

Your Survival Guide to a Post-Roe Louisiana



WOMEN
WITH A
VISION

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WE WILL CONTINUE TO FIGHT FOR REPRODUCTIVE JUSTICE



The Supreme Court overturned Roe v. Wade, leaving birthing people in Louisiana without access to abortion care.

Women with a Vision and our partners will continue advocating for the bodily autonomy and ultimate liberation of Black women and birthing people, poor folks, and the LGBTQ+ community.

As part of this effort, we created this guide to help you navigate the ever-changing landscape. Knowledge, voice, and self-advocacy will be our greatest tools. Let's use them.



OUR STORY



WWAV began fighting for abortion justice long before Roe v. Wade was overturned. For over 30 years we have defended abortion rights and sex workers in court and on the street, while providing reproductive health access and advocacy. We have long expected the end of Roe and have worked tirelessly to prepare for this day.

The landscape of reproductive healthcare in this country is forever changed, and we are committed to helping you navigate these changes. We are working to ensure birthing people will be able to travel to states where essential services are available, equipping folks with comprehensive sex education, and fighting our way through local, state, and federal government to regain the right to control our own bodies.



ROE V. WADE HAS BEEN OVERTURNED BUT WE'VE GOT YOUR BACK



WHAT WE KNOW



The laws enacted with the overturning of Roe v. Wade have been upheld by the Louisiana Supreme Court and all three clinics in the state are relocating. With these "trigger" laws now in effect, these are the rules:

- Most abortions in Louisiana are now illegal.
- Cases of pregnancy due to rape or incest are not exceptions to the ban.
- Exceptions are made if the life of the mother is at risk or the baby can not survive after birth (but this is not a guarantee -- these cases can be complicated and need approval from doctor(s) and sometimes hospital legal teams before moving forward).
- It is illegal to send the abortion pill through the mail to LA residents -- senders could face 1-5 years in prison & fines up to \$50,000.
- The ban begins at the moment of "fertilization."
- You can still travel out of state.
- The law says you cannot be charged for having an abortion, but anyone who provides one can be. This is another area where we need to be cautious, as we have seen cases coming out of other states where pregnant people have in fact been charged.

WHAT IS ROE V WADE



Roe v. Wade is a Supreme Court case from 1973 that decided harsh restrictions on abortion care at the state level were unconstitutional. It determined that criminalizing this aspect of reproductive health care violated a birthing person's **right to privacy** -- which is considered a fundamental right.

Although this right was upheld for almost 50 years, many states have found ways to go around it. Now that Roe v. Wade has been overturned, states can now decide whether they want to limit or ban this essential health service.

Protest in Baton Rouge



WHAT IS ROE V WADE



This extreme ruling not only threatens the rights of women and birth-capable people, it set a standard for the kinds of laws states can pass that limit their right to privacy. So what does this mean?

Several other cases were decided based on Roe v. Wade. This includes rulings that determined rights to contraceptives, marriage equality for LGBTQ+ people, and same-sex relationships. Justice Clarence Thomas wrote in his opinion when overturning Roe v. Wade that these other rulings need to be reconsidered. It's safe to say we cannot trust our states to protect us if this happens.

Protest in New Orleans in 2022

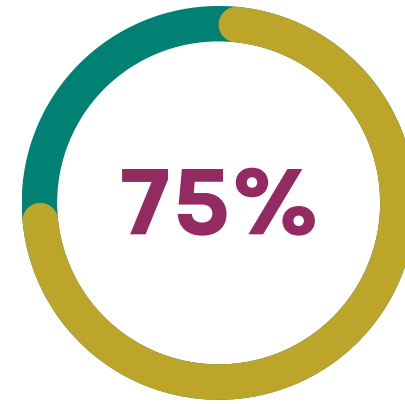


WHO DOES THIS AFFECT



In the U.S., low-income people are five times more likely to experience an unintended pregnancy. We can blame this on poverty, racism, sexism, and transphobia in our country, making it much harder for people to get the tools to prevent pregnancy in the first place.

Unintended pregnancies make it much harder for individuals to get out of poverty, go to college, and do all the things that we all should have the opportunity to do to make our lives better! Of course, this ends up affecting communities of color at higher rates. In the U.S., an estimated 67% of those seeking abortion care are women or birth-capable people of color.



