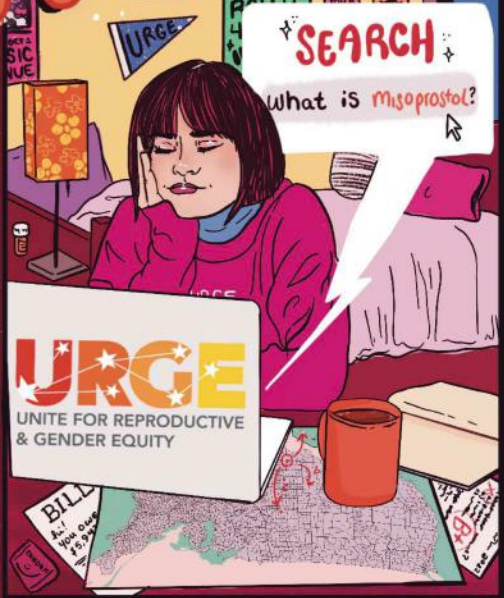
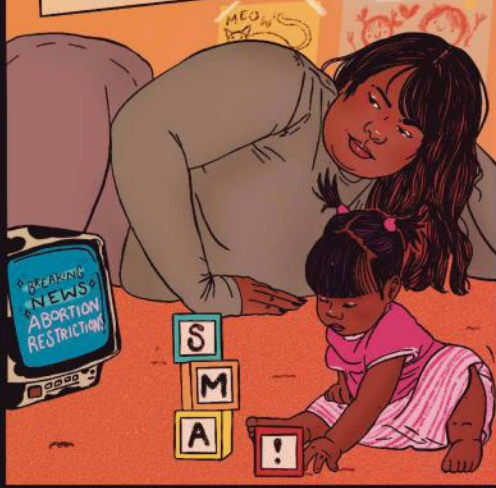
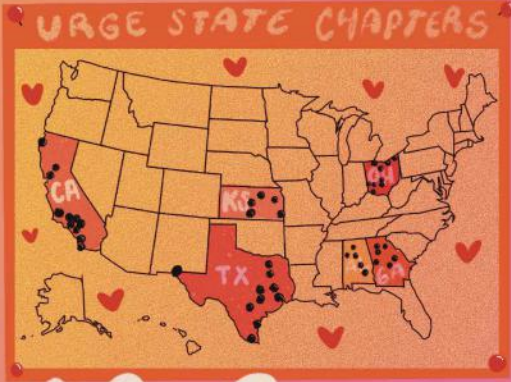


Smashing STIGMA



ABORTION:
you do you



DISCLAIMER

URGE believes in the importance of ensuring that all people can access the abortion care information they need without shame or stigma.

This Zine (and all other information shared by the organization) is intended to increase the accessibility of general healthcare information concerning abortion pills.

It is not intended to be medical advice or legal advice, nor should it be perceived as such.

URGE
mtg
@ 7:30



If/When/How's Repro Legal Helpline

URGE
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& GENDER EQUITY

VOTE!
Elective
Presidential

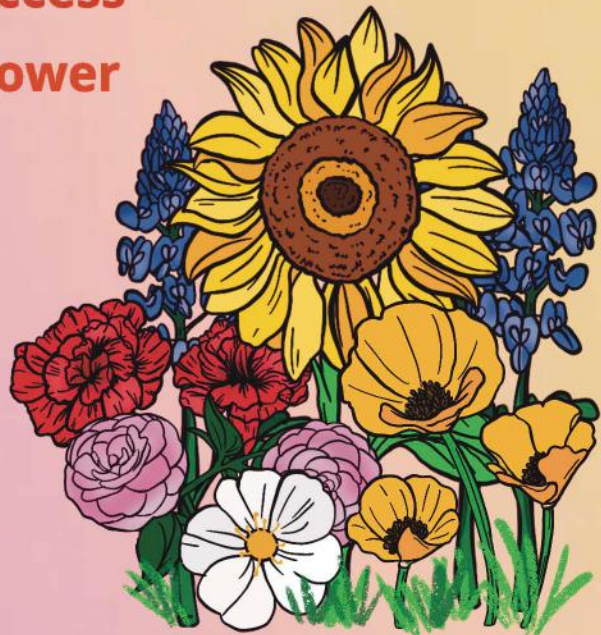
ABORTION
RAILROAD

you are
strong



Table of Contents

- 1 Self-Managed Abortion: The 411**
- 2 Bestie Vibes Only: Mife & Miso**
- 3 Beyond Policing**
- 5 That's Facts**
- 6 SMAshing Stigma**
- 7 Real Abortion Access**
- 9 #YoungPeoplePower**



"SMA" stands for self-managed abortion! This term refers to medical abortions typically induced at home using a combination of two medications: misoprostol and mifepristone.



