



THE FEMINIST TO-DO LIST

ABORTION ACCESS EDITION

Your one-stop-shop for supporting abortion access by investing in the well-being of your community.

Each part of the abortion access movement needs support from the community. We all have an individual part to play in the fight for collective abortion access.

WHAT IS COMMUNITY CARE?

An important part of abortion advocacy involves taking individual action to invest in the collective well-being of our communities. This is especially true for marginalized people who face a web of complicated barriers while trying to access abortion and reproductive healthcare. Communities are better equipped to address the most critical needs when individuals commit to work together. From patient support to engaging in dialogue, we all play an individual role in the fight for collective abortion access.

At USOW, we aim to empower folks who are interested in contributing towards community care.

[**LEARN MORE**](#)

SUPPORT ABORTION PROVIDERS

Abortion providers are essential workers who provide life saving healthcare. Frequently, providers face harassment threatening their safety and ability to continue providing care. It is crucial that we show our support for abortion providers and the work that they do!

LEARN MORE**WATCH** 

[After Tiller, a documentary that highlights the intense violence and harassment abortion providers face from anti-abortion extremists.](#)

READ 

[A report on the history of anti-abortion extremists, violence statistics, and information about extremist groups](#) [National Abortion Federation].

SUPPORT ABORTION PROVIDERS

SHOW SOLIDARITY



Send a thank you postcard to show your appreciation for independent abortion providers [Abortion Access Front].



Wear your support for abortion providers. All proceeds go toward supporting reproductive health care advocates [Physicians for Reproductive Health].

DONATE



Donate or fundraise to support the lives and needs of healthcare experts and abortion providers [National Abortion Federation].


SUPPORT PATIENTS

People who have abortions deserve support before, during, and after their abortion. Everyone deserves compassion when seeking reproductive care.




WATCH 

A panel of experts discuss how to help patients access care and the barriers patients face
[Abortion Access Front].

SHOW SOLIDARITY

 Use this list to make a care package for an abortion patient.

VOLUNTEER

-  Become a peer counselor with Exhale Pro-Voice.
-  Become a talkline volunteer with Connect & Breathe.
-  Provide emotional support with All Options

SUPPORT YOUR LOCAL CLINIC

Clinic escorts are people who help safely guide and welcome patients into abortion clinics. Abortion clinics are often surrounded by anti-abortion protesters who sometimes heckle patients. Clinic escorts make sure patients can be safe, comfortable, and protected when seeking abortion care.

LEARN MORE**WATCH**

[Learn about the care indie clinics provide and ways to help keep their doors open](#) [Abortion Access Front].

READ

[A deep dive on the essential role indie clinics play in our communities](#) [Abortion Care Network].

SUPPORT YOUR LOCAL CLINIC

VOLUNTEER

- [Become a digital clinic escort with Ineedana.com.](https://www.ineedana.com)
- [Become an in-person clinic escort with your local clinic.](#)
- [Become a legal observer](#)

ENGAGE IN DIALOGUE

One way to destigmatize abortion is to talk about it! Engage in conversations with your friends and family about abortion with these resources.



[Use this card deck to have heart-to-heart conversations about abortion](#) [National Network of Abortion Funds].



[Use this guide to have open conversations with family members and friends](#) [Whole Women's Health].



[Helpful talking points you can use to respond to common anti-choice statements](#) [USOW].

FIGHT BACK AGAINST FAKE CLINICS

Crisis pregnancy centers, or fake clinics, exist to deter pregnant people from accessing comprehensive reproductive healthcare.

LEARN MORE**READ**




[What is a fake clinic?](#) [Abortion Access Front].

READ

[The history of fake clinics](#) [Guttmacher Institute].

FIGHT BACK AGAINST FAKE CLINICS

EXPOSE FAKE CLINICS

-  Review a fake clinic to combat fake clinic misinformation
[Abortion Access Front].
-  Click + "Like" Honest Reviews to help boost fake clinic visibility as a danger and reduce misinformation
[Abortion Access Front].
-  Participate at an in person demonstrations to ensure patients at fake clinics are informed about the services these clinics actually provide [Abortion Access Front].



**We'd love to know what you
think of this resource!**

SHARE FEEDBACK

@USOWOMEN