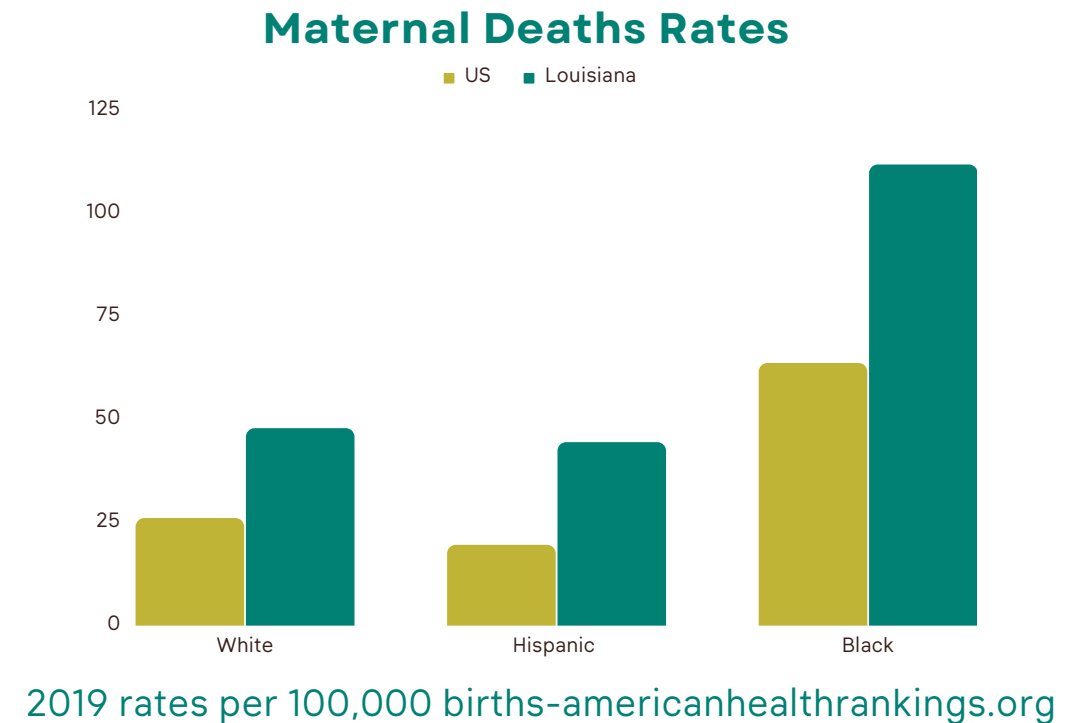
75% of in-hospital maternal deaths were potentially preventable.



WHO DOES THIS AFFECT



Members of these communities are also two to three times more likely to die from pregnancy-related complications. Restricting access to abortion care only makes achieving social, economic, and social equity that much harder for these already marginalized communities. These laws are bad for everyone, but access to abortion care literally means life or death for some!



"Communities of color have already been disproportionately impacted by abortion restrictions. And when Roe is overturned, they'll continue to bear the brunt."

– SANDHYA DIRKS, *NPR NATIONAL CORRESPONDENT, RACE & IDENTITY*

A person is holding a sign that says "MY BODY" in a crowd. The sign is white with black text. The background is a blurred crowd of people, some wearing hats. The overall image has a purple tint.

YOUR SURVIVAL GUIDE TO A POST-ROE LOUISIANA



Despite the attacks on our rights, we want to provide you with as much information as we can to navigate this new reality. This guide is here to give you the facts about birth control, Plan B, the law, how to keep yourself safe, and how to empower yourself through care and community.

FIRST THINGS FIRST



Before we hit you with the hard facts, let's all take a moment to breathe.

One of the most important ways you can advocate for yourself is by ensuring that your mental health is okay. We are all feeling a lot. Anger. Stress. Anxiety. Powerlessness.

These feelings will hit some communities harder than others, so don't be afraid to lean in. The next step in personal advocacy is to arm yourself with the facts.

GROUNDING TIPS



- **Take a deep breath**
- **Stretch; feel the tension in your body release**
- **Drink water**

THE BASICS



Now more than ever, it is essential to understand your period and when pregnancy happens. This can help you avoid an accidental pregnancy and understand the timeframe for using emergency contraception. Why is this so important? Pregnancy is counted from your last period, not your first missed period! This means that you could be four weeks pregnant when you miss your first period. This could affect your access to abortion care even if you travel to another state.





WHAT IS A PERIOD CYCLE? WHY CARE?

The average period cycle is 28 days--this is the number of days between each period. We are not all lucky enough to have a regular cycle, so this is why it's important to track this! There are apps available, but for privacy reasons, go old school! Grab a calendar and a pen. This could be a lifesaver if you don't want to get pregnant.



WHAT IS OVULATION & WHEN DOES IT HAPPEN?

This is the part of your cycle when a mature egg is released from your ovaries. This usually happens in the middle of your monthly cycle. The six days leading up to this and the day you ovulate are when you are most likely to get pregnant. When there is no sperm to meet the egg, you start your period.



WHEN DOES FERTILIZATION HAPPEN?

Fertilization happens when the sperm meets the egg. This can take seconds or up to five days after sex. Yes, the sperm can hang around for almost a week before catching up with your egg. Plan B/EC works by delaying ovulation, so there is less of a chance that sperm will come into contact with an egg waiting to be fertilized.



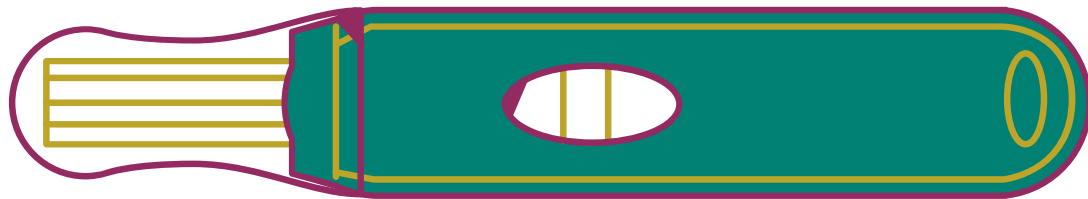
IMPLANTATION & PREGNANCY

Implantation is when the cells formed from fertilization make their way into the uterus. If the ball attaches to the uterus, you become pregnant. Implantation starts about six days after fertilization and takes about four days. So you are officially pregnant anywhere from six to 15 days after sex.

SO WHAT'S NEXT?



If implantation does happen, your body will start to make a hormone called human chorionic gonadotropin (HCG). This hormone is what a pregnancy test looks for. You can get these tests almost everywhere. They are 99% accurate, but they won't be able to pick up on the HCG until a week or so after your first missed period. Beware--if you take one too early it could be wrong!



