

Supreme Court and Abortion Destigmatization

Updated October 2021



Say This, Avoid That Guidance

SAY THIS	NOT THIS	WHY
<p>"Roe is the floor, not the ceiling."</p> <p>"We are advocating and coming together for a world where abortion isn't just legal – it's accessible, affordable, and destigmatized."</p>	<p>"Roe is on the line"</p> <p>"Roe is falling"</p> <p>General <i>Roe</i> catastrophizing</p>	<p>We know that <i>Roe</i> has never served all people or guaranteed abortion access. <i>Roe</i> is the bottom rung, and we need to have a more expansive future and not settle. <i>Roe</i> has never been a reality.</p>
<p>"Abortion is safe."</p> <p>"Let's work to ensure abortion becomes more accessible and less stigmatized."</p> <p>"We have the resources and medications, like abortion pills, for</p>	<p>"Make abortion safe."</p> <p>"Keep abortion safe."</p> <p>"Dangerous illegal abortions."</p> <p>References to underground abortion, coathangers, back alley abortions,</p>	<p>Abortion is already an incredibly safe procedure and medication abortion is available—something that wasn't available prior to 1973. Just because something is illegal does not mean it is unsafe. What is</p>

<p>people to self-manage their abortions safely.”</p> <p>“Self-managed abortion gives us another option for care on our own terms, with the support of people we love and trust.”</p> <p>“Ending the criminalization of pregnancy, abortion, and all aspects of reproduction is essential to affirming the right to reproductive autonomy.”</p> <p>“Decriminalizing reproduction is also fundamentally interconnected to other decriminalization efforts, including substance use and sex work, that similarly threaten bodily autonomy.”</p> <p>“We don’t always know a person’s circumstances or why they may choose to self-manage their abortion care. For some people, ending their own pregnancy in the privacy of their homes is a safer option that offers the support they need.”</p>	<p>botched abortions, Handmaid’s Tale references</p>	<p>risky is the criminalization of people who have abortions.</p> <p>There are many people who are trying to obtain abortions and may choose to self-manage their abortion. We do not want to scare them nor do we want to undermine the availability and safety of medication abortion pills.</p> <p>Learn more about abortion pills here.</p>
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Use the word abortion: Abortion access, funded abortion, accessible abortion, abortion access/ reproductive healthcare access in our communities	Avoid euphemisms: Choice, pro-choice, access to choice, the right to choose, a woman's right, reproductive rights, <i>Roe</i> as a euphemism for abortion access	It's time to move past euphemisms. It's time to name and ask for what we want. We only destigmatize abortion by using the word abortion. Additionally, using phrases like "reproductive rights" as a euphemism for abortion, without an expansive definition that explicitly highlights all reproductive choices, erases the discrimination and barriers that particularly BIPOC people face when making the choice to parent.
Use inclusive language when talking about people who have abortions: People have abortions, folks who have abortions, those of us who have abortions, abortion patients, people seeking abortion care, abortion fund clients	Avoid gendered language designed to exclude trans and nonbinary people.	Abortion access and reproductive healthcare include people of all gender identities; all people have reproductive healthcare needs; including access to prescriptions for sex and sexual health, IVF, etc. Read more: Abortion Explained: Queer and Trans Justice, via We Testify
The only thing to compare abortion to is abortion.	Avoid comparing abortion to things that are not abortion or unhelpful hypotheticals.	People of all gender identities have sexual and reproductive health needs, such as miscarriage management, abortion care,

<p>Abortion is healthcare.</p> <p>Abortion is a medical procedure.</p> <p>Abortion is a human right.</p>	<p>"If men could get pregnant there would be a clinic on every corner/available like Starbucks."</p> <p>"We should ban Viagra!"</p> <p>"We should make men get vasectomies."</p> <p>Compare abortion access to guns.</p>	<p>infertility, contraceptive needs, and more. Abortions and sexual healthcare should be widely available, on every corner, and fully funded. Historically, our nation has forced sterilization on people of all genders, particularly because of their race, disabilities, and gender identity—we do not take that lightly and it is not a joke. Reproductive healthcare and medicine shouldn't be taken away from anyone.</p> <p>When we compare abortion access to gun control we're creating a false equivalency — we need more restrictions on guns and less on abortion and other repro healthcare. Also, it invokes violent imagery we need to stay away from.</p>
<p>"All people should be trusted to make the reproductive healthcare decisions that are best for them — including abortion, on their timeline, and with the resources they need."</p> <p>"All abortions and decisions to have an abortion are unique, individual, and deserve respect."</p>	<p>"Abortion is safer than carrying a pregnancy to term."</p> <p>"Forced birth is a death sentence."</p> <p>"Abortion is a difficult decision."</p>	<p>Having an abortion and carrying to term are not two sides of the same coin, and the many problems with how Black people, in particular, have to give birth are not solved by having an abortion.</p> <p>Abortion is sometimes difficult, and sometimes not — there are many nuances around having an abortion.</p>

