



POWER IN OUR HEARTS

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





SELF-MANAGED ABORTION:

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.*



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.



We're meant to get caught up in this web of control, but we don't have to.



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.

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?



Caring 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. 💜



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**