SIGNS YOU SHOULD TEST



- 1. You used an emergency contraceptive. Be sure to take a test about a week after you use it just to be safe.**
- 2. You missed a period.**
- 3. You have cramps -- these feel like regular period cramps without the period.**
- 4. Your boobs hurt and seem bigger. This happens even when you are not pregnant, so it's not always a reason to panic and run to the pharmacy.**
- 5. You just feel off---early pregnancy can make you feel nauseous, tired, or your fav food sound gross.**
- 6. A condom broke or you forgot to take your birth control. This is a biggie. If this happens and you don't want to get pregnant, it may be time to grab a Plan B.**

EMERGENCY CONTRACEPTION IS LEGAL



Taking emergency contraception does NOT end pregnancy and is still legal in Louisiana. EC prevents ovulation to stop pregnancy before it occurs. Plan B and generic brands can be found at most pharmacies and can be taken up to 3 days after unprotected sex. Most contain the same hormone -- Just look for "levonorgestrel" as the active ingredient. Ella is a different medication containing "ulipristal acetate," though it works in the same way as other EC. It requires a prescription, but can be taken up to 5 days after sex and may be more effective for people over 165 pounds.



CONTRACEPTION IN A POST-ROE LOUSIANA

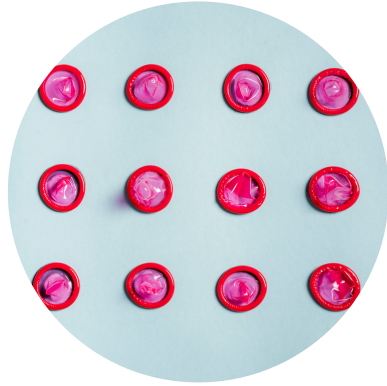


After understanding how periods and pregnancy work, it is important to understand your contraceptive options. Plan B and other emergency contraceptives (EC) are safe for now, but Republican lawmakers in our state have shown support for a bill that would put an immediate ban on certain emergency contraceptives, including Plan B and IUDs. This means it's essential that we have a plan A.

We've got you covered. This is your all-in guide to using contraceptives and practicing safe sex.



BIRTH CONTROL METHODS



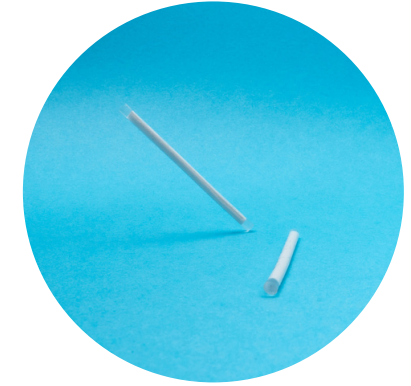
CONDOMS

The classic! These are not only effective in preventing pregnancy, but also STIs and HIV. Access to these isn't under threat, they are cheap, and tons of places will give them to you for free! They are also inclusive and made for hes, shes, and theys.



IUDS

These are used as both emergency contraception and long-term birth control. They are inserted in the uterus. The hormonal IUD can prevent pregnancy for three to six years. The Copper IUD can work for up to 10 years AND if it's implanted within five days of a scare, it can help prevent a pregnancy!



THE IMPLANT

AKA the stick that goes in your arm. The stick contains hormones that release into your body and can protect you from pregnancy for up to three years. Remember that hormonal birth control does have side effects, so it's always good to talk to your doctor if you are dealing with those.

BIRTH CONTROL METHODS



THE DIAPHRAGM

This method is meant to keep the sperm from reaching its destination by blocking it. It is inserted before sex and is used with spermicide.



THE PILL

Another classic. These pills also contain hormones and are meant to be taken every day at the same time. They are not recommended for smokers or women over 35. They are pretty easy to get from a doctor and can be sent in the mail, prescribed over telehealth, and you can get multiple months at a time. They may even be available over the counter soon!



THE INJECTION

Another hormonal method. The most common is the Depo shot. It is given every three months as a shot.

BIRTH CONTROL METHODS



THE PATCH

This patch goes on either your butt or lower stomach and releases hormones. You put a new patch on once a week for three weeks and leave it off for the fourth so you can have a normal period.



EMERGENCY CONTRACEPTIVES

If any of these birth control methods fail you, Plan B (or any EC) has your back. These are taken three to five days (depending on the type) after a scare, but the sooner the better! Most should be taken within 72 hours. The longer you wait, the less likely they are to work. You can find them at most pharmacies and you don't need a prescription (except for Ella).



HORMONAL RING

This is a ring that releases hormones. It is inserted into your vagina and stays in place against your cervix for three weeks, and is taken out the week of your period.

FAMILY PLANNING IS KEY TO EMPOWERMENT



Reproductive Life Planning / Family Planning is a great way to take charge of your life! There are many different paths that you can choose from, so it's important to know all of your options and come up with a plan that is right for you.

Everyone's reproductive journey is different: you may want to start having kids soon, you may want to wait a while, or you may not want kids at all. There is no wrong choice, but you need to ensure that whatever decision you make is your choice.



THERE IS NO RUSH



First, remember that there is no rush. You don't need to know whether or not you want kids, when you want them, or how many you want. Life doesn't work that way, and it's okay to change your mind or have no idea! Different factors such as personal preference, stability, careers, and community support may influence this decision. Just be sure to think about your future goals and where you see yourself, and set yourself up for success. This could mean buying yourself some time by using contraceptives, or getting ready for a pregnancy. Both are great!