People choose to self-manage their abortions for a number of reasons!

They may feel more comfortable completing the process in a familiar space, want to reduce the risk of trauma under the medical industrial complex, or even just find that it's more convenient.



No matter the reason, people ending a pregnancy deserve the ability to decide what type of care best meets their needs and fits with the reality of their lives.



IT'S THAT SIMPLE!

Abortion should be available where we live: on our **campuses** and in our **communities**.

introducing:

MIFEPRISTONE



BESTIES

MISOPROSTOL



or **mife & miso**

(as they're commonly abbreviated)

are extremely safe and effective

Additionally, research has continuously found medication abortion to be:

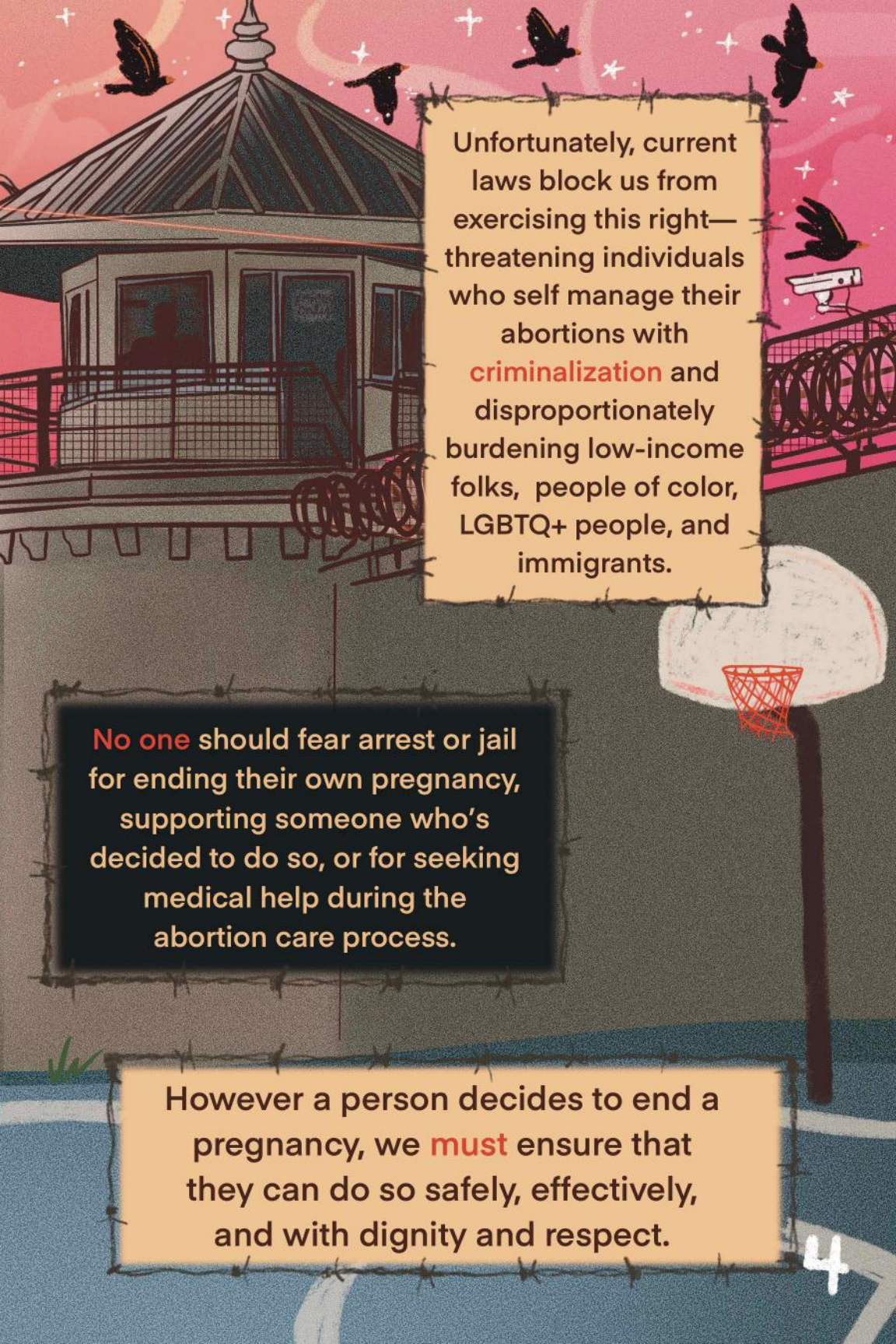
- Safer than carrying a pregnancy to term
- Similar to taking other medications like Tylenol and Viagra
- Common procedures like colonoscopies

TLDR:

Medication abortion has a revolutionary potential to provide accessible, safe abortion care within our communities.

