

# Say This, Avoid That Guidance

Based on the National Network of Abortion Funds Resource and Adapted by Baltimore Abortion Fund

SAY THIS	NOT THIS	WHY
<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 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</p>	<p>"Women will resort to unsafe abortions post-Roe."</p> <p>"Dangerous illegal abortions."</p> <p>References to underground abortion, coathangers, back alley abortions, botched abortions, Handmaid's Tale references</p>	<p>Abortion procedures and medication are already very safe. Just because something is illegal does not mean it is unsafe. What is 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>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>Use the word abortion: Abortion access, funded abortion, accessible abortion, abortion access/ reproductive healthcare access in our communities</p>	<p>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</p>	<p>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</p>

		<p>particularly BIPOC people face when making the choice to parent or grow their family.</p>
<p>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</p>	<p>Avoid gendered language designed to exclude trans and nonbinary people.</p>	<p>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.</p>
<p>The only thing to compare abortion to is abortion.</p> <p>Abortion is healthcare.</p> <p>Abortion is a medical procedure.</p> <p>Abortion is a human right.</p>	<p>Avoid comparing abortion to things that are not abortion or unhelpful hypotheticals.</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>People of all gender identities have sexual and reproductive health needs, such as miscarriage management, abortion care, 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</p>

	<p>"We should make men get vasectomies."</p> <p>Compare abortion access to guns.</p>	<p>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>It is unhelpful to generalize about the potential health outcomes, and their impacts.</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>

		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.
“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>“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 around, restrictions are actually quite new and modern.</p> <p>Comparisons to the Handmaid’s Tale are harmful because they center whiteness by ignoring that many of the inhumane conditions described in the novel are actual things that were systematically imposed upon Black and Brown people in the United States by the government.</p>
Let’s end the stigma:	Don’t repeat the stigma:	Nearly 60% of people do find out they’re pregnant before 6 weeks, however most are unable to reach a

<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 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>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>