For all people, preconception patient counseling is a good option to begin reproductive life planning.



CRISIS PREGNANCY CENTERS



When looking into post-conception counseling for unintended pregnancies, it is important to be aware of “crisis” pregnancy centers. These centers offer care for pregnant people; however, their main goal is to prevent abortions and not to provide comprehensive, accurate care that is in the patient's best interest or in line with the patient's desires. These centers are not licensed or legitimate medical clinics, which means that your private medical information is not protected under HIPAA.



**CRISIS
PREGNANCY
CENTERS**

**WHAT TO KNOW AND
HOW TO SPOT THEM**

What are Crisis Pregnancy Centers?

 plannedparenthood.org / Nov 4, 2021

NATURAL FAMILY PLANNING



There are also options for natural family planning; however, it is important to note that these are less effective than other methods of medical reproductive planning. It is also best utilized by people who are actively seeking to get pregnant or do not mind the potential of having a child. It centers around tracking a person's reproductive cycle and determining which days a person is more or less fertile. You can also combine natural family planning with contraceptive use.

You can look into using one or a combination of the several types of contraceptives outlined. When choosing a form of contraceptive, it is important to find one that fits your needs and lifestyle, and be aware of how the decision to overturn Roe has impacted your access to them.

Table 1. Natural Family Planning Methods

| <i>Method</i> | <i>Description</i> |
|---------------------------------|---|
| Basal body temperature charting | Identifies the luteal phase of the menstrual cycle by postovulatory increase in basal body temperature; all other days are considered fertile |
| Calendar calculation | Predicts the fertile period by menstrual dating |
| Cervical mucus monitoring | Identifies beginning and end of the fertile period from cervical secretions |
| Lactational amenorrhea | Maximizes suppression of ovulation during breastfeeding; effectiveness limited to six months postpartum |
| Symptothermal method | Based on cervical mucus monitoring; calendar calculations or basal body temperature charting monitoring provides redundancy |

Family planning is known to improve health outcomes for both birthing people and their babies.



LET'S TALK ABOUT SEX

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It's no secret that sex education in most Louisiana schools is BAD and non-existent for LGBTQIA+ folks. Abstinence-only education doesn't help anyone. We all have sex. We aren't here to give you "the talk," but we want to give you a few pointers when it comes to safe sex and preventing unwanted pregnancy. As our rights are being stripped by harmful legislation, we have less room for mistakes.

SAFE ABORTIONS 101



We trust you to make the best decision about your body, health, and future -- even if lawmakers don't.

1. The choice to have unprotected sex when you do not want to get pregnant is a risky one, so think about it!

2. If you are in a sexual relationship with an abusive partner, you are more likely to get pregnant. If this is you, WWAV has resources to help. Call us at 504. 301.0428 or come see us or call the National Domestic Violence Hotline at 1.800.799.SAFE (7233)



SAFE ABORTIONS 101



What happens if I do get pregnant? Even though you can't receive abortion care in LA, we want you to have the facts you need if you choose to travel out of state.

WHERE CAN I GO?

Safe haven states include California, Connecticut, Delaware, Hawaii, Illinois, Maine, Maryland, Massachusetts, Nevada, New Jersey, New York, Oregon, Rhode Island, Vermont, Washington, and Washington D.C.

WHAT IF I'M UNDER 18?

Each state has its own parental consent laws. For more information, visit the link to the right ->

RESOURCES



Call

1.800.799.SAFE (7233)
TTY 1.800.787.3224



Chat

Chat live now



Text

Text "START" to 88788



Parental Consent & Notification Laws | Teen Abortion Laws

If you're younger than 18, you might be able to get an abortion without telling anyone. The exact rules vary in different places.

[plannedparenthood.org](https://www.plannedparenthood.org)



Abortion Costs

Average abortion costs - 50 States.
Learn about abortion procedures an...

[pregnancydecisionline.org](https://www.pregnancydecisionline.org)



Apiary for Practical Support

Apiary helps organizations that provide practical support to people...

[apiaryps.org](https://www.apiaryps.org)

SAFE ABORTIONS 101



According to Planned Parenthood, both the medical and in-clinic care options are safe and effective. In fact, they are some of the safest medical procedures that are performed. It's also a very common procedure, 1 in 4 women or pregnancy-capable Americans will have an abortion in their lifetime. As with any procedure, there are risks, even if rare. Always discuss this with your provider.

HOW TO PAY

Medicaid only covers abortion care costs in a few states, and Louisiana is not one of them. Insurance companies are not likely to cover the cost, either. There are, however, abortion funds that may be able to help if you are in need of financial assistance.

HOW MUCH DOES IT COST

The type of abortion, how far you are into your pregnancy, and where you live all affect the cost dramatically.

There are two types of abortion:

(1) Medical abortion is done with pills. A pill procedure costs about \$550-\$750 and is usually done in the first trimester (up to 10-12 weeks).

(2) Surgical or aspiration abortion: If it is your preference or you are past 10 weeks, you will likely have an in-clinic abortion. These procedures may cost anywhere from \$550 to \$2,500 (or more).

MEDICAL VS. IN CLINIC ABORTIONS



MEDICAL

- Medication abortion with pills is a chemically induced miscarriage. For a medication abortion with pills, you take the first pill at the clinic. This step will take around 3 hours.
- Next, you are given detailed instructions, as well as a prescription for a second medication.
- After taking the second medication at home, most patients experience heavy bleeding and cramping and miscarry within a few hours to days.

