

Make Your Voice Heard

- ♀ Write a letter to the editor of your local paper about a specific legislative battle or the state of reproductive rights.
- ♀ Be visible with your pro-choice sentiments. Put a sticker on your car, wear a pro-choice button or t-shirt. Make stickers, buttons, and t-shirts to give to friends.
- ♀ File complaints about unprofessional behaviors by pharmacists, doctors, nurses, social workers, and others, with their professional regulatory bodies.
- ♀ Share your experiences and stories.

Get Involved

- ♀ Raise money for an abortion fund, so all women can access safe abortions.
- ♀ Take part in public pro-choice events: local marches, rallies, speakers.
- ♀ Join your local pro-choice group, donate money, or volunteer your time.
- ♀ Help organize a pro-choice event: host a Choice Conversation with family and friends, organize a Rock 4 Choice concert, host a video night featuring reproductive rights.
- ♀ Investigate international charitable agencies to ensure they provide comprehensive family planning information overseas.
- ♀ Encourage family and friends to get involved with you!

Go Political

- ♀ Visit or contact pro-choice politicians and stress the importance of voting to protect reproductive rights. Thank them for the work they do.
- ♀ Lobby for improved access to abortion and reproductive health services, especially for women in Northern and rural areas and those who are from out-of-province or new to the country.
- ♀ Write letters, send emails, and call elected representatives when there is legislation affecting reproductive rights; tell them what you expect. Politicians figure that for every one person who bothers to communicate, ten more feel the same.
- ♀ Clearly question all political candidates on choice and then let their sentiments (and yours) be known.
- ♀ Learn how to do effective lobbying.
- ♀ Vote for pro-choice candidates, and encourage others to vote on election day.

Assess Community Concerns

- ♀ Canvas your community to find out where local advocacy and education is needed. Hold a town meeting to report the results and invite the press.
- ♀ Organize a speaker, panel, or brown bag gathering to educate on current threats to reproductive rights.
- ♀ Find out what type of sex education program exists at the schools in your community and advocate for comprehensive sexuality education.
- ♀ Call the local pharmacies to find out whether they stock emergency contraception.
- ♀ Investigate if local employers provide contraceptive coverage in their insurance plans.
- ♀ Check if hospitals in your community provide abortions, tubal ligations, and emergency contraception.
- ♀ Monitor potential mergers between religiously affiliated and non-sectarian hospitals.
- ♀ Complain to the police about anti-choice protestors that harass abortion services in your community.
- ♀ Expose your local fake 'crisis pregnancy centre' as being anti-choice.

Review Your Personal Access

- ♀ Ask your doctor, gynecologist, and pharmacist if they know about emergency contraception.
- ♀ Ask your doctor if she or he provides abortion services. If not, ask why not and consider finding a doctor that does. If they do, thank them and ask how you can provide support.
- ♀ Call your local hospital and ask if they perform abortions. If not, ask why not and organize to pressure them to add this vital service.
- ♀ Speak up for women regarding: welfare, national health care, accessible child care, sexual freedom, and an end to racism, violence against women, and attacks on immigrants.
- ♀ Ensure your personal insurance plan covers all birth control methods equitably.
- ♀ Keep current and informed with pro-choice news: read the newspaper, get on pro-choice email lists, access websites.
- ♀ Be aware of your own rights: Abortion is legal and safe in Canada.