THESE LAWS
DO NOT
EXIST TO
PROTECT US.

At least **26** people have been criminalized for self-managing their abortions since 2005, and the overwhelming majority of them were people of color.



Unfortunately, current laws block us from exercising this right—threatening individuals who self manage their abortions with **criminalization** and disproportionately burdening low-income folks, people of color, LGBTQ+ people, and immigrants.

No one should fear arrest or jail for ending their own pregnancy, supporting someone who's decided to do so, or for seeking medical help during the abortion care process.

However a person decides to end a pregnancy, we **must** ensure that they can do so safely, effectively, and with dignity and respect.

There are many misconceptions about abortion care—especially when it comes to self-managed abortion!

HERE ARE THE FACTS:



0. HAVING AN ABORTION DOES NOT AFFECT SOMEONE'S ABILITY TO CONCEIVE IN THE FUTURE. PREGNANCY CAN EVEN OCCUR IMMEDIATELY AFTER A PERSON USES ABORTION PILLS!

2. MANY PEOPLE HAVE MORE THAN ONE ABORTION! PRIOR SAFE ABORTIONS DO NOT AFFECT THE SAFETY OR EFFECTIVENESS OF MISO&MIFE, NOR DO THEY IMPACT A PERSON'S OVERALL HEALTH.

3. ABORTION PILLS CANNOT BE DETECTED IN BLOOD OR OTHER MEDICAL TESTS. A MEDICATION ABORTION IS MEDICALLY INDISTINGUISHABLE FROM A MISCARRIAGE, UNLESS A PERSON TELLS THEIR DOCTOR THEY'VE TAKEN ABORTION PILLS.



We can't achieve liberation if we're perpetuating stigma. The language we use should always be **#AbortionPositive!**

This means avoiding messages that use gendered language, demonize abortions and people who have them, perpetuate myths, or reinforce shame.

We'll **never** achieve **Reproductive Justice** by attempting to compromise with people dedicated to deriding our autonomy.

ABORTION
IS NOT
JUST A
C**I**SSUE

I'M PRO-CHOICE,
NOT PRO-ABORTION

OBVIOUSLY NOBODY
LIKES ABORTION

ABORTION IS A
'WOMEN'S' ISSUE

STOP
CELEBRATING
YOUR
ABORTION,
IT'S NOT
SOMETHING
TO BE
PROUD OF

ABORTION isn't
BIRTH CONTROL

Real Abortion Access means:

- Medication abortion is available on our college campuses, free from shame or medically unnecessary barriers.

- Obtaining care is accessible. All pregnancy-related care should receive full insurance coverage, regardless of where one lives.



- Ending laws that burden young people by forcing parental involvement during abortion care.



Opposing and repealing
ALL abortion bans.
Period.

- The normalization and decriminalization of self-managed abortion, so folks are able to access the care that works for THEIR lives.

- All LGBTQ+ folks are able to access affordable abortion care that affirms their experiences.

- Freedom from ableism, white supremacy, and classism.

But how do we achieve this?

Here's what **you** can do to get involved & expand abortion access in your community!



1 BECOME AN ABORTION DOULA

Abortion doulas provide emotional, physical, and informational support to people going through the abortion process.



2 BECOME A CLINIC ESCORT

Clinic escorts help support abortion clinic patients by assisting folks as they enter the clinic and helping to protect against potential harassment from anti abortion activists.



3 DONATE TO YOUR LOCAL ABORTION FUND

Fund abortion, build power. Find your local abortion fund at abortionfunds.org/funds/

FUND ABORTION

GET INVOLVED WITH URGE!

URGE is a young people's movement for Reproductive Justice, grounded in a framework originated by SisterSong, that all people have personal bodily autonomy, have children, not have children, and parent the children they have in safe and sustainable communities.