IN CLINIC

- In-clinic or surgical abortions use suction or a combination of suction and tools to gently empty your uterus.
- This procedure usually takes less than 15 minutes, but before they begin you will have exams and talk with your doctor. After the procedure, you will hang out in a recovery room for about an hour.
- You will be lightly sedated and given pain medication for cramping.
- Next, you will get instructions on how to care for yourself afterward and how to take any prescribed medication. You'll also get a number you can call 24/7 if you have any questions or concerns.

RESOURCES



In Louisiana, it is now illegal to get the abortion pill over telehealth or send it in the mail. Visit the sites listed below for more information on if and how you can get help if you need it!

Although abortion is prohibited in Louisiana, Abortionfinder.org and ineedana.com can give you the information you need if you are considering abortion care in another state.



PLAN C: Learn to access at-home abortion pill options online

Plan C is an information resource for self-managed, at-home abortion with pills. Learn how people in the

Find abortion care and support

Search the most comprehensive directory of verified providers and support resources in the U.S.

Where Can I Get an Abortion? | U.S. Abortion Clinic Locator

Quickly search the largest directory of trusted abortion providers in the U.S. Updated weekly.



Aid Access: Abortion Pills by Mail

aidaccess.org

POST ABORTION SELF CARE



After you get an abortion there are a few things you should be on the lookout for: bleeding, discharge, and cramping.

BLEEDING

Some people do not bleed at all, but some may bleed for up to six weeks. The bleeding will most likely start about three to five days after the abortion and will be similar to a period, including cramps. You can treat symptoms like you would a normal period (responding to heavy bleeding with uterine massaging, ibuprofen, and heating pads). Call your provider if you have had heavy bleeding for more than three hours (a full pad in an hour).

DISCHARGE

Will be non-bloody and range from brown to black, and it will be mucus-like. Call your provider if discharge is itchy or painful, has a bad odor, or is pus-like.

CRAMPING

Cramping is a necessary part of the process and it may increase as bleeding increases, from the third to the fifth day. Treat them with uterine massages, heating pads, ibuprofen, and adequate rest.

Deep uterine massages consist of firmly pressing on your abdomen with your fingertips and rubbing in circles to your pubic bone. You might have to do this for up to 10 minutes to feel some pain relief, but trust us, it can come in clutch.

You can also kick back with a warm beverage, or take 800 mg of ibuprofen every 6 to 8 hours.

RISKS/ABNORMAL SIDE EFFECTS



Not saying that any of these things will happen, but if you do experience these adverse symptoms, please contact your provider or your local Planned Parenthood.

- 1. BIG BLOOD CLOTS (LARGER THAN A LEMON)**
- 2. YOUR CRAMPS ARE SO BAD THAT MEDS DO NOT HELP OR YOU FEEL ABDOMINAL PAIN THAT'S DIFFERENT THAN A CRAMP**
- 3. CHILLS & A FEVER OF 101 OR HIGHER**
- 4. FAINTING**
- 5. NAUSEA, VOMITTING, DIARRHEA THAT LASTS MORE THAN A DAY**
- 6. STILL FEELING PREGNANT (FATIGUE, MORNING SICKNESS, BREAST TENDERNESS) MORE THAN 2 WEEKS POST-OP**
- 7. DEPRESSION THAT WON'T GO AWAY**
- 8. PROLONGED BLEEDING (YOU GO THROUGH TWO OR MORE PADS AN HOUR FOR MORE THAN TWO HOURS IN A ROW)**

HEADS UP: DOS & DON'TS



Unfortunately, not everyone is able to get the adequate amount of rest they deserve post-abortion, but you should know that returning to work or increasing activity might cause more cramping and bleeding. Also, avoid nipple stimulation to reduce breast discharge. Your breasts might feel tender and swollen for about two weeks.

DO

Take your temperature twice daily for two days, take your antibiotics, listen to your body, rest, and get a follow-up pelvic exam about a month later.

DON'T

Have sex for at least 1 full week, use tampons for 1 week, douche for 1 week, use perfumes, bubble baths or oils in the tub. DO NOT EXERCISE for at least the first week.

