

U.S. FRIENDS: WHAT YOU CAN DO

ADVICE FROM SHERRILYN IFILL, CIVIL RIGHTS LAWYER

1. MUTUAL AID.

Donate to Abortion organisations. Especially those that help with interstate travel.

2. BE AN ALLY.

Let people around you know that you are available to help confidentially if they need Abortion CARE.

3. ATTEND PEACEFUL PROTESTS.

They are happening now across the U.S.

4. FLOOD THE OFFICES OF YOUR STATE REPS

NOW. visit, call, text, tweet. Tell them to oppose state restrictions on Abortion.

5. Organise at the LOCAL LEVEL.

Join GROUPS focussed on strengthening the voice of PROGRESSIVE women advocates

6. TELL YOUR D.A.

Let them know how you will vote in the next election if they participate in prosecuting women who seek abortion CARE or those who assist.

7. BE A GOOD NEIGHBOUR

If your neighbouring state prohibits Abortion, form groups who can help women from those states access travel + care in your state.

8. REGISTER + VOTE IN every election this Year

- ☒ Primary
- ☒ Special
- ☒ General
- ☒ Sheriff

- ☒ D.A.
- ☒ School board
- ☒ House
- ☒ Senate

9. CONTACT Your CONGRESS REPRESENTATIVES

Express your alarm about the Supreme Court's actions. They need to hear your concern + your expectations.

10. DECIDE

Decide today that you will never give up fighting for the country you want for yourself, your children, your community. Decide it. Then no matter what happens, you won't be paralyzed.



FOLLOW SHERRILYN IFILL on TWITTER @sifill-LDF
illustrated by Leonie Dawson