We are an **#AbortionPositive** organization and our agenda includes:

♥ REAL
ABORTION
ACCESS

♥ WHPA

♥ ENDING
HYDE



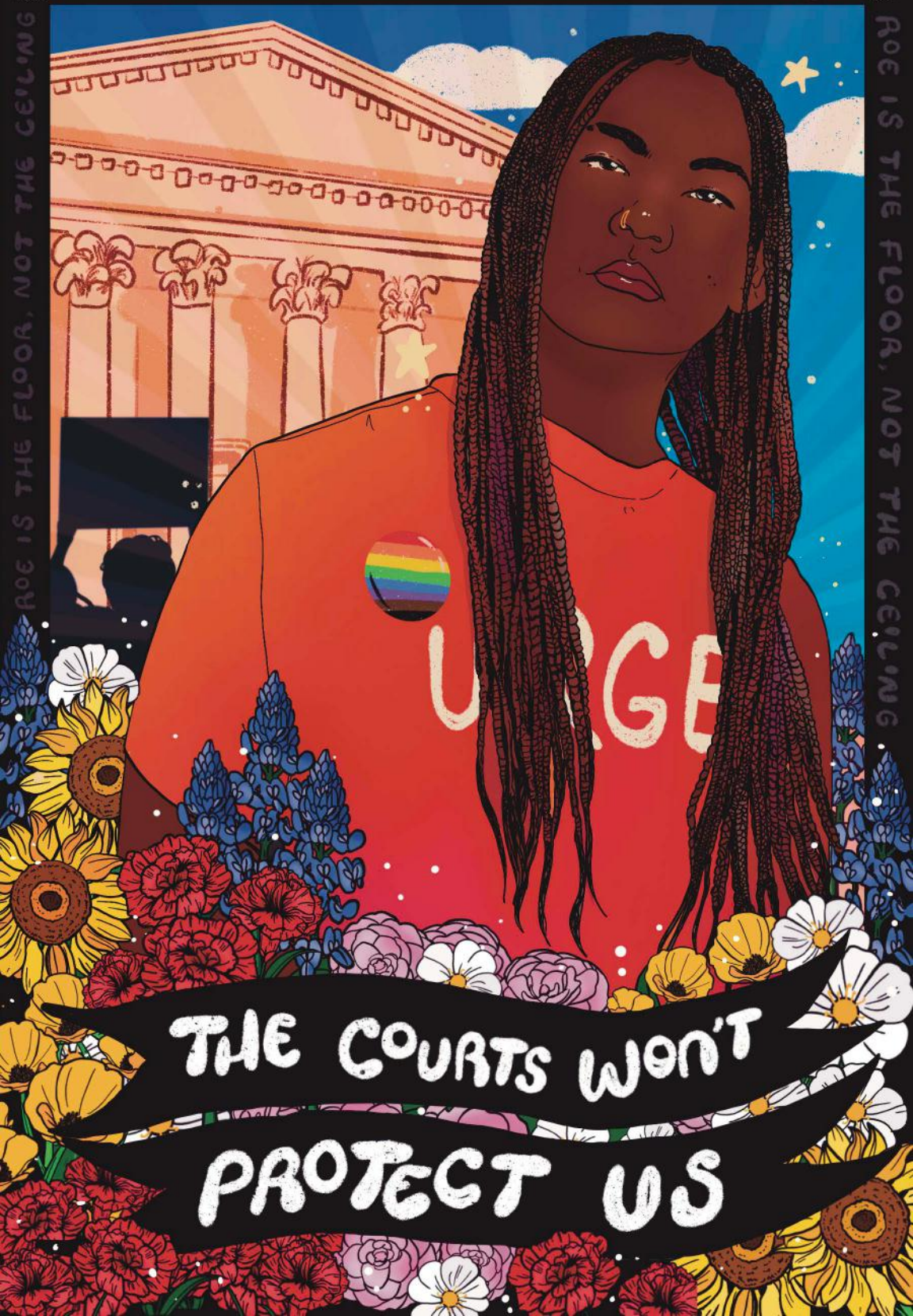
TAKE ACTION NOW



ROE IS THE FLOOR, NOT THE CEILING

ROE IS THE FLOOR, NOT THE CEILING

ROE IS THE FLOOR, NOT THE CEILING



THE COURTS WON'T
PROTECT US

The logo for URGE features the letters 'URGE' in a bold, sans-serif font. The 'U' and 'R' are red, while the 'G' and 'E' are yellow. Small white stars are scattered throughout the letters. The logo is set against a white, fluffy cloud background.

URGE

UNITE FOR REPRODUCTIVE
& GENDER EQUITY



STATE-SPECIFIC ABORTION RESOURCE LIST