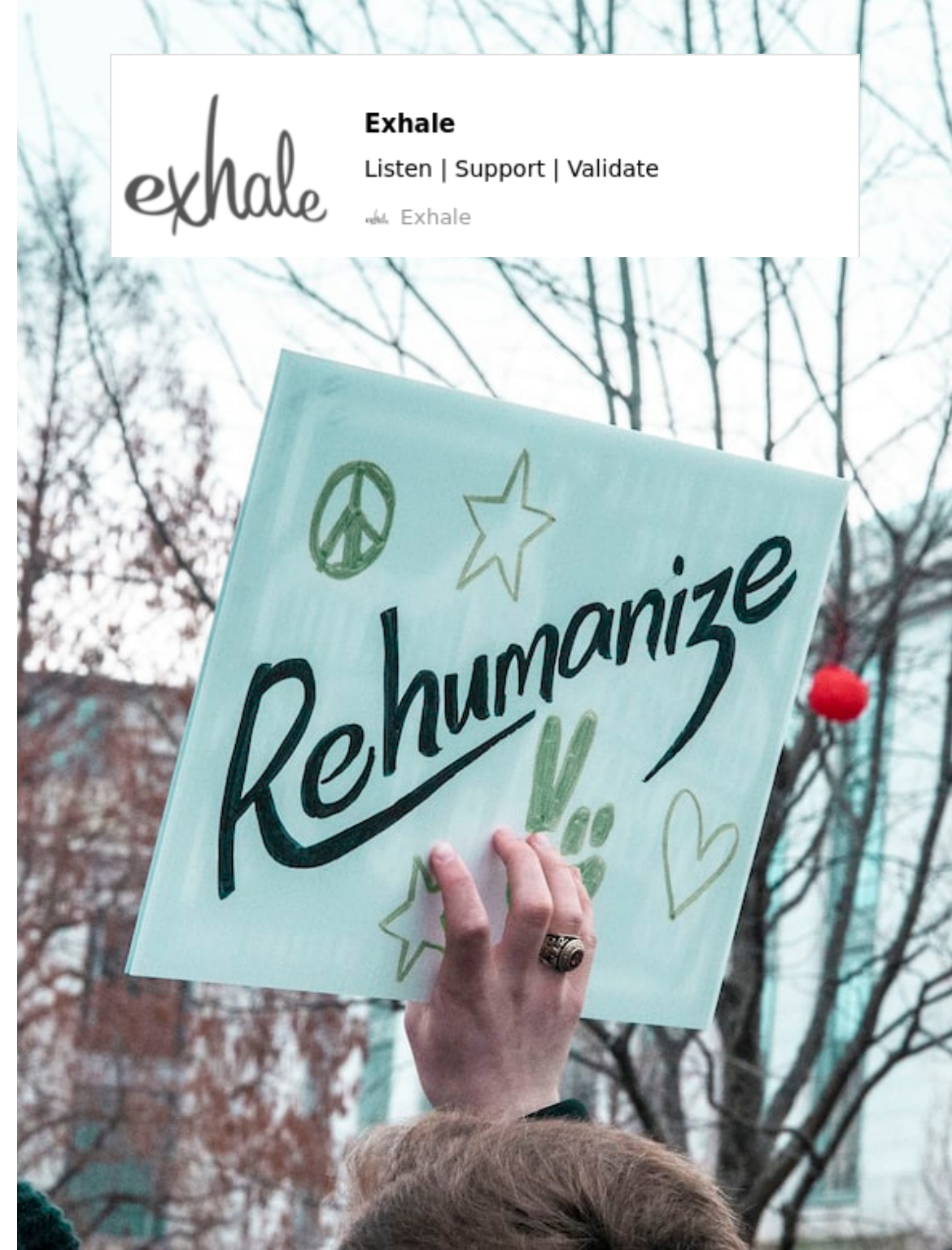
EMOTIONS AFTER AN ABORTION



Since there are hormonal changes after an abortion, people can experience various emotions afterward. This can manifest in feelings of depression, sadness, elation, or relief; however, the most important thing to know is that most people do not experience these intense emotions for very long.

Also, studies show that experiencing negative feelings post-abortion is more likely linked to someone's personal relationships and other factors -- not the abortion itself.

The thing to know is that it is important to have a support system. This can look like talking to your partner (if you have one), friends, mentors, or family. However, if these are not an option for you there are abortion helplines:



exhale

Exhale

Listen | Support | Validate

Exhale

UNSAFE ABORTIONS 101



Banning abortion care doesn't remove the need for it -- the most important thing is that you are safe as you are making healthcare decisions for yourself.

What happens if you do get pregnant? Even though you can't receive abortion care in LA, we want you to have the facts about what options are available to you.



1/4 of women who have an unsafe abortion are left with health issues that require continued medical care

According to the World Health Organization (WHO), nearly 50,000 people die every year from unsafe abortions (including home remedies).

50,000

KNOW THE RISKS



These may sound scary as hell because they are. This is why we need access to safe and legal abortion care! DUH. You would think this would be obvious to our politicians. Since they aren't going to keep you safe, you have to do it for yourself.

You have options that won't potentially unalive you. Read our survival guide, check out the folks and organizations linked on our resource page for options, talk to a doctor, and do what you gotta do as long as it's safe.

All of this to say: If you have already attempted a DIY abortion here are some signs that you need to seek medical attention...

INCOMPLETE ABORTION



This happens when some of the pregnancy tissue is still in your womb. This can happen even when you get a safe abortion, but it is very rare and doctors monitor this after your abortion care. It is much more common when people try to do it themselves. We cannot say this enough: THIS IS SO SO DANGEROUS!!!

This can lead to:

Infection (can lead to septic shock)

Blood Poisoning

Hemorrhaging (bleeding out)

Scarring

Toxicity (liver damage/failure)

RISKS



While there is a safe form of at-home/ self-administered abortions (aka the pill), there are also a lot of myths going around about different types of "abortion home remedies." We're not going to go into detail, because these methods are **DANGEROUS** and potentially **LIFE-THREATENING!**

Also, studies show that experiencing negative feelings post-abortion is more likely linked to someone's personal relationships and other factors -- not the abortion itself.