<p>Fund local independent abortion clinics, abortion funds, and support people who've had and need abortions</p>	<p>Starting a new Jane Collective</p> <p>Starting a new Underground Railroad</p> <p>Starting a new clinic.</p> <p>Starting new abortion funds to provide abortions/abortion access.</p>	<p>This work already exists and has existed for decades. The people who do this work on the ground are experts and need support, funding, and attention in order to keep providing abortions, getting people to their abortions, and getting them the funding they need.</p> <p>Using the phrase "Underground Railroad" is a racist co-opting of the very real horror of chattel slavery that the United States has still not reckoned with.</p> <p>Read more: For Decades, We've Helped Open Abortion Access. Here's Where We'll Go Post-'Roe.' by National Network of Abortion Funds and Abortion Care Network (via Rewire)</p>
<p>"All abortion bans and restrictions are extreme and target people already marginalized by our health care system to deprive them of abortion access, shame their healthcare decisions, and put unnecessary hurdles in their way."</p>	<p>"They're passing archaic laws."</p> <p>"These abortion restrictions are from the Medieval Times/Dark Ages."</p> <p>Comparisons to the Handmaid's Tale (which are actual things that happened to Black and Brown people in this nation)</p>	<p>This isn't factually accurate. People were having and managing their own abortions throughout history with no regulation or restrictions. Abortion restrictions and criminalization began in the United States in the 1860s and have become progressively more extreme throughout recent history. In the grand scheme of the thousands of years abortions have been</p>

		around, restrictions are actually quite new and modern.
<p>Let's end the stigma:</p> <p>"People should be able to have abortions when they want them."</p> <p>Abortions (plural)</p> <p>"Abortions later in pregnancy."</p>	<p>Don't repeat the stigma:</p> <p>Don't lean on "before most people know they're pregnant" for six weeks messaging;</p> <p>Don't just say one abortion or stigmatize people who have more than one abortion.</p> <p>"Late-term abortions" (a made up term by the anti-abortion movement)</p>	<p>Nearly 60% of people do find out they're pregnant before 6 weeks, however most are unable to reach a clinic by the 6 week mark due to barriers and restrictions—focus on the barriers.</p> <p>Half of abortion patients have already had at least one abortion for a variety of reasons. Let's not stigmatize those who have more than one.</p> <p>Abortions happen at all points in pregnancy for many reasons, including legal, political, and social barriers to care. People should always be able to get an abortion when they need it when they're ready, and with all the resources they need to make it happen – regardless if this is their first abortion or they've had more than one, or when in pregnancy they are getting it.</p>

<p>"These abortion bans are racist and will make access to reproductive healthcare for people of color and those working to make ends meet even more difficult."</p>	<p>"These abortion bans are Sharia Law!"</p> <p>"This is straight out of the Taliban!"</p>	<p>Comparing anti-abortion lawmakers or abortion restrictions to Sharia Law are racist, anti-Muslim, and inaccurate.</p> <p>Read more: Please Stop Using Islam to Critique the Abortion Ban: It Only Excuses the Very Christian, Very White Roots of Anti-Choice Movements</p>
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Talking Points

- Every abortion restriction, and every barrier and delay, adds cost to an abortion process that is already way too difficult. Those extra costs are hardships that fall hardest on the people who are already struggling to pay for an unexpected abortion.
- We have known that the day when abortion access would be challenged at the Supreme Court is coming. This is not a surprise. This is not a secret. Abortion access has been systematically under attack in this country for decades. It is beyond time for abortion to be secured legally, funded fully, and equitable and available for all who need it, when they need it, without shame or stigma.
- Politicians have been working for decades to make abortion as difficult as possible to get. This includes forcing people to travel long distances, wait days between appointments, pay out of pocket without insurance coverage, and making childcare difficult to get.
- We need policies that support people's whole lives, including better access to hospitals and clinics, healthcare provided by people our communities trust, insurance that actually covers our real needs, and policies that support families and individuals to live their fullest lives. We need policies that support abortion access and our whole lives, now.

