

# Bans Off Our Bodies: Supporter Actions

Ways to mobilize supporters before, during, AND immediately after the U.S. Supreme Court decides a case that could end federal protections for abortion

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**BACKGROUND:** As of today, abortion is still legal and remains our constitutional right. But the recently leaked Supreme Court draft opinion on *Dobbs v. Jackson Women's Health Organization* makes it clear that our deepest fears are coming true: The court is prepared to end the constitutional right to abortion. **As dangerous as it is unprecedented, this ruling would open the floodgates for states across the country to ban abortion.**

As the final Supreme Court decision nears, we must continue to mobilize and organize supporters in every state to protect and expand abortion access.

**HOW TO USE THIS DOCUMENT:** This document is a centralized place for various calls-to-action related to the Supreme Court decision. Organizations and individuals can promote and share the resources linked below or create an action of their own based on the raw materials here.

These actions are broken down by the amount of time a supporter would need to complete them: low-bar actions (taking 5 minutes or less) are in blue sections, medium-bar actions (taking about 20 minutes) are in orange sections, and high-bar actions (taking more of a time commitment) are in pink sections.

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Care. No matter what.

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# What Supporters Can Do Right Now

The message to supporters is: **Don't lose hope—organize.** Over the next few weeks, the abortion access movement will use our collective voice to say: BANS OFF OUR BODIES. There's more work to do and we need your help.

Right now, everything is leading up to nationwide Bans Off Our Bodies rallies on May 14—[RSVP here](#).

## Have 5 minutes? Understand, amplify, and support online:

### TOP three 5-min actions for supporters:

1. **Commit** to the work ahead by saying BANS OFF OUR BODIES. No bans. Not now, not ever. Visit [bansoff.org](#) to learn more and [add your name](#).
2. **Amplify** [abortionfinder.org](#) for people who are seeking care.
3. **Donate** to independent abortion providers through [keepourclinics.org](#), and the National Network of Abortion Funds via the [donate page](#).

### Additional 5-min action ideas:

- **Read** abortion stories to work to destigmatize abortion.
- **Learn** how the decision would play out [in your local area](#).
- **Learn** how local abortion bans are criminalizing people and creating a culture of fear—disproportionately harming those who already face systemic racism and discrimination that block access to care (including Latinas, Black women, and other people of color), for whom the decision would only make things worse [[example from Texas](#)].
- **Watch and amplify** videos such as the [MS Abortion Freedom Fighters video](#), the [Our Bodies](#) video from Planned Parenthood, or the [ACLU's Forced](#) 30-second video.
- **Share** social media content with friends and family (use #BansOffOurBodies).
- **Share** a photo of yourself with a sign saying you support the right to abortion.
- **Call** your governor, state legislator / representative or members of Congress to commit to protecting and expanding abortion rights.

## Have 20 minutes? Make some noise!

### TOP three 20-min actions for supporters:

1. **Share** a story if you have one—your own abortion story, lending money to someone for an abortion, driving or providing childcare for a friend's appointment, etc, via [wearepp.org/together](#).

2. **Reach out to friends and family** to ask them to take action for abortion access: [see this page](#) to download an app called *Impactive* that makes this very easy.
3. **Record and post** a video on TikTok or Instagram in response to the prompt “What does access to abortion matter to you?” or “Why are you going to rally on May 14th?”

#### **Additional 20-min action ideas:**

- **Record** yourself calling your legislator to protect abortion and post it on social media to create some social pressure *and* model how easy it is to do.
- **Rock** swag affirming support for abortion access.
- **Engage in a day of NOISE** — pledge that the **ONLY** content you’ll post on a given day will be about the decision / abortion access. Pledge to post 5x, 10x, 20x that day.

### **Ready to throw down? Join IRL to say loudly BANS OFF OUR BODIES:**

#### **TOP three high-bar actions for supporters:**

1. **Attend nationwide Bans Off Our Bodies rallies on May 14—[RSVP](#)** for an event near you and join in community with abortion rights supporters across the country.
2. **[Volunteer](#)** with Planned Parenthood’s National Volunteer Program.
3. **[Join](#)** an online National Volunteer Mobilization Call to fight back against abortion bans.

#### **Additional high-bar action ideas:**

- **Host sign-making parties for the May 14 action** with your friends.
- **Host screening/viewing parties of documentaries** that show and highlight the pre-Roe days, with an emphasis on how the pre-Roe days affected women of color. More detail to come.
- **Recruit local court staff nationwide to walk out** on Decision Day in protest of the Supreme Court decision.
- **[Read](#)** about how to protest safely on May 14 rallies and elsewhere.
- **Help raise money for abortion funds or other organizations by pledging to move a certain number of miles over a month in solidarity with individuals** who would need to travel out of state to get an abortion. This could be indoor miles on stationary exercise equipment or outdoor miles. Similar to a sponsored fundraising event, have friends “sponsor” you to run/walk/ride/row/etc a certain number of miles, for example:
  - 125 miles — the average distance someone in American could have to travel to reach the nearest abortion provider if Roe is overturned ([source](#)).
  - 25 miles — the average distance someone in American has to travel to reach the nearest abortion provider today ([source](#)).
  - The average distance someone in your own county would have to travel to reach the nearest abortion provider if Roe is overturned — [find out using this map](#).