

# COURAGEOUS CONVERSATIONS

I'm Pro-Choice,  
~~but...~~

This year has been devastating for abortion access, and this moment calls for people who've had abortions to lift our voices and demand abortion care for ourselves and our loved ones. But the responsibility isn't ours alone.

We know that the topic of abortion will likely arise in your dinnertime conversations, and some well intentioned loved ones may not realize their "supportive" language actually justifies restrictions and shame towards people having abortions. Use this guide to raise awareness among abortion supporters on how to discuss abortion access without perpetuating stigma. Support abortion access any time, any reason, and any where. No buts about it.

## I want to talk to my friends and loved ones about abortion. What do I say?

It's great that you want to chat with your friends and loved ones about what's going on. This is a critical moment and we must be all engaged, aware, and having conversations to make a change.

**1 First, think about what you want to say;** that could include why you care about abortion access for all, your own abortion stories, and your views about what support people should have when deciding what to do when pregnant.

**2 Think about when and how you'd bring the conversation up,** and do it at the next chance you have. Make sure you spend as much time listening to them as you do sharing your thoughts.

**3 If the conversation becomes challenging, do your best.** Take a breath. Remember why you love this person. Remind them that you're grateful they're willing to have this conversation with you and thank them for engaging because you both care about pregnant people.

## My loved one needs an abortion. What do I do?

Thank you for being a supportive person for your loved one who needs an abortion. You're making a huge difference in their experience. Every step of the way, you should make sure that they're able to make their own decisions and you support them.

You can help them talk it through, but don't tell them what to do. Be a listening ear. Gather resources for them to help them make their decision, like calling All-Options, and then help them figure out where they need to go and how they will get there. We have resources on our website that will help you both through the process.

You can also help by ordering food for them, making them comfortable, making them laugh, hanging out like you usually do, and listening to them. Tell them you love them. No matter what, give them a loving and supportive experience.

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~~but...~~

My loved ones support abortion access, but still hold stigmatizing views. What can I say?

## What They Say:

## How You Can Respond:

I'm Pro-Choice, but not past 15 weeks.

"Everyone should be able to get the care they need throughout their pregnancy. We should show up for people seeking abortions with love and support, especially as abortion bans make it harder for people to access care."

I'm Pro-Choice, but only if you have a good reason.

"Every pregnancy is different, and it's not our place to make that decision for someone else. We should trust people seeking abortions to make decisions for themselves and their situation."

I'm Pro-Choice, but you shouldn't be telling everyone about your abortion.

"Sharing our abortion stories allows us to reclaim our experiences, and reminds those around us that everyone loves someone who's had abortions."

I'm Pro-Choice, but you shouldn't have multiple abortions.

"It's unrealistic to think that we won't experience more than one unintended pregnancy in our lives, and at no point is it our place to make decisions for someone else."

## I want to share my abortion story, but I'm nervous.

Never forget: it's your story and you are in charge. You don't have to share anything you don't want to share. You don't have to do anything you don't feel comfortable doing. You deserve the utmost respect and love for what you are giving to the world: your story. There are so many of us who have your back and are thankful that you are speaking out against abortion stigma so that the millions of other people who choose abortion can also speak out, if they want to. You are beautiful, powerful, and loved. Need support? Visit [WeTestify.org/Stories](https://www.wetestify.org/stories) for more storytelling tips.