- Abortion rights are meaningless without funded clinics in our communities, widely accessible medication abortion, and a world where our abortion stories are respected, heard, and uplifted. We need more than *Roe*.
- *Roe* must be protected but legality alone has never been enough — we are fighting for abortion justice and policies that protect abortion, fund clinics, make abortion available and affordable, and let all people know that they are trusted to make their own pregnancy decisions.
- All people deserve access to abortion care when they need it, on the timeline they choose, and in the community they trust.
- It's beyond time for the United States to recognize that access to abortion care is a key part of access to human rights. It is our right to shape our families, to access the healthcare we need, to decide when or whether we have children, and how we shape our lives — and for that care to be funded and not leave families and individuals scraping by.
- Abortion has always existed and will continue to exist. It is pivotal healthcare that cannot be delayed. It is not in the shadows. Abortion care is healthcare that needs to be accessible, funded, and recognized.
- It is time to be loud and support the people that have abortions and the medical professionals that ensure abortion access happens every day. Fund local abortion clinics to keep our clinics open, donate to your local abortion funds to ensure people have access, support and funding, tell your own abortion story, and listen deeply to the stories of people you love.
- Whether you live in Texas, New York, Ohio, or California, we all need access to abortions in our communities. Laws like SB 8 in Texas and bans in states like Mississippi, Ohio, and Georgia target communities that have survived systemic oppression. All people deserve access to the abortion care they need, when they need it, in the community they live in and trust.

- Now is the time for us to show up and fight for our communities. In the face of unprecedented restrictions and a Supreme Court stacked against us, it's up to us to push for bold solutions that ensure abortion is available, affordable, and accessible for anyone who needs it. Abortion justice can't wait. (Courtesy of All* Above All)
- Everyone who decides to end a pregnancy should be able to choose the abortion care that's right for them, including self-managing an abortion at home or somewhere we feel safe—with the control in our hands, surrounded by the people we love, and with the support we want.
- Each of us should be able to live, work, and make decisions about our health and our future with unrestricted access to resources and support. When people can make decisions about their own reproductive health care, including whether and when to have children, they have more control over their economic security.

Slogans

- "Everyone loves someone who has had an abortion" (courtesy of We Testify & the National Network of Abortion Funds)
- Abortion: legal, accessible, & funded/free.
- Abortion: Anytime. Any reason. (courtesy of We Testify)
- *Roe* is the floor, not the ceiling; it's time for more!
- We're done compromising: abortion justice for all!
- Build power, protect *Roe*, reach for more!
- Fund abortion. Build power. (courtesy of the National Network of Abortion Funds)
- Saving *Roe* is not enough. We need Abortion Justice. (courtesy of All* Above All)

- Abortion is healthcare.
- The courts don't decide our destiny. We do.
- Abortion today, tomorrow, forever.
- Your reason is the right reason. (courtesy of We Testify)
- There's no freedom without access.
- Abortion is unstoppable! (courtesy of Reproaction)
- I love someone who had an abortion. (courtesy of We Testify)
- Abortion justice can't wait. (courtesy of All* Above All)

DO NOT USE: "Safe, legal, and rare" as it is stigmatizing and contends that abortion is not something that should be happening, thus it should be rare and reduced. There will be as many abortions as there need to be. The anti-abortion movement does not get to dictate who has abortions and why.

FAQs

What does abortion justice mean?

Abortion Justice is a phrase coined by our friends at All* Above All that recognizes that racism, economic insecurity, and immigration status multiply the massive barriers to abortion care. So, our solutions must include racial, economic, and immigrant justice.

Abortion justice is about more than just protecting *Roe*—the right to an abortion. The reality is, the legal right to abortion alone has never been enough to ensure people, especially BIPOC and people working to make ends meet, can get the care they need when they need it. We need more than legality, we need a world where abortion is affordable and available in all of our communities, when people need care, from providers and in ways that people trust. We need abortion justice, which is why we're rallying for it across the nation.

Why abortion justice and not reproductive rights?

We want to be clear about what we're demanding. Rights do not guarantee access—which has been the problem for decades, especially for marginalized communities. We need to move beyond just protecting *Roe* and towards justice, compassion, accessibility, and respect. *Roe*, which made some abortions legal, doesn't mean that it's accessible, affordable, or free from shame and stigma. *Roe* is the floor, not the ceiling. As abortion access is increasingly under attack, we need to ask for more and stop settling for crumbs.

How do we support abortion access?

[Support your local clinics](#) and abortion funds, tell someone you love your abortion stories, and listen deeply and with empathy to the abortion stories of others. Together, we can make sure abortion care is accessible, affordable, and free from shame and stigma for all.

If people ask us to donate to an organization or how we can help in Texas and Mississippi, what do we say?

Encourage supporters to give to their local abortion fund, local independent clinic, and local reproductive justice organizations.