religious affiliation.
- Over 55% of people who have abortions are already parenting a child, and a third have two or more children.
- 75% of people having abortions say they are unable to afford a child.
- In 2014, 90% of counties in the United States didn't have an abortion provider.
- Six states have only one clinic in the entire state, while fake clinics and "Crisis Pregnancy Centers" (CPCs) are booming, leaving people seeking abortions without accurate medical information, support for their decision, and access to care.

**Stay informed: Check Guttmacher regularly for their most recent [Fact Sheet](#), and visit [We Testify](#) for additional abortion statistics and testimonials from abortion storytellers.**



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## Current Political Context in the United States (2024)

On **June 24, 2022**, the United States Supreme Court ruled in ***Dobbs v. Jackson Women's Health Organization*** and overturned ***Roe v. Wade***. This ruling removed all federal constitutional protections for abortion and greatly impacted the abortion access landscape for the entire country. Since *Roe* was overturned, 14 states banned abortion outright, and even more enacted severe restrictions, making abortion care extremely difficult to find in more than half of the country.

These unjust laws have forced many abortion seekers to travel hundreds of miles to get the abortions they want and need. Too many others have been forced to continue pregnancies against their will, endangering their health and sacrificing their bodily autonomy.

### **Abortion is on the ballot this November!**

In the two years since the *Dobbs* decision, abortion justice activists have won 7 out of 7 abortion access ballot initiatives. This election, [10 states will ask voters to decide if the right to abortion should be added to their state constitutions](#).

Follow this story as it develops, and stay informed about changes in the abortion access landscape.

### **Visit these trusted resources for more about abortion access across the U.S.**

- **Guttmacher:**
  - [Interactive Map: U.S. Abortion Policies and Access After Roe](#)
  - [State Legislation Tracker](#)
- **Center for Reproductive Rights:**
  - [After Roe Fell: Abortion Laws by State](#)
  - [Recent Case Highlights](#)

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## Follow NNAF and Abortion Funds

For decades, abortion funds have supported people impacted by economic and logistical barriers to abortion care. Some funds assist their community with economic injustices like insurance bans, low wages, lack of paid time off, expensive childcare, and other issues that make abortion unaffordable. Other funds coordinate and fund travel, childcare, food, and lodging, specializing in the practical needs of abortion seekers who must travel to get their abortions. Some abortion funds do both. Whatever their focus, funds are experts at handling the complex situations many abortion seekers face. In a post-*Roe* world, where abortion clinics are closing and unjust abortion policies are passing at alarming speeds, funds keep evolving to match their communities' shifting needs.

**Learn more about NNAF, abortion funds, and our collective goal to make abortion access available for all.**

- [Fast Facts About Abortion Funds](#)
- [Understanding the Hyde Amendment: An FAQ](#)
- [Funds Support Each Other & Abortion Seekers in the Courts](#)
- [Join NNAF: Support Abortion Justice. Become an Individual Member](#)
- [Donate to NNAF and Abortion Funds Today](#)

 2021 by National Network of Abortion Funds



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