



Wednesday, November 12, 2025, is Power to Decide's 13th annual **#ThxBirthControl Day** 📢🔊

For over a decade, we've joined with partners nationwide to celebrate the power of birth control – supporting our health, protecting our freedom, and shaping our futures. This year, as reproductive health continues to face relentless attacks, raising our voices together is more important than ever.

This toolkit contains sample social messages, graphics, and tips for how to engage on social media to celebrate birth control and all that it makes possible for people everywhere.

Important Links

- Thanks, Birth Control page on [Power to Decide](#).
- Thanks, Birth Control shareable [GIFS](#) and [graphics](#).
- Birth Control Method Explorer on [Bedsider](#).
- Thanks, Birth Control merch on [Bonfire](#).

YouR HeAlth Survey 2025

Each year, Power to Decide conducts the [Youth Reproductive Health Access \(YouR HeAlth\) Survey](#), surveying 15-29-year-old respondents assigned female at birth. This national survey measures young people's knowledge, attitudes, and experiences related to sexual and reproductive health information and health services, with an emphasis on contraception and abortion.

💡 Half of young people mistakenly think taking a break from the birth control pill is necessary—science says otherwise. Accurate info changes lives. Learn more from @powertodecide's 2025 YouR HeAlth Survey: <https://powertodecide.org/yourhealthsurvey> #ThxBirthControl

🧠 Nearly *half* of teens say they don't have enough info to decide if birth control is right for them or which method to use. Access to trusted, accurate info is key—and that's what @Bedsider provides from @powertodecide's 2025 YouR HeAlth Survey: <https://powertodecide.org/yourhealthsurvey> #ThxBirthControl

Sample Social Media Copy to be shared *before* November 12th

Contraception should NOT be controversial 🗨️ Join us on November 12th to break stigmas and say #ThxBirthControl. Learn more: powertodecide.org/thxbirthcontrol

Birth control access is a public health priority! Join @powertodecide on Wednesday, November 12th for #ThxBirthControl Day and mobilize your network to share stories that shift the narrative on reproductive health: powertodecide.org/thxbirthcontrol

Birth control has transformed lives for generations. It allows people to pursue education, build careers, care for their families, and protect their health. On November 12, raise your voice with us and say #ThxBirthControl so access is not rolled back. powertodecide.org/thxbirthcontrol

Mis/disinformation about birth control spreads fast, but access to accurate info is crucial. This #ThxBirthControl Day, help us set the record straight and celebrate all the ways contraception supports health, goals, and freedom. Join us Nov. 12 → powertodecide.org/thxbirthcontrol

Every #ThxBirthControl story matters 💬 They remind policymakers, providers, and communities that birth control is essential, NOT optional. Share your gratitude on November 12: powertodecide.org/thxbirthcontrol

The same voices opposing abortion are ALSO targeting birth control access. But we are NOT backing down. Use #ThxBirthControl Day to share your stories and remind everyone why access to health care is so essential: powertodecide.org/thxbirthcontrol 🙌

Sample Social Media Copy to share *on* November 12th

6 reasons people say #ThxBirthControl:

- 🔴 Easing period flow and cramps
- 👩 Preventing pregnancy & STIs
- 💧 Having stress-free sex
- 🌈 Reducing gender dysphoria
- 💧 Controlling acne
- 💊 Treating a medical condition

Birth 🙌 Control 🙌 Is 🙌 Health 🙌 Care 🙌 #ThxBirthControl

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Birth control access is POPULAR. The majority of Americans, regardless of political affiliation, agree it should be accessible. Let's remind policymakers of that! #ThxBirthControl

Birth control should be accessible to **everyone** who wants it. Making the pill available over the counter has been a HUGE step forward, but it also needs to be affordable for ALL. #FreeThePill #ThxBirthControl 🙌

Birth control is not only about preventing pregnancy. For many queer and trans people, it is about managing health conditions, affirming identity, and exercising autonomy. #ThxBirthControl

It is IMPERATIVE that policymakers protect access to birth control 🚨 Millions of people rely on it for their health, futures, and freedom. #ThxBirthControl

Birth control is health care. It's safety, opportunity, and choice—and it's under attack. This #ThxBirthControl Day, we're fighting against misinformation and uplifting the truth: contraception changes lives!