The thing to know is that it is important to have a support system. This can look like talking to your partner (if you have one), friends, mentors, or family. However, if these are not an option for you there are abortion helplines:

SEPTIC SHOCK SYMPTOMS

Septic shock is a medical emergency. If you recently had an abortion and experience any of the following symptoms, seek medical help right away:

- very high or very low body temperature
- heavy bleeding
- severe pain
- cool, pale arms and legs
- feelings of confusion, restlessness, or fatigue
- shaking chills
- low blood pressure, especially when standing
- inability to urinate
- heart palpitations
- rapid, pounding heart rate
- difficult, rapid breathing with shortness of breath

GET TO THE EMERGENCY ROOM ASAP IF YOU EXPERIENCE:



1. BLEEDING THAT SOAKS THROUGH A PAD IN UNDER ONE HOUR
2. IF YOU HAVE BLOODY VOMIT, POOP, OR URINE
3. CHILLS & A FEVER
4. CONFUSION
5. YELLOWING OF YOUR SKIN OR EYES
6. SEVERE PAIN IN YOUR ABDOMEN OR PELVIS
7. VOMITING AND LOSS OF APPETITE
8. PASSING OUT OR CANT WAKE UP OR STAY AWAKE
9. SWEATY, COLD, BLUISH OR PALE SKIN



WE KNOW IT'S SCARY, BUT REMEMBER...

We know there is a lot of confusion and fear surrounding these situations. Can I get in trouble? Can I handle this myself? The most important thing is to keep yourself safe and healthy. If you find yourself in this situation, you could die. Get help and worry about the rest later. You do not have to tell your doctor anything you don't want to. A self-managed medical abortion and a spontaneous miscarriage look the same. Do what you need to do to keep yourself safe.

SELF-ADVOCACY: YOUR VOICE IS YOUR POWER

A woman with short dark hair, wearing a black top, is shouting into a white megaphone. She is smiling and looking upwards and to the right. The background is a light, textured surface, possibly a wall or a large sheet of paper, with some shadows and highlights. The entire image is overlaid with a semi-transparent teal color.

-
1. Remember, you are the boss.
 2. If no one is listening to you, speak louder.
 3. No, it's not just you. Don't let anyone gaslight you.

USE YOUR VOICE



We have all had the experience of walking out of a doctor's office and feeling unheard or even judged. This is especially true when it comes to sexual healthcare visits. Maybe your birth control made you feel depressed and you wanted a change, or you have been told that the world-shattering cramps you get are normal, or that you don't realllyyy want your tubes tied. We are over it!

You have the right to receive healthcare that fits your life, regardless of your relationship status, gender identity, age, or sexuality.

We are going to give you some pointers ...

- 1. You call the shots! You can leave an appointment at any time if you feel judged, unheard, or uncomfortable.**
- 2. You do not have to get any tests, take any meds, or do anything that you feel isn't right for you.**
- 3. You should get the answers you need to any questions you ask. If your provider isn't answering your questions, it's time to find a new one!**
- 4. You deserve respect, but sometimes doctors have biases. You don't need that coming between you and your health.**

WHEN SEEKING / CHANGING BIRTH CONTROL



It's no secret that hormonal birth control has its ups and downs and that it affects everyone differently. If one method isn't working for you and you want to try something else, talk to your doctor. Changing things up is much better than dealing with the side effects or just quitting it all together. When you plan a visit to the doctor, think about a few things: What is the most important thing to you? That it's easy, long-term, or doesn't affect your mood? Are you planning on trying to get pregnant in the next year? Speak up and ask questions!

WHEN YOU FEEL SOMETHING ISN'T RIGHT



We know our bodies. Women and pregnancy-capable people have been gaslit for too long. There is a long history of doctors minimizing complaints about pain, depression, pregnancy complications, and other problems. Don't let anyone tell you what is "normal" for your body. Trust yourself. If you don't feel like you're being heard, **SPEAK LOUDER.**

WHEN YOU'RE PREGNANT



Having a baby can be plain dangerous. There are so many things that can go wrong, that's why it's so important to demand the care you need. When it comes to life or death, there is room to overreact.

Eight hundred women and pregnancy-capable people (mostly Black and brown) die in the U.S every year, and more than 60% of those deaths are preventable. We are not all lucky enough to choose who is present or where we are when we give birth, but we all deserve a provider that puts your needs first rather than the legal, policy, and financial needs of the hospital.

Try to have a support person who knows your plans and will advocate for you if you can't. Due to the mistrust of traditional doctors and over-medicalization of hospital births, many people are choosing to go down a more holistic path and use midwives and doulas. These options carry their own risks, so always keep these things in mind as you make the choice that is best for you.



SEEKING ABORTION CARE



There will be a lot of barriers in front of you when you are seeking abortion care -- even after you finally make it to a clinic. Some states require multiple visits, and "counseling," forcing you to watch videos, look at pictures of fetuses, and talk to you about adoption resources. This can be traumatizing.

These requirements are meant to make you question your decision. You may run into protesters yelling outside of a clinic, end up getting prayed over by people pretending to provide healthcare at a crisis pregnancy center, or maybe your primary care doctor will try to talk you out of it. Remember this is ABOUT YOU! Whether you have decided to wait until you are financially stable, you wanted the pregnancy but health problems put you at risk, or you discover a fetal anomaly and you choose to not continue the pregnancy, it doesn't matter.

IT'S YOUR CHOICE. Stand up for yourself. No one but you knows what's best for you.



LGBTQIA+ & PREGNANCY



First things first: It is important to remember that no matter how you identify, it is crucial to advocate for yourself!

Abortion care and contraception are not just "women's issues." If you have a uterus and ovaries and are not on testosterone, you most likely have the capacity to get pregnant. Find a provider who respects you. You deserve it. We have included some resources to help you find the right provider for you.

STATS



Lesbian, gay, and bisexual teens who are sexually active are twice as likely as other students to report becoming pregnant or getting someone pregnant!



