

Carling conversations are great tools for breaking down deeply-rooted stigmas. Start by knowing your own values, triggers, and challenges. Think about your audience, potential obstacles, and ways to pivot.

Speak honestly, listen openly.

Let's ask:
Do I, or people I know, add to a culture of policing? How can I normalize abortion, and practice care and empathy?

Most people arrested for their pregnancy outcomes — miscarriages or suspected self-managed abortions — are Black, Indigenous, and people of color, and poor and working class folks. And most are reported by someone they know or a care provider.

It's become normal to criminalize our communities for our race, disabilities, migration story, class, gender, sexuality, drug use, etc. We're taught to judge people who make choices about their bodies without permission.

ending a pregnancy outside the formal healthcare system. In the US, people usually do this with abortion pills, which are safe.* People have had abortions for thousands of years and always will. Everyone deserves resources to care for their bodies — not shame or punishment.

*The World Health Organization has endorsed abortion pills as safe and effective.

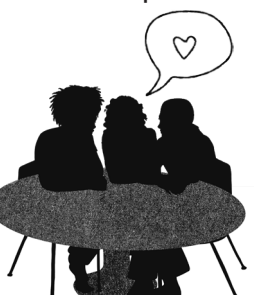
HONE in on your goal.
Ex: Shift your conversation partner's mindset from punishment toward empathy?

ENGAGE. Ask about their views on reproductive autonomy. What shapes them? Then share your perspectives.

ASK them to consider supporting abortion funds & connected movements.

RECONNECT. Make a plan to follow up in the future.

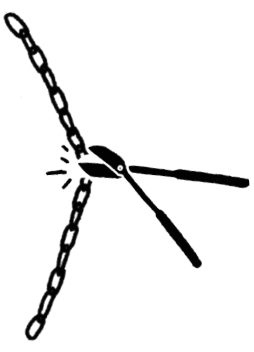
THANK your convo partner for sharing, listening, vulnerability and trust.



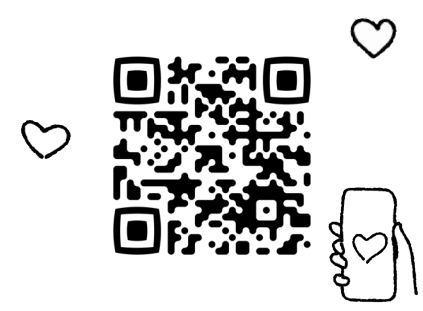
Our histories of collective action and survival, our movement ancestors*, and our spirits connect us. We need to deepen our relationships and build trust with each other.

In the words of Assata Shakur,

"WE MUST LOVE EACH OTHER AND SUPPORT EACH OTHER. WE HAVE NOTHING TO LOSE BUT OUR CHAINS."



*From Disability Justice movements in the US, Zapatistas fighting for Indigenous rights in Mexico, or fights for Black Power, resistance is natural and necessary.



Scan this code for more resources on self-managed abortion, heart-to-heart conversations, criminalization and abolition, community safety, and how to find your local abortion fund!

NATIONAL NETWORK OF ABORTION FUNDS

POWER IN OUR HEARTS

How to talk about Self-Managed Abortion with Your Loved Ones & Community