Parenthood and birth control go hand in hand 🤝 Whether you're healing, reconnecting, or thinking about the future, birth control helps make those choices your own. #ThxBirthControl

Sharing your story matters 🗣️ Every time someone says #ThxBirthControl, it reminds decision-makers just how essential contraception is to real people's lives.

Storytelling has the power to help change policy. Share why you say #ThxBirthControl to make clear what's at stake when access is threatened.

Birth control helps people space pregnancies, protect their health, and focus on recovery after birth. Access to contraception is an essential part of postpartum care. #ThxBirthControl

For many people, finding the right birth control method can be a journey! Use #ThxBirthControl Day to explore *all* your options with @Bedsider's method explorer: bedsider.org

Para mucha gente, encontrar el método anticonceptivo adecuado puede ser un proceso largo. Aprovecha el día #GraciasAnticonceptivos para explorar *todas* tus opciones con el explorador de métodos: bedsider.org/es

Most teens don't know they can walk into a pharmacy and buy birth control pills over the counter. No prescription, no ID required 🚨 Access matters, and so does awareness! #FreeThePill #ThxBirthControl

La mayoría de los adolescentes no saben que pueden ir a una farmacia y comprar pastillas anticonceptivas – sin receta, y sin necesidad de identificación. 🚨 El acceso importa, ¡pero también la concientización! #FreeThePill #GraciasAnticonceptivos

Expanding access to birth control should be a public health priority! Removing barriers to contraception improves health outcomes, reduces inequities, and strengthens communities 🌟 #ThxBirthControl

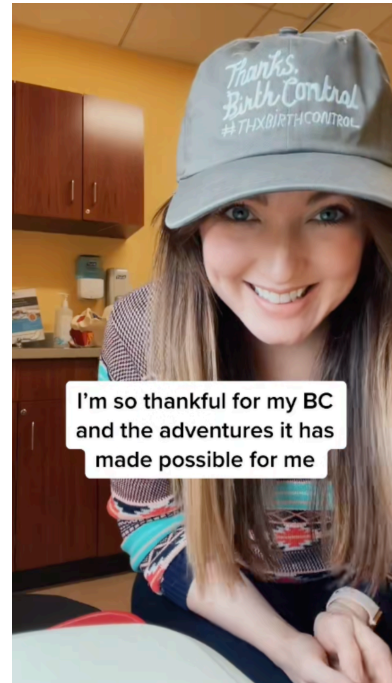
¡Ampliar el acceso a los anticonceptivos debería ser una prioridad de salud pública! Eliminar las barreras de acceso a los anticonceptivos mejora los resultados sanitarios, reduce las desigualdades socioeconómicas y fortalece a las comunidades. 🌟 #GraciasAnticonceptivos

Don't let anyone shame you about your decision to use hormonal birth control! It's safe, effective, and has so many health benefits. #ThxBirthControl

¡No dejes que nadie te cause vergüenza por tu decisión de usar anticonceptivos hormonales! Son seguros, efectivos y tienen muchos otros beneficios para la salud. #GraciasAnticonceptivos

Video Content

Videos should focus on personal storytelling that sparks conversation and invites others to join in by sharing why they say [#ThxBirthControl](#). The goal is to inspire honest comments, build community, and remind everyone why birth control access matters now more than ever.



Shareable Graphics

Download the [full collection here](#) of graphics from years past and search through dozens of [animated graphics on GIPHY](#) and [on social media platforms](#) using keywords like "thxbirthcontrol 2025", Bedsider, and birth control. Here's a preview of some new options for this year's campaign:



Also check out some [bonus content from our friends at Into Action](#).