Percentage of lesbian, gay, bisexual, and queer-identifying patients who have encountered a provider who refused to treat them.



Percentage of transgender patients who have encountered a provider who refused to treat them.

RESOURCES



LGBT Health Services
Hotlines, social networks, and health clinics for the LGBT community.
[cdc.gov](https://www.cdc.gov)



WPATH World Professional Association for Transgender Health
[wpath.org](https://www.wpath.org)



UNSAFE ABORTIONS 101

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We know this might sound absurd, but we don't know how far the laws are going to go to police abortion care. We really are in uncharted territory, so it's best to be careful with how we use our phones and computers to seek abortion care. For most of us, our phones are an extension of our bodies so we know this is hard.

Legal experts are worried that our data may be used against us to find info about our internet searches, social media activity, payments, and location if an illegal abortion or "suspicious miscarriage" is suspected.

THINGS YOU CAN DO



1. Use a different browser than you normally would. Google and Safari do not have the best privacy. Browsers like Firefox, DuckDuckGo, and Brave have better privacy settings.
2. If you are calling clinics use a burner number app like Hush, Google Voice, or Burner.
3. Go old school with period tracking and delete the app!
4. Double check your location settings and turn off the "find my iPhone" setting if traveling for care.
5. If you are deleting messages, photos, or voicemails make sure to clear your "recently deleted" folder.
6. Use an encrypted messaging app like Signal instead of Messenger or texting

FOR MORE INFO, CHECK OUT THE ELECTRONIC FREEDOM FRONT



Security and Privacy Tips for People Seeking An Abortion

Given the shifting state of the law, people seeking an abortion, or any kind of reproductive healthcare that might end with the termination of a pregnancy, may

FOR A MORE IN-DEPTH GUIDE, CHECK OUT THE DIGITAL DEFENSE FUND



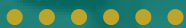


WOMEN
WITH A
VISION

2030 Oretha Castle Haley Blvd.
New Orleans, LA
(504) 301-0428

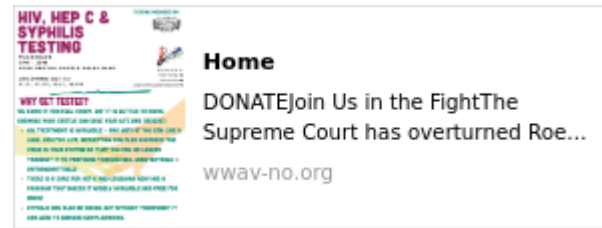


THANK YOU!

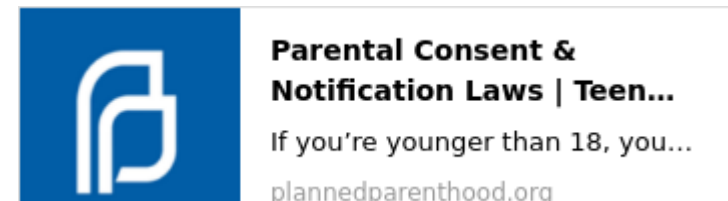


RESOURCES

Local Resources



Legal Info & Help



Mental Health



Support Talkline

[HTTPS://WWW.ALL-OPTIONS.ORG/FIND-SUPPORT/TALKLINE/](https://www.all-options.org/find-support/talkline/)

Support Group - Ending A Wanted Pregnancy

apply-to-join-private-support-group
[Click here](#) to visit the page.

Abortion Care Info & Help

Find abortion care and support

Search the most comprehensive directory of verified providers and support resources in the U.S.

Where Can I Get an Abortion? | U.S. Abortion Clinic Locator

Quickly search the largest directory of trusted

Your guide to abortion pills by mail.

plancpills.org

PLAN C

PLAN C: Learn to access at-home abortion pill options online

Plan C is an information resource for self-managed, at-home abortion with pills. Learn how people in the

MAYDAY.HEALTH

How To Get Abortion Pills | Mayday Health

Find resources on how to get abortion pills by mail in any state.



National Network of Abortion Funds at abortionfunds.org

The National Network of Abortion Funds builds power with members to remove financial and logistical

SHOUT YOUR ABORTION

Shout Your Abortion — Normalizing abortion and elevating safe paths to access...
Shout Your Abortion is normalizing abortion and elevating safe paths to access, regardless of legality. SYA makes resources, campaigns, and media...

ineedana.com

Aid Access: Abortion Pills by Mail

Aid Access will help you order...

aidaccess.org

What Happens During an In-Clinic Abortion?

plannedparenthood.org

Privacy



Security and Privacy Tips for People Seeking An Abortion

Given the shifting state of the law, people seeking an abortion, or any kind of reproductive healthcare that might end with the termination of a pregnancy, may

CRISIS PREGNANCY CENTERS WHAT TO KNOW AND HOW TO SPOT THEM

What are Crisis Pregnancy Centers?

plannedparenthood.org / Nov 4, 2021

Guide to Abortion Privacy

Guide to Abortion Privacy

Digital Defense Fund

Hearing Others' Stories / Sharing Your Own

2 + Abortions Worldwide

Stories of people who've had 2 abortions or more. We share truth, spread love and st...

2plusabortions.com



Stories | "so, I had an abortion..." storytelling for reproductive justice...

So

LGBTQIA+



LGBT Health Services

Hotlines, social networks, and health clinics for the LGBT community.

cdc.gov



WPATH World Professional Association for Transgender Health

The World Professional Association for...

wpath.org



The Abortion Diary

The Abortion Diary



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