



Abortion pills, or medication abortion, is a combination of medications used to safely end an early pregnancy.

Over the past 20 years this method has been proven so safe and effective that it belongs directly in the hands of people who need it. It's time to make sure people know it's an option, and you can help.

[PLANCPILLS.ORG](https://plancpills.org)

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#FreeTheAbortionPill

PLAN C IS A PROJECT OF THE
NATIONAL WOMENS HEALTH FOUNDATION,
A 501c3 NONPROFIT ORGANIZATION

THE OPTION OF A SAFE SELF-MANAGED ABORTION IS HERE: LET'S MAKE IT MAINSTREAM.

1

LEARN. Visit [PlanCPills.org](https://plancpills.org) to learn more about medication abortion and where people are accessing it for safe home abortion. You can also find social media toolkits, medical provider resources, press articles about politics and access, and more.

2

SPREAD THE WORD. Tell everyone you know that abortion pills are available online: share Plan C's social media or email content, and direct people to the Guide (plancpills.org/guide): a 50-state directory of services, from mainstream telehealth services to online sources of pills to hotlines and support resources.

3

KNOW YOUR RIGHTS. For now, our right to choose is protected by the US constitution, but many states have passed restrictions to limit access and punish providers and pregnant people. Visit ifwhenhow.org for the most up to date legal information and hotlines.

4

BECOME AN AMBASSADOR! Get trained on how to speak up about abortion pills and empower those around you to find and access the options they seek: sign up at plancpills.org/ambassadors. Find campaigns, petitions and other actions to push for better access and eliminate outdated restrictions on the pills at plancpills.org/support-abortion.